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Agriculture Services

NEWSLETTER



December 2004 Nova Scotia Department of Agriculture and Fisheries Volume 5 No. 5



Seasons Greetings from Agriculture Services

Agriculture Services staff appreciate being able to work with individuals of all ages and interests in the agriculture industry across the province. We value our involvement with urban and rural youth, our new and older farmers, and their families. We participate in the challenges facing the industry, solutions proposed, and opportunities pursued. We thank all of you for your encouragement and support to us throughout 2004. Our best wishes to one and all for a happy, peaceful Christmas season and a healthy, prosperous 2005.



New Funding Package for Nova Scotia Red-Meat Producers

On December 3, 2004, the Minister of Agriculture and Fisheries, Chris d'Entremont announced a new funding package to help farmers get through the BSE crisis and to deal with depressed hog markets. This funding package has three components:

First, the government is providing \$300,000 to cover the accrued interest costs on the first two years of the hog loan program sector. This program will be administered by Pork Nova Scotia.

The second part of the funding is the creation of the **Nova Scotia Ruminant Income Support Program (NSRISP)**. This will provide in excess of \$8 million in direct payments to producers to help with the financial challenges

resulting from the continued depressed market conditions as a result of BSE. Compensation will be paid on a per head basis on eligible beef and dairy cattle, sheep and goats.

Program information is available from the Programs and Business

Risk Management office at 1-866-844-4276 or on the website at: www.gov.ns.ca/nsaf/prm.

The province is also making \$500,000 available to assist an industry-led strategy that supports long-term sustainability of the province's livestock sector.

The Farm Family Support Center

The Farm Family Support Center offers a free confidential consultation and referral service for Nova Scotia's farm families. The support is specifically designed to help individuals reduce stress by resolving their own issues in any area of farm, personal or family life.

Your call will be answered and an appointment made for a personal and confidential interview. From the interview, a plan will be developed for you to access various services depending on your need.

Call 1-877-418-7555 before the problem becomes a crisis.


NOVA SCOTIA
Agriculture and Fisheries

For BRM information
please call
1-866-844-4BRM

Back issues of this newsletter are
available on-line at
<http://www.gov.ns.ca/nsaf/rs/fs/arcs/>

NS Environmental Farm Plan Program

The Nova Scotia Federation of Agriculture (NSFA) and the Nova Scotia Department of Agriculture and Fisheries are committed to the delivery of the Nova Scotia Environmental Farm Plan (EFP) Program. The primary goal this year has been to encourage more farmers to participate in the program. Today, there are 430 individual agri-businesses participating in the program. It is important to note that there is no cost to participate and any findings are kept confidential. In addition, participation may be a requirement to access funding programs in the future.

A new addition to the EFP Team was required to respond to the increasing demand for our services. In July, Trevor Davison joined the EFP Program Team as a Program Coordinator. Trevor is a graduate of the NSAC and has extensive experience in farming and cropping research. Trevor will also be involved in providing leadership on projects that compliment the program.

Gerard MacDonald has been an important member of the EFP Program. He is available to help farmers who want assistance with calibrating their fertilizer and manure spreaders as well as pesticide sprayers. During this past year Gerard has worked with 75 farmers to calibrate farm equipment. Gerard has played a key role in helping farmers and Nutrient Management Planners develop a nutrient management plan (NMP). This includes equipment calibration and collecting manure samples.

The EFP Program began in 1999 with an initial ten farms being reviewed. A lot has been learned since that time and the EFP Program

