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Hoof Health CONNECTION



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HOOF HEALTH CONNECTION



Published quarterly by the Hoof Trimmers Association, Inc.

HTA Objective: To provide educational opportunities and mutual support for hoof trimmers and promote quality hoof trimming.

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President's Message

2020 has come to an end. A year for many, I feel, we would like to forget.

The promise and hope for the New Year depends much on circumstance and how we can create value. Your Hoof Trimmers Association strives to keep our commitments and create value for membership.

I will lay my cards on the table and cut to the chase. 2020 would have been a conference year. COVID-19 wreaked havoc on our plans, forcing a postponement to 2021.

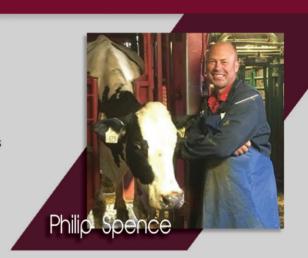
History has shown us that membership typically drops in non-conference years. Due to the prolonged uncertainty brought about by the spread of COVID, we find ourselves facing membership numbers at a 20-year low.

I will put this plainly. Without you, without your support in renewing your membership, the HTA will cease to exist as you know it. The established and new programs that benefit trimmers, sponsors and research that we have come to know and enjoy, and be incredibly proud of will diminish.

Your HTA Board have been and continue to work extremely hard to create additional benefits to enhance membership value. Some of these initiatives include:

- Creatively evaluating the presentation of conferences, seminars and clinics;
- Reintroducing the Trimmers Assistance Program (TAP);
- Establishing TAP as a 501c3, an entity unto itself, under the HTA umbrella, which means those who wish to donate to TAP will receive a tax receipt for donations. We believe TAP is not only a fulfillment of our mission to provide mutual support for hoof trimmers; it is fundamental to who we – as an organization and the individuals who are HTA – are. We support our trimmer family.... We Take Care of Our Own!

Your HTA board members and area representatives reached out to the members to personally discuss the possibility of a



modified conference and how it would be received. As a result of those conversations we promised an in person conference. True to that promise, we are currently creating the outline of that conference (July 8-10!). It is an unfortunate reality that the ongoing pandemic will impact international travel, likely precluding participation from our international family. Further, the number of people allowed to attend may be limited by local regulations. Once opened, registration may be on a first-come, first-served due to the limits imposed on us. We hope that will not be the case, but stay tuned and be ready to register.

Valued member feedback led us to look at hosting some one-day clinics in various locations. We hope these clinics will provide opportunities for our HTA family to come together as well as to reach out to the larger trimmer community

Whatever the clinic or conference looks like, we hope to maintain the essence of what we've experienced in the past and the rudimentary theme of Trimmers Getting Together and Trimmers Trimming Feet.

In the coming months, the HTA nominating committee will contact members in good standing to create a slate for potential Board positions. I am blessed to have served with the men and women



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on the board, past and present. It has truly been a rewarding experience. I am honored and humbled to be able to make a difference and help shape the future of the HTA. Should you consider board service, the HTA provides Board position guidelines, available on the HTA website or by request from the HTA office. Please consider contributing to the future of our Association. Volunteering for the HTA board is quite an adventure allowing for a unique opportunity to contribute toward a healthy, vibrant future thru 2021 and beyond.

I look forward to seeing many of you again in 2021. I hope you and your families stay safe and well.

Stepping forward, Caring and Supporting Trimmers and Dairy Industry Partners

Philip Spence HTA President



New Qualification for a New Era in Foot Trimming

Andrew Fry



I have been trimming and learning about trimming for nearly 20 years now and I still enjoy going on courses like this as I always learn something new and come away with renewed enthusiasm and confidence. Moreover, the dairy industry in the UK is moving towards requiring all people working with animals to be skilled and qualified. I do not see this as a bad thing as it will force our industry to improve and become more robust.

In the UK we have two representative bodies that hoof trimmers can be members of. The National Association of Cattle Foot Trimmers (NACFT) and the Cattle Hoof Care Standards Board. Both aim to increase credibility and professionalism within the industry, encourage continued professional development and to share best practices.

The NACFT has been established the longest (1999) and requires its members to have attended a 4 day training course and have a bi-yearly organised assessment to be awarded the Dutch Diploma and achieve its Category 1 licenced trimmer status. This course is based firmly around the traditional Dutch 5 step method developed by E. Toussant Raven in the 1960s.

