



2020 
CYFF NATIONAL
YOUNG
FARMERS 
FORUM
CONGRÈS
NATIONAL DE LA TPRA
POUR DE JEUNES
AGRICULTEURS

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2020 CYFF National Young Farmers' Forum

CHARLOTTETOWN, PEI

March 6-8, 2020

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CANADIAN YOUNG FARMERS' FORUM
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Canadian Young Farmers' Forum

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2020 CYFF National Young Farmers' Forum

CHARLOTTETOWN, PEI

Delta Hotels by Marriott Prince Edward

March 6-8, 2020

In early March 2020, 126 enthusiastic young farmers converged on Charlottetown, PEI to attend the 2020 Canadian Young Farmers' Forum.

The official conference kick-off began on the evening of Friday, March 6, with an address from the Minister of Agriculture and Agri-Food, the Honourable Marie-Claude Bibeau.

Saturday and Sunday featured presentations, interactive activities, virtual farm tours, panel discussions and workshops on a variety of topics, including: mental health, team building, connecting with government, finding fairness in farm transition, leadership training, economic outlook for young farmers, conflict resolution, knowing your consumer, innovation, on-farm labour, public trust/consumer relationships, succession planning and stress management.

The event culminated with a delicious formal supper on Sunday night followed by a presentation from inspirational keynote speaker Chris Koch.

Despite the cold weather, the optional farm tours on Monday were a hit with participants visiting a creamery, a goat farm focussing on agritourism, a dairy farm and an oyster company.

2020 **CYFF**
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Raising the Standard
Your Voice





LEFT TO RIGHT - Jackie Dudgeon (SK/MB/NT Rep), Justin Williams (Chair), Emma Bryce (Vice Chair & AB/BC/YT Rep), Guenette Bautz (General Manager), Mike Henderson (Member at Large), Nichole van Dyk (NF/NS Rep), Paul Glenn (Past Chair). ABSENT - Carolyn Wilson (NB/PE Rep), Julie Bissonnette (ON/QC Rep).



Photos by Brady McCloskey
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**RODNEY
REID**



**VERONICA
VERMEULEN**

CYFF's 2020/21 Board of Directors

Welcome to the new members of the 2020-21 CYFF Board - **Jackie Dudgeon** from Manitoba (MB / SK / NT Regional Representative), **Nichole van Dyk** from Nova Scotia (NF / NS Regional Representative) and **Mike Henderson** from Yukon (Member at Large). Thank you so much to the directors whose terms on the Board are now finished: **Rodney Reid** (Vice-Chair, NF / NS Regional Representative), **Katelyn Duncan** (MB / SK / NT Regional Representative) and **Veronica Vermeulan** (Member at Large).



**MIKE
HENDERSON**



**CAROLYN
WILSON**



**NICHOLE
VAN DYK**

“ I graduated from Dalhousie Faculty of Agriculture in 2018 with a BSc Degree in Agricultural Business. I returned home to Caledonia, Queens County, Nova Scotia where we have a 200 hive Apiary and a low bush, wild blueberry farm. I travel throughout the Maritime provinces and upper Canada promoting wild, low bush blueberries, blueberry juice

and our value added blueberry products. I work along side my father with the maintenance of fields, weed management, harvest of berries, production of value added products, packing and shipping orders around the world, harvesting honey, managing hives and providing pollination services. I am looking forward to the 2020-2021 years as a new member to CYFF and to representing and working alongside the Young Farmers in Nova Scotia, Newfoundland and Labrador. ”



**JACKIE
DUDGEON**

“ My family runs a grain farm in southern Manitoba. My partner and I live in MacGregor, MB with our son and we have a cow calf operation.

We are planning on moving down to my family's farm in the near future to continue in the legacy! I currently work for Canterra Seeds and I love it because I get to work with so many great farmers all over Manitoba. I hope while I am on the board for CYFF that we can bring some valuable and accessible information for young farmers.

It is scary to start farming and I think CYFF can provide so many beneficial resources to the young farmers in Canada. I am looking forward to spreading the word and getting more young farmers involved in the organization and their local groups. ”

2020 CYFF National Young Farmers' Forum



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2020 CYFF National Young Farmers' Forum



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Manitoba Young Farmers

" Attending CYFF was great, simply put. I was able to network with my peers from a wide range of agricultural enterprises. I found it valuable and enlightening to see how different all our operations are and the similar issues we have are. The speakers were well chosen and touched on subjects that were relevant to most of folks. I think I will be able to apply some of the leadership principles and stress coping tricks learned at the conference. The best part was meeting young farmers from all over the country and making some lasting connections. I definitely recommend fellow young farmers attend, and I am strongly considering next year's event! "

- Luc Bernard, Bernard Farms
Notre Dame de Lourdes, Manitoba

" CYFF was an amazing experience and I am still so grateful that I had the opportunity to go. The presentations throughout the conference were great, covering a broad range of topics from mental health, to tips on lobbying government, succession planning, communication, and even one from the A&W marketing team. That presentation was really interesting, and I felt it was awesome that CYFF was able to pull in a big corporation like that to speak about controversial topics. I think my absolute favorite part of the conference was the connections that I made with other young farmers across the country. We now have a big Snap Chat group, and last night we had a Zoom video call. It truly was a great way to connect and learn about agriculture across Canada, and now no matter which province I visit I know I have a farmer I can call for a farm tour!