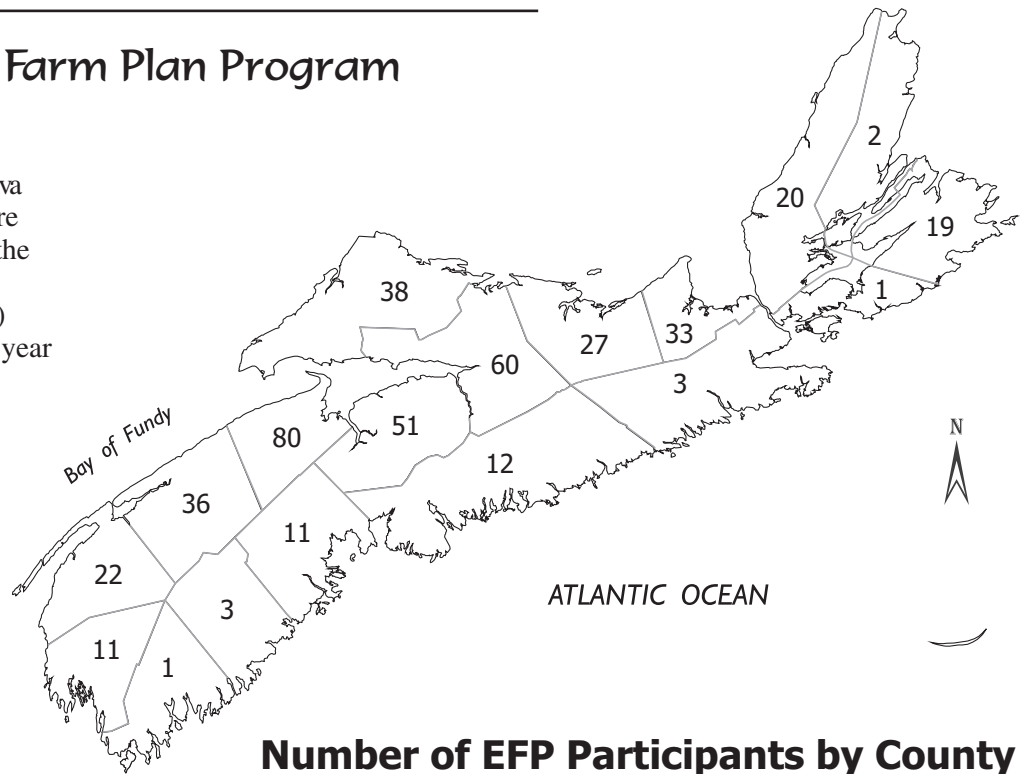
continues to improve each year. This fall, the follow up process will begin with the original ten farms to assess the implementation of the action items. Once the follow up process is developed, the process will continue for all farms that have received an environmental farm plan.

To increase participation in the EFP Program, “kitchen meetings” are being planned during the upcoming winter months. These meetings are intended to bring together small groups of farmers in an informal setting to discuss the program and explain the process. When possible, farmers currently participating in the program will also attend to share their experience. Any farms that sign up this winter will have their plan completed in 2005 (we are capable of completing 125 farms per year).

The Program Coordinator and Agricultural Engineer will discuss with the farmer some practical, cost-effective solutions to minimize any risks that are identified during the walk around the farm. The Program

Coordinator documents these solutions in the environmental action plan, which forms part of the final report delivered to the farmer. Time frames in the action plan are based on environmental risk, as well as business concerns related to such things as financial resources. It is not the intention to complete all the recommendations right away, but for a farmer to show due diligence in moving towards accomplishing the changes over the defined time frame.

Any farmers interested in a confidential on-farm environmental review can contact the NSFA office in Truro at (902) 893-2293.



Number of EFP Participants by County

Soybean Rust – A New Threat to Soybean Production



Lorne Crozier, NSDAF, Truro

Soybean rust (*Phakospora pachyrhizi*) is a serious disease of soybeans. It can cause crop losses of 50 to 70 per cent. This disease originated in Asia. In recent years it has been spread to South America, (Paraguay, Argentina and Brasil) and to Western Africa. Earlier this fall soybean rust was found in Louisiana and has recently been confirmed in four other states; Alabama, Georgia, Florida, and Mississippi.

Soybean rust can be spread by aerial movement of the spores by weather systems, either by regular frontal air mass movements or by tropical storms. Soybean rust can also be spread by movement of plant material. While this disease is not seed borne, it can be spread through leaf and pod litter which contaminate seed shipments. This disease also effects other bean varieties, and could be transferred on pods of snap beans or other succulent beans.

Soybean rust cannot survive over winter in Nova Scotia. However, if this disease becomes established in the southern USA, it can be introduced through airborne movement of the spores annually.

