



Newsletter – Fall 2020

President's Message:-

As we enter yet another season of uncertainty pertaining to the current public health disruptions due to COVID-19, our activities as purebred breeders carry on unabated.

As was noted in the earlier newsletter, there was no Annual Fall Sale this year due to restrictions brought about by the pandemic. Consequently, we solicited submissions to a new Breeders' Directory which will be available on-line in a format suitable for downloading. It will be available through the PSBANS web-site by the AGM (7th November) and in limited numbers in print. If you have any questions, please contact our Secretary Cathy Vallis at

c.vallis1981@icloud.com

The Annual General Meeting of the Association will be held on the 7th of November in an on-line format. Details of the meeting and sign-up information will be sent directly to Members of the Association. It will be limited to a Business meeting with reports submitted ahead of time from Association Partners and Agencies. These reports will be available digitally before the AGM. If you have not received your invitation by the 1st of November, and are a paid-up member of the Association, contact Cathy Vallis for details (email address provided above).

I note that there will be a proposed amendment to the By-laws. This will be circulated seven days before the meeting, as stipulated in the By-Laws.

I look forward to seeing you (virtually) on the 7th of November.

Respectfully

Andrew Hebda
President

Membership Dues:-

Just a quick note, attached to this Newsletter is a membership form for anyone who would like to renew their membership for this year prior to the Virtual AGM on Nov. 7th, 2020 by Zoom.

From the Farm Gate:-

Recipe submitted by Andrew Hebda, President of PSBANS, thank you.

Lamborghini

There are many recipes for lamb meat balls in print or in the ether including a variety of sauces.

The recipe below is a simple one that we have used to successfully introduce people to lamb in the past. Note that most ingredients are only approximate so feel free to play with the precise amounts of ingredients to your own liking.

Ahead of time – pre-heat oven to 325-350F (165-180C)

Kitchenware

Medium size mixing bowl

Measuring spoons

Skillet

Covered baking dish

Ingredients

Ground lamb (about) ½ kg or about 1pound - precise weight is not critical

Garlic – one large clove or two small cloves – finely minced

1 small (approximately 2”), onion... skinned and finely chopped

1 large egg, beaten

1-2 tsp chopped fresh oregano

1 tsp salt

(about) 1/2 tsp fresh ground pepper

1 – 2 Tbsp Olive Oil – (extra-virgin is readily available and inexpensive)

Combine the ingredients in a bowl and mix well - I usually do this by hand. If the mixture seems a bit wet, you can add in a Tbsp or two of flour to help firm it up... also mix in well.

Form the mixture into small meat balls (about 1”) and set aside.

Pre-heat skillet with a skiff of olive oil and sauté the meatballs in small batches (until they are browned on all sides).

Place in baking dish, cover, and then put in oven for 30-40 minutes.

When done – remove from baking dish (draining off excess liquids), then serve either hot or cold. Can be served as a main dish (serves about 5) or as an appetizer.

You can modify the recipe by adding spices, depending on how exotic you wish to be, and prepare up your favourite dipping sauce on the side.

Producer Profile:-

Son Risen Farm



Son Risen Farm near River John, Nova Scotia



2018 All Canada Classic in Truro, Nova Scotia

Son Risen Farm was established in Tavistock, Ontario in 1995. The family farm is owned and operated by Andy and Jane Pearson, along with their daughters Amanda and Rachel. For the past 10 years, the Pearson's ran a flock of purebred Border Cheviot and Shropshire sheep on a farm near St. Marys, Ontario, before deciding to move to Nova Scotia in the spring of 2020. To do so, Andy and Jane sold half of their Shropshire flock to their son Andrew, who remained in Ontario, and moved to Langille Road near River John, Nova Scotia with the Border Cheviots and the other half of the Shropshires. Since arriving in Nova Scotia, the Pearson's have spent the last several months restoring their Pictou County farm that has been derelict and neglected for many years.