- Rachael Verwey, Verwey Farms
Portage la Prairie, Manitoba

" I had a fantastic time at CYFF. I would say my favorite portion was the live discussions with other young farmers in the panel, the virtual farm tours and the presentation by Chris Koch. He is a wonderful motivational speaker and I felt reenergized after his presentation. The people you meet after the days teachings is where you really connect and discuss fundamental issues, present or underlying, and discover you are not alone. "

- Scott Andrew, Andrew Farms
Thornhill, Manitoba

" As always it was very interesting to listen to the various "Virtual Farm Tours", we learned about agriculture in the Yukon Territories, from the tundra to the table as well as wild blueberries grown in Nova Scotia and sold across Canada. Everyone is excited to explain what they're doing on their farm and the uniqueness in the styles and types of agriculture across Canada always teaches me something.

The highlights of the tours were Island Hill Farm, which is a goat operation that focuses on agritourism and Raspberry Point Oysters. Both of these farms highlighted agriculture that is so different from what we see here in Manitoba it was truly neat to see."

- Colin Penner, Pennmann Farms
Elm Creek, Manitoba





Saskatchewan Young Ag-Entrepreneurs

Carla Borsa, SYA General Manager

The start of the year is always a busy time for SYA, we kicked off 2020 with the Proudly Ag Conference and then had some changes to the spring event. With that, we hope that you are all safe and healthy as we go through this COVID-19 pandemic. In response to this, SYA cancelled their Spring Event on April 2 in Regina. Planning continues for future events as the board and staff continue to monitor the situation closely.

The Proudly Ag Conference in January was another success. We cannot thank our sponsors enough for their continued support. This event continues to be a staple to kick off the year for young farmers as people are marking their calendars that week with SYA. The following is an excerpt from SYA Director Karly Rumpel's March Newsletter Report on the conference: "The event was full of energizing and inciteful conversation. We dove into communications, operational efficiencies, transition planning, and the value-added market. We were challenged with brainstorming new ideas for reaching out to consumers as well as techniques for open and constructive conversation on the farm and in transition planning. With a panel, interactive presentations,



and breakout sessions, the conference was one that fostered networking and learning."

The SYA Annual General Meeting was held during the conference where 4 directors were elected. New to the SYA Board of Directors, Karly Rumpel, Mathew Scott, Tanner Borsa, & Chris Waldenberger (re-elected). Thank you to outgoing directors Alexander Carey, Ty Kehrig, & Shawn Mantyka for their time on the SYA Board.



Saskatchewan Young
Ag-Entrepreneurs

The SYA team will begin planning the 2021 SYA conference and we have some exciting plans coming. The dates have been set for January 7 & 8, 2021! Watch our website and social media for more announcements. Check out SYA newsletters and events at www.saskyoungag.ca.

As always follow us on social media - Twitter and Instagram - @saskyoungag & Facebook SYA-Saskatchewan Young Ag Entrepreneurs.



On behalf of the SYA, we would like to wish each of you a happy, healthy and safe spring season!



New Brunswick Young Farmers

Carolyn Wilson

The New Brunswick Young Farmers' Forum held their annual Conference and AGM in January in Fredericton, NB. Although the young farmer contingent was small, the one-day event was packed with a variety of excellent guest speakers covering topics ranging from the importance of soil pH to farm safety to mental health.

**NEW BRUNSWICK
YOUNG FARMERS FORUM**

The AGM also held NBYFF's annual board elections. Carolyn Wilson returned to the board as newly-elected president. Also returning to the board was Ellen Folkins, Matt Edmondson, Jordan Crawford, Brandon Goodine and Keenan Kavanaugh. New board members included Ryan Wesselius and Emily Parker. This board of directors represents both a geographical and commodity diverse cross-section of farmers in our province. These young farmers represent commodities ranging from maple syrup production, horticultural production, dairy farming, and equestrian boarding and tourism. Although diverse, the board is unified in their support of New Brunswick agriculture and promoting the voices of young farmers.

However, this year's meeting did have a bittersweet tone. As government support for a coordinator position dwindled, the organization bid farewell to their coordinator, Camille Coulombe. She will be sorely missed by the organization and has made great contributions to the young farming community in the province over the past several years. The new board of directors is now tasked with moving the organization forward in these challenging times.





Newfoundland and Labrador Young Farmers' Forum

NL Young Farmers Seeking Land Owners for New Matching Map

Matthew Carlson

The Newfoundland and Labrador Young Farmers' Forum (NLYFF) is developing a new land matching map and directory to connect young farmers in the province with available land. The overall goal is to help new farmers access land faster. In advance of its launch, we are seeking land owners in Newfoundland and Labrador who may be interested in participating, in order to have listings available on day one.