This past summer, in anticipation that this disease could eventually reach the USA and Canada, a request for an emergency registration of fungicides was initiated and submitted by the Ontario Ministry of Agriculture and Food. This request was also supported by NS, NB, PEI and Quebec. The Pest Management Regulatory Agency (PMRA) recently announced that it has approved the emergency registration of four fungicides, Headline EC Fungicide (Pyraclostrobin) (BASF), Folicur

432F Fungicide (Tebuconazole) (Bayer), Quadris Flowable, Fungicide (Azoxystrobin) (Syngenta) and Tilt 250 E (Propiconazole) (Syngenta) for control of soybean rust. They are in effect until November 30, 2005.

Soybean growers will have the tools available to protect their crop should soybean rust show up during the next growing season.

Programs and Business Risk Management Division Update

Susan Simpson, NSDAF, Truro

Farm Investment Fund

This program is scheduled to close to new applications as of Friday, December 31, 2004.

The claim deadline for ALL approved projects is March 1, 2005.

Agri-Food Industry Development Fund

This program closed to new applications on Friday December 10, 2004.

The claim deadline for ALL approved projects is March 15, 2005

If you would like further program information, please contact the Programs and Business Risk Management office at (902) 893-6510 or 1-866-844-4276. Information is also available online at www.gov.ns.ca/nsaf/prm/.

Canadian Agricultural Income Support Program (CAIS)

Deadlines to mark on your Calendar:

March 1, 2005:

- CAIS Special Advance (2004)
- 2004 CAIS Interim Application

March 31, 2005:

- 2003 deposit deadline;
- 2004 deposit deadline;
- 2005 selection of protection level.

If you would like further information on the CAIS program, please contact the CAIS Administration at 1-866-367-8506. Information is also available online at www.agr.gc.ca/caisprogram.

Pastures and Possibilities

Submitted by Maria McCurdy, NSDAF

John Duynisveld's farm has been all about grass, but new possibilities are on the horizon. John's farm near Wallace Bay, about eight kilometers east of Pugwash, is not a big operation. The lanky 32-year-old has about 260 acres of cleared land on his 500-acre property where he raises beef (50 head), chickens (1000), turkeys (450), and pigs (10).

John graduated from the Nova Scotia Agricultural College in 1994 with a BSc in agriculture. In 2000, he completed his Masters degree in Agriculture. School was especially helpful in teaching the business side of farming and how to be a "big picture thinker."

John has a part-time job as a researcher for Agriculture Canada in Nappan that dovetails nicely with his love for farming. He works in Nappan three days a week and does his farm chores when he returns home. Most farmers with operations his size need to have a second job, he says, although his goal is to have his farm generate profits. His wife, Jane, works full time as a high school teacher at Pugwash District High School. As the daughter of a lobster fisherman she understands the ups and downs of a cyclical livelihood.

John's operation specializes in raising free-range livestock. Although he has 50 head of beef he gets a large chunk of his income from pasturing cattle for others during the summer. He gets paid a set amount for each pound the animals gain while in his care.

Sustaining enough useable pasture is the key to John's operation. He employs rotational grazing to make sure pastures are not over used. When the cattle are moved to a new

pasture they respond to the fresh grass by eating more. He says it takes 14 to 20 days for a cattle pasture to recover in the spring and longer during the summer or in dry spells. He estimates that he has 40 miles of fence to keep his pastures separate.

The same goes for the poultry. The flocks are raised in mobile pens in the fields, and the pens are moved every day. As a result, the poultry flocks continuously compete for the best grass. On John's farm it will be three or four years before the turkeys and chickens return to a patch of ground on which they've already fed. Meanwhile their droppings provide natural fertilizer for the grass as they're moved around.

Raising a variety of animals is another important aspect of John's operation, a fact that was driven home during the recent "Mad Cow" scare. The negative impact on the price of beef caused the poultry side of his operation to take on much greater importance to his bottom line.

He has found that diversification is important not only in what you produce but in how you approach your markets. Previously he has marketed much of his product to middle men and processing plants but now he is moving toward selling directly to consumers. At present he attracts customers with a sign at the entrance to his farm, mail-outs, and ads in local newspapers. He also makes sure that his chickens and turkeys are visible from the road to entice passers-by into stopping.

John prefers not to put a lot of money into farm equipment. When his haying equipment got too old he opted to buy his hay and silage from

someone else rather than buy new equipment and do it himself. This saved him money and time.

However, despite his reluctance for capital spending, John's business plan calls for him to build a processing plant and combine it with a roadside stand that will attract more drive-by customers.

