



# The County Farmer

Haliburton County Farmers' Association

*This is the last newsletter for 2014. Next issue mid February 2015. Wishing you all a Merry Christmas*

## IMPORTANT – PLEASE NOTE

The Christmas Potluck and Silent Auction will now be held

### Friday evening November 28th

Due to a conflict of scheduling issues

Set-up time 5:30 pm with Dinner at 6:00pm

Minden Community Centre

all members and guests are welcome

- HCFA is participating in two parades, Haliburton on Friday evening, November 21st 2014 and Minden the following morning, Saturday, November 22nd 2014
- HCFA Annual Meeting, Thursday January 22nd 2015. Minden Community Centre, 7:00 p.m. We encourage all members to attend. There will be reports from BFO, OMAFRA, and OFA. Elections of Officers for 2015 will take place.
- Veterinary Services Annual Meeting, Thursday January 29, 2015, Minden Community Centre, 7:00 p.m.

## 2015 Annual Meeting Election of Officers

### What would I do in that position?

We thought that it might be helpful to post the details of the executive positions in order to give people a better idea of what each position does. The idea behind this is to take some of the scariness away from the jobs so people would feel more comfortable considering participating in the executive. I have tried to cover all the major expectations of each job. Everyone helps at events when they can and we all brainstorm for ideas on workshops and events. Everyone can head a committee or take an idea through to completion. These are guide lines only although there are some rules that are part of the HCFA constitution.

See Executive Job Descriptions on Page 5

## 2014 Executive

### Officers

#### President

Andrea Coysh 705-286-6753

#### Vice-President

Bryan Barlow 705-457-7556

#### Secretary

Jeanne Parcell-Hughes 705-286-1602

#### Treasurer

Sheila Robb 705-489-4201

#### Past President

Casey Cox 705-286-4432

### Directors

Jean Neville 705-286-2345

Matt Wesley 705-935-0357

Paul Hilyer 705-488-2371

Jeff Mainprize 705-286-6458

Jim Vidoczy 705-488-1470

Godfrey Tyler 705-457-2214

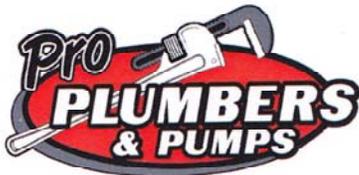
Chris Coysh 705-286-6753

### BFO Rep

Bryan Barlow 705-457-7556

### BFO Alternate

Godfrey Tyler 705-457-2214



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**From the BFO Corner**



Before the mad cow crisis of 2003 – when the discovery of a single case of bovine spongiform encephalopathy, or BSE, in Alberta resulted in countries around the world closing their borders to Canadian beef – B.C. farmer Bob Mitchell had been selling his calves for about \$1.15 a pound.

Within days, that price had dropped to around 80 cents, and he had to scramble to survive.

Mr. Mitchell decided to shift gears. He moved from a cow-calf operation in which most of each year's crop of calves is sold to another producer for "finishing" to one in which he raised the animals to market-readiness himself, fattening them on home-grown hay and selling them through a marketer who could pitch consumers on the merits of locally produced, antibiotic-free beef.

Mr. Mitchell's Pemberton Meadows Natural Beef is now one of a dozen partner farms represented by Two Rivers Specialty Meats, a North Vancouver-based company that sells beef, pork and poultry to restaurants and retailers. Two Rivers "takes anything we can produce," Mr. Mitchell says. "We can't produce nearly what they could use." With only a few dozen cattle at any given time, Mr. Mitchell is a bit player in the Canadian beef sector, which comprises some 12.3 million cattle and calves, with about 40 per cent of those in Alberta. And his focus on local markets does not necessarily dovetail with Canadian producer groups' focus on international trade and export markets, especially to the United States, which accounts for more than 70 per cent of Canadian beef exports, worth more than \$1-billion a year. But he is part of a global meat production system that has grown significantly in recent decades and is under pressure to increase output while reducing the environmental toll.

In developing countries, where almost all world population increases are taking place, meat consumption has grown at an average 5.1 per cent a year since 1970, according to

**Continued on page 5**



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## HALIBURTON VETERINARY SERVICES

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Nikolai Simkulak, D.V.M.  
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## Workshops You Don't Want to Miss

### Cooking Casseroles

Make tasty casseroles & sample as you learn!

Date: Wednesday November 26th •  
1pm - 3pm



### Baking Shortbread For Community Care

Learn how to make these delicious treats that will be donated to the "Feed a Senior" program offered through Community Care.