Over the last 10 years there has been a huge increase of research into bovine lameness and with developments in technology we can observe, measure and record so much more. The CHCSB takes advantage of this.

The CHCSB is a standard setting body that holds a register of trimmers. They been established since 2016 and have partnered with the Royal Agricultural University (RAU) to provide a 5 day course and unannounced assessments every 18 months for its members. Although the basics of this course are also based on the Dutch method, it primarily draws on recent science-based research to present the most up to date information and best practices.

In the Dutch method it says the average sized cow should have a claw length of 75mm and a sole thickness of 5mm. But an 'average' cow back then would have been around 550kg and spend most of its time grazing in soft pastures and produce 6000 litres of milk per year. Today, an average cow is more likely to be 700kg, spend most of its time on concrete and produce 10,000 litres per year. The RAU course uses recent research to demonstrate that at 75mm claw length half the cows had a sole thickness of less than 5mm. with the claw length at 85mm only 1 in 85 cows had a sole thickness below 5mm. A similar discussion was had about the size of the mould taken out from the typical sole ulcer area and how recent research has shown the benefits of a larger mould.

The RAU course starts with a detailed look at the anatomy of the hoof, growth and wear patterns, trimming technique, lesion identification, their cause and treatment. In particular we studied the fat pad in the rear of the claw, its role and the problems caused when it degrades. Also covered were topics that would help you develop and improve your business such as mobility scoring, cattle handling, cow flow, on farm auditing and how to have the discussion with the farmer about lameness.

Although the course has a large, detailed syllabus to cover in the 5 days it is delivered in a relaxed way and often we would pause on certain topics and discuss them in greater detail. This allowed us to gain knowledge from the other trimmers in the group, their thoughts, and their solutions to problems they have experienced.

As the course is taught by trimmers, they can provide their own crushes but candidates on the course are encouraged to bring their own if they want. This meant that we would be using familiar equipment and it gave us the opportunity to try other crushes and compare them.

The 5 days spent at the RAU and on farm was not the end of the course. We now go back to work and apply what we have learnt. After trimming 1000 cows we will be examined by the RAU. This involves trimming a few cows in front of an instructor and discussing theory and best practice. Finally, we must write a case study that demonstrates how we have applied what we have learnt.

I feel this course has not just brought my trimming technique up to date but helped me bring together all the elements (e.g., feed, housing, time management and stockmanship etc.) to form the bigger picture. More importantly, it has helped me to develop better communication with the farmer, staff and veterinarian and that will be a great tool to lower lameness and benefit my business for years to come.

New Benefit just for HTA Members



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HTA membership card/number must be presented prior to signing contract to receive discount. Discount cannot be combined with other discounts.



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How I Became a Hoof Trimmer in Latvia

Tomass Ziverts

I would never imagine in my childhood that one day I will work as professional cattle hooftrimmer and here is why. I were born in capital city of Latvia in Riga, I berely had seen cows in real life and definetely couldn't imagine that cows have manicure. I were kid who went to school without any knowledge what I want to do when I grow up. When I finished elementary school at age 15, I had to choose to stay at same place and continue middle school or go to technical school.

I choosed technical school for learning veterinary assistant profession and I really believe that this was my best choice I have ever made. I loved at school what knowledge I gathered, I loved studies about animals, I loved everything about it, but most favorite part of all this were, I found my only and best true love, I wasn't so sure at that time, but I am saying it now and were already together for 13 years. We live in country side house, we have 2 beautiful daughters, we have family and family is number one thing who pushes you forward to successeed in your life.

At one moment I were kind a broke, I were changing my jobs about once a year, I were desperate and had hard times to keep my family "alive", I were desperate for looking job wich can keep our family expences and needs. I have worked at fast food chains, I have worked for a pizza maker for 3 years, then I had chance to work seasonal work at Norway in forestry, but in head I always had that tought that I want my own bussines. After working in Norway I came back home and I decided that I will start my forestry company. I runned my forestry company for about a year and realised that I can`t get enough clients to keep my family needs. It was like driving with a rollercoaster, up and down, up and down... I felt like nothing is good for me and I will never successeed to be a good husband and good father.