Careful planning is a must for any farmer but such plans cannot work as a straitjacket. Plans have to be modified depending on how things go. He has found, for example, that a doubling of resources in one area does not necessarily translate into a doubling of profit from that area.

Of course, there are things such as the weather that you just can't plan for. The best way to prepare for the unexpected is to have a surplus that can be called on when an emergency occurs. Otherwise you are reduced to trying to find the best solutions after the fact.

Since he is moving more into direct marketing John fully understands that he has to find the right niche. Consumers looking to buy organic products are one group he can appeal to effectively. He is also finding a growing desire among consumers to buy locally produced goods.

He finds that the Internet is an important information source. Online he can get hints from farmers all over the world that he can adjust and put to work on his farm. This is particularly helpful because his operation is fairly unique in Nova Scotia.

John and his wife, Jane, are always aware of how hazardous life on a farm can be for young children but John likes the idea of his two kids

Continued on next page...



(John Burns and Maria) growing up on a farm. Fortunately, his operation uses a minimal amount of the heavy farm equipment that can be the most dangerous.

John and Jane can foresee the day when their children will want to be more involved in the activities on the farm and John can understand the attraction. To be a farmer, he says, you need dedication and persistence but it should also be a labour of love.

This article was adapted from the first edition of Farming for Tomorrow...Today, the beginning farmer newsletter. If you would like to receive a copy of Farming for Tomorrow...Today, please contact Maria McCurdy at mccurdm@gov.ns.ca or telephone number 902-893-6505.

For information on programs and services available to Nova Scotia farmers, contact the Nova Scotia Department of Agriculture and Fisheries Website at <http://www.gov.ns.ca/nsaf/> or the Agriculture Resource Co-ordinator in your area.



Nova Scotia Delegation Successful at the Royal Agricultural Winter Fair

The 16 Nova Scotia 4-H livestock members who participated in two prestigious cattle shows at the Royal Agriculture Winter Fair in November were successful in their placing at the show.

Participants in the Scotiabank Hayes Classic Dairy Show made impressive showings and five of the eight members made it out of their heats to the final classes. In the Intermediate calf class, Holly MacCallum, Colchester County, placed 14th. In the Senior calf class Denise MacKenzie, Colchester County, made the cut in the Senior Class while Sandy Cole, Halifax E. Hants, finished 24th in both Showmanship and Jr. Yearling. Andrea Crowe, Hants County, finished 16th in the Summer Yearling Class. Peter Sinclair, Guysborough County, was proud to return home with the title of Reserve Champion Ayrshire. Other members of the team were David Hill, Hants County; Colin Maas, Antigonish County; and Ben MacKenzie, Yarmouth County. Chaperones accompanying the group were Ginger MacCallum and Frank MacKenzie.

The eight members representing Nova Scotia with their beef heifers at the National Junior Beef Heifer Show also did well. In yearling conformation classes, Corey Winchester and Lindsay Killam,

Yarmouth County, placed 6th in Limousin; Jeff Sanford, Hants County, placed 6th in Simmental; Kaitlin McAloney, Cumberland County, placed 9th in Angus; Robert Lavers, Pictou County, placed 10th in Angus; Cornelia Van den Hoek, Colchester County, placed 7th in Charolais while Kings County members Meaghan Pike and Kerra Rousseau placed 7th in Hereford and 2nd in Limousin, respectively. Chaperones were Mark and Susan Stirling.

Nova Scotia 4-H also sent a representative to compete in the Young Speakers for Agriculture national public speaking competition. Jeff Sanford from Hants County was busy with this contest when not competing in the beef ring. For Jeff's efforts he returned to Nova Scotia with a third placing in this national competition.

While at the Royal, Nova Scotia 4-H members competed in the 4-H showmanship and conformation cattle classes and participated in a provincial display contest. The Nova Scotia National Junior Beef Heifer delegation can also be proud that as a group they placed 3rd out of 65 for herdsmanship. When not in the show ring, 4-H members must look after their animals and the Nova Scotia cattle display being ambassadors for 4-H and the agricultural industry.

4-H Members Encouraged to Live Life Large at 2005 Conference

4-H members from the ages of 13–15 are encouraged to attend the 4-H Intermediate Member Conference February 5–6, 2005. The site for the conference will be the Agri-Tech Park in Bible Hill, where 4-H members will learn about setting goals, communications, using humour in your life and living life large through dynamic, participant focused and interactive presentations.

