



HOOF HEALTH CONNECTION

A quarterly news magazine produced by the Hoof Trimmers Association, Inc.



Issue 103 Fall 2020

ISSUE HIGHLIGHTS

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Networking hoof trimmers, veterinarians, nutritionists, dairy producers, consultants and researchers around the globe to promote quality hoof trimming, provide educational opportunities on hoof care, and improve hoof health.



PRESIDENT'S MESSAGE

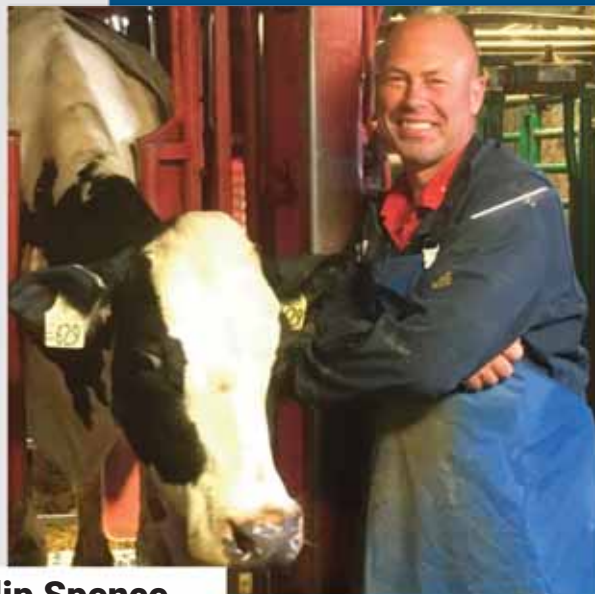
I was talking to longtime friend and HTA member Elbert Koster last week. In conversation, he admitted he had no idea what I did as President of the Hoof Trimmers Association.

For Elbert and others that may ponder that very question, this is how I would answer. In addition to writing a message for each addition of the Hoof Health Connection, the President sets the general course for the organization and the board's work for that President's tenure. I outline some of the projects, goals and undertakings of the board in conjunction with board members, members at large, area reps and the HTA executive director.

My message for the Hoof Health Connection at this point in time should have been after our 2020 Ohio Hoof Health Conference. I would have typically congratulated the incoming board, prepared a report on the conference and bid everyone farewell. However, with Covid -19 very much restricting what we do and where we can and cannot go, I am continuing as HTA President. The challenge is finding ways for the association to not only survive but to thrive. The board continues developing opportunities for future growth regardless of the conditions faced and for hoof trimmers to come out strong and united.

At, what would have been the HTA business meeting, I planned to highlight our successes and accomplishments and some areas that I feel still need attention.

The inside cover of the Hoof Health Connection reads, "Networking hoof trimmers, veterinarians, nutritionists, dairy producers, consultants and researchers around the globe to promote quality hoof trimming, provide educational opportunities on hoof care and improve hoof



Philip Spence
President, HTA

health." Considering our mission statement, the question then arises, how do I, in my role as HTA president, best accomplish this mission? How do I inspire not only myself but also my fellow board members and staff to buy into the bigger picture? How do we create educational opportunities inside budgetary constraints and in light of travel restrictions? The strategy is to be proactive and responsibly react to the so-called acts of God.

Unless unforeseen circumstances arise, such as the reorganization of the conference resulting from COVID, the board meets once a month via vid conference call. The President allocates tasks to individuals or, depending on the circumstance or complexity of work to be done, committees as required to carry out specific tasks.

The areas we've worked on as a board have been member growth and retention by increasing the value of membership through the affinity program. We redesigned the website to be a more user-friendly experience, provide on-demand educational services to members



through a new webinar series, reintroduce an updated Hoof Trimmer Tool Box, and add an abundance of archived information. Through some careful evaluation and in house development, the new website was able to save the association approximately \$5,500 a year!

To use a quote from Alexander Graham Bell "Great Discoveries and Achievements Invariably Come from Many Minds"

When I finished my term as treasurer ten plus years ago, I could not help but feel the disconnect - from being fully engaged to a feeling of not knowing how or what I could still contribute. To increase member participation, and a move away from what feels like board members carrying a great deal of the load, I sought a way for HTA membership to regain ownership. We have provided a section in the member side of the website, under the 'Membership' tab and 'Get Involved' you'll find a selection of committee headings that we are asking for your involvement. Simply check the box!

