



PORK CHECKOFF REPORT

MAR APR 2020



Pork Partners with American Diabetes Association in Tour de Cure



Tour de Cure is the premiere fundraising event of the American Diabetes Association (ADA). Events across the country are held to raise funds for research, advocacy, programs, and education to fulfill the ADA's mission: *to prevent and cure diabetes and improve the lives of all people affected by diabetes.*

Tour de Cure offers participants of all abilities the option to ride, run, walk, or participate virtually in the event while being part of a team or participating solo. Clearly-marked routes range in length from 5k to 100 miles, and fully-stocked rest stops along the way make the event open to all ages. Registered participants can enjoy lunch, family activities, music, and more when they reach the end of the event route.

Join Team Pork

This year, the National Pork Board (NPB) is building a "Team Pork" for the Minneapolis event, taking place on June 6. We encourage Minnesota pig farmers and industry personnel interested in riding or running under the Team Pork name to reach out for the opportunity to join! NPB will cover entry fee costs, but personal fundraising goals must be met by each participant.



continued on page 2

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MN PORK CALENDAR

MAY 20

PQA Plus Advisor Training

Minnesota Pork Board Office
151 Saint Andrews Court, Suite 810
Mankato, MN 56001

JUNE 3-5

World Pork Expo

Iowa State Fairgrounds
Urbandale, IA

JUNE 6

Tour de Cure

6 a.m. - TBD
Boom Island Park
Minneapolis, MN

JUNE 10

PQA Plus & TQA

9 a.m. - 4 p.m.
Minnesota Pork Office
151 Saint Andrews Court, Suite 810
Mankato, MN
Preregister: colleen@mnppork.com
or 1-800-537-7675

JUNE 15 - 17

Young Leaders in Agriculture Conference

Best Western PLUS
Ramkota Hotel
3200 West Maple St.
Sioux Falls, SD 57107

JUNE 24

PQA Plus

6 p.m.
Minnesota Pork Office
151 Saint Andrews Court, Suite 810
Mankato, MN
Preregister: colleen@mnppork.com
or 1-800-537-7675

Volunteer

Want to join in the mission of Tour de Cure, but not participate in the actual race? The Minnesota Pork Board (MPB) is partnering with NPB to have volunteers stationed throughout the event to cook and serve pork while also talking with participants about pig farming and pork. Volunteers will be located in the vendor village on Boom Island and at mid-route rest stops for runners and bike riders of each route to hold valuable conversations about pig farming in Minnesota and the beneficial effects of adding pork, a lean and nutrient-dense protein, to their diets.

If you are interested in volunteering or participating at this event, please contact Pam Voelkel at pam@mnppork.com, or call the MPB office at (507) 345-8814.

Why sponsor ADA and the Tour de Cure? Diabetes affects over 25 million people of all ages - contributing to more than 8 percent of the U.S. population. It is the leading cause of kidney failure, heart disease and stroke, and is the seventh leading cause of death in the U.S. Maintaining a healthy body weight and active lifestyle are important in helping to prevent the development of type 2 diabetes - the most common form of diabetes.

Lean pork is a healthy option for all Americans, including people with diabetes, because it offers the combination of low calorie density and high nutrient density, both of which are recommended for a healthy diet that can help lower the risk of type 2 diabetes in adults, by the Dietary Guidelines for Americans. A body of research also suggests high protein intake may offer beneficial effects for people with type 2 diabetes.



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EASY ORANGE PORK STIR-FRY

An easy prep-ahead meal for your busy weeknights! Orange Pork Stir-Fry is veggie-loaded and can be made and on the table in less than 30 minutes - plus it's dietitian-approved!

This recipe was created in partnership with our dietitian friends, The Real Food RD's - two registered dietitians based out of Minnesota and Colorado.

INGREDIENTS (FOR THE SAUCE):

- ¾ cup chicken broth
- ⅓ cup coconut aminos
- Juice of 1 large orange + 2 tsp. orange zest
- 1 tsp. toasted sesame oil
- 3 cloves garlic, minced or 1 ½ tsp. garlic powder
- 1 tsp. freshly grated ginger or ½ tsp. ground ginger
- 1 tsp. honey
- ½ tsp. crushed red pepper
- Salt & pepper to taste
- Optional for thickness: 1 Tbsp. arrowroot starch (may sub corn starch)

INGREDIENTS (FOR THE STIR-FRY):

- 1 lb. boneless pork loin chops, thinly sliced
- 1 Tbsp. avocado oil or olive oil
- 2 small heads of broccoli, cut into florets (~2 cups)
- 1 small zucchini, sliced into half moons (~1 ½ cups)
- 1 cup sugar snap peas
- ¾ cup sliced onion
- 1 sweet bell pepper, thinly sliced (about 1 cup)
- 2 medium carrots, cut into ribbons with vegetable peeler
- 1 small can sliced water chestnuts
- Sesame seeds, cilantro, crushed red pepper

* Feel free to use 7-8 cups of any combination of vegetables - broccoli, cabbage, zucchini, cauliflower, snap peas, bell peppers, green beans, water chestnuts, celery, asparagus, etc.