One day my father in law (He's a Vet for more than 30

years of experience who specialises only in cattle veterinary) asked does I want to go with him to a cattle farm and help with hooftrimming and earn some money. I said yeah, why not, because I have nothing else to do and I really need money. So I joined him for 1,5 years and every second Thursday we went to same farm and I were cowpusher, assistant. I really started to like and love this job with cows, so here came idea about making my own hooftrimming company.

First lecture about hooftrimming I got from my father in law, of course it were just basic things to understand how the job is done. I got 40 cadaver feet, pushed them in vice and started to learn how to trimm those feet at proper way. I have to admit that first 10 trimmed feet were so badly trimmed that if those feets would be for a live cow than probably after my trimming they were culled. But the good thing that after trimming 40 cadaver feet I started to see how and what I have to trimm. Few weeks later at October 4th 2014 I had to go to my first farm, first visit. I were very unsure, afraid and worried that I will mess up everything. My hands where shaky my heart where beating like crazy, but I did it, I trimmed my first ten cows that day. Results were ok, I glued first blocks, put some wraps and the farm owner were happy about results.

I didn't have my own crush, so I were looking for clients who had they're own crushes. I posted some advertisments on web to have more clients, some client contacts gave my father in law. After working about 6 months I realised that I have to have my own crushes and I bought one. It were Wopa SA0035, simple, compact and sturdy. I have to say that those are one of the best crushes out there if you start your own hooftrimming bussines.

Clients got just more and more, and there were situations where I had to say, sorry, no room for you. I

stoped putting any advertisments on web, I asked to my customers that they stop advertise me, because I started

help every single one

to feel sorry that I can't caller who want's that I come and trimm those hoofs.

At few moments I started to ask my self, why everyone is calling to me if there is other hooftrimming companies and much bigger companies. Is it because there is something new, or is it the price, I asked my self. After few next calls of new potencial clients I realised, it were

quality of my work. The thing what I din't know about hooftrimming in my country were trust and belief in hooftrimmers. It were so messed up that, there were few farms where farm owners came and told those crazy stories about how

bad it was. There were farms who believed that it's totaly normal that after trimming all barn looks like slaughterhouse. There were farms who believed that everything is fine, if after 50 trimmed cows 10 of them are very lame and 5 of them the owner had to cull. There were farms who said that they will never trimm hoofs for they're cows again.

After knowing all the past of hooftrimming in my

country I realised why there were so many calls, the owners were desperate to have good and trustable

hooftrimmer, but the best thing is that I had much bigger motivation to move on and leran more, and more.

So I started to look for more information about hooftrimming, about hoof

lesions, about healing hoof problems.

I attended to other local hooftrimming course, I went to Denmark to learn about hoofs, I went to UK to learn about hoofs and still now I am learning about them from many articles and videos from web. I planned to go to US last year, but

and Canada last year, but worldwide pandemic made it's own corections, plan still

> is on and I really looking forward to achieve my plan.

It's about six years in hooftrimming bussines, I have to admit I love my job, I truly love to see when lame cow goes out from crush totaly fine.

Hooftrimming bussines can keep my



family's expences and needs. I am happy that I had chance to meet this profession and I am happy that I started this profession.

WE MISS YOU

Because of the COVID-19 outbreak we were forced to cancel our 2020 HTA convention. The board has been trying to provide a few webinars and looking for avenues for furthering our education. The board of directors completed a survey by phone and was able to talk with most of our members. From that it was clear that many members felt we needed to get together some how even if it was in multiple locations.

We are planning an in person get together in a few ways.

First, we are planning a small convention that is different than what we are use to here in the States. Simultaneously we are having one to two in Canada with connections electronically via zoom for voting and question taking. We are thinking of having the United States convention in Holms County, Ohio - right in the heart of the Amish country. This general area is fairly central to and within driving distance from most members. The Canadian site identified at this time is the University of Calgary. We are also planning another Canadian site for the eastern part of the country, but the venue has not been identified.

In addition we would like to put together a couple of small one day events in other locations in both Canada and the US. If you have ideas on those locations or dates please let Jolie or a board member know.

The tentative date for the Hoof Health Conference is July 8-10

arriving Thursday evening with a mixer and depart on Saturday mid day. We would love to see you. However, if health concerns would prevent you from coming you can join the meeting via zoom.

