

## LFCE: Where Cattle, Climate, and Innovation Collide

BY ANGELA PRAWZICK

SASKCATTLE TIMES STAFF

The Livestock and Forage Centre of Excellence (LFCE) at the University of Saskatchewan is at the forefront of groundbreaking research that directly impacts cattle producers, driving advances in animal breeding, forage management, and overall herd performance. With a strong commitment to addressing the current challenges faced by the livestock industry, LFCE's research focuses on improving profitability, sustainability, and resilience in cattle production while helping train future industry leaders and contributing to the viability of the industry.

The LFCE is a collaborative partnership between producers and industry, government and the university," said Dr. Scott Wright, Director of LFCE. "The Saskatchewan Cattle Association was one of the critical organizations that helped the LFCE form."

Launched in 2018, LFCE advances all aspects of raising livestock on the prairies. It is comprised of two main facilities: The Beef Cattle Research and Training Unit and Forage Cow Calf Research and Training Unit located in Clavet, and the LFCE-Goodale Farm, located 10 km southeast of Saskatoon. These two main facilities form a large complex of field and science laboratories that encompasses everything from indigenous engagement, forage development, grazing management and environmental sustainability to animal wellness, cattle reproduction, cow-calf management and feedlot health, growth and productivity. LFCE is also a centre for bison reproductive work, vaccine development and disease control, and nutrition.

Scientists work on real-life problems under controlled settings by exploring environmental engineering, soil and plant science, animal science, veterinary medicine, and agricultural economics. One of its cur-

rent major initiatives, led by Dr. Bart Lardner, is the long-term study of grazing systems and the effects of annual versus perennial grazing. This research connects the effects of grazing systems on soil health, plant and animal performance, and environmental factors.

The research involves collaboration with soil scientists, plant biologists, economists and animal scientists creating a comprehensive understanding of how different grazing systems influence the land and livestock. By installing sensors in grazing paddocks, researchers monitor the soil's moisture levels as affected by grazing system, which helps identify which grazing practices can enhance soil health and improve forage quality and performance. Another aspect of this research is to study the impact of grazing on greenhouse gas emissions. These findings have the potential to inform sustainable farming practices that can mitigate environmental harm while maintaining livestock productivity.

"Bringing all these components together under one roof has allowed the Research Team to adopt a systems approach to research, allowing us to connect the various production systems, all the way from the soil to the plant to the forage to the animal to the people and cultures that use them, and connect a wide range of science disciplines," said Wright. "You can begin to imagine the number of folks working in soil science and soil health, and their interaction with the plant science folks all the way to breeding, genetics, animal behaviourists, and the nutritionists who take that plant and examine how it affects animal performance, to economists who explore the economic impacts and social scientists."

LFCE is also at the forefront of facilitating the development of new forage crops and feed strategies for Saskatchewan cattle producers. Research on hybrid rye and other annual and perennial forages helps identify more efficient and drought-tolerant crops for feed, silage and pasture. Given the increasingly unpredictable climate, these drought-resistant forages could help cattle producers



weather dry spells while ensuring that their herds have access to adequate nutrition.

Since some areas of Saskatchewan have high salt concentrations, research teams at LFCE are researching salt-tolerant forages. This research also supports environmental sustainability by improving soil health and reducing the need for costly soil remediation efforts. Producers who adopt these forages will not only benefit from increased productivity and will also contribute to the preservation of local ecosystems.

LFCE's research teams also focus on optimizing feedlot rations to improve cattle health and performance. This includes work on roughage inclusion in feedlot diets, which is critical during drought years when feed resources are scarce. By testing different feed ingredients and additives, researchers and their graduate students are developing cost-effective and nutritionally balanced diets for cattle. (Continued on page 9)

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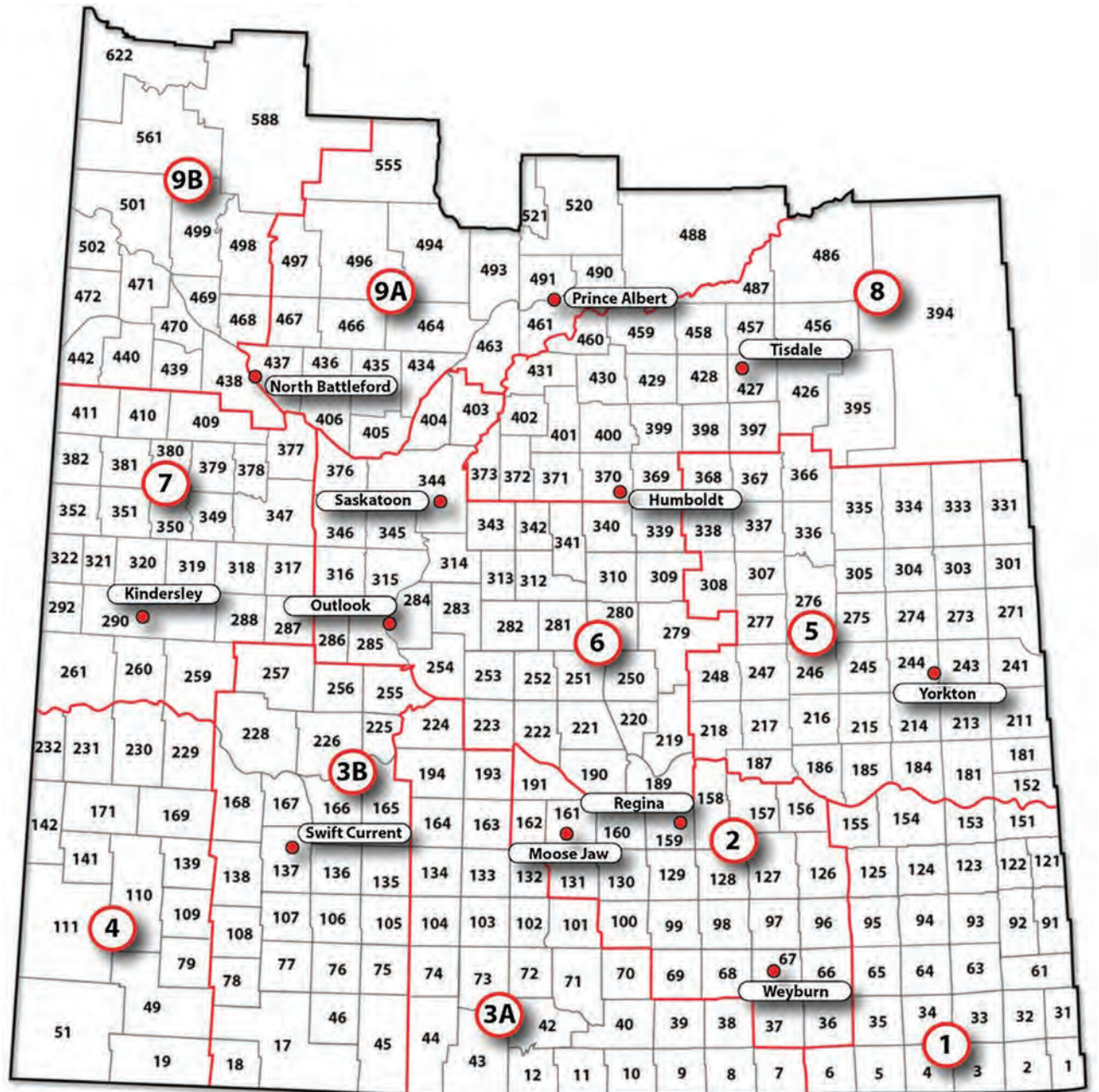
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# LFCE SUMMER FIELD DAY

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# Beef Cattle Check-Off



BY LEANN CLIFFORD

SCA EXECUTIVE ADMINISTRATOR

*“Not only do I represent Saskatchewan Beef Producers on the SCA board, but I have also represented you on the Canadian Beef Cattle Checkoff for the last 9 years. As a producer, I understand the complexity and confusion among our check-off stakeholders when it comes to how it operates and what it funds. Please know that we approach every spending decision by asking the question: Can I justify this to the producers I represent, and will this provide ROI for our Canadian beef industry?”* says Chad Ross SCA Chair.

“What is this check-off line? Why are producers paying a check off? What does it do for me?”

These are a few of the many questions I have heard over the several years I have been responsible for the check-off collection with my position with the Saskatchewan Cattle Association (SCA). Check-off drives research, innovation and partnerships to ensure a strong future for beef cattle. The check-off is broken into two components, the first is the national portion and the remainder is the provincial portion. Here is how it all breaks down:

Currently producers pay \$4.50 per marketing in Saskatchewan. Of this \$4.50, \$2.50 is directed to the National Check Off Agency, which manages and administers the Canadian beef check-off. By working with core partners, the Agency ensures that check-off dollars are invested into research, market development and promotional programs that deliver measurable value to our beef industry. They are also responsible for supporting for producers and funding partners, regulatory management, collection and administration of the national check-off dollars. The national portion of the check-off goes to these entities:

- Canada Beef, who is responsible for international and domestic beef and veal marketings, as well as advocating and supporting Canadian beef in both Canada and international markets.
- Beef Cattle Research Council (BCRC), who is responsible for coordinating national beef research that provides excellence in the production of Canadian beef and forage through research, innovation and extension.
- Public and Stakeholder Engagement, who is responsible for public communication and issues management.

The remaining \$2.00 is retained by the SCA, who then prioritizes how the

money is spent. These areas include:

- The Canadian Cattle Association (CCA) receives \$0.53/head for their advocacy and communications within Canada and international. They are the national voice for the beef cattle industry.
- The SCA then has \$1.47/head to create a budget in which promote, communicate, advocate and invest in research within the province of Saskatchewan. The SCA has a strong relationship with the provincial government as well as working in partnership with other Saskatchewan and national industry partners who include:
  - SK Partners: VBP+, SODCAP, Sask. Forage Council, Sask. 4-H, Western Feedlot School, Ag in the Classroom and Farm and Food Care.
  - National partners: National Cattle Feeders and the Canadian Roundtable for Sustainable Beef.

All these organizations partner with the SCA to provide programs for all producers and consumers.

The SCA dedicates \$0.50/head into research for Saskatchewan producers. Over the past years research has funded over 100 full, adopt and extension projects. Several of the projects that the SCA funded have been published and recognized by our peers. The SCA research dollars have also been instrumental in leveraging provincial and federal dollars 1-11. For every \$1 the SCA spends, governments provide \$11.