One of my visions as President-Elect was a review of the HTA Bylaws.



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As the board worked through this process, we noted several redundancies and the need for overall general updating. Compare it to updating your chute/table, grinders, wheels and knives, to increase your trimming efficiency. The bylaw changes we recommend will be presented to the membership at the next HTA business meeting. At least 30 days prior to the business meeting, the proposed changes will be mailed to all current members for review.

I tasked our Executive Director, Jolie Estes, with a complete revision and updating HTA policies and procedures as a revision of these documents were ten years ago. Over the past few months, the board has been going through the process of amending the older polices, deleting some of the redundancies, and establishing some new ones to sustain the association for years to come and expand member benefits.

These are significant accomplishments, but there is still work to be done. The board continues to work on the reintroduction of the Trimmers Assistance Program (TAP). Additionally, we plan to review the HTA code of Ethics, develop contingency planning, and create guidelines concerning transition governance and the continuation of the HTA in times of crisis, such as the current pandemic.

In 1989, John Hooper, one of HTA's Founding Fathers, suggest it would be fun and exciting to get hoof trimmers from the area together. The HTA presently may be prevented from holding large gatherings at an international conference; however, restrictions are changing by the day. Who knows when things may change. In the meantime, the possibility of organizing smaller and more localized clinics within the local government guidelines will now be given serious consideration.

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With the effect of Covid and its stressful impact on many, including trimmers and our families, producers, staff, and industry support, the consequence could be a feeling of isolation and a measure of desperation. Stats from John Hopkins Medicine state that 1 in 4 Americans, over the age of 18, have a diagnosable mental health disorder and the Canadians Workers Compensation Board state that 1 in 5 Canadians lives are affected.

On a personal level, nominated by my good friend Doug Johnstone, I recently participated in 25 pushups for 25 days challenge. This campaign was designed to bring awareness to mental health and those who suffer from PTSD, anxiety, and depression, which may cause some to commit suicide. Indeed, in this climate of high stress, these pressures become very real.

My point is that if you are having dark thoughts, please reach out to someone. If one of your friends is acting a bit 'off,' be a friend and reach out. You never know, a simple "what's up " could save a life.

Take care of yourself, so you can take care of others.

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June saw the launch of the HTA webinar series. If you were not able to join us, you still have the opportunity. Simply log in to the website, click on the education tab and then go down to Webinars. As new webinars are added, they will be available here as well. Included in this newsletter is the schedule of webinars for the upcoming months. I hope you will check it out and join us. We all understand the various time zones of everyone create live attendance problems, but again, no worry! They are available on demand, so take advantage of them.

If you have any suggestions for topics, please let us know. We are reaching out to professionals across Canada and the US to develop a wide range of topics that we hope you will find valuable. But these are our best-guess. Let us know what would be valuable for you.

In January of last year, I was honored to begin working with Hoof Trimmers Association. Very quickly, I got to meet many HTA members at the Hoof Health Conference in Albuquerque. The biggest thing I found at the conference was this overwhelming feeling of family. This organization shares an amazing level of closeness and mutual respect, but it is more than that. You all truly embody the feeling of belonging and family. This is one thing that makes HTA a truly special organization.

You will sometimes see a comment like, "it wouldn't be the same without you," or "you are the best part of this organization". These are not throw-away comments or marketing words. It is, simply, the truth. It is the amazing individuals who make up this organization that make it truly amazing.

It is this feeling of family that inspired a new initiative at HTA – Hoof Trimmer Happy Hour! Beginning in October (so everyone is past the chaos of the start of a new school year) we will begin hosting Hoof Trimmer Happy Hour on HTA's Facebook page - <https://www.facebook.com/hoofttrimmers/> - on Tuesdays from 9PM Eastern/8PM Central/7PM Mountain/6PM Pacific. Some weeks it will be game night. Some weeks it will be just an opportunity to get together and chat with other members of our hoof trimmer family. We invite you to enjoy an adult beverage, but they are not required to join the fun. We just want to be able to spend some time with each other. It's been too long!

Finally, there are more exciting plans being kicked around by the board and considered for their value to the membership and industry as a whole. But as you have read here, in other articles in this news magazine and in emails, your thoughts and ideas are invaluable. No one knows more about how HTA can help you, than you do. So tell us! We really want to hear from you.