Throughout the weekend, the 4-H delegates will also participate in team challenges and social activities, such as swimming and cosmic bowling. Conference delegates will also participate in a tour and workshop conducted by the Nova Scotia Agricultural College to learn about the future of careers in the agri-food industry.

The cost is \$45 per member. This conference is a joint project with the Nova Scotia 4-H Council, Agri-Food Industry Development and the Nova Scotia Department of Agriculture and Fisheries. 4-H Specialists have applications in their regions and 4-H members are encouraged to apply before the **deadline of January 3, 2005.**

2005–06 Nova Scotia 4-H Council Executive

Several new officers were elected to the 2005 executive at the 4-H Leaders Council Annual Meeting on November 19–20 in Truro.

President: Cheryl Burbidge
Past President: Glen Graham
1st Vice President: George MacNeil
2nd Vice President: Janet Anderson
Secretary: Heather McDonell
Treasurer: Elizabeth Crouse

Canadian Council Representative: Dorothy Saunders
Atlantic Committee Representative: Judy Wile
4-H Host: Ian MacNeil
4-H Hostess: Vanessa Versteeg

Directors

Valley: Sherri Greenough (for one-year term)
 Cape Breton: Katie Grist
 South Shore: Lucy Ringer
 Central: Chella Henderson
 Eastern: Kelly MacInnis
 Western: Megan Burbidge



More than you ever imagined!

Your Agricultural Resource Coordinators

Senior Agricultural Resource Coord.:
Arthur Pick – Kentville – Truro
 Tel: (902) 679-6005 (*Tues./Thurs.*)
 Tel: (902) 893-7314 (*Mon./Wed./Fri.*)
 Fax: (902) 893-0244
 pickaa@gov.ns.ca

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& Queens counties:**
Brian MacCulloch –
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 Fax: (902) 679-6062
 macculbc@gov.ns.ca

**East Hants, Cumberland, Colchester,
& Halifax counties:**
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 Tel: (902) 893-3645
 Fax: (902) 893-0244
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**Pictou, Antigonish & Guysborough
counties:**
Kevin Bekkers –
 Tel: (902) 863-4705
 Fax: (902) 863-7342
 bekkkerkf@gov.ns.ca

**Cape Breton, Victoria, Inverness &
Richmond counties:**
Gary Koziel –
 Tel: (902) 563-2000
 Fax: (902) 563-3435
 kozielgj@gov.ns.ca

**Annapolis, Digby, Yarmouth, &
Shelburne counties:**
Dennis Moerman –
 Tel: (902) 837-5161
 Fax: (902) 837-7696
 moermade@gov.ns.ca

MERRY CHRISTMAS!

As the holiday season fast approaches it is our sincere hope that each and everyone of you finds the joy and happiness that this time of year brings. We join everyone at the Kentville agriculture office in extending best wishes for a safe and healthy holiday on your farm!

The new year gives us all an opportunity to reflect on the challenges and accomplishments we've experienced during 2004 as we look forward to the many opportunities the coming year will bring. May the peace and good will of this Christmas season gently fill your home and may you enjoy a prosperous and happy new year! We look forward to working with you in 2005.

Valley Region 4-H News

Winter Time in 4-H

4-H clubs in this region are busy planning skating parties, fundraising activities and participating in community involvement. Clubs are encouraged to get involved in their community and volunteer at community events. Some clubs do caroling/visiting at local senior citizens homes, volunteer work at food banks or at a local animal shelter. All of the 4-H Staff wish the 4-H families a wonderful holiday season!

If you're looking for more information on the 4-H program, check out our Nova Scotia 4-H web site, www.gov.ns.ca/nsaf/4h.

