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Notice of Annual Meeting

The Iowa Pork Producers Association Annual Meeting will be held at 10 a.m. Tuesday, Jan. 24, 2017, at the Veterans Memorial Community Choice Credit Union Convention Center. The meeting is open to all pork producers! Registration will be held from 9 a.m. to 10 a.m.

IPPA is a grassroots organization with policy developed by the membership of the association. Delegates to the Annual Meeting in past years have requested submitted resolutions be distributed and mailed for consideration and review by local county organizations.

The following is the process outlined by the delegates to the Annual Meeting. The resolution deadlines for the Annual Meeting are indicated below:

**Annual Meeting Resolutions:**

Any affiliated local organization, district meeting or member may submit a resolution for consideration at an Annual Meeting.

**Resolution type – 7-day Due January 17, 2017**

Resolutions submitted to the Association at least 7 days before the Annual Meeting will be distributed to the delegates at the beginning of the Annual Meeting. When a 7-day resolution comes up before the agenda, a spokesperson for the resolution will make a one-minute statement for the reason for the resolution; then the delegates will vote on whether to consider the resolution.

The resolution will be considered only if it receives 75% of the votes cast on the motion to consider. A 7-day resolution that is considered by the delegate body will become a statement of the delegate body if it receives a majority of the votes cast on the resolution at the Annual Meeting.

**No other resolutions**

Delegates at the Annual Meeting cannot consider resolutions received by the Association less than 7 days before the Annual Meeting.

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Dear fellow producers!

The hog industry is facing new challenges. As a friend of mine on the Iowa Pork Board told me once: “Just when you think you have the market figured out, it hits you on the side of the head with a two by four.”

History tells us that expansion follows profitability in our free market industry. When supply has exceeded demand, the market has dropped until it has found new buyers because pork has always been a perishable product. We can't store it in a grain bin or park it in a warehouse. When the freezers are full, it has had to move. That phenomenon stretches processing capacity. Plants start running extra shifts and longer days to keep up. The largest hog runs of the year typically happen in November, but with shortened holiday weeks, the supply crunch isn't usually alleviated until January.

We want you to know that your IPPA Board and staff wants to do whatever it can to help Iowa producers through difficult times. They're a dedicated group that really cares and works hard for us.

IPPA has spent time and effort in getting new packing plants to come to Iowa. Triumph/Seaboard is scheduled to begin operations in Sioux City late next summer and Prestage Foods in Wright County will be coming on line a year or so later. A special thank you to the Iowa Economic Development Authority for this leadership and assistance in locating these plants.

IPPA invests a lot of money each year in advertising and promotion efforts in Iowa and the U.S. Over the last two years, IPPA has invested $600,000 in Checkoff funds to support National Pork Board supplemental marketing efforts.

A group of Iowa producers representing NPPC went to Washington to lobby hard for the Trans-Pacific Partnership (TPP) agreement. Most all of the growth in U.S. pork production since the early 1990s has gone to exports. Iowa—with fertile land and hard-working farmers—can compete with anyone in the world. The challenge is to get countries to eliminate their trade barriers and allow our product in. TPP does that!

An Iowa group is participating in a trade mission to Japan and China in November with a goal of continuing to build those relationships and growing those markets.

As producers, the biggest thing we can do right now is to work with packers. As an industry, we'll survive the challenging times. The mental toughness of the people in Iowa pig production amazes me.

I'm proud to have had the opportunity to be your president in 2016.

Sincerely,

Al Wulfekuhle
President
WHO Radio hosts ‘Pork Chat’

Iowa and national pork industry leaders gathered at the WHO Radio studios in Des Moines on Oct. 11 for a 90-minute discussion about pork.

McGonegle talked about the magnitude of the Iowa pork industry in Iowa; how pork producers are responsibly producing pork; October Pork Month activities to celebrate the industry and selling pork; and the importance of new packing plants.

Even discussed shared efforts to expand the marketing of pork and the new Veterinary Feed Directive that takes effect on Jan. 1, 2017, and related educational efforts.

Dierks commented on the export climate and efforts to increase pork exports and open new markets. He also explained the benefits of the Trans-Pacific Partnership trade agreement and its potential impact on jobs.

Northey discussed the importance of the pork industry to the state; pork’s export opportunities and how producers strive to be good neighbors. He encouraged listeners to enjoy a tenderloin.

The Iowa Pork Producers Association arranged the show and provided a pork lunch for the pork leaders and WHO staff.

IPPA sponsors Children’s Museum for Pork Month

The Iowa Pork Producers Association’s Public Relations Committee sponsored the Iowa Children’s Museum in Coralville in October.

The Washington County Pork Producers staffed IPPA exhibits and various events and activities twice during the month.

The last Friday of each month is “family free” night at the museum and IPPA sponsored the Sept. 30 free night as well. Nearly 900 people took advantage of the free admission to tour the museum and visit the IPPA displays. Activities were available for the kids and adults and pork information, recipes and giveaways were provided.

“We had at least 200 people come through and visit with us,” said IPPA District 8 Board member and Washington County Pork Producers President Heather Hora of Washington. “We had great questions and conversations and
not one question about antibiotics or housing. We had a lot of people just ask regular questions like what do pigs eat, how long do we have them, etc.”

IPPA received recognition as “sponsor of the month” in the museum’s monthly e-newsletter, and had a special display and information in the museum’s “sponsor of the month” area in the lobby.

Cherokee Co. producers join in first responders appreciation

The Cherokee County Pork Producers got a jump start on Pork Month by participating in a special luncheon for the area’s first responders on Sept. 30.

Producers grilled pork burgers for the appreciation luncheon and all first responders received free pork burgers, chips and pop. Several police cars, fire trucks, ambulances and rescue trucks were on public display.

The Cherokee County producers partnered with KCHE radio on the noon-hour event and the radio station did live interviews with various responders and the public.

The producers served for nearly three hours on a beautiful day and felt it was a great event.

ISU student is new IPPA Iowa Pork Congress intern

Thomas Bomgaars from Sioux Center joined the Iowa Pork Producers Association on Oct. 17 as the 2017 Iowa Pork Congress intern.

The Iowa State University junior was selected from a field of applicants this summer. He will observe trade association functions and assist IPPA staff in the planning and facilitation of Pork Congress, assist with seminar planning, coordinate youth contests, arrange judging competitions and help with other producer programs.

Bomgaars is studying agricultural business at ISU and plans to graduate in May 2018. He enjoys being involved in various campus clubs, including Block and Bridle, Beginning Farmers Network, Agricultural Marketing club and the Agricultural Business club.

“Being involved in those clubs has introduced me to a lot of networking possibilities and pointed me in the direction I wish for my future,” he said.

Thomas hopes to start a career in the swine industry back in Sioux County prior to earning his degree. He wants to work alongside his father on the family farm because of what the agriculture industry has done for him. His family has swine finishing units, row crop land and a custom manure hauling business.

“I love the agriculture atmosphere in Sioux County, and my dream is to move back and be involved throughout the community and family farm any way that I can,” Bomgaars said.

Thomas was heavily involved in showing swine through 4-H and FFA at both the county and state levels in his adolescent years.
What’s up with manure foaming?

The spontaneous foaming occurring in some swine facilities presents serious potential dangers for both animals and workers. The methane gas trapped in the foam’s bubbles creates potential for fires and explosions, especially when the bubbles are rapidly broken and a spark occurs. Take appropriate precautions with foam to ensure safety for you, employees and pigs.

- Provide continuous ventilation. Never shut off fans or close up the building.
- During foam disturbance, turn off heater pilot lights and non-ventilation electrical systems.
- Don’t use agitation until manure is about 2 feet below the slats.

ISU assistant professor of agricultural engineering Dan Andersen shares what his research group has learned about foam.

“Foaming manures are more biologically active, creating methane at much faster rates. Gas bubbles move through the manure, bringing fine particles and proteins to the surface, where they react with microbial sugars to make a gooey meringue that captures methane. Our research suggests the best mitigation approaches are reducing methane production via dietary changes that reduce fiber or using ionophores. Other approaches include using proteases or bacillus to break down the proteins causing the stability of the foam.”

Getting the most from manure

When using manure to fertilize crops, there’s always some uncertainty in its fertilizer value. Uncertainty comes from many factors: nutrient content, nutrient availability, application variability, application method and timing, and weather. Taking steps to control the unknown can help you better take advantage of manure.

Start by getting a good sample. Knowing the NPK contents of the manure helps inform rate decisions. Focus on getting good injection or immediate incorporation; manure covered with soil loses significantly less ammonia. Try to wait until the soil has reached a temperature of 50º F, though this may not always be possible. If applying earlier in the fall, consider split nitrogen application with manure in the fall (50%-75% of nitrogen need) and then supplemental N in the spring. This helps mitigate some loss of risk from applications earlier in the fall and can help even out uncertainty from variable application.
Sustainably feeding 9 billion by 2050

The year 2050 is a key moment in time - the world’s population is projected to be 2 billion more than today. Food production needs are expected to rise by at least 60 percent, resulting in increased pressure on agricultural land, habitats and communities.

Educators and agricultural experts are collaborating to teach the next generation about world food sustainability through a free education program called Journey 2050. Iowa is one of five pilot states for the new curriculum that aligns to science and social studies standards. Journey 2050 allows schools to experience agriculture like it’s never been taught before – in an online and application-based gaming platform. The program focuses on one profound question: How will we sustainably feed 9 billion people by the year 2050?

As grade 7-12+ students explore sustainable agriculture, they make inquiry-based decisions to see the ripple effect on social, economic and environmental factors locally and globally. Farm families from Kenya, India and Canada guide students through interactive games such as a virtual farm simulation, career avatar, and geography scavenger hunt.