Hope to see you soon!

Jolie Estes
HTA Executive Director



Sometimes I just want it to stop - talk of COVID, protests, looting, brutality. I lose my way, become convinced that this "new normal" is real life.

But then I meet an 87-year-old who talks of living through polio, diphtheria, Vietnam, protests and yet is still enchanted with life. He seemed surprised when I said that 2020 must be especially challenging for him. "No," he said slowly, looking me straight in the eyes. "I learned a long time ago to not see the world through the printed headlines. I see the world through the people that surround me. I see the world with the realization that we love big. Therefore, I just choose to write my own headlines.

"Husband Loves Wife Today"

"Family Drops Everything to Come to Grandma's Bedside"

He patted my hand.

"Old Man Makes New Friend"

His words collide with my worries, freeing them from the tether I had been holding tight. They float away. I am left with a renewed spirit. My headline now reads:

Woman Overwhelmed By The Spirit Of Kindness And The Reminder That Our Capacity To Love Is Never Ending

~Unknown



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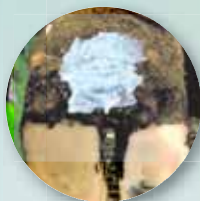
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A Tribute to Our Sponsors

Gary Buchholz



The support financially, education, and socially, of our sponsors cannot just be measured in dollars and cents. Each of the Hoof Trimmer's Association sponsors I looking out for our good just as much as they are trying to sell us their supplies merchandised, software, or machinery.

Recently, I had a converter meltdown on my Tuffy Trimming chute. With the support of Rick Brubaker through multiple phone calls, I didn't lose my whole day of trimming. Once I receive the new wireless remote receiver more complications arose. But again, Rick provided support with a 2 1/2 hour FaceTime phone call and my chute returned to normal.

Our sponsors know their products and are willing to help each of us get the cows trimmed and repaired to the best of our ability.

The company reps of Armor Animal Health, Bear Hanson; Leedstone, Wendy Rahn are some I work closely with and there are many others who keep us aware of the newest and greatest products out there. Without their help we wouldn't be able to try samples for free. Other sponsors supply us with glues, knives, gates, foot bath products, and nutritional information, computers, software, and

chutes just to name a few. All of these are a phone call or an email away.

Normally, we would be meeting with each other and our sponsors face-to-face at and during our conference. All of that has been postponed for another year.

Cows still need to be trimmed, lame cows treated. Our work didn't stop because of COVID-19 and neither did the support and strength of our sponsors to the HTA.

Many years ago when I attended my first conference in Batavia, New York, I became so excited about the hoof trimming industry. I was overwhelmed by the chance to meet other trimmers just like me and that the HTA brought together speakers and vendors to make my business and skills better. In today's world of internet, social media, Amazon, and Google; yes, everything could be a click away. But I believe we still need the personal support and reactions from each other, and our supporting vendors and sponsors.



We, your board are trying to fill the vacuum of knowledge that is delayed from the postponement of the conference. We are looking for ideas, webinar topics, and virtual experiences to fill that void for all members. The board is requesting your ideas to fill this void.

One of my best farm owners reminds me often, I don't have to know it all to have a strong business. I just have to surround myself with the best to help me go in the right, prosperous direction. This is why we have sponsors. We surround ourselves with the best.

Thanks, sponsors, for your help!



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Upcoming Events

September 17: WEBINAR

Just One Thing - This session, presented by Dr. Ken Bergquist will be equal parts safe work ergonomic principles, understanding your stress system and how to work with it. This is a members only webinar.

October 6: HOOF TRIMMER HAPPY HOUR

Hoof Trimmer Jeopardy! Much like Alex Trebek's *Jeopardy!* we are bringing you fun and excitement - and maybe some prizes, too! Bring the whole family and hang out with your HTA family!

October 8: WEBINAR

Understanding Financial Reports, Pt 1. Running any business requires an intimate knowledge of the financial health of the company. Nancy Pasternack breaks down financial reports in a way we can all understand. Is your business healthy?

October 13: HOOF TRIMMER HAPPY HOUR

It's time to play... FAMILY FEUD! Bring your family - or get together with your HTA family and join in the fun!