This leads to the last \$0.50. The SCA uses this for operations, which are just not salaries for the SCA team in the office or the office itself but also includes the work your board does at the grassroots level. We provide a united voice for the Saskatchewan beef industry by connecting with industry leaders, policy makers, researchers, consumers and producers. The SCA Board and staff participate in MLA receptions, Ottawa fly ins, MP/MLA tours, on going meetings with provincial ministers and ministries, policing, conservation officers, CFIA and many other provincial and national organizations.

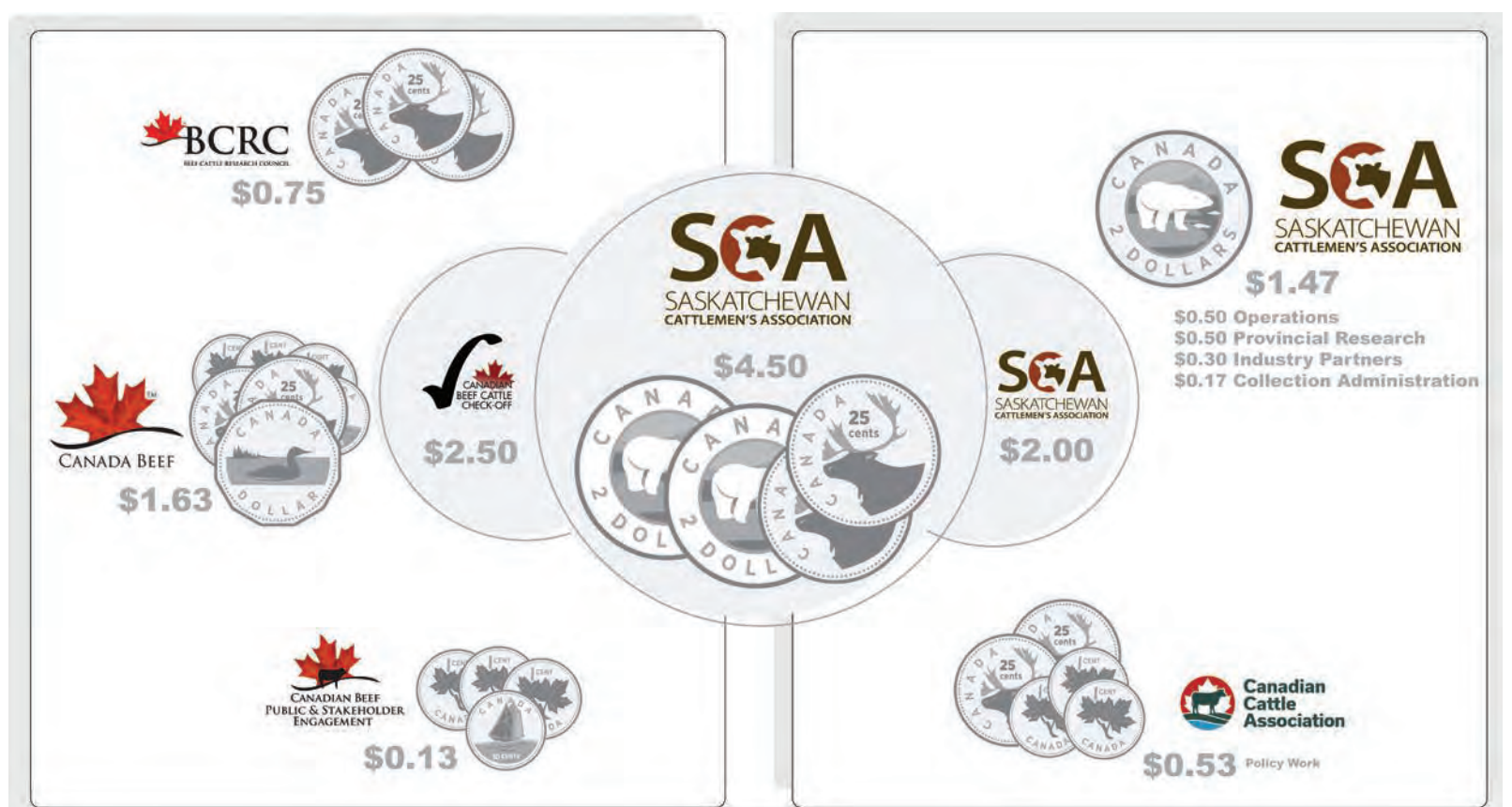
The SCA has made a commitment to communicate with our beef producers, consumers and industry partners through many avenues, including the SaskCattle Times quarterly newspaper, daily radio ads including “Eatin’ Time” with Belton, weekly e-blasts and all aspects of social media platforms.

Did you know that the provincial portion of the check off is different in every province? Each province has a different provincial rate ranging from \$3.50 to well over \$10.00. All provinces are now unified at paying the \$2.50 National Check-Off. This allows us to charge an equal amount on all imports of cattle and beef products entering Canada through an import levy.

The last time Saskatchewan’s provincial check-off was increased was 2012. This increase was \$1.00. In the fall of 2022, a resolution came from our grassroots producers to increase check-off due to inflation and the risk of decreased marketings in our province due to drought and the lowest cattle numbers to date. A thorough assessment was done by the SCA staff to determine a dollar figure which would make sure that we are able to maintain the level of commitment to the industry we have always provided. After consultation with industry and producers, a \$0.75 increase to the provincial portion of the check-off was agreed upon and ratified at our 2025 AGM. The increase would be in effect August 1, 2025.

The SCA has maintained a well-balanced budget and over the past few years where inflation has increased and cattle numbers are down (approx.6.1%), have buckled down and been fiscally responsible with check-off dollars, reducing our expenditures by 15%. We have had to pull back on partner funding, research funding and organization funding (boots on the ground). While this is not ideal, we look to a positive future and will continue to be responsible, transparent and communicative with Saskatchewan’s beef cattle producers.

If you have any questions, please feel free to call the office 306-585-2333. Full financial reports can be found on our website – <https://saskbeef.com>.



# SCA Fall District Meetings and District Elections

Each year, the Saskatchewan Cattlemen's Association (SCA) holds board elections in alternating districts. The terms of the representatives in districts 1, 3A, 4, 6, 8 and 9B are up for renewal in 2025. This is a call for nominations for the directors for these districts.

To be eligible to vote in the elections, you will need to attend the meeting in your district and sign a Declaration of Registered Cattle Producers form. Producers must live or have their head office in the district they are voting in, paid the checkoff and cannot have received a refund in the last two years.

These sessions act as a forum for producers to learn about what is happening in the industry and about what the organization is doing. It is also a great opportunity to ask questions or provide comments on those things that are important to you.

Dates for the Fall District Meetings:

District 1	Legion Hall, Whitewood	Tuesday, October 21	1:30pm
District 3A	Rec. Complex, Assiniboia	Wednesday, October 22	5:00pm
District 4	Legion Hall, Piapot	Thursday, October 23	1:30pm
District 6	Town Hall, Davidson	Monday, October 27	1:30pm
District 8	Bellavista Inn, Humboldt	Tuesday, October 28	1:30pm
District 9B	Turtleford	Wednesday, October 29	1:30pm

Saskatchewan Conservation Officers need your help to solve this case. You can remain anonymous and earn up to **\$2000 cash rewards** if the information you provide leads to a conviction.

**SOMETIME BETWEEN MARCH 22, 2025 AND APRIL 1, 2025, INDIVIDUALS SHOT AND LEFT BETWEEN NINE AND TWELVE SNOW GEESE ALONG GRID ROAD 707, SW OF BEAUBIER IN THE RM OF LAKE ALMA. THE GEESE WERE SHOT FROM THE SOUTH DITCH ADJACENT TO A SLOUGH ON THE GRID ROAD. CONSERVATION OFFICES ATTENDED, CONFIRMED THE VIOLATION AND COLLECTED SOME EVIDENCE AT THE SCENE. THE GEESE WERE LEFT TO WASTE FROZEN INTO AND ON TOP OF THE ICE. TWO CRIPPLED GEESE WERE ALSO LEFT AT THE SCENE TO SUFFER, WHICH WERE PUT DOWN BY THE INVESTIGATING OFFICER. AT THE TIME, THERE WAS AN OPEN SPRING SNOW GOOSE SEASON.**



If you've seen any suspicious activity or vehicles, or know who is involved, please call the TIPP line at 1-800-667-7561. Calls are taken 24 hours a day, 7 days a week. You can also report online at [www.saskatchewan.ca/tipp](http://www.saskatchewan.ca/tipp).





If you are a registered cattle producer (i.e. have sold cattle and paid the levy within the last two years and have not received a refund), and would like to be instrumental in leading Saskatchewan’s cattle industry, fill in the nomination form below.

It must be signed by three other registered producers from within the nominee’s district. Nominations for the Board of the Saskatchewan Cattlemen’s Association must be emailed, faxed or postmarked by midnight July 31, 2025

## Nomination Form

In accordance with The Cattle Development Plan Regulations, I, the undersigned, hereby submit my name as a candidate for election to the Board of Directors of the Saskatchewan Cattlemen’s Association.

First Name	Last Name
Address	Postal Code
Phone number	Email
Fax number	District number

I nominate the above registered cattle producer as a candidate for election as a Director of the Saskatchewan Cattlemen’s Association in district and I am a registered cattle producer within the aforementioned district.

Registered Producer (signature)	Registered Producer (signature)	Registered Producer (signature)
Producer name (Please print)	Producer name (Please print)	Producer name (Please print)
Address	Address	Address
Telephone number	Telephone number	Telephone number
Email or Fax	Email or Fax	Email or Fax

Please return this form along with a digital photo and nominee profile (max. 300 words) to be circulated to district producers:

Colin Wirth, Chief Returning Officer - Saskatchewan Cattlemen’s Association c/o Dudley & Company LLP  
 Suite 100, 2255 - 13th Avenue, Regina, SK S4P 0V6  
 Fax: 306.525.3236 | Phone: 306.757.5555 ext:103 | Email: colin.wirth@dudleyllp.ca

**Note:** Only registered cattle producers can hold office, vote, or nominate others. If the registered producer is a corporation or other legal entity the “designated representative form” must be completed designating a representative of the of the company for voting and nomination purposes. Please contact the SCA at 1-306-585-2333 or [www.saskbeef.com](http://www.saskbeef.com) for a copy of the “designated representative form”. If you have not received confirmation of receipt of your nomination form by five business days after sending it, please call 1-306-585-2333 or email: [officeadmin@saskbeef.com](mailto:officeadmin@saskbeef.com).

# New Forages Aim to Cut Winter Feed Costs for Ranchers



BY MARIANNE  
POSSBERG

SCA RESEARCH  
ANALYST

High winter feed costs, often exceeding 60% of production expenses for beef cow operations, are a major challenge for western Canadian ranchers. Research led by Dr. Bill Biligetu at the University of Saskatchewan's Crop Development Centre offers promising solutions through improved forage varieties designed for stockpiled grazing. Stockpiling allows forage to grow late in the season for grazing into the fall and winter, significantly cutting costs associated with harvested feed.