Valley Region 4-H Events

- | | |
|--------------|--|
| December 27 | Hants County 4-H Skating Party, 7–8 p.m., Newport and District Arena |
| January 5 | Kings County 4-H Council Meeting, 7:30 p.m., Kentville Agricultural Center |
| January 10 | Hants County Council Meeting, 7 p.m., Hants West Middle School |
| February 2 | Kings County 4-H Council Meeting, 7:30 p.m., Kentville Agricultural Centre |
| February 5–6 | 4-H Intermediate Conference (Livin' Life Large), AgriTECH Park, Bible Hill |
| February 12 | Kings County Annual Light Horse Members and Leaders Meeting, 1 p.m., Kentville Agricultural Center |
| February 14 | Hants County Council Meeting, 7 p.m., Hants West Middle School |



Valley Region 4-H News

National 4-H Award Opportunities

The National 4-H awards provide a great opportunity for 4-H members and leaders to expand their skills base through workshops and inspirational speakers, while traveling and meeting other 4-H members from all over Canada, United States and United Kingdom. The awards opportunities include the National 4-H Conference to Washington, the National Dairy Conference to Madison Wisconsin, National Careers Conference in Manitoba, National Citizenship Seminar in Ottawa, Interprovincial Exchange Program across Canada, Garfield Weston United Kingdom Exchange as well as the National Members and Volunteer Leaders Conference in Toronto. Colin Hirtle from Lunenburg County and Melinda Daigle from Kings County attended the National Members Conference while Janet Anderson from Hants County Attended the Volunteer Leaders Conference in Toronto. All in attendance had a wonderful experience. They left the conference with inspiration and wonderful memories. Members and leaders heard innovative speakers, and attended workshops and tours, as well as a trip to the Royal Winter Fair, to name a few highlights.

4-H News on the South Shore

I would like to offer the 4-H families in the South Shore region my best wishes for the holiday season. The holiday season for many is a time to reflect upon ones accomplishments and setbacks for the year. Taking stock of our accomplishments can sometimes be lessened by living in a world where greatness seems to be reserved for the professional athletes, television and movies stars, or musicians.

I realize these celebrities can reach thousands and contribute a little something to each fan's life. However, in 4-H there are leaders, parents and members reaching out to a smaller audience and making a huge difference in a few lives. What power and responsibility is greater than the ability to make an impact on another life? As Winston Churchill said "The price of Greatness is Responsibility" and the amount of responsibility a 4-H volunteer takes on is incredible.

So allow yourself to share and accept the credit you deserve because your accomplishments are great!

South Shore Region 4-H Events

Meetings

December 15 Shelburne County Council Meeting
January 4 Lunenburg County Council Meetings
February 1
January 25 Queens County Council Annual Meeting
(storm date: January 27)

Events

January 1 Lunenburg County Skating Party
February 19 Lunenburg County Winter Carnival
(storm date: February 26)

Coming Events

January 19-20 Dairy Farmers of NS Annual Meeting, Old Orchard Inn, Wolfville
January 21 Mink Breeders Annual Meeting, Old Orchard Inn, Wolfville
January 27-28 Scotia Horticultural Congress, Old Orchard Inn. Contact Donna Crawford (902) 678-9335

Upcoming Dates

- January 19 – 20 Dairy Farmers of Nova Scotia Annual Meeting, Old Orchard Inn
- January 27 – 28 Scotia Horticultural Congress, Old Orchard Inn
Contact: Donna Crawford (902) 678-9335
- February 22 – 23 Soil and Crop Conference, Best Western Glengarry, Truro
Contact: Carol Versteeg (902) 758-3530

Programs

- Advance Payment Program for corn, oats, rye, barley, wheat, soybeans, sunflowers and hay – Contact: Carol Versteeg, (902) 758-3530 or carol.versteeg@ns.sympatico.ca
- Greencover Canada – A program for converting environmentally sensitive lands to permanent cover. For information and application, call 1-866-844-5620 or visit www.agr.gc.ca/greencover-verdir
- Canada–Nova Scotia Water Supply Expansion Program. Now open for groups to apply for multi-user water supplies or strategic initiatives. Next deadline is March 1, 2005. For more information, contact your agricultural office or call (902) 896-0332 or visit www.agr.gc.ca/h20
- Canadian Farm Business Advisory Service provides advisory consulting services to producers for goal setting and planning development for their farm. Receive a \$2,000 consultation at \$100 cost to you. For more information, contact your agricultural office or call 1-866-452-5558 or visit www.agr.gc.ca/renewal
- BSE Testing Program – The Canadian Food Inspection Agency is actively looking for test animals to include in their BSE surveillance testing program. Test animals must:
 - be at least 30 months of age, and
 - must exhibit one of the four D's (down, diseased, dying, or dead)
- Producers may be eligible for assistance from CFIA for participating in the surveillance program. Currently \$75 per eligible animal is being made available to assist producers with disposal after testing. For more information, contact CFIA directly at 1-866-400-4244 or the local CFIA office at (902) 893-6861. More information is also available at www.inspection.gc.ca/bse_test