Cybersecurity in the Second Year of COVID and Beyond

Jolie Estes, MS, CAE

As we start the second year of the COVID crisis, more and more of us have started living online – shopping, banking, meeting, socializing... pretty much everything. As we learn to live in the cyberworld, it becomes easier and easier. What we often forget, however, is just how many people are out there looking for ways to steal your money and even your livelihood and home.

Cybersecurity Ventures estimated cybercrime reached \$6 trillion in 2020, according to Cyber-Observer.com. They also reported that "71% of breaches were financially motivated."

It isn't uncommon for us to make that online shopping experience even easier by allowing vendors to store our credit cards – gotta love that one click checkout! Unfortunately, security breaches have increased by 11% since 2018. According to IBM, on average it takes 7

months for a company to identify a breach – seven months! And in that seven months (or more!) your data is spreading around the world to all manner of lowlifes who can make your life a financial living hell.

Unfortunately, the attacks are not just limited to giving your credit card number to an online

store or doing your banking online. There is software written and unleashed on the virtual world that crawls through your computer just like a home invader will creep through your house. We are all having to learn

words like "malware", "phishing", and "SQL injections".

It doesn't stop there. There are even small machines that criminals keep in their pockets that will steal your card numbers via RFID as you walk past them. No input or swipe necessary.

Here are some steps you can take that can help protect you and your finances.

- Keep your cards in RFID blocking sleeves or wallets.
- 2 Never shop on a website that does not have SSL installed (you can tell by the padlock at the top next to the address bar.
- 3 Use strong passwords.
- 4 Change your passwords.
 - 5 Use different passwords so many people use the same password for every website because it is easy to remember. The problem is, once your password is compromised on one site, they have access to your whole life.
 - 6 Leave your personal information out of your passwords. Passwords that include your birthday, anniversary, kids' birthdays, favorite dog's name these are easy to hack. And never EVER use words like God, Sex, Password, 123456, or iloveyou.
 - 7 Use complex passwords. Include numbers, capital and lower case

letters, and symbols. Create long passwords – at least 16 characters – and be random. Passwordgenerator.net is a great place to come up with complex passwords.



- 1 Don't let your computer store your passwords. If your computer is hacked or infected with spyware or malware, all your passwords are exposed.
- 2 Don't let Google or other browsers store and sync your passwords across multiple devices. These platforms are just as able to be hacked as
- any other store. Write them down. Store them separately. Protect them like they are gold, because they really are.
- 3 Change your passwords frequently
- 4 Freeze your credit security and opt-out of preauthorized offers. It is a process, but here are the sites to visit to make that happen.
- a. Equifax Security Freeze: https://www.equifax.com/personal/credit-report-services or 888-298-0045
- b. Experian Security Freeze: https://www.experian.com/freeze/center.html or 888-397-3742
- c. Transunion Security Freeze: https://www.trans;union.com/credit-freeze or 888-909-8872
- d. INNOVIS Security Freeze: https://www.innovis.com/securityFreeze/index or 800-540-2505
- e. National Consumer Telecom & Utilities Exchange (NCTUE) Security Freeze (used by mobile phone and utility companies for opening new accounts): https://www.exchangeservicecenter.com/freeze/#/ or 866-349-5355
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- 5 When applying for credit, verify which credit reporting company the creditor uses and acquire a one-time access pin for that creditor to access your credit for that one event only.
- 6 Set your credit card and bank accounts to send you notifications of transactions via text and email... and read the messages.
- 7 Request free copies of your credit report annually from each credit reporting agency (a-f in #11 above) and verify all the information is correct and confirm each agency is still freezing your account.

It is a lot of work and it takes time to get it all done. But it is not nearly as much work as you have put in building your assets. It is not nearly as much work as you put in each week of each year to earn the money to support yourself and your family.



Updates on Lameness Assessment

Hanna Eriksson, Ruan Daros, Marina von Keyserlingk and Dan Weary, Animal Welfare Program University of British Columbia - Vancouver, BC

Lameness is one of the greatest challenges facing the dairy industry - approximately 25% of the dairy cows in Canada are lame. It is important that new cases of

lameness are promptly identified, as treatment of chronically lame animals is often unsuccessful (Figure 1). Unfortunately, it is difficult to correctly identify lame animals. In particular, it can be challenging to differentiate between imperfect gait and mild lameness, meaning that a diagnosis of mild lameness may be

unreliable if based on a single assessment.