“True sustainability is balancing your social, economic and environmental footprint,” explained Lindsey Verhaeghe, corporate social responsibility specialist for Agrium, an agriculture input company. “Whether playing Journey 2050 guides students to a career in agriculture or not, an informed consumer is essential for the continued success of agriculture around the world.”

Through the game, students look at nutrient management and conservation practices, but also focus on community development and business management. The Iowa Agriculture Literacy Foundation has done several 2-to-5-hour, hands-on workshops to walk students and teachers through the curriculum. The interactive game keeps students coming back and competing to be the most sustainable.

Waukee middle school students were introduced to Journey 2050 at their STEM camp this summer.
Des Moines has Iowa’s ‘Best Breaded Pork Tenderloin’

Iowa’s capital city is home to this year’s “Best Breaded Pork Tenderloin.”

Nick’s on Army Post Road on the city’s south side was judged to have the best tenderloin in the state. It’s the first time in the 14-year history of the Iowa Pork Producers Association’s contest that the winner has been in Des Moines.

“I’m really thrown back. I’ve wanted this award since I opened; I watch the contest every year,” said owner Nick Iaria, a Des Moines native. “I’m really excited; This is great.”

Nick’s is known in the Des Moines Metro area for its tenderloin sandwiches and serves a thousand a week during the year. Eighty percent of Iaria’s annual food sales is the tenderloin, Iaria said.

“We make sure that the process is fresh, the meat is always fresh and never frozen, and we put our soul into the tenderloin. That’s why people come here,” he said.

The former stock broker cuts and machine tenderizes pork loins each morning. Once an order is placed, he uses a four-step process where the loins are seasoned, floured, battered and breaded and cooked in a tenderloin-only fryer to maintain the pure pork flavor. Nick’s sells a queen size (6-7 oz.) tenderloin and a king size (12-13 oz.) tenderloin.

“Nick’s is a very nice pork tenderloin. It’s nicely flavored and very crunchy,” said Chef Robert Anderson, one of IPPA’s final judges. “There is no oil flavor and you can taste the pork.”

The IPPA Restaurant and Foodservice Committee presented Iaria and his two children with a check for $500, a plaque and a large banner in ceremonies at the restaurant on Oct. 14.

The 1901 Chop Haus in Traer had the runner-up tenderloin in this year’s contest and received $250 and a plaque. The remaining finalists were Sweet n’ Saucy in Fairfield, Stumpy’s Bar and Grill in Duncombe and Willie’s Sports Bar and Grill in Hampton. These restaurants received a plaque to display in their restaurant.

“This year’s contest had many good tenderloins entered,” said IPPA Restaurant and Foodservice Committee member Linda Madison. “Choosing the top five was not easy and deciding the ‘best of the best’ was challenging. Nick’s was chosen because it met our high standards for a breaded tenderloin that the chefs and myself expect of an award winning tenderloin.”

IPPA placed the names of everyone who nominated Nick’s for the award in a drawing for $100 from Iowa Pork. The winner was Carlin Mitchell from Des Moines.

A total of 385 restaurants, cafes and other establishments received 1,982 nominations this year and the top five restaurants with the most nominations from each of the eight IPPA districts were judged this summer on the quality of the pork, taste, physical characteristics and eating experience. The contest recognizes Iowa dining establishments that support the swine industry by putting pork on their menu. All restaurants, cafes and taverns that serve breaded pork tenderloin sandwiches year ‘round and list them on their daily menu can be nominated for the award.
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Pork exports strong in August

U.S. pork exports posted the highest monthly values of 2016 in August, according to statistics released in mid-October by USDA and compiled by the U.S. Meat Export Federation (USMEF).

Pork exports were up 16 percent from a year ago to 186,689 mt, the largest volume ever posted in August. Export value was up 19 percent to $512.76 million. For January through August, pork export volume was 1.48 million mt, up 5 percent from the same period last year. Export value moved 1 percent ahead of last year’s pace at $3.78 billion.

With August pork production at the largest level so far this year and record-large for the month of August, exports accounted for 24 percent of total production and 20 percent for muscle cuts only — up slightly from a year ago. For January through August, exports accounted for 25 percent of total pork production and 21 percent for muscle cuts, roughly steady with last year. Export value per head slaughtered was $49.36 in August, up 7 percent from a year ago and exceeding last year’s average for the third consecutive month. For the first eight months of the year, per-head value averaged $49.37, down 1 percent.

Variety meat exports provided a strong boost to the August totals for pork. Pork variety meat exports were 44,563 mt valued at $88.2 million — up 44 percent and 51 percent, respectively.

“U.S. livestock producers deserve some good news in what has been a tough year, and this upward trend in exports is very encouraging,” said Philip Seng, USMEF president and CEO. “Currently U.S. pork is very competitive, as the production of our key competitors – Australia and the European Union – has moderated and prices have jumped. As U.S. competitiveness continues to improve, we remain optimistic that exports will maintain positive momentum through the end of this year and into 2017.”

Pork exports rebound in Mexico and Japan; volumes stay strong to China/Hong Kong

Pork exports to Mexico continued to show improvement in August, easily reaching 2016 highs in both volume (64,620 mt, up 8 percent from a year ago) and value ($129.3 million, up 17 percent). For January through August, exports to Mexico were still down 6 percent in volume (444,170 mt) and 2 percent in value ($808.3 million), but gained ground on last year’s pace.

Chilled pork exports to Japan have been on a record pace all year (up 14 percent year-over-year to 147,000 mt) but a slump in frozen volumes has held back overall results. With chilled pork continuing to perform well in August and frozen exports rebounding, exports to Japan climbed 25 percent from a year ago in volume (35,154 mt) and 27 percent in value ($151.2 million). Through August, exports to Japan were down 8 percent in volume (258,495 mt) and 6 percent in value ($1.03 billion).

Exports to China/Hong Kong remained well ahead of their 2015 pace, with export volume up 76 percent in volume (370,238 mt) and 61 percent in value ($711.8 million).

While pork exports to Korea remain down from last year’s large totals in both volume (87,739 mt, down 28 percent) and value ($231.7 million, down 35 percent), exports trended strongly upward in August and are well-positioned for a strong finish in 2016.

Exports to Canada remained slightly ahead of last year, up 2 percent in volume (131,104 mt) and 1 percent in value ($522.9 million).

NOTES:
Export statistics refer to both muscle cuts and variety meat, unless otherwise noted.
One metric ton (mt) = 2,204.622 pounds.
Producers continue to set pigs-per-litter records

The record swine inventory numbers contained in the September Hogs and Pigs Report from USDA’s National Agricultural Statistics Service can be partially attributed to the record number of pigs being saved per litter.

Iowa farms had a record 22 million pigs as of Sept. 1, according to the report. The Sept. 1 inventory was 7 percent higher than the previous quarter and 2 percent more than the Sept. 1, 2015, inventory.

The total U.S. inventory on Sept. was 70.9 million head. This was up 4 percent from June 1 and 2 percent more than Sept. 1, 2015.

“Larger than expected recent hog slaughter prompted USDA to revise early 2016 hog numbers upward,” said Lee Schulz, Iowa State University Extension livestock economist. “More Canadian feeder pigs continuing to cross the border also have added to inventories and production.”

The June-August quarterly Iowa pig crop was 5.50 million head, up 4 percent from the previous quarter but virtually unchanged from last year. A total of 500,000 sows farrowed during this quarter. The average pigs saved per litter was 11.0 for the June-Aug. quarter, tied with the Sept.-Nov. 2015 quarter for the highest pigs per litter on record.

Across the U.S., the June-Aug. 2016 pig crop was at 32.0 million head, a 2 percent increase from 2015. Sows farrowing during this period totaled 3.02 million head, up slightly from 2015. The sows farrowed during this quarter represented 51 percent of the breeding herd. The average pigs saved per litter was a record high 10.58 for the June-August period, compared to 10.39 last year.

“The combination of more breeding animals and more pigs per litter has bolstered quarterly pig crops and fueled the demand for more processing capacity. Each of the last four quarters have been records for pigs per litter and pig crops,” Schulz said.

As of Sept. 1, Iowa pig producers planned to farrow 490,000 sows and gilts in the Sept.-Nov. quarter and 490,000 head during the Dec. 2016-Feb. 2017 quarter.

U.S. hog farmers intend to farrow 2.93 million sows from Sept.-Nov. 2016, down slightly from the actual farrowings during the same period in 2015, and down 2 percent from 2014. Intended farrowings for Dec.-Feb. 2017, at 2.93 million sows, are down slightly from 2016, but up 1 percent from 2015.

“Lower hog and pig prices have likely raised the red flag on expansion at least for now. However, longer-term additional expansion is possible,” Schulz added. “Low feed grain price projections for the coming year(s) and the expectation of increased packer competition for slaughter pigs as new packing plants begin coming online set the stage for possible growth.”
Hog-pork market situation and outlook

By Lee Schulz, Iowa State University Extension livestock economist

The market adage “buy the rumor and sell the fact” comes to mind when reviewing the hog complex in 2016.

Hog futures posted strong gains in 2016’s first half on expectations strong export demand to mainland China and Hong Kong would support hog values through the summer months. Memories of the big surge in exports to China in 2011, which helped underpin hog values that year, helped lift the entire complex.

The demand factor is always an important driver. But it is important, in my view, to first have a good handle of the supply dynamics. Everyone expected U.S. pork supplies to be plentiful in 2016, making adequate slaughter capacity this fall a major concern. From mid-July through early October, slaughter ran 3.7 percent over last year. This included the final three weeks at 8.3 percent, 7.4 percent and 5.9 percent above year ago levels. These three weeks represented three of the six largest hog slaughter weeks ever.

The selloff in lean hog futures coincided almost directly with the spike in hog slaughter since mid-July. And, recent slaughter runs being larger than indicated by the September Hogs and Pigs Report fuel worries that supplies could be bigger than inventory counts have suggested.

