



November 2018 Edition

OSCIA PROVINCIAL NEWSLETTER



As the year is getting close to an end, it also means for me that my year as president is coming to a close. Just four more months, three more regular monthly meetings plus the annual conference. And most important, only one more report to write, that being my annual report for

February's annual conference. But really, it seems like the term just got nicely started. Since the last newsletter there has been a few staff changes. First off, Amber Van De Peer is back from maternity leave and has jumped right back into the job of Executive Assistant. Nicole Hottot capably handled the duties for the 12 months Amber was away and has now secured a job elsewhere. The biggest change would be the addition of a new position of Program Director, filled by Angela Straathof from Renfrew county. Angela started on October 22nd and is fitting into the job quite nicely. We have just gone through another municipal election across the province. For me that means that starting in December I will once again be the mayor of our local township. I hope other parts of the province haven't experienced the turmoil of local councils as our area has in the past term. Some have had major turn over. Let's hope that the changes are for the better this time around.

Now, I get to talk about crops. A lot of the province has had quite good soybean yields, not for me, barely 20 bushels. But so far corn looks quite good. Just got started harvesting here, never before in October.

That brings us to annual meeting time. With an early harvest, more members should be able to get to their local meetings this year. As mentioned before the book that Harold Rudy wrote is now available to purchase at a reduced price for a limited time. This would be an excellent speaker's gift for annual meetings. By the time you read this we will have had the official book launch. We are all really looking forward to the evening of

November 13th, it will be an amazing culmination to Harold's career at OSCIA.

Last but not least is the annual conference in Kingston on February 5-6, 2019. This year we have a change in venue, and there are several changes in the format. From an earlier start and earlier end times to a change in the banquet format, I hope everyone likes the changes (agenda will be posted to our website shortly). Staff have been checking into Via Rail times that members from the west might find convenient instead of driving. Hoping to see everyone in Kingston in February.

So, with that I will sign off for now wishing everyone a safe and prosperous harvest.

Peter McLaren, OSCIA President

*A QUARTERLY NEWSLETTER ISSUED
ALONGSIDE 11 REGIONAL NEWSLETTERS AND
OMAFRA CROP TALK, TO UPDATE SOIL AND
CROP MEMBERS*

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Tier One Grants – Waterloo SCIA Bus Trip

Waterloo SCIA organized a bus tour to Quebec from July 10th to 12th to learn and network with some innovative soil stewards. Below is a summary of our agenda:

Montreal and Saint Hyacinthe Quebec

Eric Kaiser – 2017 Soil Champion Winner. Eric has transformed 14 former Loyalist mixed settlement properties on heavy clay, into a large productive egg, field crop and strawberry business, now owned by his son, Max Kaiser.

Agrifusion – 6,000 Acre organic farm. Farming corn, soybeans, wheat and vegetables with production levels equal to conventional practices.

Danny Messier – Large cash crop operation running Guardian Strip till on controlled traffic RTK systems. Cover crops, yield mapping, fungicide and fertilizer trials. Danny is also a soybean seed grower.

Jocelyn Michon – over 20 years no-till experience growing corn, wheat and soybeans. Jocelyn has spoken at the Innovative Farmers conference, conferences in France, the 2017 Summit on Canadian Soil Health and has traveled to Ukraine as a consultant.

Including Special Guest speaker – Odette Menard, earthworm expert.

Mike Verdonk – 2,500 Acre corn, soybeans, wheat and canning crops. Mike grows cover crops and has tried no-till in heavy clay but has moved to strip till with a Soil Warrior.

We visited Eric and Max Kaiser’s farm on Tuesday on our way to Quebec. Wednesday, we toured Agrifusion’s Organic operation in the morning, had lunch with Jocelyn and Odette Menard, and finished the afternoon with a tour of Danny Messier’s farm. Thursday, we visited Mike’s farm and then travelled home.

What was Achieved?

Each stop offered different learnings, which really speaks to the diversity of the agenda. They all offered participants practical, applicable, hands-on teaching. Best of all, we got to go out and have a look at various crops and see the results for ourselves.

