

A demonstration of horse shoeing and hoof care is scheduled at noon, presented by farrier Mark King, Jennersville.

Other participants include Anne Bates and Helen Fletcher of Gradyville who return every year to spin the wool and demonstrate knitting techniques.

A special children's corner with farm related activities, will be led by the Friends of Springton Manor Farm, a volunteer group who assists in special programs and activities at the park.

Music will be provided by Michael McGrath, West Chester.

You can also stroll through the entire farm complex which houses pigs, cows, chickens, turkeys, horses and more. There'll be lots of new animals to meet and greet as the farm is expecting the arrival of piglets, lambs and chicks in time for the special event. The barn will be open all day, with periodic rest breaks for the animals.

Sheep and Wool Day is a free event, food will be available for purchase, provided by Hopewell

Boy Scout Troop #8.

Springton Manor Farm is five miles west of Downingtown, off Route 322 in Guthriesville. For information and directions, call (610) 942-2450.

Livestock Ledger

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Most producers were very knowledgeable, but what still concerns me is that this data also indicates that there are a significant number of beef producers within the industry that remain unaware that the proper and preferred site for giving IM or SubQ injections is in the triangular muscle

mass area of the neck and not in the rump or top butt!

There are a host of other skills related to sanitation, cattle handling, proper drug usage, and a good veterinarian/client/patient relationship that also need to be presented to cattlemen across this country. We need more Quality Assurance programs for livestock producers and more participation from livestock producers.

Beef Industry Consolidation

After many months of intense and sometimes heated discussion, the beef industry appears to be heading toward a plan that will bring two of the industry's strongest organizations into one entity.

According to Beef Industry Council Chairman Ron Curtis, the move will place the Beef Industry Council of the National Livestock and Meat Board and the National Cattlemen's Association within the same organization. He says there's plenty to like about the new plan.

"The one thing that is really a strength is that it maintains the synergism that exists between the staff here in Chicago—the professional staff—the board of directors of the Beef Industry Council of the National Livestock and Meat Board and the state professional people—professional staff—and the directors that exist for the state beef industry councils. That to me is the real, real strength of our marketing program domestically."

Curtis, a beef producer from Hastings, Iowa, says there has been a big turnaround in attitude since some changes were made.

"The people who were negative toward this thing now are positive. We have an opportunity to now go ahead and develop it. If this new structure is developed in the spirit in which it was presented and accepted, then I think we have an opportunity to have a really strong beef organization."

According to Curtis, legal opinions about the structure presented at the end of February helped move the discussions forward. Transition teams are currently working to further develop the new organization.

Pork Producer Stress

Pork producers are a hardy group. They work long hours, and endure changeable weather and difficult market conditions. Most farmers and their families readily admit the existence of problems connected with farming but few will admit that these problems create stress.

Farm stress is inevitable, given the condition of farming today. What is not inevitable is the damage stress can do to the health and the emotions of farmers and their families.

For most farmers stress is not severe enough to cause serious health problems. But for a few, and that number is growing, stress is life threatening. Some farmers display symptoms such as habitual smoking, heavy drinking, irritability, insomnia, fatigue, and restlessness. Stress interferes with their ability to make good judgements, slows their reaction time, causes them to cut corners, and stress symptoms generally make life miserable and uncomfortable for those around the farmers.

Stress is that uncomfortable condition a person experiences when the body creates excess energy to protect itself. This condition is caused by hormones being released into the body and by increased blood pressure, heart and breathing rates, and changes in blood flow.

Not all stress is bad. If it weren't for stress none of us could operate. Stress is harmful when it's not controlled or managed.

A farmer can offset the harmful effects of stress by practicing the three R's of stress management: remove, response, and revamp.

Remove the attitudes and emotions that sometimes bog you down. Though you can never know yourself completely, the more self-aware you are, the better equipped you are to avoid stressful situations.

Respond by learning and using techniques to help reduce the harmful effects of excessive stress.

Revamp your life and your health, so that you have the physical and psychological strength to resist or easily combat the distress that stress can cause.

Stress is an important and necessary part of life. How we handle it is the question. If we don't deal with it or we deny it is a part of our life, then we may feel the ill-effects of it.

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