Thanks to stable pork demand, hog prices have not been as low as one might expect given the record slaughter. Domestic pork demand has improved in 14 of the last 15 quarters, including up 1 percent in the second quarter of 2016. The greatest threat to future domestic pork demand is competing meat prices. The Livestock Marketing Information Center projects total 2017 red meat and poultry production up over 3 percent—the largest aggregate production ever. Expanding supplies of all proteins make exports crucial.

U.S. pork exports so far this year have been steady, but well short of earlier optimistic expectations. Total shipments through August, on a carcass weight basis, ran 1 percent higher than a year ago. Growth in exports to mainland China and Hong Kong continue to support the market but have not been enough so far to count on explosive growth going forward, which would help buoy futures prices.

U.S. exports to mainland China and Hong Kong are up 111 percent in 2016. However, exports to other markets have struggled. Shipments to Mexico, Japan and South Korea are down 5 percent, 9 percent and 27 percent, respectively, compared to January-through-August 2015 levels.

Most forecasts predict higher pork exports in 2016 and again in 2017. More product available (and lower prices) will do their part. But a stronger U.S. dollar could upend projections for much larger exports. A stronger U.S. dollar is negative for all U.S. meat exports. It impacts pork more than other meats because a larger share of U.S. pork goes to exports than other proteins.
Pork producer margins are currently caught between the bad news of lower pork prices from supplies outpacing demand and the good news of lower feed prices from another bin-buster corn and soybean crop. Farrow-to-finish total costs are at the lowest levels since 2010, while hog prices are approaching seven year (2009) lows and could fall even lower. Lower costs are an impetus for expansion. However, the pork industry has already expanded to the point that prices have been driven down to the cost of production. Hog prices are forecast to be below the cost of production for 13 of the next 17 months.

Hog futures continue to imply a heavy discount for fourth quarter 2016 on expectations of record large slaughter runs. USDA's latest Hogs and Pigs inventory report, released September 30, does nothing to change this outlook. If anything it feeds the bears in the hog complex. Every inventory number or measurement, except the breeding herd and December-February farrowing intentions, was larger than expected. The all hogs and pigs and market hog inventories were both record large. The breeding herd was the largest since December 2008.

Lower hog and pig prices have likely raised the red flag on further expansion, at least for now. Feeder pig prices signal anticipated future profits (or losses). Early October cash prices averaged $12.72 per head for 10- to 12-pound weaned pigs and $21.52 per head for 40-pound feeder pigs. Those are lowest prices paid for pigs this year. The market is long on pig numbers. Facility space will be somewhat short in the coming months. Pig prices will likely carry a heavy discount into 2017. Those are all reasons to be cautious about further near-term expansion.

However, longer-term additional expansion is possible. Low feed grain price projections for the coming year(s) and the expectation of more packer competition for slaughter hogs as new packing plants begin coming online set the stage for possible growth.

Ultimately, how large inventories can, and will, expand will largely depend on growth in domestic and export pork demand.
Collins’ Struthers family collects October’s ‘Good Farm Neighbor Award’

The current past president of the Iowa Pork Producers Association and his family is the latest pork producer to be named “Wergin Good Farm Neighbor Award” winners.

Dave and Elaine Struthers and their four children received the award from Iowa Deputy Secretary of Agriculture Mike Naig at the family’s Collins-area farm today. About 100 family, friends and neighbors attended the presentation and free pork luncheon served by the Story County Pork Producers.

The Struthers have a farrow-to-finish hog business and also raise corn and soybeans on their family farm.

“Dave and Elaine are farmers that do things right on the farm and how they care for their animals while also being very active in their community and statewide in ag organizations,” Iowa Secretary of Agriculture Bill Northey said in announcing the award earlier this month. “I always enjoy recognizing deserving families like the Struthers and highlighting them as a great example of the types of livestock farms and livestock farmers we have all across the state.”

The family was nominated for the award by Jamie Waddingham, the Collins-Maxwell ag education instructor. In his nomination, Waddingham highlighted the family’s involvement in the community and in state agriculture organizations.

Dave has been involved in various committees at Collins-Maxwell Community School and has brought piglets to the elementary school and hosted elementary classes on his farm. He also has worked with the Collins-Maxwell FFA by providing land for a seed test plot and allowed them to use his pigs as practice for livestock judging. He also is involved in the Collins Area People On Old Tractors (CAPOOT) tractor ride.

Struthers is a Story County Pork Producers member and has served on the IPPA Board of Directors since 2009. He was president of the association in 2015. Dave is an Iowa Farm Bureau Federation member and won the organization’s Outstanding Young Farmer award in 2001.

The “Big Show,” which airs on both WHO and WMT radio, did live interviews during today’s event.

The “Wergin Good Farm Neighbor Award,” made possible through the financial support of the Coalition to Support Iowa’s Farmers, recognizes Iowa livestock farmers who take pride in doing things right. This includes caring for the environment and their livestock and being good neighbors. It is named in memory of Gary Wergin, a long-time WHO Radio farm broadcaster who helped create the award.

Anyone interested in nominating their neighbor for the award should write a letter or e-mail explaining why their neighbor should receive this designation. Applications may be submitted to the Iowa Department of Agriculture and Land Stewardship, Attn: Wergin Good Farm Neighbor Award, Henry A. Wallace Building, Des Moines, IA 50319 or e-mailed to Communications@iowaAgriculture.gov.

Elaine and Dave Struthers of Collins with the October “Wergin Good Farm Neighbor Award.” The Struthers are pictured with Coalition to Support Iowa’s Farmers Executive Director Brian Waddingham (far left) and Iowa Deputy Secretary of Agriculture Mike Naig (far right).
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AGRICULTURE WORKS HERE.
Paul Alexander believes being a good environmental steward goes hand in hand with being a good neighbor and his efforts have earned him and his family the September “Wergin Good Farm Neighbor Award.”

Iowa Secretary of Agriculture Bill Northey presented the award to Paul and his wife, Deleta, on Sept. 15 at the family farm near Promise City. The “Big Show,” which airs on both WHO and WMT radio, did a live remote broadcast at the farm.

Alexander and his family raise around 17,000 hogs a year as well as cattle, row crops and hay. The family also raises sweet corn. In addition to installing windbreaks around their hog barns for odor and snow control, the Alexanders also have incorporated terraces, dry basins and ponds on their acres to help prevent erosion.

“If we’re not environmental stewards, we’re not going to have something for the next generation,” Paul said. “We’ve got to be a steward for what we do have and use it carefully.”

“Paul is another great example of the livestock farmers found all across Iowa that do a tremendous job caring for their animals and protecting the land, while also remaining active in their community and serving their neighbors,” Northey said. “It is important we recognize families like this and highlight all the important contributions from livestock farms and livestock farmers.”

The Alexander family was nominated for the award by Mark, Joyce and Allison Brown. Paul has always been willing to lend a helping hand when they need assistance loading pigs, doing chores or addressing mechanical issues, the Browns wrote in their nomination.

“Our families have been neighbors for almost fifty years,” said Mark Brown. “They are good, hardworking people who take care of their livestock and strive to do the right thing. We wanted to recognize them for all the years of service and support they have given to us and the community.”

Alexander also is on the Farm Bureau Board of Directors and is very active in his church.

The “Wergin Good Farm Neighbor Award,” made possible through the financial support of the Coalition to Support Iowa’s Farmers, recognizes Iowa livestock farmers who take pride in doing things right. This includes caring for the environment and their livestock and being good neighbors. It is named in memory of Gary Wergin, a long-time WHO Radio farm broadcaster who helped create the award.
State-of-the-art barn newest in Reicks View Farms system

Nestled neatly between corn fields on about two acres near Lawler in rural Chickasaw County is a new hog building, but it’s not a typical barn. The facility is equipped with all of the newest technology available in pig farming and is uniquely designed to be animal-friendly, environmentally friendly, and downright neighborly.

The Reicks family hosted an open house to show off the facility’s many environmental amenities on Sept. 15 and around 120 people took the opportunity to check it out, including the Chickasaw County Board of Supervisors.

The barn is incorporating new odor reduction technology with state-of-the-art air scrubber and air filtration, the latest feed delivery system, climate control features and more. To facilitate good ventilation, all air will come through a cool cell system, using evaporation to give the pigs the ideal growing environment.

Jerico Construction, a division of Reicks View Farms, designed the building and worked closely with Iowa State University researchers on testing protocol.

“We worked with [Iowa State University] to achieve an approved national average score of 52 percent odor reduction,” said designer Justin Haught. “Tests revealed that odor was reduced by at least 80 percent up to 1,000 feet from the barn.”

The 2,400-head hog building is completely filtered and has top-down ventilation.

“The cool cell will lower the temperature in the barn to reduce electric consumption,” said Dale Reicks. “We’re also scrubbing the air leaving the barn, which is basically a cool cell pad that catches the dust exiting through the fans. We’ll achieve an average 50 percent reduction in ammonia and odor emissions.”

The barn was modeled after those seen by Reicks in Belgium in 2000 and Germany in 2012.

“So, we’ve developed this on our own,” he said.

A wind barrier has been built outside the barn to prevent direct head winds from reducing the barn’s efficiency and as an additional odor reduction tool. The facility is part of an odor reduction pilot project.

“It’s a situation where we want to be friendly and we’ve worked with Iowa State to try to make sure we capture and understand what we’re doing,” Reicks said. “There’s some maintenance to it, but we know it will work. It’s going to be good.”

Reicks View Farms has had other non-air scrubbing barns in its system for a year that are providing better rates of gain because of more consistent temperatures in the barn, according to Reicks.

The new concentrated animal feeding operation is serving as a nursery for the Reicks View Farms farrow-to-finish swine production system, which markets 600,000 head of hogs a year. The Reicks family also raises 10,000 acres of corn.
Approximately 800 people from Butler, Bremer, Chickasaw and Floyd counties attended an ag celebration hosted by a Butler County farm family near Plainfield on Sept. 7.