The project focused on meadow bromegrass, known for its regrowth and leafiness, and cicer milkvetch, a non-bloating legume that retains leaves and forage quality after frost. Researchers successfully selected and developed new breeding populations of meadow bromegrass showing better late-fall regrowth compared to standard varieties.

For cicer milkvetch, which struggles with poor seedling establishment, the team screened diverse populations from global gene banks, identifying several with higher forage yield than current Canadian cultivars. Two improved breeding lines were developed through this project. Furthermore, a genetic analysis identified 145 candidate genes linked to seedling vigor in cicer milkvetch. This discovery could lead to molecular markers, improving selection accuracy for more robust cicer milkvetch establishment.

The study also investigated the best methods for seeding these forages together. While planting in alternating rows versus the same row resulted in similar overall yields, alternating rows appeared to slightly improve the proportion of cicer milkvetch in the stand, particularly when it made up less than 40% of the seed mix.

Overall, this research developed valuable new forage lines tailored for extended grazing and provided crucial genetic and agronomic information to support the forage and beef industries.

Funding for this research was provided by the Saskatchewan Cattleman's Association (SCA), the Saskatchewan Forage Seed Development Commission (SFSDC), and the Saskatchewan Ministry of Agriculture through the Agriculture Development Fund.

# Cattle Industry Grapples with Bovine TB Investigations in Saskatchewan



BY MARIANNE  
POSSBERG

SCA RESEARCH  
ANALYST

An information session hosted by the Saskatchewan Cattle Association (SCA) brought together producers, government officials, and industry representatives to address concerns about recent bovine tuberculosis (TB) investigations in the province.

The meeting, held in early May, featured presentations from the Canadian Food Inspection Agency (CFIA), the Saskatchewan's Chief Veterinary Officer, the Ministry of Environment, and cattle industry associations discussing the challenges and processes involved in TB investigations.

"There's a lot of emotion and there's a lot of challenge. People are feeling really tense about this with good reason," said Duane Thompson, a local producer who chaired the meeting.

CFIA representatives explained that bovine TB eradication efforts date back to 1923, when prevalence was 5% in Canadian cattle herds. Today, that rate has dropped to less than 0.001%. Despite this progress, recent outbreaks in Saskatchewan have caused significant disruption for affected producers.

The current investigation began in late 2024, with CFIA confirming infected herds must be depopulated as part of Canada's disease eradication strategy to

maintain TB-free status for international trade.

"We're not going to fix everything. It's not going to be an easy process whatsoever. But if we can try to ease some of the burdens and deal with some of the issues, I hope that'll support in some way," said Dr. Stephanie Smith, Saskatchewan's Chief Veterinary Officer.

A major concern raised by producers was the inadequacy of current compensation rates. The maximum compensation for a commercial cow is \$4,500 and \$10,000 for registered animals, amounts that producers argue are significantly below current market values.

"These cattle were not for sale. They were never hitting the market," emphasized one producer regarding the impact on generations of genetic investment.

Other challenges include cleaning and disinfection costs, which are not covered by CFIA compensation, and the lengthy investigation process, which can take up to two years to complete.

The Ministry of Environment addressed concerns about potential TB in wildlife populations, particularly elk. Officials reported that surveillance of wildlife in affected areas has shown no evidence of TB in elk or deer populations to date. This prompted debate about

elk population management and testing methodologies.

Leigh Rosengren from the Canadian Cattle Association assured producers that advocacy efforts are underway at the federal level to address compensation issues,

including updating the compensation tables and reviewing the process for setting rates.

Marianne Possberg of the SCA detailed efforts to support affected producers, including requesting tax deferrals over five years for compensation payments, documenting costs for potential additional compensation, and facilitating connections between affected producers.

The meeting concluded with plans to develop clearer protocols and resources for future investigations. Thompson emphasized

the importance of affected producers reaching out to the SCA for support, noting there's "no stigma involved because there's nothing you did to bring it on."

With investigations expected to continue for approximately two years, industry representatives committed to improving communication, advocating for fair compensation, and developing better procedures to support producers through this challenging process.

Producers can listen to the entire townhall, which can be found at [www.saskbeef.com](http://www.saskbeef.com).



# Researchers Identify Superior Salt-Tolerant Wheatgrass for Canadian Rangelands



BY MARIANNE  
POSSBERG

SCA RESEARCH  
ANALYST

Agriculture and Agri-Food Canada researchers have identified promising sources of salt tolerance in intermediate wheatgrass that could lead to new forage varieties for Canadian ranchers dealing with saline soils. Salt exposure can stimulate a physiological drought state response in plants, and drought conditions can intensify soil salinity.

The three-year study, led by Dr. Sean Asselin at AAFC Swift Current Research Centre and completed in early 2024, evaluated 382 wheatgrass accessions from around the world at three different salinity levels. The research aimed to find better-performing varieties for moderately saline soils where this palatable forage could thrive.

“We identified multiple pre-release lines and accessions that surpassed the salinity tolerance of all registered Canadian intermediate wheatgrass varieties,” reported Asselin. This suggests strong potential for developing new salt-tolerant varieties after a 40-year gap in Canadian intermediate wheatgrass breeding.

Three American varieties - Mandan759, Slate and Greenar - consistently ranked within the top 10% across all salinity levels, while Greenleaf was the best-performing Canadian variety. Most impressive were five pre-release lines from the University of Manitoba breeding program that consistently ranked in the top 10%.

One standout line, UM0152, produced 76% more biomass than the Canadian variety Chief and 254% more than Clarke under high salinity conditions. Some lines even outperformed AC Saltlander, a hybrid wheatgrass specifically bred for salt tolerance.

“This work validates that there is potential to improve the salinity tolerance of intermediate wheatgrass to develop new high-quality saline-tolerant forages with characteristics that differ from existing varieties,” concluded Asselin.

Intermediate wheatgrass offers excellent palatability, good seed production, and limited spreading compared to other salt-tolerant options, making it ideal for mildly to moderately saline soils where cattle producers need reliable forage options.

Building on the success of the salinity project, related research is ongoing. A drought trial on intermediate wheatgrass was conducted this past winter, with quality analyses pending. Furthermore, the top-performing lines from the salinity study will undergo further testing for both drought and salinity tolerance, including at



the seedling stage and under higher salinity conditions.

This ongoing work, along with other AAFC projects focusing on drought tolerance in species like lupines, alfalfa, and native plants, aims to develop resilient forage options for producers facing challenging environmental conditions.

The original salinity project was funded by the Beef Cattle Research Council, Saskatchewan Cattlemen's Association, and Saskatchewan Forage Seed Development Commission.

# SCA Burgers It Up With the SJHL



BY SASKATCHEWAN  
CATTLE ASSOCIATION

This winter, the Saskatchewan Cattle Association (SCA) teamed up with the Saskatchewan Junior Hockey League (SJHL) for the first-ever Ringer Burger Challenge – a province wide celebration of community, creativity and beef. Hosted across all 12 SJHL arenas, the challenge invited each team's concession to craft a signature beef burger and highlighting the work of local producers and the spirit of hometown hockey.

Kicking off in early January, the challenge quickly became a hit with fans, players and the local food lovers alike. From Humboldt to Weyburn, game nights turned into culinary showcases, with each arena offering a one-of-a-kind burger for judging. A panel of SCA

representatives, SJHL staff and community leaders sampled the creations, while fans also cast their votes to help crown the province's top rink burger.

For the SCA, the event was about more than just burgers – it was about building connections. Each bite served as a reminder of the high-quality beef raised by Saskatchewan and Canadian beef producers. The challenge also offered a platform to spotlight the importance of supporting

local food systems and rural communities – especially during hockey season, when rinks become the heart of small towns across the province.

The Rink Burger Challenge proved to be a great way to engage with the next generation of consumers and reconnect communities with producers who help feed them. As the final votes were being tallied and winners celebrated, one thing was clear: when you pair a tasty beef burger with hometown hockey, everyone wins.

To check out the episodes and find out who won, visit our website or YouTube channel for links to the videos!



# Storm Clouds on the Horizon



BY TYLER MCCAN

MANAGING  
DIRECTOR, CANADIAN  
AGRI-FOOD POLICY  
INSTITUTE

It's summertime in Saskatchewan, and blue skies are on the horizon. Optimism is in the air with better prices and, hopefully, at least average weather. It's also summertime in Ottawa, but instead of blue skies, it's storm clouds, and the optimism is replaced with concern over the challenges Canada faces: a more dangerous and divided world, geopolitical risk and threats to Canada's sovereignty that the country faces.

The new Prime Minister's mandate letter to his cabinet is framed around these generational challenges. He adds that the transformation of the global trading system, weak productivity, and strained government finances are other problems that must be addressed. His marching orders are to address the challenges with focus and determination.

He then sets out seven priorities. A new economic and security relationship with the US and collaboration with reliable trading partners. Building one Canadian economy and expediting nation-building projects. Bringing down costs for Canadians. Making housing more affordable. Protecting Canadian sovereignty. Attracting the best talent while returning immigration to sustainable levels. Spending less on government operations so Canadians can invest more.

It may be disappointing not to see agriculture as one of these priorities. Many were also surprised to see Minister MacDonald appointed to the ag portfolio. But not being listed as a priority does not mean agriculture will be left out of this mandate, because just like the country, agriculture faces generational challenges too.

When you are deep in it every day, it can be hard to see generational challenges in the sector. If you are a beef farmer getting reasonable prices for the first time in 20 years, it can be hard to see the storm clouds on the horizon, but they are there.

For example, Canadian farmers are farming the smallest amount of land that they have in 100 years.

Geopolitical conflict, commodity price spikes and supply chain disruptions get much of the credit for the significant increase in the value of Canadian exports.

However, productivity growth, the ability to get more out of the increasingly expensive inputs farmers use, is slowing.

Despite efforts to diversify trade and capture new opportunities in the Indo-Pacific, Canadian agriculture and agri-food exports are more concentrated in the US now than 20 years ago.

The average age of Canadian farmers was 6 years older in 2021 than in 2001, and there will be a significant turnover in the next decade as 40% of Canadian farmers are expected to retire.

So Canadian agriculture, like Canada itself, faces generational challenges, but what are its priorities for dealing with them?