Date: Saturday November 29th • 8:30am - 11:30am

### Chicken Bravery Part 2

Get the most out of your chicken! Observe a demonstration on cutting up and deboning a whole chicken, and then turn it into a few quick & simple dishes!

Date: Wednesday December 10th • 1pm - 3pm

You can register at [www.abbeygardens.ca](http://www.abbeygardens.ca)

## Upcoming Farms at Work Events



**EFAO Conference**  
When: December 4-6, 2014

In celebration of the 35th anniversary of the Ecological Farmers Association of Ontario, Farms at Work has joined forces with partners FarmStart, Everdale, and the Bauta Family Initiative on Canadian Seed Security to launch the first annual EFAO conference!

With over 30 intermediate- and advanced-level workshops in streams ranging from Business & Marketing, Diversified Grain, Soil, Stewardship & Energy, Vegetables, and Seed Production, the vision for this year's conference aligns with EFAO's core mandate: "to support and promote a vibrant community of ecological farmers through education, training and knowledge sharing."

We expect over 250 ecological growers from across the province to attend, and are lucky enough to be hosting dozens of knowledgeable speakers from across North America. So join us for what promises to be the ecological farming event of the year! For more information, visit the conference website: [www.conference.efao.ca](http://www.conference.efao.ca)



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## Flipping for Mechanically Tenderized Beef

All food surfaces carry bacteria, including steaks and roasts. Because beef cooks from the outside in, the outer surface is exposed to higher temperatures for a longer time than the inside of the beef. The heat of cooking will inactivate bacteria as long as they remain on the outside of cuts, and the surface is cooked thoroughly. That's why steaks and roasts can be eaten rare. In ground beef, microbes from the surface get mixed throughout the beef, so consumers are encouraged to cook ground beef to an internal temperature of 71 C.

Mechanical tenderization pierces beef with small blades or fine needles. This cuts the connective tissue and makes the beef more tender. This improves the eating quality of lower-cost, tougher beef cuts. Price and tenderness are two of the major drivers of consumer buying behaviour and eating satisfaction, so mechanical tenderization has proven quite useful. Approximately 20 per cent of Canadian beef is mechanically tenderized.

But if there are microbes on the surface of the steak, mechanical tenderization may push some of them deeper into the muscle. Other steaks in the same processing batch may be cross-contaminated if the blades transfer microbes from one steak to the other. Taking care to disassemble, thoroughly clean, sanitize and dry the equipment between batches is critical to minimize this risk. This risk became very apparent in 2012, when several human E. coli O157:H7 infections were

linked to mechanically tenderized beef.

In response, Health Canada proposed labelling mechanically tenderized beef with recommended cooking instructions. Initially, the proposed label recommended cooking mechanically tenderized beef to 71 C (well done).

This posed a dilemma for packers, retailers and restaurants. Mechanical tenderization makes beef more tender, but cooking a steak until it is well done makes it tougher, drier and less tasty. If consumers are asked to choose between eating satisfaction and safety, they may choose not to buy beef. Canada's beef industry should be able to ensure both satisfaction and safety.

National Checkoff funds from the Beef Cattle Research Council (BCRC) and provincial government funding from Alberta Livestock and Meat Agency supported a series of research projects to identify the best way to cook mechanically tenderized beef

**What They Learned:** Mechanically tenderized beef can be prepared safely without cooking it like hamburger. These research results were submitted to Health Canada as it developed the new labels for mechanically tenderized beef. The Health Canada label was finalized and released in August. The new label recommends that mechanically tenderized beef be cooked to a minimum internal temperature of 63 C (medium rare), and flipped at least twice during cooking.

### HCFA Pumpkin Contest

On Thanksgiving weekend we held our annual Pumpkin Contest at the Minden Home Hardware. This year was a little different because we had prizes for the "Smallest Pumpkin" and the "Ugliest Pumpkin" as well as the "Largest Pumpkin". We had 16 entries this year. The prize for the Largest Pumpkin went to Tyler Hughes for his 230 pound pumpkin. Naomi Bainbridge won the Smallest Pumpkin category with her little pumpkin she named "Tiny Ice". Emily Coysh was the winner of the "Ugliest Pumpkin" category. All the winners were presented with gift certificates from Home Hardware and everyone went home with bags of candy. The kids also got Farm Animal sticker books.