New research at UBC has shown that gait assessments (Figure 2) are more reliable when done repeatedly.



Figure 1. Chronic lameness affect the welfare of dairy cows, and often results in culling.

and tested how the different definitions affected our ability to identify new cases. Animals with locomotion score ≥4 were considered severely lame in all definitions. To determine how well our finding related to the presence of

In our study, we followed animals from dry-off until

calving on six commercial farms in the Fraser Valley of

British Columbia. We evaluated 262 animals, all

considered sound at

the beginning of the

study. The gait of the

animals was scored weekly using a 1-5

scale (where a score

of 3 or higher was

consider lame, and a

score of 4 or higher

severely lame). We

increasingly stringent

definitions of mild

lameness (Table 1)

considered

three

claw lesions, we compared the different lameness definitions against claw records obtained by certified trimmers Doug Johnstone and Jeff Lanting (AR-PE Hoof Trimming, Abbotsford, BC).

was

used

To evaluate how assessment frequency affected the identification of new lameness cases, we created three different data sets containing the same animals. Either every, every other, or every third assessment in the original data set was kept for each animal, with the first assessment being the same in all three data sets.

Figure 2. Gait assessment is best preformed on a hard and dry surface, and should be performed regularly.

A high percentage of the animals

(82%) were considered becoming lame during the dry period when the LAME1 definition was used, compared to LAME2 (50%) and LAME3 (35%). Of the 158 animals considered mildly lame according to the LAME1 definition, 28% were scored 3 on only one occasion. Conversely, 71% of the cows that scored 3 on two consecutive occasions were also scored 3 the following visit. When comparing

LAME2 and LAME3 there was a high agreement in how cows were classified, with 85% of the cows classified the same way.

Figure 2. Gait assessment is best preformed on a hard and dry surface, and should be performed regularly.

When assessing how well the different lameness definitions related to the presence of claw lesions at trimming, LAME1 proved to be the least useful. Over 75% of the cows identified as lame had no lesions at trimming (Figure 3). Both LAME2 and LAME3 were more successful at discriminating between animals with and without claw lesions. Given that recovery is better when claw lesions are treated promptly, we recommend using the LAME2

Table 1. Lameness definitions used in the study

LAME1	Scored 3 or higher at least once
LAME2	Scored 3 on at least 2 consecutive occasions, or ≥4 at least once
LAME3	Scored 3 on at least 3 consecutive occasions, or ≥4 at least once

methods as this leads to a more rapid diagnosis than what is possible with LAME3.

In addition to showing the value of repeated assessments of the same cow, our results also showed the value of more

> frequent lameness assessments. Fewer animals were considered lame when assessment frequency decreased. For example, we found that 50% of the animals were identified as becoming lame when they were assessed weekly, but this number declined to just 23% when locomotion scoring occurred every 3 weeks, showing that many cases of lameness can be missed when scoring is infrequent. With frequent scoring, any cases that were missed were likely to be very short; we found that 69% of the cows that changed category from lame to sound when assessed every two weeks were lame for two weeks or less. Conversely, 49% of the animals that changed category when assessed every third week were lame for four weeks or more.

Our results provide evidence that new cases of lameness are common during the dry period. Using occasional gait scores of 3 leads to over-estimates of the number of lame animals. In addition, many cases of lameness can be missed if animals are assessed

infrequently. We therefore recommend that gait should be evaluated at least every other week in all adult dairy cattle, including dry cows. Animals that are deemed mildly lame should be monitored more often by the farmer, and have their claws checked if their gait does not improve. Severely lame animals should be examined upon first detection.



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Trimmers Assistance Program Jolie Estes

In 2002 the amazingly generous members of Hoof Trimmers Association (HTA) came together to form the Trimmers Assistance Program – TAP. The mission of TAP, to help our fellow hoof trimmers in time of need – accidents, unforeseen health problems; to offer financial assistance for HTA member trimmers in the case of injury or debilitating health issues.

HTA received some guidance in 2015 which led to the dissolution of the program, eliminating an invaluable benefit to trimmers.

Following a great deal of consideration and discussions with attorneys and CPAs, the Board was ecstatic to learn that renewing the TAP problem was not only possible, it was a definite opportunity. In 2020 the program was reconstituted and just in time!