Stan and Karmen Mehmen and Kyle and Kerri Mehmen of MBS Family Farms celebrated Stan and Karmen’s 40th wedding anniversary and their farm’s 40th year in business by inviting more than 2,000 neighbors, community members, MBS employees, city and county government officials, chambers of commerce, educators and more to an open house.

The Mehmens partnered with the Butler County Farm Bureau on the event with a goal of fostering a greater understanding and appreciation for farming. A free pork dinner, demonstrations, panel discussions, tours, auto steer tractor rides and a children’s inflatable bouncer were among the activities offered.

“We believe that it was time well spent,” Kerri Mehmen said. “One of our main goals was to help educate people who had questions about modern day agricultural issues and I feel we accomplished that.”

The Iowa Pork Producers Association was one of about a dozen different organizations that the Mehmens invited to exhibit at the event to discuss ag issues with visitors. IPPA offered recipes, production facts, giveaway items and a grilling package door prize. The pork loin served for dinner was sponsored by IPPA and the Chickasaw County Pork Producers grilled the loins.

MBS Family Farms is a multi-faceted business with operations in Iowa and southern Minnesota, primarily involving row crop production, that support 20 different families. The Mehmens also own about a dozen modern hog finishing buildings that they rent to various pork producers.
IPPA welcomes new executive staff member

The Iowa Pork Producers Association has filled its vacant consumer outreach director position.

Kelsey Byrnes of Ankeny joined IPPA on Oct. 24 after spending the last year and a half as the owner of KBC 3 Consulting in Ankeny, where she designed presentations and marketing materials for Johnsonville Sausage in Sheboygan Falls, Wisc., and developed recipes for Tones Spices.

In her new position, Byrnes will be responsible for developing and maintaining the association’s social media plan and administering IPPA’s youth education programs.

“I couldn’t be more excited to be joining the team at the Iowa Pork Producers Association,” said Byrnes. “Hog farming has always been a part of my family’s lives and I’m looking forward to being a part of an industry I’m so passionate about.”

As the new consumer outreach director, social media will be key in helping educate consumers and promoting our pork products.”

Prior to KBC 3, Byrnes was test kitchen manager for PurFoods in Ankeny. There, she helped develop consumer screeners and testing questionnaires, prepared meals for marketing purposes and assisted in the development of the company’s quality assurance program.

The Wellman native started her career with Johnsonville in 2012. She was the associate sensory scientist and conducted numerous tests for sausage products and designed and completed a shelf-life study for nearly 20 food service sausage products.

Kelsey earned bachelor’s and master’s degrees in food science from Iowa State University and Kansas State University, respectively.

She replaces Shawnie Wagner, who left IPPA in August to accept a position with the Pipestone System.
The National Pork Board announced Oct. 11 that Brad Greenway, a pig farmer from Mitchell, South Dakota, has been named the 2016 America’s Pig Farmer of the Year by achieving the highest score from a third-party judging panel and online voting.

The award recognizes a pig farmer who excels at raising pigs using the We CareSM ethical principles and who connects with today’s consumers about how pork is produced.

“We are pleased to have Brad represent America’s pig farmers. He embodies the very best in pig farming,” said Jan Archer, National Pork Board president and a pig farmer from Goldsboro, N.C. “It’s important that we share with today’s consumers how we raise their food in an ethical and transparent way. Brad’s interest in sharing his farm’s story – and putting a face on today’s pig farming – will help us reach this goal.”

Greenway was named America’s Pig Farmer of the Year following a third-party audit of on-farm practices and conducting a series of written and oral interviews by subject-matter experts. He has achieved excellence in all aspects of pig farming, including animal care, environmental stewardship, employee work environment and outstanding community service.

The panel of expert judges met in early September with the four finalists, including Jarrod Bakker, stakeholder representative on the Iowa Pork Producers Association Board of Directors and a pork producer from Dike.

Members of the panel were Robin Ganzert, president and CEO of American Humane; Kari Underly, a third-generation butcher, author and principal of Range®, Inc., a meat marketing and education firm; Justin Ransom, senior director, supply chain management at McDonald’s USA; Jodi Sterle, an associate professor of animal science at Iowa State University; and Keith Schoettmer, the 2015 America’s Pig Farmer of the Year.

As a judging panel member, Ganzert said, “As an animal lover and the leader of the country’s first national humane organization, I am honored to be a judge for America’s Pig Farmer of the Year. American Humane celebrates all those, including our nation’s farmers, who care for animals and work hard to ensure they are treated humanely. Today, more than ever, it is important not only to point out where progress is needed, but to recognize when we get it right.”

Greenway has focused on doing what’s right for people, pigs and the planet on his family farm for the last 40 years. He and his wife, Peggy, own two wean-to-finish pig barns. They also raise beef cattle and grow corn, soybeans, wheat and alfalfa.

“I look forward to sharing my personal farm story with consumers to help them understand the care that goes into raising pigs today,” said Greenway. “I am proud of my industry and the hard work my fellow farmers put into producing safe, high-quality food, and in caring for animals and the environment every day.”
LEND YOUR EXPERTISE –
BE AN IPPA COMMITTEE MEMBER!

Each committee meets via conference call or in person at IPPA in Clive three to four times a year. Meals are provided and mileage is reimbursed if travel is needed.

If you believe you can make contributions to the betterment of the association and the industry, then IPPA has a place for you. Complete and return the form to IPPA by Feb. 10, 2017. If you need more information, please contact us at (800) 372-7675.

What do Tom Schmidt of Hawarden, Sheryl Jesina of Toledo and Dean Frazer of Conrad all have in common? Aside from all being pork producers, each one donates their time to serve on one of the 15 Iowa Pork Producers Association committees.

IPPA relies on committees to provide program direction to the board of directors and staff. The future of Iowa’s pork industry depends on strong leadership from producers who are willing to step up and lead their organization.

With more than a dozen committees to choose from, we think we have at least one that appeals to you! These committees are open to any producer who has interest or expertise in a particular area and is willing to serve.

Committee Nomination Form

If you’re willing to serve on an IPPA committee, please complete this form and return to IPPA by Feb. 10, 2017!
Iowa Pork Producers Association • P.O. Box 71009, Clive, Iowa 50325-0009

Name: ____________________________
Farm or Company Name: ____________________________
Address: __________________________________________
City: ____________________________ State: ___________ Zip: ___________
Phone: Cell: ____________________________ Home: ____________________________
E-mail Address: ____________________________
Describe your operation or business: ____________________________________________

Committee Preference:
First Choice: ____________________________
Second Choice: ____________________________
Third Choice: ____________________________
The 45th annual Iowa Pork Congress will be held Jan. 25-26 at the Iowa Events Center in Des Moines and the Iowa Pork Producers Association invites you to make plans to attend. The nation’s largest winter swine event will offer several new seminars on topics integral to producer success, key swine industry exhibitors, exciting youth activities and several social events. The Iowa Pork Congress is the pork meeting you can’t miss!

**Tradeshow**

Wednesday, Jan. 25 – 9 a.m. – 5 p.m.
Thursday, Jan. 26 – 9 a.m. – 4 p.m.
Hy-Vee Hall
Producers, production partners and allied industry representatives travel from Iowa and the Midwest to visit with their service providers and check out the latest products and services on the market. Exhibit hall hours give visitors ample time to stroll through Hy-Vee Hall to stop by each of the nearly 500 booths. The tradeshow also allows you to renew acquaintances, visit with friends and maybe make some new ones. There’s no better place to network and compare notes with fellow producers!

**Keynote Presentation – Dr. Lowell Catlett, New Mexico State University**

*Best Time to Be in Agriculture, The Five Trends That Will Make It Even Better!*
Wednesday, Jan. 25, 2:15 p.m.
Hy-Vee Hall, lower level

Dr. Lowell Catlett retired as a regents professor in Agricultural Economics and Agricultural Business and Extension Economics and the dean and chief administrative officer of the College of Agricultural, Consumer and Environmental Sciences at New Mexico State University in July 2015. He is an exciting futurist whose knowledge of technologies and their implications on the way we will live and work is addressed in his varied and upbeat presentations. Dr. Catlett’s vast knowledge astounds corporate and association audiences both nationally and internationally. His keynote presentation will be inspiring, thought-provoking and highly-entertaining.

**Training Sessions**

Free Pork Quality Assurance Plus® (PQA Plus®) and Transport Quality Assurance® (TQA®) certification sessions will be offered by IPPA on Wednesday, Jan. 25. Confinement site manure applicator certification for producers will be offered on Thursday, Jan. 26. Contact Drew Mogler at (800) 372-7675 or dmogler@iowapork.org for more information.

2017 Iowa Pork Congress Preview
2017 Iowa Pork Congress
Hy-Vee Hall, lower level

Wednesday, Jan. 25

Iowa Regulations & Nuisance Case Update
Eldon McAfee – Brick Gentry Law Firm

The Veterinary Feed Directive Is Here: What Have You Done?
Dr. Chris Rademacher – Iowa State University

Manure Nutrient Utilization & Water Quality
Dr. Dan Andersen – Iowa State University

Prices & Profitability: Economic Outlook
Dr. Steve Meyer – EMI Analytics
Underwritten by National Hog Farmer

Thursday, Jan. 26

Managing Margins in Market Downturns
Pat VonTersch – Professional Ag Marketing

The Consumer Connection: A Producer Perspective
Cristen Clark – Iowa Pork Producer and Food Blogger

Swine Health Trends from a Vet Diagnostic Lab
Dr. Rodger Main – Iowa State University

Watch for additional seminar announcements or visit iowaporkcongress.org!