The service will function similarly to familiar online classified sites like Kijiji or Craigslist. Users will create an account, and login, then answer a series of questions like where is the land located, what is the acreage, which crops are grown there or have been in the past, among others. There will be an option for various arrangements, including renting and leasing.

Those seeking land can also create a listing with the ability to request land in a particular area, with certain attributes, useful to their particular crops.

The map itself will have a familiar look and feel, being based on Google Maps, allowing users to zoom in on areas and see where the listings are located to see them with relation to their surrounding community. For those who prefer a directory view, that will also be available on the site.



Similar initiatives have taken place in Quebec and British Columbia, with very positive results, which we are hoping to replicate in this province.

We expect the map to launch in April, and we are actively seeking as many listings as possible in advance of the launch. Those who have land to list are encouraged to contact Matthew Carlson, by phone at (709) 747-4830 or by email, mcarlson@nlfa.ca.

Funding to carry out the mentorship pilot program is provided through the Young Farmers' Initiative project, which is supported through the Canadian Agricultural Partnership, a federal-provincial-territorial initiative.



Canada's Outstanding Young Farmers Program OYF Memorial Scholarship Application

Formulaire de candidature pour la Bourse d'études commémorative JAÉ du concours des Jeunes agriculteurs d'élite du Canada



Canada's Outstanding Young Farmers Program is proud to introduce the OYF Memorial Scholarship, to be awarded annually to an individual pursuing post secondary education in agriculture. This scholarship has been made possible through the foresight of one of our alumni, Martin Streef (Ontario 1996). Martin's dedication to agriculture and the OYF program will help future generations to pursue their own passion for agriculture.

Le concours des Jeunes agriculteurs d'élite du Canada est fier de présenter la Bourse d'études commémorative qui sera remise annuellement à une personne poursuivant des études postsecondaires en agriculture. Cette bourse d'études a été rendue possible grâce à la vision d'un de nos anciens lauréats, Martin Streef (Ontario 1996). Le dévouement de Martin envers l'agriculture et le concours JAÉ aidera les générations futures à poursuivre leur propre passion pour l'agriculture.

Award:

Two \$1000 scholarships awarded annually

One scholarship will be awarded to an individual entering post secondary education from high school.

The second scholarship will be awarded to an individual who has already completed at least one year of post secondary study.

Bourses :

Deux bourses d'études de 1000 \$ remise annuellement à une personne qui entreprend des études postsecondaires après avoir terminé ses études secondaires. La deuxième bourse sera remise à une personne qui a déjà terminé au moins une année d'études postsecondaires.

Eligibility: Open to any individual in Canada pursuing post secondary education leading to a diploma or degree in agriculture.

Admissibilité :

Ouvert à toute personne du Canada poursuivant des études postsecondaires menant à l'obtention d'un diplôme en agriculture.

How to Apply:

Each applicant will be required to fill out this application form and forward it and the other requirements to the OYF Program Manager by June 30th.

Comment faire la demande :

Chaque candidat devra remplir ce formulaire de candidature et l'acheminer ainsi que les autres exigences à la directrice du concours JAÉ au plus tard le 30 juin.

Carla Kaeding,
OYF Program Manager/ directrice du concours JAÉ
109 Cedar Cres Box 229
Churchbridge, SK S0A 0M0

<http://oyfcanada.com/language/en/nominations/scholarship/>

<http://oyfcanada.com/language/fr/nomination/bourse-detudes/>



#CYiFarm

P R O F I L E S
B I O G R A P H I E S

Korey Peters Randolph, Manitoba

BY JESS CAMPBELL

Korey Peters, a third-generation grain and hog farmer, gives an honest answer when asked what it's like to farm with his family. "I love working with my family! Maybe not every minute of the year; there are times it can be tough but it sure is an amazing experience to say that I own a business with my family that is thriving into the third generation with the fourth in university."

Korey's farm is located in Randolph, Manitoba, and even its name is steeped in the multi-generational theme. "My family farm is called Herbsigwil Farms. I farm with my dad Will, my brother Kevin, my uncle Sieg and my cousin Scott. Our farm name also includes my Grandpa's name, Herbert; hence, Herb-Sieg-Wil."

Together, the family grows wheat, canola, corn, soybeans, sunflowers - and pigs. "We have a hog operation, and we're lucky to have a great barn manager who has been with us for 12 years and two other fantastic swine technicians who take great care of our pigs."

Even though he loves his work, Korey admits that working with family can be difficult at times and, in fact, it's one thing he counts as a challenge. But it isn't one he and his family haven't overcome. "Transitioning from one generation to the next and finding your role within the farm to make sure it runs as smoothly as possible is tough. We have spoken to many professionals and have listened to many speak at numerous conferences about succession. It is an ongoing, never ending process that I am very

... continued ...





thankful the 2nd generation wasn't afraid to start early. Just as they did, (the third generation is) already talking about how we would like to retire and have the farm continue on."