HTA member, known well to most of us, Mitch Ackerman was seriously injured on May 3, 2020. While donating his time to help others, a tree fell on him, crushed the left side of his face, breaking both eye sockets, upper and lower jaw, cheek and sinus area. Just writing about his trauma gives me chills. We are lucky that Mitch is still with

us.

As you can imagine, the injury and subsequent recovery – including a number of surgeries – has been quite an ordeal for Mitch and his family. These past 9 months have not seen the end

of his recovery. He still needs at least two more surgeries and then braces to fix his teeth!

Due to the existence of the TAP program, Mitch was able to receive a grant to help him and his family meet

their obligations and keep moving Mitch's recover forward.

But the TAP program has extremely limited funds. We need your help to build the funds so assistance to members of our Trimmer family can continue to be available when it is needed.

We are asking all of our HTA family to consider a donation – even a small one. At present, we have \$4,010.59. Together we can reach a goal of \$25,000.

To sweeten the ask, there are two benefits to helping us build this fund – beyond having the resources available should you also find yourself in need.

First, TAP has been separated from the operational funds of HTA. We have applied for and are awaiting final approval of our request for 501(c)(3) status. Your donations to TAP will be tax deductible (of course, you should consult your tax advisor when preparing your taxes). That means that while you are helping your fellow trimmers, you are also helping yourself when tax time rolls around!

Secondly, anyone who donates \$250 or more will receive a super snazzy t-shirt that proudly proclaims that you are an amazing person who is helping support your trimmer family.

Please consider supporting TAP. Donations may be made online at hooftrimmers.org/donations or by phone (972-715-8231) or via

check to TAP, 5014 FM 1500, Paris, TX 75460.

On behalf of all your Trimmer family, thank you for your generosity.



A call for help.

HTA TAKES CARE OF OUR OWN

One of our members, Mitch Ackerman, has suffered a severe accident and requires multiple surgeries.

Please donate to the
Trimmers Assistance Program
in supporty of Mitch
and others like him.
Online at hooftrimmers.org/donations
Or mail to:
TAP, 5014 FM 1500, Paris, TX 75460



Take Care of Yourself

Mark Burwell

I started M & K Hoof Care in May 2000. I knew if I was going to stay in this business long term I had to take care of my body and mind. I turned 37 years old in March of that year and closed the doors on a centennial farm that was a land grant from George Washington after General Lewis was killed in the Indian Wars on the Ohio River. My job was managing a dairy farm for absentee owners. We had 13 employees and milked 300-400 Holsteins in a run down facility that was in financial trouble way before I took the job. Needless to say, my stress level was out of control. I figured things couldn't be much worse in a new career. Turned out I was right. My stress level dropped and life has been pretty steady ever since.

When you first start a business you have no idea where it's going to take you or even if the business is going to survive. My father had passed away from stomach cancer in 1999 and I knew I wanted to get close to mom so that I could help her when needed. Mom lived in a small country town in the grass lands of West Virginia - lots of beef cows that rarely needed trimming. The first eight years were spent traveling to Chicago, Kentucky, Ohio, North Carolina, Virginia, West Virginia, and Maryland. On average, I drove more than 50,000 miles and stayed in hotels 200 nights per year. At first, I trimmed around 8,000 cows per year and slowly - and I mean slowly moved up to around 12,000 cows per year. Thankfully, our living expenses were low in that little country town, because my travel expenses were through the roof! I built a business at the expense of my family and body, but you do what you have to do at the time to provide for your family. I wore out a truck, a chute and my body. Driving that many miles, trimming, cheap hotels, and continuous restaurant food was really hard on my body.

A childhood friend just starting his chiropractic clinic saw me whenever needed and that was often. Dr. Pence taught me how to take care of my body. He taught me stretches, exercises and the importance of eating well, along with frequent adjustments. He taught me not to be a cheapskate when buying work boots and to buy new ones every 6 to 9 months; to pay attention to what your body is telling you and not take forever to do something about it. Tough guys are idiots and end up crippled young men, he told me.

In 2008 we moved 2.5-hours northeast to Rockingham County, Virginia to live where the cows were. The move has been really good for us all. Rockingham County had 280 dairies with an average herd size of 120 head. I slowly rebuilt my business with a focus on the area. Being home more was an adjustment for all of us, but well worth it. I could now make it to almost all of my children's school and sports activities as well as being present in my family. Instead of running off to the next trim job after church on Sunday, I could now sleep in my own bed, eat my wife's good healthy cooking and be at home with my family except for a few days a year.