* INSTRUCTIONS

1. Combine stir-fry sauce ingredients (except the arrowroot) in a small bowl. Whisk and set aside.
2. Heat ½ Tbsp. oil in a large sauté pan, wok, or skillet over medium-high heat.
3. Add the pork and cook until no longer pink - about 3 minutes on each side. Remove pork to a plate and set pork aside.
4. In the same pan, add the remaining ½ Tbsp. oil. When the pan is hot, add the broccoli, sugar snap peas, zucchini, onion, and bell pepper. Stir-fry for 7-8 minutes or until crisp tender. Add the carrots and water chestnuts and continue to stir-fry for 1-2 minutes. Remove from pan and set aside.
5. To the same pan, add the stir-fry sauce. Bring to a boil and then turn down heat, and simmer for 5 minutes. Once sauce is slightly reduced, add up to 1 Tbsp. of arrowroot, 1 tsp. at a time to thicken and whisk immediately to avoid clumping (this is optional).
6. Add the pork and veggies back to the pan and cook for an additional 2-3 minutes or until meat is warmed through and vegetables are tender.
7. Serve over rice (or cauliflower rice) and top with sesame seeds, cilantro, sliced green onion and crushed red pepper if desired.



African Swine Fever: What You Need to Know



Key messages to get across to your employees, neighbors, vendors, and consumers about African Swine Fever (ASF)

Key Facts About African Swine Fever

1. PORK IS SAFE TO EAT. AFRICAN SWINE FEVER IS NOT IN THE UNITED STATES. U.S. PIGS ARE NOT AFFECTED BY THE AFRICAN SWINE FEVER (ASF) OUTBREAKS IN OTHER COUNTRIES, TO DATE.

- ASF does not affect humans and therefore is not a public health threat according to USDA.
- ASF is a disease of pigs only and therefore is not a threat to non-swine pets or other livestock.
- As usual, the United States Department of Agriculture (USDA) has measures in place to prevent sick animals from entering the food supply, including if ASF is detected in the U.S.
- As with any food product, you should always follow safe handling and cooking instructions to protect your family's health.

2. AFRICAN SWINE FEVER IS A VIRAL DISEASE IMPACTING ONLY PIGS, NOT PEOPLE — SO IT IS NOT A PUBLIC HEALTH THREAT NOR A FOOD-SAFETY CONCERN.

- ASF cannot be transmitted to humans through contact with pigs or pork.
- ASF only affects members of the pig family.
- ASF can be transmitted to pigs through feeding of food waste containing contaminated pork products. The Swine Health Protection Act regulates the feeding of food waste containing meat to pigs to ensure that it is safe.
- ASF is transmitted to pigs through direct contact with infected pigs, their waste, blood, contaminated clothing, feed, equipment and vehicles, and in some cases, some tick species.

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3. THE USDA DOES NOT ALLOW IMPORTATION OF PIGS OR FRESH PORK PRODUCTS INTO THE U.S. FROM AREAS OR REGIONS OF THE WORLD THAT ARE REPORTED POSITIVE FOR THE ASF VIRUS.

- Restrictions are based on USDA's recognition of the animal health status of the region and are enforced by the Animal Plant Health and Inspection Service.
- International travelers should be diligent in following all rules and regulations related to the U.S. Customs and Border Patrol reentry declarations.

African swine fever virus is a contagious viral disease impacting only pigs, not people, so it is not a public health threat or food safety concern. The World Organization for Animal Health, of which the U.S. is a member, considers African swine fever to be a trade limiting foreign animal disease of swine. Countries with confirmed cases are subject to international trade restrictions aimed at reducing the risk of introduction of the disease through trade. The United States has never had a case of African swine fever and there are strict animal health and import requirements enforced by USDA APHIS Veterinary Services, USDA APHIS Plant

Protection and Quarantine and Customs and Border Protection to prevent entry into the United States. There is a national response plan for African swine fever that has been developed by USDA Veterinary Services.

For more information about ASF, please visit www.pork.org/African-swine-fever-need-know/ to watch videos from industry professionals about the safety of eating pork and ASF's effect on human health.

ASF producer resources can be found here: www.pork.org/fad.



How Plasma is Made

Plasma is the clear liquid portion of blood that remains after red blood cells, white blood cells and platelets are removed. Plasma contains a complex mixture of active functional proteins that help support and maintain normal immune function during times of stress.