Succession planning is an absolute necessity when it comes to the future of any farm in Canada. At the end of the day, farming is a business, and not necessarily an easy one. Korey is optimistic that the future of his family business is a bright one, thanks to innovation and agricultural technology. "Our farm will continue to look for that sweet spot where we are as productive as we can be with the acres that are comfortable for us. This is always changing and



will probably continue to be adjusted as the farm grows the amazing technology that we are slowly implementing into our family business. Technology in ag is second to none. We, as an industry, need to celebrate this and let others know of the strides we have taken and continue to take in growing our businesses and our food and commodities in a sustainable way."

Part of having a sustainable farming operation is being transparent about your farm's practices. Korey and his family take this seriously, and welcome extended family, friends and consumers alike onto their farm so they can show people exactly what it is to be a farmer in Canada in 2020. And they're proud to do so. "I really enjoy connecting those who are a few generations removed from the farm back to the land. I often bring my friends and their friends for rides on the machines during the summer. It's a great starting point to have a conversation about what we do, why we do it and the benefits it has to our farm right now and also to its future. We care about our business and, in order for our business to make money, we cannot cut any corners. Our animals are healthy and well taken care of, our crops are grown with patience and attention to detail. We know and understand every aspect of our business because if we don't, we won't be in business long. We love what we do and want to show that to others, connecting everyone to their food through social media, open farm days and many other opportunities."

Check out #CYiFarm young farmer profiles on the CYFF website:



cyff.ca/cyifarm

Keep safe, keep healthy, keep thinking

Benchmarks for better decisions

by Maggie Van Camp



With the entire economy impacted by COVID-19, understanding your working capital and doing cash flow projections are ways to deal with the new and changing business environment in agriculture. During times of stress, it's imperative to have a strong understanding of your own business, along with its weaknesses and strengths.

You can't manage what you don't measure. Whether you've recently transitioned into a farming operation or have been running your family farm for generations, understanding your current financial position is the starting point to making improvements, expanding, downsizing, or staying the course. BDO's standardized farm financial statement and benchmarking package can help you make better decisions.

There are two types of benchmarking: comparisons against yourself, and comparisons against others. Remember: benchmarking is only useful if you're comparing apples to apples and not oranges. And if the numbers don't come in large enough groups or you don't have sufficient relevant information, they can be misleading.

To create good quality financial benchmarks that can be used as a trusted management tool, BDO's accounting team has been standardizing agricul-

tural financial statements across Canada. The data used stretches back from 2018-2012 and individual farms can see their trends over five years. Results were broken down into profitability quartiles to create benchmarks on which to set goals, and highlight areas to improve or expand. The duration, quality, and scale of the data used for these benchmarks means they can be trusted, even in extreme market situations like we've seen in the first quarter of 2020.

With BDO's significant and growing number of standardized financial records (over 4,000 were used in this study), Dr. Larry Martin and Travis Jensen were able to calculate benchmarks for more types of farms and more specific regions. This should help farmers understand and compare their management performance better.

In their innovative report, they examined four key financial ratios for grain/oilseed, dairy, beef feedlots in Ontario, and poultry. The full report can be accessed [here](#).

In this report, Dr. Martin found some interesting insights. As BDO accountants share this tool with their clients, they're finding farmers are getting the biggest lessons from their own farms' five-year trend analysis on a per-unit basis, along with how they compare to similar farms. This is a starting point of

conversations, planning, and ideas.

... continued ...

Gross Margin	Revenue minus Direct Cost of Production Materials/Rev	GM ratio is gross margin divided by revenue. <i>If this ratio is low, focus on improving yields, price or input costs.</i>
Contribution Margin	Gross margin - Direct Operation Expenses/Rev	CM ratio is what remains after each dollar of sales after paying all the variable input and operating expenses
Operating Efficiency	(% EBITDA) = CM ratio - Operating Overhead/Rev	The ability to generate cash after paying operating expenses.
EBIT/Revenues	Earnings before interest, taxes divided by revenues	



One of the report's conclusions is that size isn't necessarily correlated with profitability. For example, Manitoba grain/oilseed farms in the lowest quartile of profitability have an average 500-acre difference from the highest quartile, where the most profitable farms have \$50,000 more revenue. Better performance isn't just about cost management; the ability to generate revenue is equally important.

Another key finding is the most profitable farms did not necessarily carry the least debt, but they generally use borrowed money better. The most profitable farms' annual cost of capital/revenues is 16.7%. With a revenue of \$1 million, this is \$167,000. So these farms generate about \$6 of revenue per dollar of annual capital cost. The same exercise for the least profitable farms reveals they generate \$3.29 of revenue per dollar of capital. So, while it can be interpreted that profitability results in part from cost

control, it's also important to generate revenue from those costs; in this case from the capital investment.

The Ontario grain/oilseed farms found similar trends as did the smaller sample in Alberta. The conclusion was that profitability is not just about cost control; it also comes from production and price management. In fact, the least profitable crop farms in Ontario actually have lower cost per acre but barely half the revenue.

Benchmarking can help farmers make better business decisions by highlighting the strengths and weaknesses of your own farm's financial and operational performance, as well as how that compares to other Canadian farms. Get started on better decision making with a better understanding of your financial situation.



