

Johne's- How to learn more and get involved

Source: Emily McDonald, Industry Development Coordinator

More than 35 per cent of Alberta's milk producers are now participating in the Alberta Johne's Disease Initiative! (AJDI) And while that's an excellent response in the first year, we have set our goals even higher: 80 per cent of herds by December 31, 2012. This means we still have a lot of work to do – and here are a few examples how you can learn more about Johne's Disease:

1. Producers who have completed their first risk assessment (RA) are reminded to make plans with their vet for the second year's RA and sampling (both costs still covered by the program grant).
2. Many producers have attended an on-farm Johne's workshop with their neighbours over the past year. Those producers found on-farm workshops to be an excellent way to learn about Johne's Disease; in fact, more than 60 per cent of producers attending one of these workshops have completed his own Johne's Disease Risk Assessment. We are eager to help conduct more **workshops in your area**. If you're interested in attending or hosting a workshop call Emily McDonald's replacement, Jodi Flaig. We already have seven planned for March and April.
3. The AJDI Status option is now available for producers who wish to take their commitment to Johne's Disease prevention and control to the next level.

A very special Thank you to the Country Roads Holstein club for allowing Alberta Milk the opportunity at this year's Alberta Holstein AGM to showcase the Alberta Johne's Disease Initiative, present some preliminary results and recruit some more producers to help reach our goal for this year!

Please call Jodi Flaig 780-577-3307 with any questions about the AJDI or for any help to set up an on-farm workshop with your neighbours.

Nutrition File™ Seminar

Source: Colinda Hunter, Nutrition Educator

The 2012 Nutrition File™ Seminar, held in early February for health professionals and educators, challenged conventional wisdom in weight management by looking at emerging research in this area.

With all the current media attention on childhood obesity, weight-related bullying seems to be increasing among students of all ages. Bullying can take a toll on a child's physical and mental health, as well as academic performance and may also lead to disordered eating. Some of these unintended consequences of obesity prevention programs can be avoided if more positive strategies are adopted that promote healthy weights for all children. Programs that focus on health not weight, that promote tasty nutrient-rich foods, support fun physical activity and advocate for healthy school environments and healthy communities are recommended.

Weight bias (negative beliefs or attitudes that affect interpersonal interactions) is common among health care providers and the general public. Adults who suffer from weight bias experience physical, social and psychological consequences, yet are less likely to seek health care. Overcoming weight bias requires a paradigm shift away from focusing on weight and dieting to one which promotes size acceptance or Health at Every Size®.

Intuitive eating rejects the diet mentality and encourages individuals to make peace with food. It gives unconditional permission to eat. Satisfaction is a core concept of intuitive eating – being mindful of taste, texture, aroma, volume and temperature and that physical feeling of enjoyment.

These lifestyle-oriented approaches to health may be more conducive to personal well-being and will help health professionals and educators to support individuals in their health goals.



for sale cont'd

Alfalfa hay, big squares.
Phone 403-380-0124.

40 Bio-milker claws with many new parts.
Phone 780-619-4427.

Used collars' with number 1 – 160. Also, 150 brisket board brackets.
Phone 402-783-3364.

Special monthly dairy sale. Tuesday March 13th, 12 noon, 18 springing heifers and 5 freshened heifers. Picture Butte Auction.
Phone-403-732-4400.
www.picturebutteauction.ca

wanted

Alberta Prime Beef

buying all classes of Holstein steers and cows. Trucking available. Picture Butte, Alberta
Contact:

Andy Houweling
403-308-8700

Clint deLeeuw
403-634-4630

Brad deLeeuw
403-382-7362

Office 403-732-5644
Fax 403-732-4387

JFC calf hutches.
Phone 403-302-8862.