Times like these are reminders of how hard it is to develop priorities for a sector as diverse as Canadian agriculture and agri-food. A Southwestern Saskatche-

wan rancher and a Central Ontario dairy farmer probably see the world differently. Never mind how someone manufacturing ag equipment or processing vegetables sees their challenges and solutions. (Continued on the next page)

But too often, farmers and food processors get caught up in the differences and miss the similarities.

Regulations and taxes must change to make farming and doing business easier. Risk management tools need to catch up with the risks farmers face. The R&D and innovation system is nearing a crisis and needs more public and private investment and structural change. It needs to be easier to get products from farms to processors and customers in Canada and around the world.

Those might be examples of priorities that could unite the sector and are not that far off some of the priorities the Prime Minister set for his cabinet.

The time may also be right to make the changes needed to deal with generational challenges. A new federal government has a new mandate to make the country work better. Agriculture Ministers are gearing up to negotiate the next ag policy framework. There is a growing awareness that the old way of doing things just doesn't cut it anymore.

The hardest part of change is often getting people to agree it is needed. A volatile and risky world is helping with that problem. Canadians recognized it in the last election, and even though they elected a government from the same party, they elected it with a mandate for change. The question now is whether Canadian agriculture can see its challenges and agree on its priorities for change.

## Mental Health Matters

On the farm, balance is extremely important when dealing with stress. It impairs our ability to think, problem solve, and it distracts us while we manage our day-to-day tasks. Below is a list of resources you can utilize when times are tough, or when you are feeling overwhelmed.

Saskatchewan Farm Stress Line Call toll free: 1-800-667-4442 <a href="http://www.farmstressline.ca">www.farmstressline.ca</a>	The Canada Suicide Prevention Service (Available 24/7/365) Call: 1-833-456-4566 Text: 45645 <a href="https://www.crisisservicescanada.ca">https://www.crisisservicescanada.ca</a>
SaskAgMatters Network <a href="http://www.saskagmatters.ca">www.saskagmatters.ca</a>	Canadian Mental Health Association <a href="http://cmha.ca">cmha.ca</a>
Online Therapy Unit <a href="http://www.onlinetherapyuser.ca">www.onlinetherapyuser.ca</a>	Do More Agriculture Foundation <a href="http://www.domore.ag">www.domore.ag</a>
Agricultural Health & Safety Network <a href="https://cchsa-ccssma.usask.ca/aghealth">https://cchsa-ccssma.usask.ca/aghealth</a>	Centre for Addiction and Mental Health <a href="https://www.camh.ca/">https://www.camh.ca/</a>
Free mental health resources available across provinces: Funded by United Way, Gov of Can <a href="https://sk.211.ca">https://sk.211.ca</a>	

# LFCE: Where Cattle, Climate, and Innovation Collide (cont.)

As the agricultural sector places greater focus on environmental sustainability, LFCE is leading the way with innovative projects that help producers improve their environmental footprint while maintaining profitability. One such initiative is a partnership with Ducks Unlimited to explore the potential of incorporating pollinator-friendly species into livestock operations, such as forage production.

As global temperatures rise, managing heat stress in livestock is becoming an important challenge. Researchers at LFCE are focusing research on the impact of ergot, a fungus that affects grain crops and causes heat stress in cattle. Studies on the impact of ergot contamination in grain and its effects on cattle health is particularly important for feedlot operators who rely on grain-based diets for cattle.

Ergot-contaminated grain can cause severe health problems in cattle, including reduced feed intake, lameness, and in some cases, death. This research helps cattle producers understand the risks associated with feeding contaminated grains and provides strategies for mitigating these effects, such as using different feed sources or technologies to detect and prevent ergot contamination.

Research at LFCE includes the effects of drought and how cattle producers can adapt their water management strategies. Research into sulfate concentrations in water sources is providing insights into how producers can manage water quality during dry periods. By understanding the impact of sulfates on cattle health and

productivity, producers can adjust their water management practices to mitigate any adverse effects.

LFCE's feedlot research team is focusing on improving the overall health and performance of cattle in feedlots. This includes investigating recently identified metabolic diseases. Understanding these diseases and their impact on cattle performance can help producers implement better management practices and improve animal welfare and mitigate antimicrobial resistance.

LFCE is developing innovative breeding strategies to help producers analyze the genetic makeup of individual animals, supporting the selection of key traits such as improved calving ease, feed efficiency, better temperament, and enhanced overall production performance.

Imagine being able to pluck a few hairs from an animal's tail, running the sample through a genetic testing device, and instantly receiving detailed insights about that animal's genetic background. This ability to match the genetic strengths of both cows and bulls can optimize production and address practical concerns such as environmental efficiencies and animal behavior, making animals that contribute to environmental sustainability and are easier to work with.

In the case of a sick animal, genomic testing could reveal the animal's resistance to certain antibiotics, allowing producers to choose the most effective treatment while minimizing the risk of contributing to antibiotic resistance.

LFCE is looking at the integration of smart technol-

ogies designed to help producers make data-driven decisions more efficiently. Through its involvement in the Pan-Canadian Smart Farm Network, LFCE is pioneering the use of weather stations, sensors, and crop modeling technology to optimize cattle management. The goal is to create a platform that integrates data collected through these sensors into a single dashboard, which would allow producers to monitor environmental conditions and livestock health at the touch of a button.

In the near future, a producer could simply check a digital dashboard to assess farm operations. If an issue arises, such as a malfunctioning waterer or a cow that hasn't moved in hours, the system alerts the producer to take immediate action.

Similarly, the introduction of affordable GPS tracking and sensor systems for cattle can increase operational efficiency. These systems use solar-powered GPS tags that track the location and movement of cattle, providing valuable data for herd management. Developed by a Saskatchewan-born innovator, this technology can be especially beneficial in large operations where monitoring cattle manually is time-consuming.

The GPS systems can be coupled with LoRaWAN (Long Range Wide Area Network) technology that connects battery-operated devices to the internet. These systems are designed to deliver data over long distances, and in areas where cellphone coverage is poor. By collaborating with SaskTel and North Star Systems, LFCE has helped develop this technology for wider application in cattle operations. The affordability

and effectiveness of these systems make them accessible to a range of producers, offering the potential to reduce labor costs while increasing animal safety and monitoring.

LFCE is connecting with the next generation of cattle producers engaging in graduate students, veterinarian and undergrad training, and in hosting research projects, classes, tours, field days and showcasing graduate student research. It provides a platform for producers to engage with emerging ideas and innovations so producers can provide input into current research. These events also provide producers with the opportunity to see research in action, engage with graduate students and researchers, and gain valuable insights into the latest agricultural trends. (Save the date! The next LFCE Field Day will be held on June 17, 2025.)

Graduate students and researchers who work at LFCE are not only contributing to the development of innovative technologies and sustainable practices, but they are also gaining valuable industry insights that will shape the future of the industry. Many will go on to become leaders in government, industry, and academia.



# Canadian Roundtable for Sustainable Beef Supports Beef Value Chain



**BY CANADIAN  
ROUNDTABLE FOR  
SUSTAINABLE BEEF**

The Canadian Roundtable for Sustainable Beef (CRSB) was created with the vision of creating a collaborative space for players in all aspects of the beef value chain and beyond to work together on sustainability. With a mission of advancing, measuring and communicating continual progress in the sustainability of the Canadian beef value chain, CRSB celebrated its tenth anniversary in 2024, reflecting on many important achievements in those 10 years.

Key milestones include two National Beef Sustainability Assessment and Strategies, providing sustainability performance metrics for the whole beef value chain, and the creation of a voluntary third party beef sustainability certification program, known as CRSB Certified.

At this year's Saskatchewan Beef Industry Conference, the CRSB held a Council meeting followed by a "Listening Session", an opportunity for CRSB Directors and staff to connect - especially with the producer community - receive feedback and ask questions, on CRSB's direction and priorities. Some of the feedback included challenges and opportunities related to the CRSB Certified program, the value of the CRSB to the Canadian beef industry, and its ability to bring stakeholders together on common values. The CRSB's *National Beef Sustainability Assessment* was highlighted as an important tool for the industry to measure and communicate about its sustainability performance using credible, science-based metrics. Learn more at <https://crsb.ca/benchmarks>, including videos from a campaign we ran in partnership with Canada Beef and the Public and Stakeholder Engagement program in April/May 2025.

The *CRSB Certified* program was created to recognize sustainable practices across the Canadian beef value chain and to provide credible assurances for the production, processing and sourcing of beef through certified supply chains in Canada. The program is centred around outcome-based standards for beef production and primary processing with indicators aligned with the five principles of sustainable beef: natural

resources, people and the community, animal health and welfare, food, and efficiency and innovation. This outcome-based model allows for flexibility in how the indicators are met, taking into account different production systems, climates, geography and more.

Certification is achieved through an initial on-farm verification, by third party Certification Bodies. Producers can select the certification body of their choice; Verified Beef Production Plus, Ontario Corn Fed Beef Quality Assurance (for Ontario feedlot operations), and Where Food Comes From are all approved for producer certifications.

The unique part of the CRSB Certified program is linking cattle and beef production from CRSB Certified birth farms and ranches, through all stages of the supply chain, culminating in a CRSB Certified claim for the consumer.

Over the past several years, CRSB's retail and food service partners have embraced the program, and are keen to support Canada's farmers and ranchers who have made the investment to become certified by sourcing CRSB Certified beef. Demand is strong, and more supply is needed to fulfill this demand. Supply chain partners such as Cargill and supporting members like Farm Credit Canada are further recognizing the investments producers are making through financial incentives. Cargill provided another recognition credit of up to \$400 for CRSB Certified producers in March 2025, and the FCC sustainability incentive is expected to open June 2 with some exciting updates. CRSB continues to work with our members to create practical tools and solutions to support producers.

Supporting CRSB claims and facilitating sourcing of CRSB Certified beef through a certified supply chain requires a chain of custody (traceability) system. This system carries requirements of participants across the chain, which all contribute to the credibility of the system. Since 2022, the Canadian Cattle Identification Agency (CCIA) has been the sole live cattle chain of custody tracking system for the CRSB Certified program (excluding Quebec), bringing the information into a single system. CCIA has also added a "CRSB Certified status" search tool in the CLTS, where the CRSB Certified qualifying status of an animal's tag/indicator can be searched at any time as they move through the supply chain.