9th Annual 4-H & FFA Swine Judging contest
Thursday, Jan. 26 – Iowa State Fairgrounds, Livestock Pavilion
Iowa 4-H and FFA members are invited to take advantage of this excellent educational opportunity. Hundreds of students interested in the pork industry attend each year to learn about pork production, enhance their pork knowledge, test their judging skills, and to have an opportunity to possibly earn college scholarships. Contact Stephanie Carlson at (800) 372-7675 or scarlson@iowapork.org to register!

Registration
Register now to attend the 2017 Iowa Pork Congress. Visit iowaporkcongress.org or use the attached form.

2017 Iowa Pork Congress
Pre-registration Form

This form must be completed in its entirety and postmarked by Jan. 9, 2017. You also can register online at www.iowaporkcongress.org.

☐ IPPA Member (free admission)
☐ Non-member ($5)

The admission fee at the door is $10.

Name: _______________________________________
Address: _____________________________________
City, State, Zip: _______________________________
Phone: ______________________________________
E-mail address: _______________________________

Are you a pork producer? ☐ Yes  ☐ No

If yes, which best describes your swine operation?
☐ Farrow-to-finish  ☐ Multiplier
☐ Production employee/Partner  ☐ Seedstock
☐ Wean/Feeder-to-finish

If no, what is your relationship to the pork industry?
☐ Veterinarian  ☐ Allied Business
☐ Educator  ☐ Other

Registration
No. of people attending $__________

Pork Congress Banquet
(Wed. Jan. 25, $32 per person)

No. of Tickets:_____  $__________

TOTAL ENCLOSED  $__________

Please make check payable to: Iowa Pork Congress
Mail to:
Iowa Pork Congress Registration
PO Box 71009 • Clive, Iowa 50325-0009
Still wearing the scars from his “life-changing” mishap, Leon Sheets considers himself one of the lucky ones in that he’s still able to farm, raise hogs and lead a mostly normal life.

“The day my world went boom” occurred on Sept. 15, 2014, while Sheets was power-washing one of his hog barns alone near Ionia in Chickasaw County. An explosion rocked his world and could have taken his life. Amazingly, he had the wherewithal to roll on the ground to extinguish the flames that were searing his skin, make his way to a nearby shed to turn off electricity to the barn, call 9-1-1 and then his wife, Barbara, before stopping to wait for an ambulance.

The aftermath

The past Iowa Pork Producers Association president suffered second and third degree burns over 20- to 30-percent of his body. His back, hands, arms, face and ears were badly burned. He spent 10 days in the burn unit at University Hospitals in Iowa City and then nine days in a Waterloo rehabilitation facility. He underwent several skin grafts that he says “took very well.”

“I’m Mr. Hat in the summertime now because there’s not much skin on top of your ears,” Sheets said on the two-year anniversary of the explosion. “Sunscreen is a must. It’s created some challenges in the wintertime because I don’t tolerate the cold on my hands and even wearing mittens, I’m limited in what I can do.”

Sheets added that he must apply lotion to his skin-grafted arms two to three times a day to replenish the moisture in the skin. With the skin grafts, there are no sweat glands in his arms.

“[The doctors] were really amazed that within five weeks of the incident, I was back doing my full routine, maybe not as fast,” he said. “It took a bit to get over the gates.”

The first time Sheets returned to the site after the incident was for an interview with a reporter, which was shortly after his rehab ended and he wasn’t yet back to full speed. He said it was a difficult moment. Even in the new barn, he gets flashbacks at times.

“I’m washing away and then I realize I’m in that spot where it happened and all of a sudden, something stops me,” he said. “I just feel the hairs on the back of
the neck come up for just a minute, and then I go on.”

**Forced changes**

The incident has prompted Leon to change his standard operating procedures, protocols that he knows have been adopted by several other farms since his accident.

“I’ve heard them called ‘Leon’s Rules.’ I’ve heard them called ‘Brumm’s Rules’ [Dr. Mike Brumm],” he said. “These are just good SOPs. Essentially, the protocol is when you enter a barn to do anything other than just walk through, you get that minimum [fan] speed cranked up for a period of time. If you’re going to do anything, moving extra pigs, if you’re going to dump the feeders, if you’re getting ready to wash, before anything other than just walking that may stir the activity in your containment area, you get an extra lot of air flowing through.

“I don’t care if it's 30-below outside with the wind chill, let the heat run,” Sheets said. “It’s a cheaper option and a whole lot safer. It’s our first criteria.”

**Leading the charge**

The Iowa Pork Producers Association has funded a three-year, $3 million study at Iowa State University to find a solution to the pit foaming issues that have cost human and animal lives and caused millions of dollars in destruction.

At least six barn explosions have occurred in recent years while being washed down and Sheets is aware of at least two people who have been killed and at least three others who were seriously injured.

Leon has now become a sort of unofficial leader of the cause under the mantra “No more, nobody else.” He spoke about his incident and the need for producers to use extreme caution when working in the barns—especially those with foaming pits—in a seminar at the 2016 Iowa Pork Congress. He spoke to a group of school children on the two-year anniversary of the explosion.

“I have stepped up publicly and am not afraid to talk about what happened to me,” said Leon. “I don't want anybody else to go through it. It would have been worse if it had been one of my employees or family members. A lot of folks have their wives or kids doing the washing.”

Sheets says he has the physical reminders to be safe now.

“All I have to do is look in the mirror or at my hands to be reminded that we need to be careful. Things can happen unexpectedly and very quickly. I’m the extremely fortunate one and we need to make certain that this happens to nobody else,” he said.
Swine barn sanitation practices

Q & A

By John Mason, chief science officer, BioWall
First in a series

The development and implementation of a biosecurity program can materially support the development of healthier, more productive livestock and improved efficiency and profitability for the pork producer.

Swine diseases are a concern for nearly every pork producer, regardless of size of their operation, as a disease outbreak can be economically devastating to a swine operation with the threat of both near-term costs including loss of livestock to remediation costs, as well as longer-term reputational costs. Cleaning and disinfecting are critical parts of all biosecurity programs to decrease the pathogen load to a point where disease transmission does not occur.

Q: What are the limitations of the prevalent sanitation practices in use between turns?

A: Currently, the industry uses power washing and disinfectants that have limitations, including their applicability, penetration spectrum, ease of coverage, and degree of sanitation effectiveness among others. Such limitations are present during all the different stages of cleaning and disinfection. For example, moveable items such as feeders require separate cleaning and disinfection. It is important to consider that a wide range of common pathogens show poor response to disinfectants under high organic load, as the organic matter can deteriorate their effectiveness. Hot pressure wash is not enough to break down the oily biofilm that can protect bacteria from disinfectants. There also are mandatory requirements for prewashing, soaking and drying times that translate into added labor time and costs. Moreover, any equipment that cannot be pressure washed must be cleaned by hand.

Out of sight and hard to reach spots—such as fan and ventilation ducts or light fixtures—still need to be addressed.

Producers need to be mindful to choose a disinfectant that is suitable for the range of diseases present in their facility and ensure that the disinfectant is compatible with the detergent as well as the microorganisms they are targeting. Such requirements introduce new limitations with regard to training the personnel on the products, steps/times required to achieve the necessary disinfecting, safe use and disposal of disinfectant. An additional consideration is the prevalence of porous surfaces at producer facilities. These surfaces are more difficult to disinfect and less than rigorous application practices may be doing little more than moving the contaminants around.
Are there emerging or alternative technology and chemistry to address the above-discussed limitations that pork producers should be aware of?

While it is important to note that no single technology or method can address all limitations, technology advancements provide a much higher level of sanitation and decontamination than traditional methods. Gas-based sterilization solutions eliminate the limitations pertaining to applicability – including prewashing and soaking, drying-penetration, coverage and effectiveness. Gas inherently goes everywhere. It penetrates everything and when properly applied there is not a spot that is left untouched, including all the places that are otherwise hard to get to, such as air ducts. Gas-based deployment decreases the risk of human error (for instance, missing a contaminated area – which can be very small in size and still provide a significant contamination threat) and ensures consistent and correct application throughout the facility, by penetrating both porous and non-porous surfaces. Unlike liquid sterilants, gas does not move contaminants around. Gas-based sterilization also is much easier and faster to apply while ultimately being less expensive than manually washing and disinfecting thousands of square feet of surface area.

What specific preventive biosecurity practices should pork producers implement either in their-day-to-day operations or during sanitation cycles?

It is probably not possible to monitor, or even know every possible entry point, or, at a minimum, do so in a cost-efficient manner. That is why periodic, proactive decontamination is emerging as a best practice for producers.

Continuously step up sampling methods and look at airborne samples to detect what’s being spread around in your facility. Cross-contamination can be in the form of ambient materials such as dust that go undetected until sampling a specific location for that kind of airborne contamination to mitigate it. Even though you have not had an incident yet, it does not mean that there are no latent threats that could potentially develop into a much bigger issue.

Go into critical control mode during routine testing. If you have areas that have been identified as known problem areas, you should constantly test those areas to preserve a contamination-free space. Go beyond merely sampling for physical contaminants. Challenge those routines by adding known, very-resistant pathogen surrogates and make sure that they are killed.

Pay more attention to vehicle tracking/decontaminating, including support vehicles bringing in feed or other supplies, not just those hauling animals.

Strive to meet a higher biosecurity standard. Don’t assume your disinfection routine is working just because it adheres to standard practices. Make measuring the effectiveness of your disinfection procedures a part of the overall disinfection methods and procedures. Only by doing so can you be certain your facility is free of contaminants.

About the author
Mason founded the chlorine dioxide panel on the American Chemistry Council in 1988 to develop standards for the chlorine dioxide industry for disinfection of drinking water and food, and for industrial applications. He has been the lead technical advisor to governmental agencies and commercial businesses on events ranging from the U.S. Capitol anthrax attack, to large agribusiness viral contaminations and biosecurity protocols.
Ready or not, here comes the VFD

Ready or not, like it or not, pork producers large and small are about to face some significant changes in the way they use antibiotics.