Farming Mental Health in Canada

1 in 8 jobs in Canada is in the agriculture and agri-food industry¹

In a survey of more than 1100 farmers:²

- 35% met the criteria for depression
- 58% met the criteria for anxiety
- 45% were highly stressed
- 40% were uneasy seeking professional help

Stressors

many are out of farmers' control

- Weather
- Government regulations
- Debt and finances
- Commodity prices
- Isolation
- Livestock well-being
- Culture of the resilient, strong farmer
- Family conflicts
- Long hours
- Machinery breakdowns
- Public perception and stigmatization of farming

What can be done

- Show appreciation for farmers through public awareness campaigns and strategies
- Check in with farming community members
- Tell and share personal stories to reduce stigma
- Build capacity in mental health awareness and prevention
- Promote available telephone help lines and e-mental health services for farmers

Practicing self-care

Health Effects

- Mental health disorders
- Heart disease and high blood pressure
- Back pain
- Cancer
- Substance use
- Impaired learning and memory
- Infections
- Increased passivity

- Ask for help and offer to help. Reach out to your community.
- Set aside time to disconnect from technology. Use that time to exercise or just relax.
- Make the most of the sleep you're getting. Think about your nightly routine and your surroundings.
- Talk to someone. Opening up is not a sign of weakness but takes strength. Where you can go: <https://www.domore.ag/resources>

If you or someone else is in crisis, visit your local emergency department or call 911 immediately

Created in partnership with the Canadian Agricultural Safety Association

CASA | ACSA
Canadian Agricultural Safety Association
Association canadienne de sécurité agricole

CCOHS.ca
Canadian Centre for Occupational Health and Safety

¹Agriculture and Agri-Food Canada, Economic Impacts of Canadian agriculture and agri-food infographic
²Andria Jones-Bitton et al., University of Guelph

How to look on the bright side of almost anything

Want to change how you feel about something? Then it's time to change the way you think.

by Jess Campbell

The world has been living through some truly unprecedented times recently. The COVID-19 global pandemic has had a drastic effect on everyone, to say the least. Social distancing, quarantine and self-isolation are terms no one is likely to forget anytime soon. And although there have been some beautiful things that have come out of this situation – like countless videos of communities coming together through song and dance from afar – fear is a significant part of existing in a world being choked by the unknown.

Consistently living in fear, even if it's on a low simmer in the back of your mind, is certainly no way to live. Yet, that's exactly how many are living right now, all across the world, a fact that is exacerbated by self-isolation.

Self-isolation is second-nature for farmers; due to the rural requirement of farming, most have been doing it long before this global pandemic hit. That doesn't mean you can't still be fearful of what might happen if you or someone you love gets sick.

Surviving this pandemic involves many things, like washing your hands, practicing social distancing and staying home. It also calls you to keep tabs on your mindset and make sure fear doesn't get the



best of you. And you can do that by changing the way you think about fear (or anything, for that matter).

HOW YOU THINK = HOW YOU FEEL

Most people are completely unaware of their thoughts. Yet, our thoughts greatly influence not only our bodies but how we see and interact with the world around us. Dr. David Posen, MD, is one of the world's leading authorities on stress management and, through his books, seminars and presentations, he teaches people the importance of what he calls the mind-body connection. "The mind and the body are actually quite closely connected; they're not really separate entities," says Dr. Posen. "Think about when your phone rings at 2:30 in the morning. Before you even pick it up, you're probably having a stress reaction: your hands are shaking, your heart is pounding, your breathing is faster. The reason is because your mind is already telling you something about why the phone is ringing. The stress reaction isn't because of a ringing telephone, it's because of what you think it means."

According to Dr. Posen, the way we think affects the way we feel in profound ways. "When I start to talk about a problem with my patients, I'll pretend to be quite obtuse and ask them why that problem is

... continued ...



stressful for them. We get into interpretations and judgments and beliefs and expectations – and they start to realize that the situation is what triggers the stress, but it’s not what caused the stress. The stress is caused by their thoughts and how they talk to themselves about that trigger.”

If your stress is caused by your thoughts, then one can assume that changing your thoughts would change your stress.

That’s called reframing.

CHANGE YOUR FRAME

“We can’t always choose what happens,” says Dr. Posen. “But we can always choose how we look at what happens. That’s the concept of reframing – changing the way you think.”

Changing your thoughts sounds great – but is it actually doable? If so, how? As it happens, changing how you think is just like any other change you’re trying to make or habit you’re choosing to build. “It’s a practice,” Dr. Posen says. “(When facing a stressful situation) You can practice simply by asking yourself these questions: is there another way of looking at this? Is there an upside? Is there anything I can learn from this? Is there any benefit here? If you can’t think of something inherently positive, thinking of a neutral statement – called a coping statement, like ‘It is what it is’ or ‘What else is new?’ – is good, too.”