Local Federation Contacts

(Directors)

Cumberland

Kurt Sherman	Byron Curry
Carl Woodworth	Frank Foster
Chris Pettigrew	Wendell Smith
Leon Smith	Malcolm Read
Bruce Moore	

Halifax East Hants

Andy Bokma	Willy Versteeg
John VanDeRiet	Alan Benjamin
Kristian Ballam	John Dillman
Andy Streach	Vacant
David Grant	Vacant
<i>Secretary Treasurer:</i> Amy Grant	

Colchester

Steve Nielsen	Tara Hill
Andrew McCurdy	Jeff Grant
Sandra Fisher	Terry Prescott
Derick Canning	
Duncan McCurdy	
Carol Ann Williams	
<i>Secretary Treasurer:</i>	
Maxine Gourley	
<i>Stewiacke District President:</i>	
John Suidgeest	
<i>Clifton District President:</i>	
Duncan McCurdy	
<i>North Colchester Contact:</i>	
Brenda Tipping	

Merry Christmas

As the holiday season fast approaches it is my sincere hope that each and everyone of you finds the joy and happiness that this time of year brings. I join everyone at the agriculture office in extending best wishes for a safe and healthy holiday on your farm.

The new year gives us all an opportunity to reflect on the challenges and accomplishments we've experienced during 2004, as we look forward to the many opportunities that the coming year will bring. May the peace of the season be with you and may you enjoy a prosperous and happy new year!

SOIL TESTING – "Have you had your soils tested lately?"

Up-to-date soil tests are the cornerstone to developing profitable nutrient management plans that minimize risk. Fall is the ideal time for taking soil samples; after the crop has been removed and in preparation for the coming spring. It is important that soils be tested at least every three years to provide accurate information for fertilizer and lime applications, and to assess the health of your soils. Information on taking samples, soil sample boxes and soil information sheets can be picked up at your local Dept. of Agriculture and Fisheries office or call Point Edward at (902) 563-2000; Mabou at (902) 945-2999.

Food Handler's Certification Program

The purpose of the course is for you to understand the fundamentals of sanitation and safety with regard to the service of food to the public. Included in this workshop are the laws, rules, and procedures related to healthy food service and operations

Contaminated food, eaten by your customers, could cause serious illness or even death. This could be financially disastrous to your operation. What can you do to protect your reputation?

The Food Handler's Certification Program course provides the theory and practical information needed to ensure your food is prepared, handled, received, stored and served safely, using the HACCP Safe Food System. Protect your customers from food-borne illness. Register now!

These courses are put on periodically throughout the year by the Quality Evaluation Food Safety Section of the Nova Scotia Department of Agriculture and Fisheries. To get your name on the registration list please call Cheryl at (902) 563-2000.

Online WHMIS Course

The Point Edward Resource Centre C@P Site, is offering an online WHMIS course. This course is beneficial and important in identification and safe handling of various chemical substances used in the workplace.

Cost of this course is \$20 including HST. For more information or to register please call (902) 564-2729.



St. John Ambulance Canada FIRST AID TRAINING

St. John Ambulance offers first aid courses in various locations around Cape Breton several times per month. For more information on First Aid Training near you please call their main office in Sydney at (902) 564-4189.

4-H Christmas Spirit

Whose club this is I think I know
The kids who love to cook and sew
They will not see me stopping here
To watch their 4-H Christmas show.

Their happiness is loud and clear
As they sing and dance and cheer
Not afraid to talk and share
They brave the world and have no fear!

Alas! Look what I see over there
Christmas gifts for all to share
Produced through spirit white and green
Displayed at this year's local fairs.

I'm left in awe from what I've seen
The Christmas spirit of this team
I see how much I have to give
And much to do before I dream.

Thank you to all of our friends of
4-H for all of their support in 2004.
We look forward to working with
you in 2005!