Beginning on Jan. 1, 2017, the U.S. Food and Drug Administration’s new Veterinary Feed Directive—defined as a written (nonverbal) statement issued by a licensed veterinarian in the course of the veterinarian's professional practice that authorizes the use of a VFD drug or combination VFD drug in or on animal feed—becomes law and mandates that all medically important, feed-grade antibiotics require a VFD. In other words, you can no longer use most of those antibiotics you’ve used to promote growth.

The final rule provides that the veterinarian must issue the VFD in the context of a valid veterinarian-client-patient relationship as defined by the state requirements applicable to where the veterinarian practices veterinary medicine.

The new rule essentially removes growth promotants from the market. Producers will still be able to use some of these drugs on livestock, but only under a veterinarian’s guidance and with a prescription. Most growth promotion uses will end in three years.

Many of the over-the-counter drugs will now require a prescription and any antibiotics in feed must be used in accordance with label instructions. This strategy will bring the use of these drugs under veterinary supervision so that they are used only when necessary for assuring animal health. A veterinarian can assign refills on any prescribed medication if refills are allowed on the product label, according to the rule.

Until now, only two products (Pulmotil and Nuflor) have carried a VFD label. VFDs will have an expiration date and it will be illegal to use a VFD beyond the expiration date. Records must be kept by producers and feed mills for at least two years.

The key for producers is the make sure you have a relationship with a veterinarian prior to Jan. 1. Producers are advised to follow all VFD label instructions, ensure proper withdrawal intervals and employ PQA Plus®-responsible antibiotic use practices.

FDA announced the final rule in early June 2015 amid growing national concern about antibiotic resistance in humans and as part of its overall strategy to promote the judicious use of antimicrobials in food-producing animals.

For additional information, please visit pork.org and its antibiotic resource center.
Even a casual visitor could soon see dramatic signs of Iowa’s growing commitment to conservation.

Farmers started sowing cover crops by air in August with an estimated 300 aircraft potentially flying seven days a week. Cereal rye, radishes, clovers and more acres across the landscape. All for just one conservation practice called for in the Iowa Nutrient Reduction Strategy.

A group of visionary agribusiness leaders expects even more opportunity for farmers and rural Iowa as we work to improve water quality. To meet the Strategy’s goal of reducing nitrate and phosphorus in waterways by 45 percent, the state will need a burgeoning network of agronomists, engineers, cover crop seed dealers, seed cleaners and more.

As Iowa moves into the next phase of improving water quality, the new Iowa Agriculture Water Alliance (IAWA) Business Council will be helping. They are joined by the Iowa Department of Agriculture and Land Stewardship and Ray Gaesser, past president of the American Soybean Association. Iowa Agriculture Secretary Bill Northey and Gaesser will co-chair the initiative that aims to define the conservation infrastructure needed across the state. They also will tap into IAWA’s Advisory Council.

Dan Foor, CEO of La Crosse Seed, is the Business Council’s chairman. He compares the scale of this undertaking to the creation of the nation’s Interstate Highway system in the 1950s. Like this undertaking, the conservation infrastructure work is about adjusting to the ever-shifting economic and societal needs.

“The Business Council will focus on the most viable ideas for market-based solutions to increase the adoption of conservation practices,” Foor says. “We can’t rely just on public funds. Private engagement is needed to compliment the public efforts underway.”

More than anything, though, the ramping up of Iowa’s newest conservation effort will come from a broad swath of experts working in a coordinated fashion. “We’ve got to involve the whole community,” Foor commented, “which should be reasonable given our common objectives.”

One big barrier to adoption of the new nutrient reduction technologies is that Iowa farmers own less than half of the land they farm. According to a survey released in July by USDA's Sustainable Agriculture Research and Education, that’s a national obstacle.

Foor thinks the council can help in that area, too. “Some of its members are already working with landowners,” he says. “There’s a lot of optimism on the IAWA Business Council that the targets in the Nutrient Reduction Strategy are achievable,” he said. “We’re ready to roll up our sleeves and help make it happen.”
2017 Manure Applicator Certification Workshops and online training

Iowa law requires confinement site manure applicators, as well as commercial manure applicators, to meet certain certification requirements. Historically, this has included attending an annual in-person training, going to your county Extension office for training, or passing a certification exam. Iowa State University Extension and Outreach has provided these opportunities through a series of statewide workshops, DVD trainings, and online training.

This year’s topics will include a review of the rules, land application setback distance requirements, water quality and manure application into cover crops, and application equipment uniformity.

The online option will provide similar topics and information as the in-person and DVD trainings, but will be available to you from the comfort of your own home. To utilize the online option, you will need a computer, smartphone, or other Internet-capable device and an Internet connection that will support streaming video.

Online training has several advantages. It will allow you to stop and start the training models to fit your schedule and eliminate bringing the information to you, eliminating your need to travel. The website will track your progress through the training modules, which consists of a series of videos and activities for you to complete. After finishing all the models required for your training, the website will direct you on how to submit the proper information and pay the licensing fee so that you will be certified.

Please see the Iowa Department of Natural Resources Animal Feeding Operations page at http://www.iowadnr.gov/Environmental-Protection/Land-Quality/Animal-Feeding-Operations/Applicator-Certification. You also can find information on all of these training options on the Iowa Manure Management Action Group website at http://www.agronext.iastate.edu/immag/mac.html. These programs are sponsored by Iowa State University Extension and Outreach with funding provided by the Iowa Department of Natural Resources.
Iowa State University Extension and Outreach will offer the Commercial Manure Applicator Certification/Recertification Workshop on Thursday, Jan. 5, 2017, from 9 a.m. to noon in the counties listed below.

All workshops will be held in the county Extension office unless otherwise noted with *. Please register by Dec. 28, 2016, with the location you plan to attend. If you can't attend the workshop on Jan. 5, you have three options to complete your training requirements: 1) You can contact your local county office any time after Jan. 5 to schedule an appointment to watch the training DVD, 2) You can view the program online, or 3) You can contact the local DNR field office to schedule an appointment to take the certification exam.

If you have questions regarding these workshops, please contact Dan Andersen at (515) 294-4210, Rachel Klein at (515) 294-6685 or Melissa McEnany at (515) 294-9075.
2017 Confinement Site Manure Applicator Workshops

Iowa law requires confinement site manure applicators to meet certification requirements for manure handling and land application. Certification requirements include attending two hours of annual training for each year of the three-year license or passing a certification exam once every three years. Iowa State University Extension and Outreach provides the opportunity to attend annual training via a series of statewide workshops (listed below), watching the training DVDs during monthly scheduled dates and times at county Extension offices, or completing the online training modules.

We encourage you to contact your county Extension office for exact workshop locations, dates and times or to determine meeting options in the event of bad weather. Registration is not required for these meetings, but you may wish to contact the Extension office to ensure there will be adequate space and training materials available. Please bring your certification card with you or be prepared to share your certification number so we may assist you with paperwork.

Iowa State University Extension and Outreach, in cooperation with the Iowa Department of Natural Resources and the Iowa Pork Producers Association will offer a confinement site applicator workshop on Thursday, Jan. 26, 2017, from 10 a.m. to noon at the Iowa Pork Congress. The training locations for confinement applicators is as follows:

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<tr>
<th>County</th>
<th>Workshop Location</th>
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</table>

If you have questions regarding these workshops, please contact Dan Andersen at (515) 294-4210, Rachel Klein at (515) 294-6685, or Melissa McEnany at (515) 294-9075.
The Iowa Foundation for Agricultural Advancement is a non-profit organization founded in 1988 and comprised of livestock enthusiasts dedicated to encouraging 4-H and FFA members to pursue ag-related careers. IFAA is responsible for the annual Iowa State Fair Sale of Champions and the Winner’s Circle Scholarship and Awards program.

The Iowa Pork Producers Association and the Iowa Purebred Swine Council are proud to support IFAA each year by funding and presenting scholarships at the Iowa State Fair to outstanding youth involved in the swine industry. Here are the 2016 scholarship winners.

**Iowa Pork Producers Association Scholarship Winners**

**Holly Cook – Winthrop**
- $1,000 scholarship
- Parents: Aaron and Trish Cook

Very few are fortunate enough to realize their passion at a young age, but Holly has. Her dedication to the pork industry began as a youngster with her active role in the family’s farrow-to-finish hog operation. Selected as the Iowa Pork Producers Association’s 2016 Iowa Pork Queen, she is embracing the opportunity to “agvocate” to those unfamiliar with modern pork production, by sharing her passion and experiences to exert a positive influence on the industry. Holly has served as treasurer, vice president and president of her FFA Chapter, as well as president of her 4-H Club. Throughout high school, she remained involved in sports, music, student council, National Honor Society and tutoring. Holly is a freshman at Iowa State University majoring in agricultural business.

**Ashley Smeby – Klemme**
- $1,000 scholarship
- Parents: Todd and Tracy Smeby

Growing up on a commercial swine farm, Ashley learned very quickly the importance of a strong work ethic and responsibility. Her involvement of exhibiting swine at local, state and regional levels has peaked her interest to improve her family’s hog quality through genetics, feed management and nutrition. Ashley is majoring in agronomy at Iowa State University and staying actively involved in her swine roots. She is a 2016 Iowa Pork Producers Association youth ambassador and continues to advocate for the agriculture industry as a whole through her blog, “The Journey by
Ashley. At Iowa State, she is active in Block & Bridle serving as committee chair and treasurer. Sigma Alpha Delta, Dance Marathon, Iowa State Corn Growers Club and the Bacon Expo are other ISU activities.