October 20: HOOF TRIMMER HAPPY HOUR

Who Wants to be a Millionaire? Well, probably all of us. But lets get rich in fun, anyway!

October 27: HOOF TRIMMER HAPPY HALLOWEEN HOUR

Costume Party! Show us your best costume. Since this is our first ever, we won't make it too hard on you - no specific theme. Let's see how creative you can get!

November 3: HOOF TRIMMER HAPPY HOUR

Wheel of Fortune! No Pat Sajak, but we will have a lot of fun. Come play with us!

November 10: HOOF TRIMMER HAPPY HOUR

Trivial Pursuit - Test your knowledge. How much do you know?

November 12: WEBINAR

Understanding Financial Reports, Pt 2.

Following up on her introduction to takes us to the next level of financial understanding.

November 17: HOOF TRIMMER HAPPY HOUR

Social Hour - Bring your thoughts, questions, some snacks and a drink.

June 23-26, 2021: Hoof Health Conference

It has been a long time coming, and we are excited to be making plans to finally get together at the Hoof Health Conference in Cuyahoga Falls, Ohio! Be watching for more exciting details!



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Opinion Editorial Page

Living in a COVID World

How has my work been affected by the Covid era? The short answer is, it hasn't.

Dairy farms naturally practice social distancing so you don't spend much time with people, especially if you trim by yourself. But what it has done is made me very frustrated. How you ask, let me explain.

In our business you go to work in the morning, interact with the client or herdsman and employees, then you go home only to need parts to make repairs or buy groceries or just enjoy some of the fruits of your labor. That's when you realize you are no longer in your safe zone but in Covid Oz. Don't get me wrong, I know the virus is real but wearing a mask to buy milk and bananas, getting repair parts or just attending church just doesn't seem right. Perhaps the natural social distancing of cow smell would benefit me more than a mask. Maybe not showering would solve the problem I have following our Governor's mandatory mask order. I just have a different opinion on wearing a mask thank our Governor.

The most frustrating thing was rescheduling the 2020 Conference. Being on the committee I know how hard everyone on it worked to put it together. For it to be moved to next June was very frustrating to me [thanks to all committee members] because I think we have an excellent conference planned. With international travel within our group it was the only thing we could do, but I hope to see you all next June.

There have been some positives come from this Covid mess. The first are personal relationships. My wife and I have found that as we have been forced to narrow the number of people we spend time with the quality of that time has improved. My wife also manages our event barn. Both wedding parties we have hosted have found this also. Due to the Governor's order limiting groups to 50 people, the brides had to cut their guest list. Of course they were sad to not be able to invite everyone. However, the weddings were more intimate and the brides were able to spend

Trimming in a COVID World

How COVID has Changed my Business

My initial reaction was, *"is hoof trimming considered an essential service? How am I going to support my family?"* Keeping calm in a difficult situation is no easy task when the abundance of information is overwhelming - like drinking from a fire hose.

A friend of mine stated that "Fear knocked at the door. Love answered and there was no one there." I'm not sure how this helped, except helping me make a conscious choice not to live or work in fear.

Like most hoof trimmers, I have been able to continue providing foot care and comfort to dairy cattle and the dairy industry as a whole, be it under a veil of newly imposed restrictions.

"Business as per unusual." Many of my clients prefer to set our next trim date before I leave the dairy. Usually I make a confirmation phone call or text to confirm the appointment the night before. Now I email or text COVID -19 protocol requirements and follow up with a prescreening call to confirm the client agrees to the new terms or to postpone our trim date to a time when we can mutually agree to a new protocol.

"An ounce of prevention is worth a pound of cure." Living with immunocompromised family members heightens my commitment to what our Chief Medical Officer is regulating we do.

Farm visits have taken on a new appearance. The smile and wave instead of a handshake feels distant, a cool way to start and end my day. My biosecurity has increased marginally with the addition of using sani-wipes on contact surfaces in the truck before and after I leave for work and when I get home; stripping down in the garage and changing into clean clothes before entering the house; hand washing and more hand washing and sanitizing; and applying a virkon based solution to disinfect the chute, boots, knives etc. The process is necessary; however, highly corrosive.





more one on one time with the guests.

All in all if we can get our politicians to click their ruby slippers [after Nov.3] and Covid goes back to Oz, the committee hopes to see you all in Ohio next June.