Producers can make the most of their CRSB certi-

fication by giving their cattle the chance to qualify for CRSB Certified supply chain through the following steps:

1. Become CRSB Certified and maintain certification.
2. Consent to sharing data with CCIA for the purposes of chain of custody tracking. This is done by the Certification Body at the time of certification, and consent can be added/changed at any time by contacting the Certification Body. For producers certified by VBP+, call (587-328-5980) or email [info@verifiedbeef.ca](mailto:info@verifiedbeef.ca). If you have already provided consent, your contact information will appear under the "CRSB Client Information" section of your CLTS account; if you haven't, this section will not be visible. What information is shared? The Certification Body will share the following information for the purposes of chain of custody tracking with CCIA: name, email, mailing address, CLTS account ID, CRSB certificate number, certification date, certification status change or de-certification date, and audit type.
3. Submit cattle birth dates. Submit birth dates into your CLTS account for the cattle born and tagged on your operation since becoming certified. Animals born on the operation within 6 months (up to 6 months prior) of certification date are eligible.
4. Submit move-in events. Move-in events must be submitted to the CLTS each time eligible cattle move to a new operation. Qualifying animals moved in from another CRSB Certified operation within 6 months of CRSB Certification date are eligible.

Completing these steps in a timely manner helps everyone in the supply chain. These steps are essential not only for cattle to qualify for CRSB Certified supply chains but may also be linked to receiving financial benefits from supply chain partners.

For more information on CRSB certification, including a factsheet and FAQs on the Qualifying Cattle Requirements (see QR code), visit our website at <https://www.crsbcertified.ca/producers/become-certified/>. If you have any questions, please don't hesitate to reach out to us at [info@crsbcertified.ca](mailto:info@crsbcertified.ca).



Left: Brodie Haugen (CRSB Council member representing Alberta Beef Producers) with listening session participant.

Middle (L to R): Julie Sharp (CRSB), Clay Holmes (Intercity Packers Meat & Seafood; CRSB Vice Chair), Monica Hadarits (ED of CRSB)

Right: Karli Reimer (CRSB Council member representing Ducks Unlimited Canada) with Clint

# SVMA Summer Student Program Addressing Vet Shortages

BY ANGELA PRAWZICK

SASKCATTLE TIMES STAFF

Saskatchewan needs more rural veterinarians and veterinary technologists. And the Saskatchewan Cattle Association (SCA), in partnership with the Saskatchewan Veterinary Medical Association (SVMA) and the Saskatchewan Ministry of Agriculture is investing in the youth of today to ensure adequate veterinary services are available to serve Saskatchewan's expanding livestock production sector.

The Summer Student Program is designed to attract veterinary and veterinary technology students to rural large and mixed animal veterinary practices serving a high percentage of livestock clients. This is a crucial aspect to ensuring cattle producers have access to veterinary services across Saskatchewan.

Students are given a unique opportunity to be mentored by practicing veterinarians, and to learn invaluable practical skills in a professional environment. Rural veterinarians have the opportunity to work with bright, young and aspiring veterinarians and veterinary technicians, and the potential of finding aspiring professionals for succession planning.

"We get to hear some pretty neat stories from students of some of the interesting cases they experience," said Lorraine Serhienko, SVMA Manager of Practices and Registrants. "They get to see what kindness the veterinarians have, and their willingness to teach. They tell us things about how it's helped steer their career direction."

The Summer Student Program is open to first and second year veterinary students attending the Western College of Veterinary Medicine. It's also available to third year veterinary students and first year veterinary technology students attending any Canadian Veterinary Medical Association accredited programs, with preference given to Saskatchewan students.

This made-in-Saskatchewan program is the only one of its kind in Canada. It offers opportunities to students who are considering a rural practice, and to those who might not have thought about rural practice, allowing them to see the potential and possible fit of working in rural practice.

The Saskatchewan Veterinarians Act, unlike simi-

lar legislation in other provinces, requires students in all years of study to be registered with the SVMA, which means they can practice veterinary medicine under supervision. Alberta allows third and fourth year students to practise as a veterinary student under supervision in veterinary practices, but the Saskatchewan program is the only funded program open to first and second year students, a crucial time when students are making decisions on the type of career they're hoping to move into.

The program provides students not only with practical experience, but it also demonstrates the range of both professional and lifestyle options found in the agri-food sector in rural Saskatchewan. It encourages students to consider rural practice as an attractive career option.

The veterinarian practices that participate must be accredited large or mixed animal practices in Saskatchewan, typically serving areas with cattle, sheep, pigs, horses, bison and poultry. Students who have participated in the program have worked with veterinarians across the province.

Saskatchewan has been facing a shortage of veterinarians. This situation became much more acute during the pandemic, when more people were adopting animals. This led to an increase in demand for veterinary services in all areas of veterinary medicine — not just in large animal practice. And with many clinics not able to accommodate a 3000 pound bull, rural veterinarians face greater travel times to farms in order to treat large animals. Producers are also turning increasingly to veterinarians for herd health further increasing the demand for services.

Students interested in participating in the program must submit their application at the beginning of De-



ember for placement the following summer. The student begins by finding a practice that is willing to hire and mentor them as a summer student employee. They then complete the application, answering questions such as why they would like to be in the program and what they think they'll gain, after which a participation agreement is sent to the identified practice.

Student candidates can apply for eight, 10 or 12 week work placements, which provides students with flexibility, particularly those entering their fourth year of study who have fewer summer weeks available for work. The program provides funding which subsidises the student's salary.

Once selected, both the student and the participating practice are required to complete monthly evaluation forms, which includes information such as how the student is doing and where they can improve. Students also have the option to work with more than one practice during the program.

"We've had practices that indicate they deal primarily with cows, and the selection committee may suggest the student work with another veterinarian for a week to gain experience working with horses, or another practice to work with companion animals," said Serhienko. (Continued on the next page)



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Students have the opportunity to experience the full range of responsibilities carried out by veterinarians, under supervision and mentorship, from placing catheters, providing vaccinations to both large and small animals, drawing blood, assisting during calving season, and performing surgeries.

Other duties include doing teeth floats on horses, helping to complete export papers for animals that are travelling, participating in disease investigations with the Ministry of Agriculture disease investigation unit, and helping the veterinarian to figure out what resources they might need to solve a herd problem.

They might also be doing pregnancy checks in herds, bull soundness evaluations, as well as spays and neuters. There are always emergencies making for a very interesting and varied work experience.

“The students are scrubbing in on surgeries and helping with the practice, and getting a lot of experience, all of which is under supervision,” said Serhienko. “The program provides a wide range of experiences for the students, who participate in all aspects of veterinary clinical work.”

The program provides participants – both students and veterinarians – with many benefits. “I found the program to be super helpful in finding a summer job,” said SVMA Vice President Jasmine Paulson. “Sometimes it’s a little harder when you’re a new student and you don’t have a ton of practical experience yet. A program like this can open up more doors for you.”

“Some students have told us how the program helped steer their career direction,” said Serhienko. “Others have told us how it helped them steer away from a certain career direction.” Serhienko said she believes both experiences are equally vital, and that the program provides invaluable experiences which help guide students toward an aspect of veterinary practice they find fulfilling. For other students, it helps them to decide that rural practice is not a career for them, which helps them to avoid the costs and time spent pursuing a career that in the end, is not for them.

And the hands-on work experiences for the students are second to none.

Veterinarians appreciate the extra help they receive from the students, and the possibility of hiring one of the students back in the future, particularly those veterinarians who are looking to retire. Participating in the program provides veterinarians the opportunity to meet younger professionals who might be interested in practicing with them after graduation.

Paulson has a unique perspective on the program having participated as a student, a practicing veterinarian, and as the Vice President of the SVMA. She took part in the summer program as a first and third year student, and felt the mentorship she received from the veterinarians was instrumental in setting her up for career success.

“I was paired with two really awesome clinics where mentorship and teaching were big focuses,” she said. “I got lots of hands-on experience in my first-year summer, like learning more of the basics because that’s what I needed to learn, like

catheter placement and restraint and vaccines and more routine stuff. And then as a third year student with more of a skill set to offer, then there were more advanced things to help with, like surgeries. So, it just kind of progressed as my skill level did, with what I was able to do at both practices and with the proper mentorship. And the experiences I gained in the summer certainly helped me in my fourth year at the college when we do our practical rotations, as well as in my first years of practice, as those are skills I still use to this day.”

Upon graduation, Paulson joined the veterinary practice where she worked as a third year student, and has become one of the two partners who own the practice. She continues to participate as a veterinary mentor.

“I really enjoy having students here,” she said. “It’s nice to pay it back from all the great mentors I had as a student, to pass on that knowledge and to help make that transition a little bit easier for the next person. Somebody gave us the opportunity to learn those things when we were students and just starting out, so

my business partner and I want to help guide the next generation.”

The Saskatchewan Cattle Association joined the SVMA and Ministry of Agriculture as a program partner five years ago. The number of student applicants has doubled, from 19 in 2021 to 39 in 2025.

Ninety-seven students have participated in the program since 2018. Of those, 44 are currently registered and working in Saskatchewan as veterinarians and 31 students are still enrolled in their program. Of the 44, 27 of those working specifically in mixed/large animal practices.

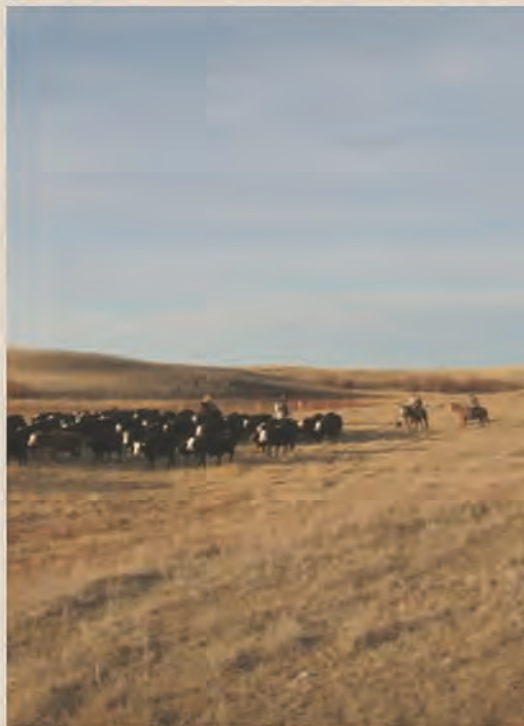
“This is exactly what we wanted to do, generate more interest in rural mixed practice, and pairing students with clinics where we can set them up for good experiences,” said Paulson. “I’m very happy to see that the program is receiving more applicants. It’s quite valuable to students and practices in rural Saskatchewan.”

VISIT [SASKFORAGE.CA](http://SASKFORAGE.CA) FOR UPDATES & NEWS!