At Kaiser’s we learned that one planter can do it all, and if you are going to practice No-till be PASSIONATE about it.

At Agrifusion, we learned that Organic crops can be as productive as conventional, but they require a lot of attention, tillage and detailed cropping strategy.

At Jocelyn’s we learned, with a balanced soil and the right cover crops you can cut back on your Nitrogen inputs while maintaining yields.

Danny challenged the group to try things out for ourselves and do our own trials.

Finally, at Mike’s farm we learned that adopting soil conservation practices doesn’t mean that you must give up running expensive tillage equipment. We also learned, that banding fertility and getting phosphorus in the soil is the best place for it.

Each host was gracious, they didn’t hide anything from the group and shared some of their greatest challenges as well.

We also had two separate opportunities to share during a group dinner with 2 of our hosts. I can’t highlight how important those experiences are. When you sit down to eat you are physically nourished, while also taking time to get fed socially and emotionally. Sharing thoughts, practices, and reviewing each other’s highlights of the tour. For those that are planning a bus trip in the future, I would highly encourage providing the opportunity for a group dinner.

Although each host offered a different approach, everyone (hosts and participants included) share the same goal, growing productive and profitable crops as sustainably as possible. We learned from those that are practicing soil stewardship first hand, and participants couldn’t help but be inspired by the innovation and passion that each host shared with our group.

In closing, every farmer should take an opportunity to participate in a Bus Trip such as this, it is a great way to challenge your approach and broaden your network.

Report prepared by *Waterloo SCIA*

Call to Action!
Submit your Local SCIA’s
Resolutions to the Provincial office
by January 11, 2019

Supporting Mental Health – Dealing with Stress

Whether it's in your personal life or at work, everyone experiences stress. To avoid the adverse long-term effects of stress on our physical, emotional, and mental health as well as our relationships, it's important to recognize the signs of stress and learn to manage it and a healthy way.

What is Stress?

According to the Canadian Mental Health Association, stress is a reaction to a situation, our body's response to a threat. It isn't about the situation itself. People usually feel stressed when the demands of a situation exceed the resources or the person's ability to handle the situation. However, there is a certain level of stress that can have a positive effect on your life. Small amounts of stress can help you rise to a challenge and meet your goals, leaving you feeling satisfied, proud, and accomplished.

How to Recognize Stress

- Physical signs may include headache, chest pain, muscle tension/pain, increase heart rate and blood pressure, fatigue/insomnia, digestive issues, and more;
- Mental signs may include decreased ability to think clearly or focus and increased forgetfulness, anxiety, restlessness, irritability, defensiveness, mood swings, hypersensitivity, anger, etc.;
- Other signs may include increased need to be in control, seeking perfection, or negative self-talk;
- You may experience low self-esteem, feel lonely or withdrawn, or feel like you just can't relax.

Managing Stress

- Getting to the root cause of your stress is the first step to managing it;
- Keep note of what causes you stress. Is it work, personal, financial, environmental, or internal stress?
- Relieving yourself of stress is important for your overall wellbeing.

Tips to help reduce and manage stress

- Reduce or eliminate alcohol, caffeine, and nicotine as these exacerbate stress;
- Get moving. Exercise is an excellent stress reliever;
- Eat a healthy, well-balanced diet;
- Talk to someone, a friend, family member or see a counsellor;
- Take a different perspective. A positive attitude can go a long way;

- Realize the things you can't control and try to accept them.

There are several resources to help you with stress. Visit the website for the Canadian Mental Health Association (<https://ontario.cmha.ca/mental-health/>) for more information.