The process of making spray-dried plasma starts with whole blood from healthy pigs and cattle that is collected and pooled at federally inspected abattoirs. The blood is centrifuged to separate the red blood cells from the plasma. It is then shipped to APC's dedicated processing facilities, which all follow Current Good Manufacturing Practices (CGMPs) and are Safe Feed / Safe Food certified (SFSF).

At the APC plant, the plasma is filtered and concentrated to remove excess liquid. The concentrated plasma undergoes photopurification using ultraviolet light energy* (UV-C) to inactivate potential pathogens that may be present.

The plasma is then spray-dried to produce a dry powder and preserve thermally-sensitive proteins. Spray-drying is a critical point to inactivate pathogens and is conducted with specialized computer-controlled equipment. Finished plasma products are then packaged and stored at 20°C for a minimum of two weeks.

APC will then ship product to our customers so they may formulate plasma into swine diets. Plasma functional proteins are routinely included in the first phase diets of piglets to help them better cope with environmental stresses and in later feeds to support sows during gestation and lactation.

**Denison, IA Porcine and Sublette, KS Bovine facilities*



Calling All Young Agricultural Leaders!

The sixth annual Young Leaders in Agriculture Conference (YLAC) will be held June 15-17, 2020 in Sioux Falls, South Dakota



Agricultural leaders between the ages of 18-22 who are interested in pursuing a career in any sector of agriculture are encouraged to attend the Young Leaders in Agriculture Conference. YLAC focuses on the development of young leaders by exposing them to the diversity of today's challenges and ideas surrounding food production and farming while building strong industry advocates and expanding professional networks.

During the event, attendees will learn from engaging thought-leaders, table breakout sessions, networking events, and a community service opportunity.

For more information on the YLAC agenda, please visit <https://www.mnpork.com/pork-youth/youngleadersconference/>.

FREE REGISTRATION OPENS ON MAY 17, 2020.

Wakefield Pork director of communications, Samantha Lange, speaks with YLAC attendee during networking event.



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Minnesota Tests Cold Weather Carcass

Preventing and Responding to Foreign Animal Diseases (FAD) is complex and requires strong collaboration. Minnesota Pork Board took the first step in preparedness and prevention planning by partnering with the Minnesota Board of Animal Health (MBAH) to establish the Emergency Disease Management Committee for Swine in Minnesota (EDMC). The committee's goal is to enhance awareness, address gaps, and develop the preparedness and response plan for swine disease emergencies in Minnesota and serve as the advisory group to the MBAH for the implementation of the response plan during an outbreak.

One gap identified by pig farmers and the EDMC is the lack of proven options for disposal of pigs that would be depopulated in a disease outbreak.

“A group representing the Minnesota pork industry went to North Carolina this summer to see a carcass grinding demonstration,” says David Preisler, CEO for Minnesota Pork. “We believe based on that demonstration, grinding and composting carcasses could be a viable option during the summer months, but we knew we would need to test it out under winter conditions.”

The Cold Weather Carcass Disposal Demonstration took place on Friday, February 28, at the University of Minnesota Southwest Research Station in Lamberton,

Minn. The purpose of the exercise was to begin researching the viability of grinding and composting as an effective carcass disposal option under cold weather conditions in the Upper Midwest and the impact various types of carbon sources may have on composting effectiveness. Ground corn stalks, wood chips, and a corn stalk/wood chip combination mixture were used to determine effectiveness.

The cold weather carcass grinding demonstration project was funded by the Minnesota Board of Animal Health, Minnesota Department of Agriculture, Minnesota Pork Board, and the Iowa Pork Producers Association.

“The weather for the demonstration was a fair representation of the conditions the Upper Midwest experiences for five months of the year,” Preisler says. “Bluetooth temperature probes were put throughout the piles of ground material so we’ll get an idea of virus elimination is possible for cold weather composting.”

A virus survivability study conducted by Pipestone Veterinary Services was included in the exercise, with Porcine, Reproductive and Respiratory Syndrome virus, Porcine Epidemic Diarrhea virus, and Seneca Valley virus being used as surrogate viruses.

Pipestone provided 600 feeder pigs challenged with all three viruses and 100 positive control animals.



Grinding and Composting



Using temperature measuring devices inserted into the piles, the piles will be measured hourly to ensure critical temperatures are reached for both effective composting and to ensure pre-processed compost material reaches critical temperatures under winter conditions to kill the surrogate swine pathogens being used in the study.

As part of the exercise, a series of air particle samplers were placed at various distances from the grinder to assess if grinding the carcasses posed a risk for aerosolization of swine viral pathogens.

Additionally, multiple wells were dug under each composts pile and downhill from the piles to analyze groundwater samples and detect potential leaching from the composting material.