While some people are naturally very good at reframing, others may believe it’s simply a way of poking one’s head in the sand when faced with negative circumstances. But changing how you think about things to only see the positive isn’t what reframing is about. “We’re not taking stress away; this is not a stress free life,” says Dr. Posen. “We’re just reducing stress to a manageable amount and looking for the

positives and the upsides. Reframing is not a gimmick. It’s an acknowledgement that there are different ways of looking at everything.”

In the beginning stages of practicing reframing, it may seem like you can’t see a positive side at all. It’s important to understand that the way one person can and does reframe something may not work as easily for you. Dr. Posen gives a great way to reframe your reframing practice, so to speak. “Among the questions to ask yourself when you’re trying to reframe: what would you tell a friend in that exact same situation? Sometimes when we can’t see it for ourselves, we can step out of ourselves, consider it from another perspective, and then see it much more clearly.”

THE KEYS TO REFRAMING

If there was a secret to reframing and successfully changing the way you think, it would involve two concepts, both of which farmers already have heaps of: resilience and gratitude. “Focus on what’s there, not on what’s missing,” says Dr. Posen. “We tend to focus on the negative, instead of things like – I’m healthy, I’m working collaboratively with my family, I have people working for me who feel like family because they’re committed to this farm, we’re providing healthy, safe food for people, what I do matters and has meaning and integrity, we’re safe and secure in our house. There really is so much to be grateful for.”

Resilience is something farmers are very familiar with; most have also been schooled in gratitude, too. And it’s these two concepts that have carried and will continue to carry farmers through whatever remains of this pandemic and through the 2020 season. “I have immense admiration for farmers, as they are the most resilient of our society,” Dr. Posen states. “Almost everybody can make a pretty long

... continued ...



list of what they're grateful for. Even if it includes things like sunshine and clean air to breathe. People can get through really hard things when they are able to notice even the smallest positive, sustaining or uplifting things in their life."

The next time you find yourself worrying about what effect this pandemic - or anything, for that matter -

will have on you, your family or your farm, reframe your mindset. Tap into your existing reserves of resilience and gratitude, reframe your mind and choose to feel differently, in a way that serves and benefits you. When you understand that you control how you think and react to what's happening around you, you're able to truly live life on your own terms and push fear-based thinking out of your mind for good.

Self-care resources available now on the new CYFF website
www.cyff.ca/selfcare



Watch for weekly **#selfcaresunday** posts on CYFF social media accounts



@cyff



cyff_cyifarm



Canadian Young Farmers Forum



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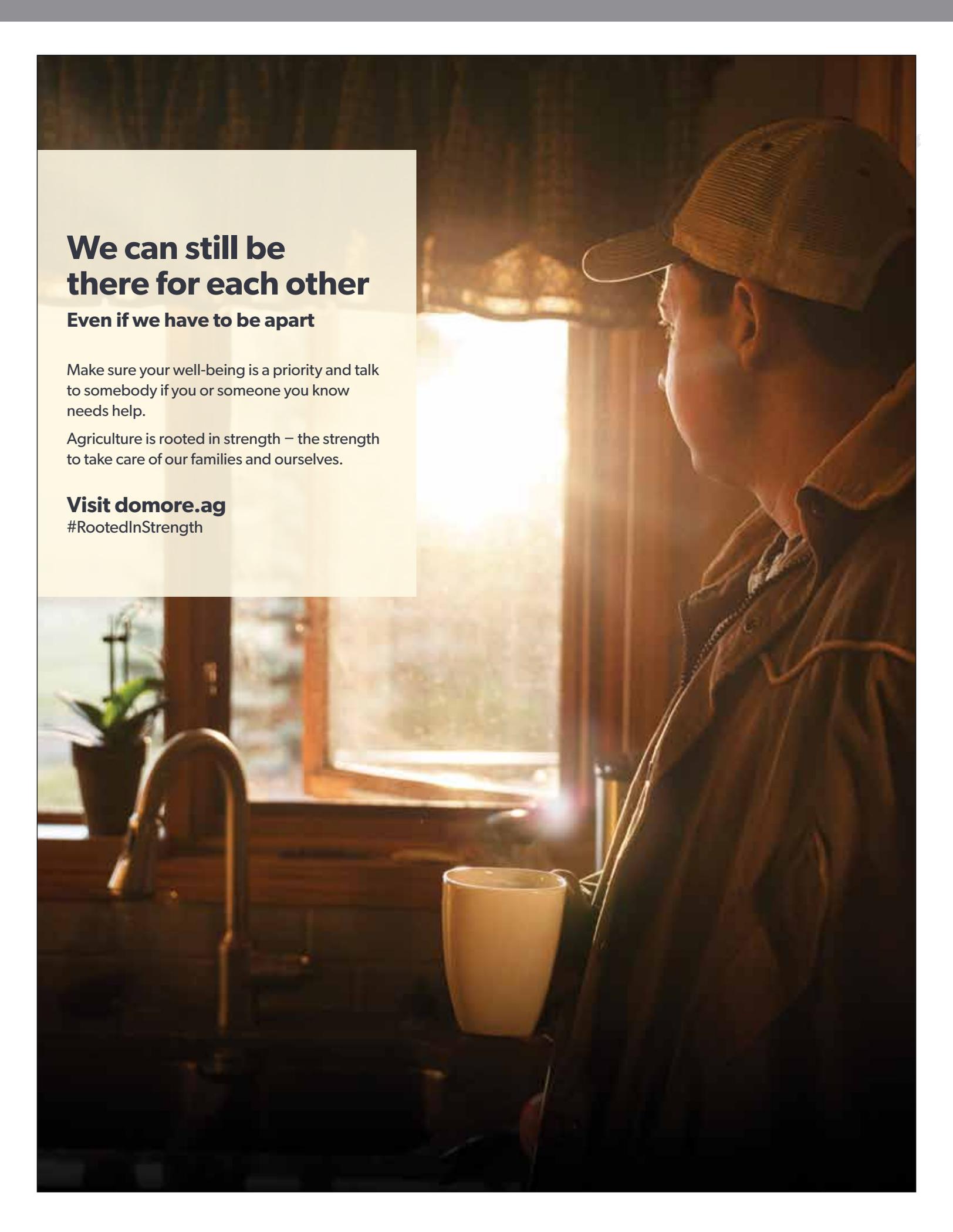
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**Thank you,
farmers.
#heroes**