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# Understanding the VBP+ Program



**BY VERIFIED BEEF  
PRODUCTION PLUS**

The Verified Beef Production Plus (VBP+) program is a national, producer-led initiative that helps Canadian beef producers demonstrate their commitment to sustainable and responsible practices. VBP+ is a certification program that verifies beef cattle operations meet industry standards in areas such as food safety, animal care, biosecurity, and environmental stewardship. Alongside delivering certification to the VBP+ standard, VBP+ also provides certification to the Sustainable Beef Production standard, maintained by the Canadian Roundtable for Sustainable Beef.

The program offers two certifications with one assessment, one cost. Producers who participate in certification are qualified for sustainable beef value chains and access related incentives. In Saskatchewan, participating in VBP+ can lead to significant financial incentives.

Saskatchewan beef producers who complete VBP+ training and certification may be eligible for financial support to implement beneficial management practices through the Ministry of Agriculture's suite of programs: Animal Health and Biosecurity Producer Program, part of the Sustainable Canadian Agricultural Partnership.

- Training Stream: Up to \$2,500 rebate for eligible expenses and equipment costs.
- Certification Stream: Up to \$15,000 rebate for VBP+ audits (including recertification), and approved equipment expenses.

Rebates cover 50% of eligible costs, with a minimum claim amount of \$500 and a maximum program payment of \$15,000 over the five-year term (April 1, 2023, to March 31, 2028).

The joint certification also offers incentives through the CRSB certification. By maintaining the CRSB Certified Qualified Cattle Requirements, certified producers may be recognized financially through the Cargill Qualifying Cattle Credit. These payments are issued monthly for all qualifying cattle processed in the prior period on a per head basis. Payments are provided to every CRSB Certified Operation in the supply chain that owned these qualifying animals as a thank you for the upfront investment made. Animal need to be born and raised on a certified operation, be fed and finished at a certified feedlot and be processed at Cargill High River or Cargill Guelph. Animals must also be age verified to qualify.

Cargill and their supply chain partners also fund the Cargill Certification Recognition Credit that has been maintained for this year. This credit is designed to compensate producers who have invested in obtaining VBP+ and CRSB Certification but did not receive at least \$400 in financial returns for qualifying cattle processed the given year. The credit aims to "fill the gap" for these producers, ensuring they are recognized for their commitment to sustainable practices and upfront investment in certification. For instance, if a producer

received \$60 in payment for qualifying cattle in 2025 (3 head), they would receive an additional \$340 to reach the \$400 threshold. Conversely, if they received \$400 or more, no additional credit would be issued.

The last opportunity to receive money through the CRSB/VBP+ certification is through Farm Credit Canada's (FCC) Sustainability Incentive Program. To be eligible for this program producer must be CRSB certified and be an FCC customer with term loan. Incentive payments are calculated as a portion of the producer's lending with FCC, up to a maximum of \$2,000 per year. Producers can reapply annually throughout the program's duration

Additional intrinsic benefits to becoming certified are:

- Enhanced Record-Keeping: Improved documentation of animal health and treatment records.
- Operational Efficiency: Streamlined protocols for training staff and managing resources,
- Risk Management: Better preparedness for disease outbreaks and emergencies and
- Consumer Confidence: Demonstrated commitment to sustainable and ethical beef production practices.

By becoming VBP+ certified, Saskatchewan beef producers can not only enhance their operational practices but also unlock financial incentives and support the growth and sustainability of their operations. If you have questions about VBP+ or any of the programs mentioned please contact Erika Stewart VBP+ Saskatchewan Provincial Coordinator at [sk@verifiedbeef.ca](mailto:sk@verifiedbeef.ca).

# Demonstrating the Seed and Feed Potential of Intermediate Wheatgrass



**BY J. RELF-ECKSTEIN  
EXECUTIVE DIRECTOR**

Ranchers and seed producers face balancing land stewardship with maximizing ROI. Research from the Saskatchewan Forage Seed Development Commission (SFSDC) highlights the potential of incorporating intermediate wheatgrass (IWG) into crop rotations as a sustainable dual-use seed crop and livestock feed source.

First produced in Canada in 1937 at Agriculture Canada, Swift Current, prairie-bred varieties have since shown winter hardiness and adaptability. Saskatchewan is the leading Canadian supplier of pedigreed seed stocks, producing 1.2 M kg of seed with a farm gate value of Cdn \$2.9 M in the past 18 years. Over the past five years, exports of Canada's wheatgrass seed for planting, excluding crested, averaged USD \$3.2 M, 83% to the USA.

The University of Manitoba has selected IWG as a

perennial grain and fodder source; SFSDC used the line UM2016Syn in our study. In the USA, the innovation from the Land Institute is known as Kernza®, which is used as a food ingredient. UM2016Syn and future varieties present a unique opportunity for Saskatchewan's forage seed growers and livestock producers. With strategic GMPs of *Thinopyrum intermedium*, both before and after establishment, the IWG generates a cash seed crop and post-harvest fodder through grazing and/or bales, enhancing economic sustainability for producers. Furthermore, this multi-year crop offers continuous ground cover with a deep, fibrous root system. The crop is a logical environmental stewardship option, particularly for marginal soils, giving producers a tool to improve soil health, sequester carbon, minimize soil and water

erosion, while providing a habitat for pollinators and possibly beneficial insects.

In August 2021, SFSDC received an ADOPT grant to demonstrate the dual-use potential of IWG using UM2016Syn under conventional and organic production.



Despite challenges like drought and wild boar damage, our cooperators achieved successful seed harvests from 2022 to 2024. Using the bales from straw dropped at harvest, undergraduate students in the Department of Animal and Poultry Science at the University of Saskatchewan College of Agriculture and Biosciences evaluated the diet intake and apparent digestibility of IWG straw residue fed to Hereford cross steers. They found that UM2016Syn is a low to moderately digestible forage comparable to a diet (continued on the next page)

choice of conventional wheat straw. Adopting the prairie innovation in plant breeding as a supplementary feed source fed as a balanced diet or total mixed ration could benefit livestock producers, especially during droughts and feed shortages. The chemical composition of (conventional) IWG is comparable to wheat straw. Crude protein in the wheat straw (12%) was slightly higher than IWG 2023 harvest (10%) and IWG 2022 harvest (11%).

SFSDC acknowledges that profitability and market demand for IWG seed are driving factors in production. There is much to learn about agronomy, such as intercropping and fertility management, regenerative and economically and environmentally sustainable agriculture demand potential, quantifying the amount of and depth to which carbon is sequestered, and beneficial insects that the plant attracts. Organic production bales are on-site at USask, College and Preston Avenue for analysis

pending additional funding, and livestock are available to complete the feed value (digestibility) study.

The Commission hopes to pursue this exciting research on behalf of organic seed producers and ranchers.

Learn more – listen to the podcast featuring Drs. Doug Cattani U of Manitoba, and Greg Penner, USask at: <https://www.saskforageseed.com/latest-videos-podcasts>.

Read the full research report at: <https://www.saskforageseed.com/research-projects/demonstrating-the-dual-use-potential-grain-and-forage-production-of-intermediate-wheat-grass-thinopyrum-intermedium-grown-in-northeastern-saskatchewan>.

If you have unspent research dollars (\$), please call the SFSDC office 306-341-1347 and help unlock the potential for Saskatchewan cattle and seed producers.

# From the Farm to Their Future: How AITC-SK Inspires the Next Generation



**BY CHANDRA GUSIKOSKI**  
COMMUNICATIONS  
MANAGER, AGRICULTURE IN  
THE CLASSROOM SK

Agriculture in the Classroom Saskatchewan (AITC-SK) has been busy delivering impactful educational experiences that highlight the importance of agriculture to students across the province. With the long-standing and generous support of the Saskatchewan Cattle Association (SCA), AITC-SK continues to connect students with real stories, real farms, and real careers in agriculture.

Providing students with exposure to agriculture is more than just education—it's an investment in our future. This spring's *thinkAG Career Expo at Canada's Farm Show* in Regina and the *AgTech Expo* in Yorkton gave students a chance to explore a wide range of career possibilities within the agricultural industry. These events connected youth with industry leaders, showcased cutting-edge agriculture technology, and opened students' eyes to the dynamic roles available in agriculture—from biotechnology and animal science to mar-

keting, trades, and agronomy. Through this experiential learning, students gained a better understanding of the career opportunities in agriculture and food and began to envision how their unique skillset could play a role in our industry.

These career events are part of *thinkAG*, a national career education initiative that strives to increase awareness and cultivate curiosity in agriculture and food careers among students across the country. AITC-SK offers career expos, classroom presentations, and agriculture career resources to engage students in the province. As the agriculture industry faces ongoing labour shortages and a rapidly evolving technological landscape, it's more important than ever to encourage the next generation to consider careers in the sector. When students understand the relevance, diversity, and importance of agriculture, they're more likely to see themselves as part of its future.

Another impactful initiative this spring is the *Farm & Ag Tour program*, which provides teachers with a travel bursary to bring students directly to farms and agricultural operations. For many students, this is the first time they've stepped foot on a farm. In May and June, 55 classrooms of eager students will be visiting farms, including cattle operations, offering a unique and memorable opportunity to see animals up close,

talk to producers, and gain an appreciation for the work that goes into raising healthy animals and producing safe, sustainable food.

These first-hand experiences are powerful. They break down barriers, build trust, and spark curiosity. Whether it's touching a calf, seeing a tractor in action, or hearing a producer share their passion, students leave these tours with a deeper



understanding and often a newfound respect for the agriculture industry. These experiences can shape perceptions and even inspire career choices down the road.

AITC-SK is deeply grateful for the ongoing support of the *Saskatchewan Cattle Association*, whose commitment to agriculture education makes these impactful programs possible. As we continue our work to inspire and educate youth across Saskatchewan, we encourage beef producers and industry members to support AITC-SK. *One way to do this is to purchase Ag in Motion 50/50 tickets.* Every ticket purchased supports AITC-SK and 4-H Sask. Tickets can be purchased in person at the event or online prior to and during the event from either organization's website. Together, we can ensure that the next generation is not only informed about agriculture—but inspired to be part of it. For more information, visit [www.aipc.sk.ca](http://www.aipc.sk.ca).

**Agriculture**  
**in the Classroom**  
Connecting Kids and Agriculture



# Beef Without Borders: Canada's Global Push for Premium Protein



BY CANADA BEEF

The opening of Canada's 45th Parliament by King Charles III set the stage for discussions with the United States (U.S.) on many trade issues and the upcoming Canada-U.S.-Mexico Agreement (CUSMA) renegotiations.

While it's early days here at home, the global landscape continues to shift in response to U.S. actions towards market disruptions. The team at Canada Beef is confident in its capacity to meet the challenges and opportunities that lay ahead as we work together to deliver high-quality Canadian beef to the world.