Stay safe and happy trimming.

~ Richard West

I use the Hoof Supervisor program on a G-TAC tablet with a portable printer for my end of trimming reports and invoicing. I've discontinued carrying the printer to reduce contact. I now send all relevant information via email. I ask clients to send payment via e-transfer or I deposit using a mobile bank app. Usually, payment is in the bank before I drive out the gate. I do not have to wait in line at the bank, nor drive to deposit cheques, saving time. Initially, I was apprehensive about mobile banking, however, have become comfortable and very convenient.

Change is inevitable. Resistance to change is constant.

~ Philip Spence



Interesting Times

Hugh Love



May you live in interesting times.

~ ancient Chinese curse

Well my friends we live in very interesting times.

These are few thoughts that I have about our times. Trust me I will or use anything thought that helps keep me positive.

1. Practice biosecurity at home and with friends. We do it for our profession why not apply it everywhere.
2. We are important. We are still working and many are not. We help feed the population. Don't underestimate the power and privilege that we have.
3. Take care of yourself. This means physically and mentally. I have recently lost a little weight to be more healthy. But I also read articles and books that help keep my mind sharp.
4. Call an old friend - someone you care about and haven't talked to in months or years. Mentally stimulate your memories. Friends are priceless. Who knows, your friend may need to hear from you for their health.
5. To paraphrase Former President Vic Daniels, "Hi! My name is Hugh and I am a hooftrimmer." Yes,

I'm an addict when it comes to trimming cows.

6. This pandemic "SUCKS". Enough said.
7. Remember that God or your higher being gave us two eyes, two ears, but only one mouth. We should see and hear twice what we speak. My dad taught me that. A gentle reminder that if we observe by watching and listening we might learn something.
8. Other people we know or meet may differ in what they think. They are not the enemy. They just believe differently than you. I remember right after the Vietnam War seeing signs that said, "Soldiers, Sailors and dogs keep off the grass." Even if we don't agree with someone, does it hurt us to listen? They, in turn, might listen to you.
9. Dr. Rodger Blowey from Britain said, "If a cow cannot walk, she cannot eat, drink or breed." Most obvious to us, but not to everyone.
10. Be proud of your profession for we are important and do make a difference.

I hope these thoughts might brighten your day a little.





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Importance of Understanding Methods

Steve Wunderlich



There is some close mindedness in the hoof trimming industry about what is the "correct" method for trimming cows. Some say the functional/burgee method is overkill. Some say the Kansas method is not "normal." Some do not understand all the biometrics of the white line/atlas method. Some trim the Dutch method and only that method in whatever order of steps. Some do not know the ergonomically correct method...

All of these methods deserve to have a place of understanding in everyone's minds rather than limiting to only one. The method used on any individual hoot should be the one that benefits the cow the most. As Richard Weingart would say, "The cow will tell you what method she wants and she will also tell you if she didn't want the one you gave her."

It is not rocket science. It is 99% observation, though. Everything that cow does and everywhere that cow goes needs to be noted and taken into consideration when trimming. If a cow is in a sand barn with deep bed and concrete a certain method may be the one to follow. But what if it is recycled sand on concrete? What if it is sand but with rubber? What if in the same farm the dry cows go to a pasture for the dry period? How about the cow that has water beds in a tie barn and doesn't go outside? There are so many variables within so many variables

that there is no answer to what is correct until you see the hoof, the cow and environment at the present time.

The point of this is to express the importance of not being closed minded and becoming more motivated to learn as much as possible with full comprehension before the grinder or knife ever touches the cow's foot. When any foot is presented you should be able to immediately trim it correctly and understand why every pass of a blade make its pass. The normal routine of "grinding" can become so monotonous that it creates bad habits, leads to or aids in lameness.

My biggest pet peeve is getting an acceptable answer when I ask, "why?" I usually do not ask "why" to prove a point, but to get a logical explanation to further my understanding. Although, if I do not get a reasonable answer, instead, get something like "because" or "that's just the way I do it", I cannot accept that. I don't have to agree. If I don't agree, it usually will cause a good debate where no one is wrong. Understanding other's opinions and views could guide future choices while trimming. It is actually pretty difficult to be open minded, but there is more knowledge and information absorbed if you can manage it.



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