*Jolene MacEachern, Acting 4-H
Specialist Cape Breton Region*



Seasons Greetings

As the holiday season fast approaches, it is my sincere hope that each and everyone of you finds the joy and happiness that this time of year brings. I join everyone at the agriculture office in extending best wishes for a safe and healthy holiday season on your farm!

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To allow staff to enjoy the holiday season with their families, the Weymouth office will be closed from noon on December 24 until December 29. The office will be open December 30–31, and closed January 3. Should you require assistance during the period when the office is closed, please call the Kentville office at (902) 679-6021.



Western Region 4-H Update

- NS 4-H Intermediate Conference – Applications due January 3 – Conference will be held in Truro on February 5–6.
- Annapolis 4-H Leaders Council Meetings – January 12, February 9, March 9 – Demonstration Building, Lawrencetown, 7 p.m.
- Annapolis New Leader Training Session – TBA (January)
- Digby New Leader Training Session – January 20, Digby Fire Hall boardroom – 6 p.m.
- Digby 4-H Leaders Council Meetings – January 20, February 17, March 17 – Digby Fire Hall boardroom, 7 p.m.
- Yarmouth New Leader Training Session – January 19, Dept. of Agriculture and Fisheries office – 3 Lovitt Street, Yarmouth – 6 p.m.
- Yarmouth 4-H Leaders Council Meetings – January 19, February 16, March 16 – Dept. of Agriculture and Fisheries office – 3 Lovitt Street, Yarmouth – 7:30 p.m.

4-H Clubs are now taking registrations for the new year! For more information on how to join 4-H as a member or leader, contact your local 4-H office. For Annapolis, Digby, and Yarmouth Counties, the number to call is (902) 584-2081.

For additional information on 4-H contact Teresa VanOostrum, Western Region 4-H Specialist NS Dept. of Agriculture and Fisheries, P.O. Box 69, Lawrencetown, NS B0S 1M0
Tel: (902) 584-2081
Fax: (902) 584-3069

The Antigonish/Guysborough Federation of Agriculture recently held its annual meeting with the following changes in the Board:

President	Bruce Sinclair	783-2093	Director	Frazer Hunter	867-1305
Vice President	Jack Thomson	867-1252	Director	Allister Brow	533-3907
Secretary	Laughlin MacDonald	863-3246	Director	John Mattie	232-3447
Director	Rhonda McCarron	863-6087	Director	Jason Haverkort	863-3614
Director	Mary McCarron	863-4021			

Many thanks to Past President Frazer Hunter for his dedication and expertise.

The Eastern NS Holstein Club also has a new slate of directors:

Harry VanderLinden	Provincial Director	Bruce Thomson	Director
Gary VandenHeuvel	Provincial Director	David VandeSande	Director
Rhonda MacDougall	Secretary	Andre VanderLinden	Director
Robbie Sutherland	Director	Lauchie MacEachern	Director
Gary Benison	Director		

Congratulations to Jack Thomson and Rhonda MacDougall for being selected as Canadian Outstanding Young Farmers! Great job. This program is designed to recognize farm couples who exemplify excellence in their profession. After recently winning the Atlantic award, they were invited to Winnipeg to participate with the seven other regions from across Canada.

Food Safety and Holiday Turkey

A fresh turkey should be purchased one to two days before cooking. When purchasing a turkey, select it last and keep it separated from other foods to prevent its juices from cross-contaminating other foods. Proper hand washing should be practiced before and after handling raw turkey.

Methods of defrosting turkey:

- In the refrigerator – it takes approximately 24 hours for every five pounds of turkey.
- Submerged in cold water (sealed in a water-tight bag) – change the water every 30 minutes to ensure it stays cold. It takes approximately 30 minutes per pound to thaw.
- In a microwave – the turkey should be cooked immediately after thawing and not held to be cooked at a later time.

Approximate cooking times at 325°F

<u>Weight</u>	<u>Unstuffed</u>	<u>Stuffed</u>
8-12 lbs.	2¾ – 3 hours	3 – 3½ hours
12-14 lbs.	3 – 3¾ hours	3½ – 4 hours
14-18 lbs.	3¾ – 4¼ hours	4 – 4½ hours
18-20 lbs.	4¼ – 4 ½ hours	4¼ – 4¾ hours



***Best Wishes for a Happy Christmas Season
from the staff of the Antigonish office!***