In June, Canada Beef participated in a market development mission to Vietnam and the Philippines led by Alberta Minister of Agriculture and Irrigation RJ Sigurdson. Alberta Beef Producers Past chair Brodie Haugan was also in attendance. In addition, Canada Beef will conduct and join a demand building seminar for Japanese meat buyers at the Canadian Pavillion at World Expo 2025

in Japan and exhibit at the Seoul Food & Hotel Show in Korea. Representatives from the Canadian Cattle Association will join both initiatives.

Canada Beef will exhibit at the Food & Hospitality Indonesia (FHI) show in Jakarta (July), at WOFEX 2025 in Manila (August), and at ANUGA 2025 in Cologne, Germany in October. Additional demand building seminars in Canada Beef's key emerging Asian markets are in the process of development for later in the year.

Last fiscal year (April 1, 2024-March 31, 2025), Canada Beef's Export Market Development section undertook and funded 177 distinct generic marketing projects targeting 16 countries, including Japan, Korea, Taiwan, Vietnam, Hong Kong, Indonesia, Philippines, Mexico, Colombia, Chile, Italy, Belgium, France, Germany, UAE and Saudi Arabia. Japan was the most active market, followed by Mexico, South Korea, and Vietnam.

Generic marketing initiatives are led and undertaken by Canada Beef international staff that support the promotion and increased exposure and awareness of the Canadian beef brand in collaboration and consultation with suppliers and their in-market partners.

Chief among the two dozen outcomes from the Ca-

nadian beef promotion and marketing initiatives undertaken were:

- 888 new client buyers and leads identified
- 4 million+ consumers reached
- 28 government and industry events supported
- 26 distributor education seminars completed
- 20,095 invitees attended Canada Beef-supported events and seminars
- exhibited at 12 food industry trade shows in eight countries
- 2,256 social media posts generated, achieving 25.6 million+ impressions.

This fiscal year, a Canada Beef promotion with Emart, Korea's largest hypermarket chain, and Emart Everyday, its supermarket chain, proved successful, providing another great example of the relationship building and mindshare development resulting from such initiatives. Amid growing volatility in global beef supply and pricing, major Korean retailers are showing increasing interest in Canadian beef, which is an encouraging sign for Canada's beef industry.

Canada Beef remains committed to creating value through strategic innovation, market leadership, and collaboration with all levels of the beef value chain. As domestic supply tightens further, our focus on generic marketing initiatives will intensify. I am confident that Canada Beef will strike the right balance between branded beef and influencing consumers to continue to buy and consume beef, even at higher prices.



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# A Complete Risk Management Strategy for Your Livestock Operation



**BY SASKATCHEWAN  
CROP INSURANCE  
CORPORATION**

As a livestock producer in Saskatchewan, you face many challenges - from market volatility to herd health concerns. The Saskatchewan Crop Insurance Corporation (SCIC) offers programs to help you manage these risks: Livestock Price Insurance (LPI) and AgriStability. Together, these programs provide a complete strategy to protect your operation and support your long-term sustainability.

LPI gives you a reliable way to manage price risk by offering coverage against unexpected market declines. To help you establish your price floor, LPI considers

three key risk factors: price, currency and basis. LPI protects you from sudden downturns caused by global trade shifts, disease outbreaks or tariffs. If the market price drops below your selected coverage level during the final four weeks of your policy, LPI pays the difference. If prices rise, you benefit from selling at a higher market price.

With high market levels, now is the time to secure coverage. You can purchase feeder and fed policies from either the Alberta (AB) or Saskatchewan-Manitoba (SaskMan) premium tables. Choose the region that best reflects your market risk and align your policy expiry with your anticipated marketing date. Coverage is available for both steers and heifers with the insured index based on steer data. The premium cost is calculated using the estimated market weight (cwt) of calf, feeder or fed cattle you plan to insure.

To help you make informed decisions, SCIC has an LPI Buyer's Resource Guide and LPI Settlement

Resource Guide available on SCIC.ca. These explain how to use the program effectively and navigate the claim process. Additionally, the LPI Work Pad is a great resource that provides a side-by-side com-

parison to help you work through different policy options before making a purchasing decision. You can also find breakeven calculators, price projections and standard market information on the Canfax app. Lastly, you may find it helpful to follow key market indicators that influence livestock prices. LPI Market Information can be found at LPI.ca.

Whether due to reduced sales, herd health issues or rising input costs, AgriStability helps stabilize your income during challenging times. AgriStability offers income protection when your operation experiences a significant margin decline.

The program covers allowable expenses that impact your profitability.

The AgriStability enrolment deadline for the existing Program is extended for the 2025 program year to July 31, 2025. This gives you additional time to evaluate your risk management options and pay your fees.

Together, LPI and AgriStability offer security for your livestock operation. LPI provides short-term price protection, while AgriStability supports your long-term financial stability in the face of operational challenges.

For more information or to speak with a representative, contact SCIC:

Phone: 1.888.935.0000

Email: [customer.service@scic.ca](mailto:customer.service@scic.ca)

AgriStability Inquiries: 1.866.270.8450

Email: [agristability@scic.ca](mailto:agristability@scic.ca)

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**THE NEED TO  
TRANSPORT  
ANIMALS FOR  
FEEDING**



**HERD  
REDUCTIONS  
DUE TO  
DISEASES**

## Beyond Austenson: New Feed Varieties



**BY MITCHELL JAPP**  
RESEARCH & EXTENSION  
MANAGER, SASKBARLEY

For years, CDC Austenson has been a go-to feed barley variety for Canadian cattle producers, valued for its reliable yield, strong standability, and high feed quality. Recognizing its lasting impact, CDC Austenson was recently named Seed of the Year for 2025 — a well-earned honour for a variety that has consistently delivered for growers and the livestock sector. However, new contenders are emerging, promising even greater performance and benefits for cattle producers.

Several new high-performing feed barley varieties have entered the market, each offering unique advantages in yield, disease resistance, and agronomic traits. Here's a look at five promising options:

Bred at the Crop Development Centre (CDC), CDC Durango was selected as the successor to CDC Austenson. Registered in 2022, it boasts a 5–7 per cent yield increase over Austenson and improved lodging resistance. With a strong disease package, including

better resistance to net blotch and scald, CDC Durango is an excellent choice for farmers looking for a more robust and resilient alternative.

CDC Renegade is a smooth-awned, mid-height 2-row feed and forage barley that delivers strong grain and forage yields. In registration trials, CDC Renegade averaged 97% of CDC Austenson for grain yield and 104% for forage yield, making it an ideal option for producers looking for flexibility. With high plump seed percentage and resistance to fusarium head blight (FHB), stem rust, and surface smut, CDC Renegade stands out as a balanced choice for grain and forage production across Western Canada.

AB Advantage is a smooth-awned, dual-purpose 6-row feed and forage barley with excellent grain and forage yield potential. It has demonstrated high biomass production, making it well-suited for silage and feed applications. Compared to industry standards, AB Advantage has high plump kernels, heavy test weight, and improved lodging resistance over AC Ranger. With grain yield at 105% of Vivar and 102% of CDC Austenson in registration trials, this variety delivers strong performance for both grain

and forage production, offering flexibility to livestock producers.

AB Wrangler is a high-yielding, dual-purpose feed and forage barley developed for superior performance in the field and in livestock operations. It features excellent FHB resistance—the best in its class—along with strong standability and a well-rounded disease resistance package. Wrangler's high grain and forage yield potential make it a great choice for producers looking for flexibility in their feed sources. With a short, strong straw and excellent lodging resistance, it is well-suited for a range of growing conditions. This variety also boasts superior forage and silage quality, providing a high-energy feed option for cattle producers.

AAC Lariat, released by AAFC in 2022, is a dual-purpose variety that excels in both grain and forage production. It has an excellent yield advantage over earlier feed barley varieties, with good standability and resistance to key diseases like net blotch and stem rust. Its flexibility for both feed and forage applications makes it a versatile option for producers.

# Pronghorn and Cattle



BY KRISTA CONNICK TODD  
SOUTH OF THE DIVIDE  
CONSERVATION ACTION  
PROGRAM

Pronghorn are an iconic species in southern Saskatchewan. Nicknamed “speed goats” because of their ability to maintain speed of approximately 70 km/hr for long distances, their populations experienced a drastic decline 15 years ago. Since then specific conservation efforts to protect their population into the future began to take shape.

How does ranching impact pronghorn? Cattle and pronghorn share the same range, but because pronghorn mainly eat forbs and shrubs, direct competition for food is limited. However, fencing—essential for managing livestock—can pose serious challenges to pronghorn. Traditional migration corridors are threatened by both fences and roads. Unlike deer, pronghorn prefer to crawl under fences rather than jump them. If the bottom wire is too low, it becomes a barrier. This can alter natural movement patterns, increase stress, and increase hair loss on their backs, which can lead to infection and death.

How do we know what areas are important? Twenty years ago biologists looked at migration patterns and

corridors of travel for pronghorn in Saskatchewan, Alberta and Montana and noticed how interconnected those areas were. Paul Jones, a wildlife biologist with Alberta Conservation Association explains “I initiated the original study back in 2003 in Alberta, the first 4 years of data collection showed how connected these pronghorn populations were. Since the original study in 2003 the landscape, specifically the human footprint, has changed so much that I thought it was time to initiate a new collaring project in Alberta and Saskatchewan to assess if connectivity is still functional or if it has been lost.” Fifty females were collared in southwestern Saskatchewan, and fitted with a satellite GPS collars to track movements. Additionally, 4 collars in Alberta were deployed that have a built in video camera that takes a 20 second video every 20 minutes during daylight hours, to gain more insight into their activities!

As a landowner, what can you do to help? The South of the Divide Conservation Action Program (SODCAP) currently has funding to assist producers with reducing the impact of fencing on pronghorn and improving their ability to move freely. The most common improvement is to replace the bottom wire with barbless or smooth wire, placed 18’ above the ground. Other improvements include placing gates in strategic locations, leaving gates open in the winter so pronghorn can move freely even in deep snow, and removing

old, unused fences. “The maps created from the information from the collared pronghorn are really interesting to see. They show where pronghorn are moving and highlight areas where fences are changing their routes” says SODCAP co-chair Keith Day. “Accessing information like this helps us to target our efforts and use conservation dollars more efficiently”. You can follow the Alberta Conservation Association to see what’s happening with the collared pronghorn! On Facebook check them out @AlbertaConservationAssociation or @alberta\_conservation on Instagram and @ConserveAlberta on X.

“The information gained from this project will help with the conservation and management of pronghorn in Saskatchewan to ensure they remain as part of the landscape and continue to exist at the northern limit of their range - something Saskatchewan landowners should be proud of!”