In 4 years time, I went from driving 50,000 miles, being gone 200 nights, and trimming 12,000 cows per year to driving 16,000 miles, being gone 10-15 nights, and trimming 16,000 cows per year. I finally got to know my wife and kids again and had a life rather than being a traveling trimmer. Almost all of my work is within 40 minutes of my house. I only have 5 customers that are more than 40 minutes away.

HTA has had several small webinars this past year, but one in particular, self-care, sticks out to me as very valuable. Dr. Ken Bergquist, a Canadian chiropractor who also happens to be Phillip Spence's doctor, did a webinar called, "Just One Thing". It runs a little more than an hour, and I encourage you to watch it on our website. Dr. Bergquest mentioned several valuable angles for us to look at pertaining to our careers as hoof trimmers.

We are in a job that requires repetitive motion. The

younger guys may not realize what repetition will do to their bodies, but in time they will. We need to make sure to have correct posture when doing jobs. Poor or awkward working environments will cause high stress on our bodies, and inflammation in our joints. Hard work causes normal aches and pains that our bodies heal from easily. Awkward working positions may cause injury that your body can't overcome without manual therapies such as chiropractic manipulation, physical or massage therapy.

Stretch several times a day. I have a small stretching routine I do every day. When I'm in pain I use my inverter to hang upside down like a bat morning and night. My body always felt like I had been in a battle until I started having regular massage and chiropractic appointments. I do this monthly, and there are times I wish it were weekly. You are probably thinking, I can't take that much time off from work. You have to change your oil, go to the dentist and get a hair cut. So put it on your calendar. I schedule at least 6 to 12 months out. There is a saying that most mechanics have posted in their work stations that I think is true for our bodies also. "You either take time for maintenance or your machine will make time for repairs for you".

Physical stresses are not the only hard part about our day's work. Mental maintenance is just as important as physical. We need to learn to control our stresses. For example, you drive into a barnyard expecting things to be ready for you to pull in and start trimming. We can't control the fact that they are not ready for us to start. We can control how we react to it. You have a long day ahead of you so you can carry the stress and boil internally all day or you can just take a deep breath and shake it off before getting on with it.

Dairymen have a bunch of balls in the air at the same time and, unfortunately, we are just one of them. He didn't intentionally have to pull a calf before they started milking on the day the hoof trimmer is coming; it's just the way the day started. Sure, we have customers that are habitually late but you can either replace them or put up with it - life is too short.

Spend some money on a great mattress and use it. The older I get the more important sleep becomes. Fatigue changes blood chemistry and your body will rebel when you don't get enough rest. Our bodies are not meant to function that way so quit skipping a good night's sleep.

Dropping your negative stress is important. Look for avenues to





decompress. Here are a few to consider: recreational reading, exercise in ways other than work, ride a bike, listen to music, enjoy the country views, gardening — these things work for me. Look for a hobby that you enjoy. Make time to go for a walk with your wife and kids if you have them. If not, invite a neighbor or a friend to go. There are a couple of trimmers in our organization who have interesting hobbies. Several hunt, work with show animals, pull oxen, coach little league... do whatever excites you!

Dr. Bergquist reminds us that we are not the center of the universe, and the world does not rotate around us. We THINK we are the center of our world, but don't flatter yourself. Look around. You can see all kinds of opportunities to improve the world we live in. Help a neighbor. Hold a door for the person behind you. It all makes since if we just think about it a little.

In closing we are not indestructible and our bodies do wear out. Think about ways to protect and repair yourself. Stretch your body several times a day. Take the time to take care of yourself and those around you. Find a hobby and make time for it. Learn how to say no when you're already stressed to the breaking point. The only person in this world you can control or change

is yourself. Look for the humor in things and laugh more. It's such a stress reliever. Be a blessing to others and vou will be blessed.







Feel the Heat

Warm summer days are just around the corner. Warm breezes, floating the river, catching fireflies – the smell of fresh cut grass, spring onions...

With all the wonderful things that are summer, there are some things to be worried about as well. Understanding the hazards of working out in the heat is important. By fully understanding what causes the danger allows one to more easily avoid them. Heat hazards are twofold: heat and dehydration.