Iowa Purebred Swine Council Scholarship Recipients

Johnathan Triggs – Mount Ayr
$1,500 scholarship
Parents: Kevin and Kathy Triggs

Johnathan has demonstrated his passion and commitment to the swine industry through collegiate activities and through his own herd back home. As an Iowa State University animal science major, he led Bacon Expo as the treasurer for two years, served as a chair for the new swine jackpot show, is a College of Agricultural and Life Sciences ambassador, and a member of the ISU Livestock Judging team. He also has served on the Homecoming Central Executive Committee. Johnathan is very invested in his family’s spotted purebred and show pig operation. He spent the summer as a traveling sales territory intern for ADM, where he marketed multi-species feed. Johnathan hopes to translate this to a full-time opportunity to give farmers an outlet to trust with major decisions in their operation, as well as his own.

Luke Worden – Belmond
$1,500 scholarship
Parents: Brian and Joni Worden

Luke has been successful in academics, sports and showing pigs. He has received numerous awards, including the Chicago Trip, Danforth Leadership and AK-SAR-BEN Achievement Awards, and the Swine and Diversified Livestock Proficiency Award. He also earned his Iowa Degree. Luke is a 5th generation livestock producer and has taken great pride in his family’s show pig and purebred operation. He enjoys exhibiting pigs all across the country, making breeding decisions for his herd, and assisting customers to help them succeed. Luke enjoys learning all aspects of the industry and knows furthering his education in the agriculture industry will help better his own operation. He plans to attend Iowa Western Community College, majoring in Agriculture Business/Agriculture Transfer.
In the editing process of producing the Iowa Pork Producer Headlines newsletter this summer, several hyphens were inadvertently left out of some of the copy, which could have caused some confusion. Here is the corrected page in question. Please accept our apologies for the editing gaffe.

**Agitation Strategy Checklist**

- Consider minimal or no agitation until the manure level is at least 1-foot to 1 1/2-feet below the support lintel at the pumpout/fan ports.
- Avoid aggressive agitation when animals are in the building (no rooster tailing).
- Do not direct agitator nozzles toward pillars or walls.
- Use only the bottom agitator nozzle.
- Stop agitating when bottom nozzle is less than 6” below the manure surface.
- Do not uncover pumpout ports unless necessary for agitation and manure load out.
- Use a tarp to cover the pumpout opening around the agitator to reduce/minimize this opening as a fresh air inlet into the animal space.

**Ventilation Strategy—Curtain-sided Barns**

- **During warm weather:**
  - When winds exceed 5 mph, open curtains and run all exhaust fans.
  - If winds are calm, leave sidewall curtains closed and operate all exhaust fans.
  - If 50% or more of the pit fans must be idle due to the pumping procedure, curtains should be open regardless of wind speed.
- **During cold weather:**
  - For bigger pigs, leave curtains closed and run all exhaust fans.
  - For smaller pigs, provide at least 25-30 cfm/pig during pumpout. In most wean-to-finish or grow-finish facilities, this is generally all of the pit fans plus at least one wall fan.
  - Reduce static pressure in the animal space by opening ceiling inlets and/or curtains slightly so less air draws from pump out port openings into the animal space. Air distribution may be compromised in the animal zone since velocity will be reduced at ceiling inlets.
- **Stir fan usage:**
  - The use of stir fans will prevent/reduce concentrated pockets of gases in the pig zone that may result from pit agitation. Use caution with downward-directed stir fans—these may blow air through the pit and back into the pig zone. Parallel-directed fans are preferred for this reason.

Continue to ventilate at an elevated level for 1-2 hours after pumpout.

**Ventilation Strategy—Tunnel-Ventilated Barns**

- **During cold weather:**
  - At a minimum, run all pit fans plus the 36” fan. Open the tunnel curtain 6-12 inches so air is pulled the length of the barn by the 36” fan.
  - If ceiling inlets are powered, partially close the inlets so air must also enter from the tunnel curtain.
  - Reduce static pressure so the inlet velocity at the tunnel curtain is 300-400 fpm versus the customary 800-1000 fpm.
- **During hot weather:**
  - Run all pit fans and at least two tunnel fans
  - Manage the ceiling inlets and tunnel curtain similar to the cold weather recommendation.

Continue to ventilate at an elevated level for 1-2 hours after pumpout.
Getting a vote this year on the Trans-Pacific Partnership (TPP) agreement was the top issue on which pig farmers from around the country lobbied their congressional lawmakers during the National Pork Producers Council’s biannual legislative fly-in in September.

In addition to TPP, more than 130 producers from 20 states spent Sept. 14 and 15 urging their senators and representatives to include funding in the next Farm Bill for a Foot and Mouth Disease (FMD) vaccine bank and to oppose a U.S. Department of Agriculture regulation – the so-called GIPSA rule – that would restrict the buying and selling of livestock.

“We cannot walk away from this deal,” Weber said. “Not only would we—and I mean the entire U.S. economy—lose the benefits of expanded exports to the fastest-growing region of the world, we would lose existing market share in the 11 TPP countries, and that would mean lost U.S. jobs. The impact on the American economy would be devastating.”

Additionally, the United States, which led the TPP negotiations, would lose credibility in the region, Weber pointed out.

“If the United States abandons this agreement, which country would want to expend energy negotiating with us on a future trade agreement?” asked Weber. “Never mind the serious economic damage we would inflict on ourselves, if Congress fails to pass the TPP, we signal to the world that geopolitically Asia is not important.”
USDA sends ‘GIPSA’ rules to OMB for review; NPPC has concerns

The U.S. Department of Agriculture’s Grain Inspection, Packers and Stockyards Administration (GIPSA) on Oct. 14 sent three rules related to the buying and selling of livestock and poultry to the White House Office of Management and Budget (OMB) for review.

They include: an interim final rule addressing the “scope” of sections of the Packers and Stockyards Act (PSA) related to meat packers using unfair, unjustly discriminatory or deceptive practices and giving undue or unreasonable preferences or advantages to producers; a proposed rule defining unfair practices and undue preferences; and a proposed rule addressing poultry grower ranking systems.

According to a letter sent by U.S. Agriculture Secretary Tom Vilsack to NPPC and other agricultural organizations, the so-called Farmer Fair Practices Rules “seek to help balance the relationships between livestock producers, swine production contract growers, and poultry growers and the packers, swine contractors, and live poultry dealers with whom they interact.”

NPPC has strong concerns about the regulations, which largely were included in the proposed 2010 GIPSA Rule. That rule was supposed to implement provisions included in the 2008 Farm Bill, but went well beyond the congressional mandates and would have had a significant negative effect on the livestock industry, according to analyses. (A November 2010 Informa Economics study of the rule found it would have cost the pork industry more than $330 million annually; an updated study conducted this year showed the cost would be $420 million annually.)

Tens of thousands of comments, including 16,000 from pork producers, were filed in opposition to the 2010 rule, and Congress several times included riders in USDA’s annual funding bill to prevent the agency from finalizing the regulation. But no rider was included in the fiscal 2016 agricultural funding bill, and USDA earlier this year indicated it would move forward with new GIPSA rules.

NPPC is particularly concerned about the rule clarifying the scope of the PSA – potentially the most problematic. USDA indicated in its letter that it would “establish our interpretation of the statute, which will then be entitled to judicial deference.” NPPC is concerned that the interpretation apparently will be that producers no longer will need to prove that a meat packer’s action injured or diminished competition in a marketplace. They only will need to show that a practice was “unfair” or that an “undue” or “unreasonable” preference or advantage was given to another producer or producers.

Also of concern, because it’s “final,” that regulation will become effective as soon as it’s published in the Federal Register. NPPC will analyze and submit comments on all the rules once OMB reviews and publishes them.

No progress made on ractopamine issue during U.S.-Taiwan TIFA talks

The United States and Taiwan held their latest round of negotiations under their Trade and Investment Framework Agreement (TIFA) last month in Washington.

The talks covered a range of trade and investment issues, including Taiwan’s zero-tolerance policy for the presence of ractopamine in imported pork. The policy is in effect despite the fact that Taiwan notified the World Trade Organization in August 2007 that it was tentatively establishing a maximum residue level (MRL) for the feed additive. (In 2012, the Codex Commission established an MRL for ractopamine, which U.S. pork producers easily meet.) Taiwan withdrew the WTO notification after intense pressure from its pork producers.

The MRL was based on studies by the Codex Alimentarius Commission, the U.N.’s international food safety standard-setting body. The country’s ractopamine policy violates the WTO Sanitary-Phytosanitary Agreement, which requires that SPS measures be based on scientific evidence and that they only be applied to the extent necessary to protect human or animal health.

U.S. exports of pork to Taiwan declined from a high of 31,500 metric tons in 2004 to just 18,739 metric tons
last year. Dermot Hayes, an economist at Iowa State University, estimates that U.S. pork losses in the Taiwanese market because of the ractopamine issue could be as much as $150 million annually.

The Office of the U.S. Trade Representative expressed disappointment that during the latest TIFA talks no progress was made on the ractopamine issue. Taiwanese President Tsai Ing-wen has indicated her country will consider standards applied by other nations, including Japan and South Korea, which accept pork from hogs fed ractopamine.

U.S. district court dismisses HSUS lawsuit on regulating CAFO emissions

A U.S. District Court dismissed a lawsuit in September that had been brought by the Humane Society of the United States and other activist groups against the U.S. Environmental Protection Agency, alleging the agency would not regulate confined animal feeding operations (CAFOs).

The groups requested in 2009 that EPA begin rulemaking under the Clean Air Act (CAA) to regulate air emissions from CAFOs. The U.S. District Court for the District of Columbia Circuit threw out the case because the plaintiffs didn't give EPA 180-days' notice of their intent to sue, which is required by the CAA.

In 2006, nearly 1,900 pork producers and other livestock and poultry farmers entered into a series of legally binding consent agreements with EPA, settling what the agency believed were issues with air emissions associated with livestock production. Part of the agreements was a study of emissions from farms.