Resources: Canadian Centre for Occupational Health and Safety and the Canadian Safety Council

Long-term effects of diverse cropping systems and no-till as best management practices to mitigate greenhouse gas emissions

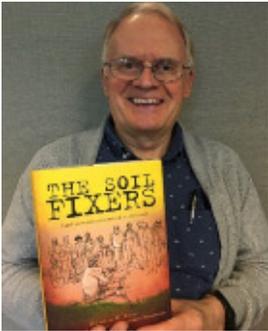
Soil health is known to be the basis of sustainable agriculture and important to mitigate nitrous oxide emissions, a potent greenhouse gas (N₂O). The adoption of diverse crop rotations with cover crops is described in the literature as an effective way of promoting a healthy soil. The rationale for this soil health amelioration relies on carbon inputs and use of diverse crops with different residue quality. In addition, the use of cover crops can protect nitrogen from losses, due to post-harvest nitrogen uptake. The adoption of no-till systems also has the potential to conserve the soil, resulting in lower mineralization rates of soil organic matter and affecting N₂O emissions.

Thus, the objective of the present research is to compare long-term diverse and non-diverse crop rotations, with or without tillage on soil nitrous oxide emissions. This ongoing research has been conducted following a factorial design, with two levels of tillage (i: no-till, and ii: conventional tillage), and two levels of crop rotation (i: corn-soybean rotation, and ii: corn-soybean-winter wheat with cover crop rotation). Measurements have been performed for the non-growing and growing seasons, in a long-term trial established in 1980 at the Elora Research Station, Ontario, by using steady-state chambers (manual and automatic chambers).

At the 2019 OSCIA Annual Conference, the initial findings associated with non-growing season N₂O emissions will be presented along with an overview of the research and future objectives.

Written by Pedro Ferrari Machado 2018 OSCIA Soil Health Scholarship winner

The Soil Fixers – Book Launch



Harold Rudy’s much anticipated book, *The Soil Fixers*, was launched November 13th at a celebratory gathering of friends and colleagues in Guelph. Readers of *The Soil Fixers* subtitled “Land Stewards Committed to the Cause”, will enjoy learning of the people and events, stories and highlights of many land stewardship activities over Harold’s 30-year career with OSCIA. As Harold was quoted, “This book is more than a history book, it is OSCIA’s stories related to the quest for improved soil management; how farmers, along with government and industry partners, strive to preserve soil as our most precious resource and secure safe and nutritious food production for future generations.”

For more information, see: thesoilfixers.com



WHY JOIN OSCIA?

Our diverse membership of over 4,000 has a significant presence in all agricultural areas of the province and across all major sectors.

Regional Newsletters
Highlight local activities and new technology, and are distributed quarterly to OSCIA members.

Networking
Share your ideas and network with other progressive farmers in your area at:
• meetings
• bus tours
• night tours
• demonstration days
• workshops
• annual meetings

Crop Trials
Participate in applied research trials and access new ideas and innovative technology that can improve your productivity and profitability. Also, sign with CANARA Field Crop Specialists to gain valuable cropping information.

Discounts
Members enjoy discounted rates for various services, agricultural conferences & farm shows across the province.
• FREE brunch at Canada's Outdoor Farm Show
• 10% off regular soil testing

2019 OSCIA Annual Conference – Kingston, Ontario



Annual Conference

February 5 - 6 2019

Four Points by Sheraton, Kingston



OSCIA’s Annual Conference is moving East for the first time in many years and will be held in historic Kingston, Ontario.

Featuring Keynote Speakers:

Dr. Andria Jones-Bitton, University of Guelph – who will conduct a hands-on skills development session focusing on “*Mental Health in Canadian Farmers*”

Kevin Stewart, P.Ag. (hon) CAPS – will present “*The Forward Factor – Disruptive ideas that drive innovation*” to get us thinking about just how powerful the mind really is in determining human performance.

Pedro Ferrari Machado – OSCIA’s 2018 Soil Health Scholarship winner presenting initial findings

Dan Breen – OSCIA’s 2018 Soil Champion winner

Chris Martin – “*Innovation in Cover Crops and Export Hay Markets*”

Josh Cowan, Manager Research & Innovation, GFO – who will present on current research at Grain Farmers of Ontario.

Plus, numerous reports on applied research projects and membership engagement activities.

Check the website for Registration in December!