You've heard the old expression, "it's a dry heat"? Humidity, as we know, is the amount of water vapor in the air. The more vapor, the more intense the feel of the ambient heat. When you have a dry heat – like in Arizona where the humidity is typically very low, "heat" feels different than in Edmonton, AB.

Heat is easy to understand. It is, basically the outside temperature. We all know that just looking at a thermometer will tell you if the temperature is hot or not. The problem with relying solely on a thermometer is, as they say, all things are relative. Additionally, environmental heat is not the only factor impacting heat on the jobsite.

The human body naturally generates heat. The chemical processes required to convert food to energy which in turn operates all the systems of the body generate heat. Your body's internal thermostat then regulates the internal temperature by creating sweat which is, essentially water on the surface of the skin which then cools as it evaporates, reducing the body temperature. It's a great system, really. But it does have some flaws. First, particularly on the job site, trimmers are wearing protective gear. That gear serves as an insulation barrier holding in the heat and the sweat and preventing the sweat from cooling the body. Instead, it can continue to heat because it is not exposed to air which allows it to do its thing. What's more, many of the coveralls chosen by trimmers are waterproof. That is great to protect your clothing and keep the bio-waste off, but in a heat situation it also elevates the body temperature, increasing the risk of a heat-related emergency.

According to OSHA (Occupational Safety and Health Administration), just checking the temperature before heading out is just not sufficient. The "Heat Index" is far more important and provides a better guideline. The "Heat Index" takes both the temperature and the humidity into account to more accurately assess the heat risk.

Heat Stroke

Hundreds of people die each year due to heat exposure. In 2001, Korey Stringer, offensive tackle for the Minnesota Vikings, died after two days of only morning practice. The temperature was only in the 90s, but the heat index was 110 degrees F. He became dizzy and weak. His breathing became labored. He was taken to hospital by ambulance. Even after efforts in the air conditioned ambulance to stabilize him, his body temperature was 108 degrees when he arrived at hospital. In less than 24 hours, Stringer died from only two hours of heat exposure.

Stringer died of heat stroke – when the internal body temperature exceeds 104 degrees. When this happens the body begins to shut down. Sweating stops. The individual becomes confused, dizzy and likely loses consciousness. Heat stroke is, obviously, potentially fatal.

Like professional football players, hoof trimmers are susceptible to exertional heat stroke. It does not require seasonally high temperatures to reach dangerous body temperatures. Exertional heat stroke is exactly as the name implies – exertion related. Trimmers are susceptible because of the clothing worn, the physical nature of the work, and the unprotected environment in which they work.

Staying safe and healthy is important. As we enter the warm – and often quite hot – summer months, please take some time to protect yourself and your crew from heat-related injury and illness.

Check out the infographic on page 21, created for you to use with your crew and your dairyman.

Symptoms

Heat Rash

Red clusters that look like small blisters

Sunburn

Hot, painful skin during or after sun exposure

Blisters may emerge in severe conditions

Heat Cramps

Muscle cramps in arms, legs, abdomen

Heat Exhaustion

- Headache
- Dizziness
- Nausea
- Weakness
- Heavy Sweating
- Elevated Body Temperature

Heat Stroke

Confusion, altered mental state, slurred spech

Loss of consciousness

Hot, dry skin

Seizures

Very high body temperature

HEAT RELATED ILLNESS

Prevention

Treatment



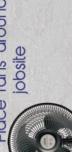
Wear breathable light weight cl Drink water regularly, 3 to 4 cups/hour?

Avoid Cohol, coffee, tea and coffeine

Eat low protein foods

e frequent breaks Work more slowty

Place fans around





HEAT EXHAUSTION

Move to coolest place Remove clothing possible

Sently spray cold water (and everything below) on skin

HEAT CRAMPS

Rest until symptoms pass Drink cool water Stop activity

	Worksite Prep Checklist
Water	Fresh cool water near or at worksite
	Coolers refilled throughout the day
Shade	Shade or AC available during breaks
Training	Signs and symptoms of heat-related illness
	Precautions to prevent heat-related illness
	Importance of drinking water frequently
	Steps to take if someone is having symptoms
Emergencies	Person to notify
	Jobsite location (for EMS)
	Designated First Aid person(s)
Physiological	Designated Person to check employees for symptoms
Banitorina	