A man wearing a tan baseball cap and a dark jacket is shown in profile, looking out a window. The scene is warmly lit by sunlight streaming through the window, creating a soft glow. In the foreground, a white mug is visible on a dark surface, likely a kitchen counter. The background shows a window with a view of a landscape, possibly a farm or rural area. The overall mood is contemplative and peaceful.

We can still be there for each other

Even if we have to be apart

Make sure your well-being is a priority and talk to somebody if you or someone you know needs help.

Agriculture is rooted in strength – the strength to take care of our families and ourselves.

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Young farmers: the future of Canada's agriculture sector

Egg Farmers of Canada is a proud sponsor of the Canadian Young Farmers' Forum.

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Some of the resources available on the new CYFF website

www.cyff.ca/programs



Download the CYFF smartphone app

A quick hands-on educational reference tool for Canadian young farmers.



CHICKEN FARMERS OF CANADA
YOUNG FARMERS PROGRAM
 FOR MORE INFORMATION PLEASE EMAIL
youngfarmers@chicken.ca



MEMBERSHIP APPLICATION



DATE: _____

NAME: _____ AGE: _____ FARM/COMPANY: _____

EMAIL: _____ PHONE: _____ FAX: _____

MAILING ADDRESS: _____

CITY/TOWN: _____ PROVINCE: _____ POSTAL CODE: _____

WEBSITE: _____

TWITTER: _____ LINKEDIN: _____

FACEBOOK: _____ INSTAGRAM: _____

OPERATION / COMMODITY – please select all that apply:

- | | | | | | |
|---|--|---|--|--|-------------------------------------|
| <input type="checkbox"/> Grains / Oilseeds | <input type="checkbox"/> Beef - Cow/Calf | <input type="checkbox"/> Beef - Feeders | <input type="checkbox"/> Beef - Breeding Stock | <input type="checkbox"/> Beef - Purebred Operation | <input type="checkbox"/> Dairy |
| <input type="checkbox"/> Poultry - Broilers | <input type="checkbox"/> Egg Production | <input type="checkbox"/> Turkeys | <input type="checkbox"/> Hogs | <input type="checkbox"/> Horse | <input type="checkbox"/> Elk |
| <input type="checkbox"/> Deer | <input type="checkbox"/> Goats | <input type="checkbox"/> Sheep | <input type="checkbox"/> Bison | <input type="checkbox"/> On-Farm Processor | <input type="checkbox"/> Potatoes |
| <input type="checkbox"/> Apples | <input type="checkbox"/> Forage | <input type="checkbox"/> Vegetables | <input type="checkbox"/> Fruit / Berries | <input type="checkbox"/> Greenhouse | <input type="checkbox"/> Apiculture |
| <input type="checkbox"/> Fur | <input type="checkbox"/> Other: _____ | | | | |

SELECT MEMBERSHIP TYPE:

- VOTING MEMBERSHIP – FREE**
CYFF Directors and Current Voting Delegates
- ACTIVE MEMBERSHIP – 1 year – \$100.00** \$ _____
Young Farmer 18-40 years of age
- ACTIVE MEMBERSHIP – 3 years* – \$200.00** \$ _____
Young Farmer 18-40 years of age
- ALUMNI MEMBERSHIP – 1 year – \$150.00** \$ _____
CYFF Alumni over 40 years of age
- ALUMNI MEMBERSHIP – 3 years* – \$300.00** \$ _____
CYFF Alumni over 40 years of age
- PARTNER MEMBERSHIP – FREE**
Young Farmer Provincial Organization
- SUPPORTER MEMBERSHIP** \$ _____
FEE - according to sponsorship level chosen
- ASSOCIATE MEMBERSHIP FEE**
of members _____ x \$5.00 = \$ _____

* GET 3 YEARS FOR THE PRICE OF 2

NOTE: Memberships are annual for the period of April 1 – March 31

Subtotal = \$ _____

GST 5% = \$ _____

Total Enclosed = \$ _____

PAYMENT METHOD

*Please submit payment payable to **Canadian Young Farmers' Forum**

Amount Submitted / Authorized: \$ _____

Cheque - Cheque Number: _____

Credit Card (Visa / Mastercard)

Cardholder's Name: _____

Credit Card Number: _____

_____/_____/_____/_____

Expiry Date: ____/____

Cardholder's Signature: _____

I authorize CYFF to auto renew my membership annually in April using the credit card number provided.