Home Hardware ran a "Guess the Weight of the Pumpkin" contest. The pumpkin weighed 121 pounds and Carleigh Warburton guessed the weight exactly.

We'll be having another pumpkin contest next year. We'll supply seeds to anyone who is interested in growing a Giant Pumpkin. They're not too hard to grow and it's a lot of fun.

Our thanks to Minden Home Hardware for helping us host this annual event.

*Submitted by Jeanne Parcell-Hughes*

## Executive Job Descriptions

**PRESIDENT:** organize, keep order and run meetings, vote only when a tie breaker is needed, delegate tasks, sit on the Vet Services Committee as chairperson and run those meetings as necessary, host executive meetings monthly as necessary.

**VICE PRESIDENT:** fill in for President when absent, head committees, assist the President.

\*Please note that the Treasurer & Secretary positions have, at times, been held by the same individual.

**TREASURER:** Responsible for recording and depositing of monies received – from membership, newsletter sponsors, donations, BFO grants and Sharecost, recording of invoices, event expenditures, issuing of cheques for payment of bills, reconciling to the bank account and preparing monthly Financial Reports to the executive, compiling and submitting applicable expenses for the annual BFO Sharecost Programme, prepare accounts for year end and submitting a yearend Financial Report.

**SECRETARY:** Responsible for recording minutes

at the executive meetings and circulating copies to the executive prior to the next meeting, arranging the agenda of executive meetings in consult with the President. Recording minutes at the annual meeting and circulate copies to all members. Arrange agenda for the annual meeting in consult with the President, following the annual meeting forward copies of the minutes to BFO, assist the Treasurer as necessary, collect sponsorship monies and delegate collection to Directors when necessary .

**DIRECTORS:** attend meetings, assist at events, head committees & assure completion of tasks/ research etc, report to Executive, providing ideas, input and initiative.

**BFO (Beef Farmers of Ontario) REPRESENTATIVE & ALTERNATE:** must have paid ‘check off’ in the previous year to hold this position, represent HCFA at any BFO meetings, bring information to the Executive regarding BFO changes/policies/alerts, provide a newsletter update or info article for each issue, this position can be held by the President providing they comply with requirements, assist at events.

*Andrea Coysh, President*

### BFO Corner, continued from page 2

World Agriculture towards 2030/2050, a 2012 report from the Food and Agricultural Organization (FAO) of the United Nations. Sometimes called the “livestock revolution,” the upward trend reflects developing nations’ appetite for the high-quality protein and micronutrients animals such as cattle, pigs and chicken provide.

Mr. Mitchell, meanwhile, is pleased with his transition to a more consumer-oriented operation, saying he and his partner keep operations at a scale where he can readily manage animal waste and health concerns. His land would not be ideal for a feedlot operation because of wet winter weather, but works for his system, which includes a crop-rotation arrangement with a neighbour through which potatoes, grain, hay and pasture are planted on different sites each year. The manure from his operation is composted and goes to a nearby organic farm.

For Mr. Mitchell, like many Canadian farmers, his biggest challenge is succession planning. At this point, he doesn’t believe either of his two children will take over his operation and he worries would-be purchasers – ideally, young people who want to farm – will not be able to afford his land and other assets if and when he decides to sell.

“Unless they had a lot of money from mom and dad, it would be pretty difficult,” he says.

*Submitted Bryan Barlow  
BFO Delegate*

### Important

How do you receive your newsletter, by post or by email? Let us know if your mailing address changes or your email address changes. If we do not receive this information then you won’t be receiving your newsletter. Contact Sheila Robb by phone 705-489-4201 or email at [robbsheila@gmail.com](mailto:robbsheila@gmail.com)

*Classified Ads*

HCFA members are not charged for ads.

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If you already have a standing ad then it would be appreciated if you would contact Sheila and advise her if you no longer wish your ad to appear.

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**Share Your Memories**

We invite you to share your memories of farming in Haliburton County. HCFA is interested in compiling a collection of personal reminiscences of persons who farmed this county in the early years. We want to catch their history before it is all gone.

It is our wish to publish a small booklet that will recollect and tell of past experiences/events in our farming community. It would be appreciated, if possible, to include names and/or dates. We would also need a contact person for permission to use the material or enclose a note of permission with your submission. Photos would be welcome.

Please send submissions to Andrea Coysh, 1690 County Rd 21, Minden, ON, K0M 2K0 or email at [andreacoysh@gmail.com](mailto:andreacoysh@gmail.com)

Thanks,  
Andrea Coysh, President



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