Son Risen Farm has been showing sheep at various fairs and shows for many years. Each year, they attended many local Ontario fall fairs to compete in sheep shows. Son Risen Farm also frequented the Royal Agricultural Winter Fair in Toronto and the All Canada Sheep Classic at various locations across the country. In 2018, Son Risen Farm had the Supreme Champion Ewe at the All Canada Classic in Truro, Nova Scotia with a Shropshire yearling ewe, and the Reserve Champion AOB Ram at the Royal Agricultural Winter Fair in Toronto. In 2019, Son Risen Farm had the Champion Shropshire Ram, Champion Shropshire Ewe, and Reserve Champion Border Cheviot Ram at the All Canada Classic in Humboldt, Saskatchewan. Son Risen Farm has breeding stock in eight provinces across Canada and is currently selling breeding stock for both purebred and commercial flocks. The Pearson's are looking forward to meeting and getting to know sheep producers in Nova Scotia.



Ask “Ted”:-

The 30-30-30-30 Birthing Rule

Excepted and revised from Wools & Wattles (January 2016) by Dr. Joan Bowen, Wellington, Colorado (American Association of Small Ruminant Practitioners):

How do you decide if a sheep or goat needs assistance with birth?

Many veterinarians and experienced producers use the 30-30-30-30 Rule as guidance. The whole purpose of this Rule is to give guidance that will increase dam and newborn survival. Normal sheep and goats deliver quickly and the neonates are up and ready to run within 10 to 15 minutes after birth. The dam that is down and in labour for hours is in distress and more likely to have dead or weak offspring that frequently die.

First, once the dam has detectable abdominal contractions and is truly in labour, the amnion (‘water bag’) should bulge from the open vulva within **30 minutes**. If the amniotic bulge does not appear within this time the dam should be manually examined. The perineal area and your hands should be washed, you should put on gloves, and use lots of obstetrical lube (soap is a poor lube and actually dries the birth canal). Consider public health recommendations and let someone else do the exam if you are pregnant. If you cannot correct the problem and deliver in 5 minutes you should quit trying and seek assistance. If you continue trying to correct the problem without being sure what is causing the dystocia (‘difficult birth’), the dam will continue to be in distress, will lose lots of amniotic fluid (‘natural’ lubricant), and suffer pain. Early intervention ensures more live offspring and decreases the need for a C-section. Day-long labour is often a horror story.

Second, after the amniotic bulge appears, fetal parts should be visible at the vulva within **30 minutes**. If not, examine the dam.

Third, once fetal parts appear, the neonate should be on the ground within **30 minutes**. If not, examine the dam. After delivery of each neonate, ballotte the ventral abdomen for another fetus. Each succeeding lamb or kid should be **born within 30 minutes**. If not, examine the dam.

Fourth, following delivery of the last neonate, the fluid colour in the amnion changes from yellow to red. Within **30 minutes** following delivery of the last neonate, the placenta should be passing. If not, examine the dam for another fetus.

Hopefully the 30-30-30-30 Rule is a helpful guide to successful birthing and live, robust offspring.

Dr. Errol (Ted) Semple
Maritime Genetics



Photo Credit to Crystal Fullerton



Purebred Sheep Breeders' Association of Nova Scotia

Interested in Becoming a Member??

Membership with PSBANS:

1. A 1 year membership to cost \$20.00 per member.
2. Members of the Association Participating in the annual Atlantic Sheep Sale will receive a full refund of their registration fees if their animal sells. (Non-members registration fees will not be refunded, regardless if their animal sells.)
3. Discount rates for participation in events sponsored by PSBANS. Workshop's etc.
4. Discounts for participation in promotional projects (i.e. a printed Breeders Directory, Fall Sale Catalogue, advertising on PSBANS website or a link to the website).
5. Voting privilege at the PSBANS AGM for year of enrollment.
 - Personal info to be used for administration purposes only or as described above.

Membership Application:

Name(s): _____

Mailing Address: _____

Postal Code: _____

Telephone: _____

Email: _____

Date: _____

Please make cheques payable to PSBANS:

PSBANS, c/o Cathy Vallis, Secretary, 4419 Riverside Rd, Princeport, NS, B6L 1S3

E-mail: c.vallis1981@gmail.com

or e-transfer to: Dianne Sinclair, Treasurer, bruce.sinclair@ns.sympatico.ca