What’s next? The insights from this project will play a crucial role in ensuring pronghorn continue to thrive in southern Saskatchewan. For more information on SODCAPs fence modification program and to see if you are in a key corridor area, contact Krista at [westtech@sodcap.com](mailto:westtech@sodcap.com) or check out our website at [www.sodcap.com](http://www.sodcap.com).

# Content Creators Take On Ranching



BY CANADIAN  
CATTLE ASSOCIATION

Western culture is having its moment in the spotlight, and the Canadian beef industry is taking advantage of this popularity to spotlight the benefits of raising Canadian beef. The Public and Stakeholder Engagement (PSE) program hosted content creators on a full day “Ranching Experience” during Calgary Stampede to spread the message about the important role of beef cattle in Canada.

Social media influencers applied to participate and were selected from across Canada based on the size and demographics of their following, as well as their content style and focus. By choosing creators whose audiences matched the target demographics for sharing positive beef messaging, consumers who might not actively seek out content about beef cattle found themselves immersed in a ranching experience alongside their favourite social media personalities.

The experience began with an exclusive shopping event at Lammler’s Western Wear, which offered the 12 creators a shopping budget and discount to get “suited and booted” before their day on a ranch. From Lammler’s, the group headed to Trail’s End Beef, a fourth-generation family ranch run by the Herbert family. Influencers were welcomed to the barn with a long table lunch prepared by Chop Steakhouse’s Executive Chef Stephen

Clarke featuring Trail’s End beef burgers.

After meeting the family and numerous other beef producers and industry representatives over lunch, influencers had a chance to learn more about beef cattle by hearing about cattle handling and care, learning how to throw a lasso, and visiting Trail’s End’s farm store. To escape the heat, the group then watched a screening of Guardians of the Grasslands to learn more about the importance of beef cattle to Canadian grasslands.

The visit to the ranch concluded with a visit to one of the ranch’s summer pastures, where content creators heard from representatives of the Nature Conservancy of Canada and Ducks Unlimited Canada on the importance of beef cattle to protecting grassland wildlife habitat and as a natural climate solution. The day concluded with a tasting menu featuring Canadian beef at Chop Steakhouse.

Following their experience, creators posted social media content on Instagram, Facebook, TikTok, and beyond, sharing what they had learned about the benefits of raising Canadian beef with their followers. Many



A long table burger lunch in the barn followed by hands on demos

of the creators went beyond their contractual requirements for posting, demonstrating the genuine interest and excitement generated by the experience. All content from the campaign is available to view on Instagram through @raisingcdnbeef.

Content from the campaign amassed over 1 million impressions, far exceeding expectations. Estimated reach was over 830,000 people and there were around 3500 engagements with the content. Brief definitions of these social media metrics can be found below.

**Impressions:** The number of times a piece of content appears in someone’s content feed or timeline.

**Estimated Reach:** The unique number of individuals who have seen a piece of content.

**Engagements:** Tracks actions such as likes, clicks, shares and comments.

# Good Brands, Better Paper, and Smart Plans: Anchoring Risk in a Shifting Industry



**BY JASON POLLOCK**

CEO, LIVESTOCK SERVICES OF SASKATCHEWAN

As spring rolls on into summer, with all its energy, optimism, and unpredictability, cattle producers across Saskatchewan are balancing the rewards of the seasons with the risks that accompany them. In today's beef industry—defined by high prices, high input costs, and complex logistics—foundational tools like livestock brands, solid documentation, sound contracts, and regulatory awareness are more critical than ever. These are the anchors that help manage risk in an industry where uncertainty is a constant.

Among the oldest tools in livestock management, the hot iron brand remains one of the most powerful. In Saskatchewan, a properly registered and applied livestock brand is considered prima facie legal evidence of ownership. This status gives brands immense value, especially in disputes over ownership or when cattle are moved between pastures, provinces, or custom feeding operations.

For those producers using less reliable means of identifying animals, registering a brand is a simple, proactive measure that could prevent major complications down the line. The LSS Brand Registrar (306.546.5086) is available to help new brand applicants or those needing to update their registration.

Estate planning also plays a role here. When a brand owner passes away, the brand automatically transfers to their estate. While this may seem convenient, it can cause unforeseen delays or tie up funds during an already difficult time. A simple review of whose name the brand is registered under—and whether it aligns

with current operational realities—can save significant trouble later.

In an industry built on relationships and handshakes, it's tempting to let paperwork slide. But time and again, we see how the absence of clear documentation causes misunderstandings and legal entanglements. Whether it's a land lease, a custom grazing arrangement, or a simple haul-out agreement, a written record of responsibilities protects everyone involved.

One underused but critical document is the livestock manifest. It can track where cattle are going, who is transporting them, and what identifiers (brands or tags) they carry. LSS has been called in on disputes where the only physical record was a faded manifest pulled from a truck dashboard. These documents matter—file them, protect them, and treat them like the vital business records they are.

Technology is also changing the landscape. Tools like MyLivestock, a digital manifest system developed by and for industry, are helping modernize how producers handle documentation. It facilitates transport tracking, compliance with Canadian Cattle Identification Agency (CCIA) reporting, and eases paperwork burdens. While paper remains a valid option, the shift to digital platforms is inevitable, offering producers a chance to stay ahead of regulatory and logistical challenges. Check it out at [mylivestock.ca](http://mylivestock.ca)

In today's environment, cattle producers face considerable risk—from drought and disease to market volatility and rising operational costs. Risk management is no longer optional; it's a requirement.

Contracts play a key role here. If cattle are moving to another province or into a custom feedlot, ensure the agreement clearly defines who is responsible for care, loss, and unexpected changes. Include start and end dates, dispute resolution processes, and any necessary

references to relevant laws.

Understanding provincial movement rules is also essential. For example, Saskatchewan requires animals leaving the province to have an inspection and certificate. Returning from Alberta also requires re-inspection. Manitoba is the exception, but even in that case, a completed manifest is still advisable. Knowing these requirements helps prevent legal issues and minimizes costly delays.

Big changes are on the horizon. The federal government is finalizing new Animal Movement Reporting (Traceability) regulations that will require animal movements between premises to be reported to a national database. The objective is to enhance disease containment and minimize business disruption during outbreaks.

Provincially, Saskatchewan is updating its traceability and manifest regulations to align with federal standards. LSS is actively working with government partners to ensure tools like MyLivestock are fully integrated with the new requirements, helping producers remain compliant without creating additional burden.

Spring is a time of hard work and new beginnings. The arrival of calves, green pastures, and longer days reminds us why we're in this business. Yet even as we celebrate new life, it's important to ground ourselves in smart practices—brands that prove ownership, paperwork that protects agreements, and digital tools that prepare us for an evolving regulatory landscape.

At LSS, we remain committed to supporting Saskatchewan's cattle producers. From branding pens to boardrooms, and from truck inspections to cloud-based platforms, our goal is to help you safeguard your livelihood—today and into the future.

## Saskatchewan Open Farm Days: Meet the Farmers of your Neighbourhood



**BY ASHLEY STONE**

OPEN FARM DAYS COORDINATOR

Have you ever wondered how Saskatchewan producers share the stories behind the food they grow—and the impact their work has on families, communities, and the land? Saskatchewan Open Farm Days, returning August 9 and 10, 2025, is your chance to find out.

Saskatchewan Open Farm Days is a province-wide program of Farm & Food Care Saskatchewan that in-

vites the public to step through the farm gate and experience the people, passion, and practices behind Saskatchewan agriculture. From cattle ranches to berry farms, more than 30 hosts across the province are preparing to welcome guests for a weekend full of learning, tasting and connection.

Every Open Farm Days location offers something unique. Visitors are encouraged to ask questions, explore working landscapes, and discover the care and commitment it takes to raise animals, grow crops, and steward the land. From pasture walks and farm-fresh tastings to grain tours and flower picking, it's a one-of-a-kind celebration of the people who grow and raise our food.

Here's a taste of what you can expect:

- Visit cattle ranches to learn about grazing, animal care, and sustainable beef production.
- Talk directly with farmers and ranchers about what happens behind the scenes.
- Taste locally produced food and beverages or shop for unique farm-made goods (continued next page).





- Experience the diversity of (continued on next page) Saskatchewan agriculture with stops at flower farms, distilleries, cheese makers, orchards, and more.

New for 2025, we're launching Ingredient Itineraries — self-guided road trip routes that highlight farms in a region and feature a chef-created recipe using local ingredients. Collect what you (continues on next page) need, take it home, and enjoy a true farm-to-fork meal.

Visitors can also join guided bus tours departing

from Regina, Saskatoon, and Moose Jaw or make it a weekend getaway by exploring a new rural region. Every host farm offers at least one free activity, with many offering optional extras like tastings, workshops, and behind-the-scenes tours.

Saskatchewan Open Farm Days is made possible through the support of our partners and sponsors. A special thank you to the Saskatchewan Cattle Association for supporting the event as a Sprout sponsor. Their commitment helps us grow public awareness of local

food production and foster deeper connections between ranchers and consumers.

Whether you're a curious traveler, a local food enthusiast, or a family looking for a fun and educational outing, Open Farm Days has something for everyone.

Mark your calendars for August 9 and 10, 2025 and start planning your weekend of discovery.

Visit [www.skopenfarmdays.ca](http://www.skopenfarmdays.ca) to explore host farms, plan your route, and learn more. Come curious. Leave inspired!



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# Belton's Beef Burger

Recipe provided by Belton Johnson

For more recipes visit: <https://www.saskbeef.com/recipes>

Who doesn't like a juicy burger off the grill? I know I do. It all starts with selecting ground beef and I usually like lean ground beef. The thing with burgers is that they dry out if it's just lean ground beef.

## Ingredients

- 1 egg
- 1 lb lean ground beef
- 1/4 cup bread crumbs or couple slices of bread crumbled up
- 1 tbsp of Worcestershire sauce
- 1 tbsp of ketchup
- 1 tbsp favourite steak seasoning/rub
- 1/4 cup milk
- 4 burger buns, split

## Instructions

1. My great aunt would always make up a mix that consisted of milk, bread, egg, Worcestershire sauce, ketchup, salt, & pepper. I substitute the salt pepper with my homemade rub.
2. Next add in the lean ground beef. Form thick patties about 3/4 inch or thicker.
3. Brush on on a bit of olive oil.
4. Get grill fired up to 350-400°F.
5. Grill the burgers 3-5 minutes on the first side until nicely browned.
6. Flip and cook on the second side a few minutes more, until desired doneness.
7. Dress burger with you favorite toppings like bacon, cheese, lettuce, tomato, sautéed onions & mushrooms.