FAX, EMAIL OR MAIL THIS FORM TO:

Canadian Young Farmers' Forum

Fax: 1-306-367-2403 Email: cyffinfo@sasktel.net

Box 24, Middle Lake, Saskatchewan S0K 2X0



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LA TABLE PANCANADIENNE DE LA RELEVÉ AGRICOLE

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MEMBERSHIP BENEFITS

NOTE: Memberships are annual for the period of April 1 – March 31



MEMBERSHIP LEVEL	VOTING	ACTIVE	ALUMNI	PARTNER	SUPPORTER	ASSOCIATE
Definition	Directors and current Voting Delegates appointed by their provincial organization	Young Farmer aged 18-40	CYFF Alumni over 40	Young Farmer Provincial Organization	Non-Profit Organization (levy collection or supply management organization)	Non-Profit Organization (membership funded)
Fee	FREE	1 year – \$100.00 3 years – \$200.00 <i>(Get 3 years for the price of 2)</i>	1 year – \$150.00 3 years – \$300.00 <i>(Get 3 years for the price of 2)</i>	FREE	Sponsorship Category of Choice <i>(includes all benefits as identified by sponsorship level)</i>	\$5/member
Voting / Non-Voting Status	voting	non-voting	non-voting	assigned one Voting Delegate	non-voting	non-voting
CYFF Conference Registration Fee	50% off	10% off	10% off	10% off	10% off	10% off
CYFF App					listed	listed
CYFF Newsletter Content				included	according to sponsorship level	
Receive bi-annual issue of digital CYFF Newsletter	included	included	included	included	included	included
CYFF Website				contact info and links	according to sponsorship level	listing on website directory
Listed in membership directory on CYFF website and annually in CYFF newsletter				included	included	included
Reduced registration rate for CYFF events and programs	10% off	10% off			10% off	10% off
Receive email updates and industry news relevant to young farmers	included	included	included	included	included	included
1st opportunity to attend industry events as a young farmer on behalf of CYFF (expenses paid)	included	included				
1st chance to limited seating events / workshops	included	included				
Receive benefits of perks from partners and sponsors	included	included				
Eligible to apply for grants and to enter contests	included	included				
CYFF representative / peer to work with organization to encourage young farmer participation at the board level					included	included



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Canadian Young Farmers Forum



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The **Agricultural Excellence Conference (AgEx)** welcomes farm management enthusiasts from farmers to advisors, academia, organizations, private industry, and government to join us in Alberta to exchange expertise and insights to continue to position Canada's farmers for success through farm management excellence.

REGISTRATION AVAILABLE SOON

We hope to see you there.

ONLINE RESOURCE PORTAL: www.takeanewapproach.ca

The National Farm Business Management Resource Centre provides farmers across Canada with access to tools and learning opportunities to support farm business skills development all in one place. From business planning tools to workshops and webinars, the website hosts farm business management resources in a variety of formats to meet the learning preference and practices of Canada's farmers. Take some time to explore the website www.takeanewapproach.ca and browse the resources, programs, events and research available to you.

New Online Tool from Farm Management Canada Aims to Upgrade Farmers' Risk Management Toolbox

AgriShield® is a user-friendly risk assessment and management tool, developed by Farm Management Canada, that helps you identify risks to your farm and mitigate them through an itemized, prioritized action plan. The best part is that AgriShield comes ready to use right "out of the box." There's no tweaking required, no system integration to worry about, and a minimal learning curve. Just follow it based on priority and go right to work implementing best practices on your farm.

Farm Management Canada's goal is to ensure Canada's farmers are positioned for success through sustainable growth. This takes a comprehensive approach to managing risk on the farm and promotes a globally competitive Canadian agriculture industry. AgriShield is a powerful tool that can help farmers be proactive in strengthening their operations, confront change, and seize opportunities as they arise.

To learn more about how AgriShield can help keep Canadian agriculture strong, visit <https://fmc-gac.com/agrishield>.





Your CYFF Team



CYFF's 2020/21 BOARD OF DIRECTORS



LEFT TO RIGHT - Jackie Dudgeon (SK/MB/NT Rep), Justin Williams (Chair), Emma Bryce (Vice Chair & AB/BC/YT Rep), Guenette Bautz (General Manager), Mike Henderson (Member at Large), Nichole van Dyk (NF/NS Rep), Paul Glenn (Past Chair). ABSENT - Carolyn Wilson (NB/PE Rep), Julie Bissonnette (ON/QC Rep).

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CYFF Affiliated Provincial Young Farmer Organizations



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