Purdue University conducted the study and gave the data to EPA, which has been reviewing it and working to develop a tool producers can use to estimate air emissions. That process was impeded by the same activist groups that brought the lawsuit when they opposed efforts by the livestock industry to help set up a science advisory panel of experts in animal systems to assist with EPA’s effort. The agency’s existing science advisory board issued findings on the emissions data in 2013, saying they were “unreliable.”

HSUS indicated it would refile the lawsuit after providing the 180 days’ notice.

The National Pork Producers Council (NPPC) conducts public policy outreach on behalf of its 44 affiliated state association members enhancing opportunities for the success of U.S. pork producers and other industry stakeholders by establishing the U.S. pork industry as a consistent and responsible supplier of high quality pork to the domestic and world market.

NPPC is primarily funded through the Strategic Investment Program, a voluntary producer investment of $.10 per $100 of value that funds state and national public policy and regulatory programs on behalf of U.S. pork producers.

For more information on NPPC, visit www.nppc.org.
National Pork Board delivers on responsible antibiotic use strategy

The National Pork Board is leading the conversation to combat antibiotic-resistant bacteria and preserve the responsible on-farm use of antibiotics in pork production. The Pork Checkoff, funded directly by America’s 60,000 pig farmers, defined its three-point antibiotic stewardship plan in mid-2015 and has delivered on its pledge of promoting research, pig farmer education and consumer and influencer outreach during 2016.

“We have been listening closely to the many audiences touched by food production,” said Jan Archer, National Pork Board president and a pig farmer from North Carolina. “From retail grocery chains to the foodservice industry, and from consumers to those influencers who define food production policy, we completely understand the important role pig farmers play in delivering safe food. ”

Toward that end, in 2016 the U.S. pork industry has:

• Collaborated with federal agencies such as the U.S. Department of Agriculture, FDA, the Centers for Disease Control and Prevention and veterinary and farmer organizations to look for ways to continuously improve responsible antibiotic use.
• Introduced the Don’t Wait… Be Ready! pig farmer awareness and education campaign.
• Invested $750,000 in five research areas that include defining alternative antibiotic technologies, studying the environmental fate of antibiotics and better understanding the impact of antibiotic-resistant bacteria.
• Named a third-party panel of non-farm experts to provide objective, independent counsel on the National Pork Board’s current and future research, education and communication priorities.
• Hosted several events and presentations with key influencers and the media to shape discussion around antibiotic use in both livestock and human health.

“America’s pig farmers embrace the new FDA rules, which truly change the long-standing practices of our industry” said Bill Even, National Pork Board chief executive officer. “Pig farmers are committed to a process of continuous improvement in a number of areas, especially regarding responsible antibiotic use. One key element of that commitment is strengthening the relationships farmers have with their veterinarians.”

“We take our role as pig farmers very seriously when it comes to using antibiotics responsibly,” Archer said. “Just as in human medicine with patients and doctors, we realize that pig farmers and their veterinarians are the linchpin to keeping food safe, and antibiotics effective, for future generations.”

Transparency-building online resources added

The National Pork Board announces the debut of Pork Quick Facts
The National Pork Board has responsibility for Checkoff-funded research, promotion and consumer information projects and for communicating with pork producers and the public. Through a legislative national Pork Checkoff, pork producers invest $0.40 for each $100 value of hogs sold. The Pork Checkoff funds national and state programs in advertising, consumer information, retail and foodservice marketing, export market promotion, production improvement, technology, swine health, pork safety and environmental management. For information on Checkoff-funded programs, pork producers can call the Pork Checkoff Service Center at (800) 456-7675 or check the Internet at www.pork.org.

Pork Quick Facts provides a snapshot of the pork industry through statistics and infographics, while the Pork Checkoff Photo Library shares images of pig farms across America.

The Checkoff’s Quick Facts is designed to provide information for consumers, media, educators, students and others looking for an overview of the pork industry. It also provides statistics on everything from top U.S. pork export markets to state rankings for pork production, and from U.S. pork expenditures to the attributes of a typical market hog.

In addition to an extensive statistics section, Quick Facts provides historical information on the Pork Checkoff and pork production. The infographics in Quick Facts depict all things pork, including the life cycle of a market pig, what responsible antibiotic use means on a farm, bacon facts and U.S. pork export achievements.

The images available from the new Pork Checkoff Photo Library were taken on farms across the country and are designed to help the public learn how pigs are raised today. More than 1,000 photos are housed on Flickr, a popular, free online storage system. The high-resolution photos can be viewed and downloaded in different sizes.

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The Coalition to Support Iowa’s Farmers has announced the hiring of an assistant field specialist.

Haley Banwart will communicate the coalition’s mission and services by sharing the success stories of Iowa’s farm families who have grown their livestock farms successfully and responsibly using on-farm best management practices.

Other responsibilities will include leading the organization’s farmer education efforts, including the annual Farming for the Future Conference, coordinating the popular “Gary Wergin Good Farm Neighbor Award,” and networking with the state’s livestock and poultry leaders to provide timely assistance to farm families to help them manage changes to their farms.

After spending two summers as the coalition’s intern, Banwart assumes the position previously held by Rita Reynolds, who decided to join her husband’s family farm and crop insurance business.

A native of northwest Iowa, Banwart grew up on a diversified crop and livestock farm near West Bend. She graduated from Iowa State University with a bachelor’s degree in agricultural communications and journalism. Banwart is nearing completion of a master’s degree in agricultural education. Her emphasis is in communications.

“The coalition has been a trusted resource for Iowa farm families wanting to remain viable on the land and active in their communities for more than 12 years,” said CSIF Executive Director Brian Waddingham. “Haley will help maintain and advance the coalition’s reputation as a prompt, reliable and trusted resource for livestock and poultry farmers.”

The Coalition to Support Iowa’s Farmers was created by farmers to help farmers raise livestock successfully and responsibly. It’s a joint partnership involving the Iowa Cattlemen’s Association, Iowa Corn Growers Association, Iowa Egg Council, Iowa Farm Bureau Federation, Iowa Pork Producers Association, Iowa Soybean Association, Iowa Turkey Federation and Midwest Dairy Association.

The non-profit, non-partisan organization provides assistance to farmers at no cost. CSIF does not lobby or develop policy. Farm families wanting a helping hand can contact the coalition at (800) 932-2436.
**Pork Recipes**

**Italian Pork Cutlet Florentine**

6 thin boneless New York (top loin) pork chops  
1/2 cup flour  
2 large eggs, beaten  
1 cup panko bread crumbs  
Salt and pepper to taste  
3/4 cup plus 2 tablespoons olive oil, divided  
5 ounces fresh spinach  
2 tablespoons roasted red tomatoes, thinly sliced  
1 teaspoon Italian parsley, chopped  
Zest of 1/2 lemon

Put flour, eggs, and bread crumbs in three separate shallow bowls. Season pork with salt and pepper, then coat each pork chop with flour. Dip in egg, then coat in bread crumbs on both sides. Over medium-high heat, add 3/4 cup olive oil to a frying pan or skillet until oil faintly smokes. Add pork to skillet in small batches, using tongs to turn over when edges turn golden-brown, about 2-3 minutes on each side. Cook until the internal temperature reaches between 145 degrees F. (medium-rare) to 160 degrees F. (medium). Check by inserting a digital meat thermometer halfway into thickest part of pork chop. Remove pork chops from pan and drain on paper towel-lined plate. Repeat with rest of pork. Heat the remaining olive oil in a pan over medium-high heat; add spinach and tomatoes to pan. Cook, stirring, about 2 minutes, until spinach is just wilted and spinach and tomatoes are heated through. Transfer pork chops to clean platter, top each with spinach and tomato mixture. Sprinkle with fresh parsley and garnish with lemon zest. You can also drizzle some lemon vinaigrette over the top for extra lemon flavor. 4 to 6 servings.

**Southern Pork Cordon Bleu**

4 thick-cut boneless New York (top loin) pork chops  
2 1/2 cups panko bread crumbs  
1 1/2 teaspoons salt  
1 egg  
1 tablespoon water  
4 thin slices ham  
4 slices Havarti cheese  
4 tablespoons honey Dijon mustard  
Oil for frying

Preheat oven to 350 degrees F. Slice each pork chop in half as though to butterfly the meat, leaving the fatty end intact. Combine bread crumbs and salt in a shallow bowl and set aside. Beat egg and water in a shallow bowl and set aside. Place 1 slice of cheese on top of a slice of ham and top with 1 tablespoon of mustard. Stuff inside of pork chop and crimp edges of meat using your fingers. Dip in egg and coat with bread crumbs. Repeat with remaining ingredients. Fry each chop for 3-4 minutes until golden brown, flipping over halfway. Remove from oil and drain on paper towels. Bake for 15 minutes or until meat thermometer registers the internal temperature of the pork to be between 145 - 160 degrees F. Allow to rest for 3 minutes before serving.

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**Applesauce-stuffed Tenderloin**

2 pork tenderloins, 1 pound each  
1/4 cup apple juice, OR vermouth  
2/3 cup chunky applesauce  
1/4 cup dry roasted peanuts, finely chopped  
1/4 teaspoon fennel seed, finely crushed  
1/4 teaspoon salt

Heat oven to 425 degrees F. Using a sharp knife, form a “pocket” in each tenderloin by cutting a lengthwise slit down center of each almost to but not through bottom of each tenderloin. Place tenderloins in shallow roasting pan. In small bowl stir together apple juice, applesauce, peanuts, fennel, salt and pepper. Spoon mixture into pocket in each tenderloin. Secure stuffed pockets with toothpicks. Roast for 20-27 minutes until internal temperature on a thermometer reads 145 degrees F., followed by a 3-minute rest time before slicing to serve. Serves 6.

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Nutrition:  
Calories: 200 calories  
Protein: 32 grams  
Fat: 5 grams  
Sodium: 170 milligrams  
Cholesterol: 100 milligrams  
Saturated Fat: 2 grams  
Carbohydrates: 4 grams  
Fiber: 0 grams
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