“We wanted to exercise as much of the process of carcass disposal as we could,” Preisler says. “We had representatives from the Minnesota Pollution Control Agency and the Minnesota Department of Natural Resources who were consulted in the design of the project. If this was reality, we wanted to make sure we were disposing of carcasses in an effective and

responsible way that would prevent further spread and have minimal impacts to the environment.”

Cleaning and disinfection was also exercised on equipment including the grinder, two skid loaders, a track hoe, and pay loader. The cleaning was done on site and with two power washers, took approximately four hours to complete. VIRKON™ is the most commonly used, approved disinfectant for African Swine Fever and was used in the boot wash and on the equipment. The equipment was wiped down and will be tested for virus elimination as well.

Information gathered in the demonstration will be used in planning a subsequent cold weather carcass exercise later in the year that will also look at different methods of depopulation. The Minnesota Department of Agriculture will be receiving grant funding through the Farm Bill for the depopulation exercise. The results will be shared through the Minnesota Pork Checkoff’s Pork Checkoff Report, e-newsletter, and available on the website at www.mnpork.com.

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Minnesota Pork Ambassador Applications Open!

Apply to be an advocate for the Minnesota pork industry.

The Minnesota Pork Board's Ambassador Program promotes leadership, communication skills development, and helps further an individual's agricultural knowledge through hands-on activities and social experiences.

Minnesota state ambassadors will have the opportunity to attend the Young Leaders in Agriculture Conference in Sioux Falls, SD, and the Legislative Action Conference in Washington, D.C., along with other outreach events throughout the year engaging with consumers at Oink Outings and the Minnesota State Fair.



Individuals selected as state ambassadors will receive the following scholarships: Minnesota Pork Ambassador, \$1,500; First Runner-up, \$750; and Second Runner-up, \$500. Cash awards are also presented for best essay and congeniality.

*For more information on the program, contact Minnesota Pork Board COO, Jill Resler. Applications for the 2020 Minnesota Pork Ambassador contest are due on **May 1, 2020**. Please visit <https://www.mnpork.com/ambassadors/> to apply.*



2019-2020 Minnesota Pork Ambassadors

L to R: Second Runner-up, Levi Sorenson; Ambassador, Logan Tesch; and First Runner-up, Kayla Vonk.

Scholarship Opportunity for Students

Minnesota Pork Board Accepting Applications to Award Five Scholarships

Applications due May 15, 2020

Applications are now being accepted for the 2020 Minnesota Pork Board Scholarships.

Up to five \$1,000 scholarships are awarded each year by the Minnesota Pork Board to young leaders pursuing careers in agricultural business, agricultural education, agricultural engineering, agronomy, animal science, animal physiology, environmental sciences, nutrition, livestock reproduction, large animal veterinary medicine, and other related fields.

Applicants must submit:

- Completed scholarship application form
- Letter indicating their intentions for future involvement in the pork industry
- 750-word or fewer essay on a current or future pork or pig farming challenge and proposed solutions for the issue
- Two letters of recommendation
- Professional resume

Qualified applicants must have an emphasis in the pork industry.

Applicant Qualifications:

- Minnesota resident
- Pursuing an undergraduate degree at a two or four year institution with an emphasis in swine production or related field
- Applicant must be entering either his/her freshman, sophomore, junior, or senior year of college
- Individuals can only receive one Minnesota Pork Board Scholarship during his/her post-secondary tenure

For more information or questions, contact Jill Resler, chief operating officer at the Minnesota Pork Board at (507) 345-8814 or jill@mnpork.com.

To apply, visit <https://www.mnpork.com/minnesota-pork/scholarships/>.

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New Videos Geared Toward Alternative Pig Farmers

Pork Information Gateway videos highlight biosecurity and sourcing feed

Three new video resources were added to the Pork Information Gateway (PIG) to aid pig farmers who focus on raising pigs using alternative methods of production. Two videos highlight the importance of maintaining strong biosecurity practices and the third focuses on sourcing feed.

“The Pork Information Gateway offers extensive resources for producers, educators, Extension staff and even students,” said Beverly Durgan, director of Extension at the University of Minnesota and U.S. Pork Center of Excellence (USPCE) board of director chairman. “The new videos are the perfect addition to the online library, especially at a time when producers are strengthening their biosecurity and sourcing their feed more strictly.”

The first video in the series is titled, “Alternative Pork Production: How Diseases can be Transferred to the Farm”, and explains how to avoid the introduction and spread of disease on the farm. *(Authored by Dave Stender and Kristin Olsen, Iowa State University.)*

“Alternative Pork Production: Keeping Disease off the Farm”, describes useful intervention strategies including clean/dirty lines, hand sanitation, and perimeter exclusion ideas to minimize the risk of pathogens tracking in and around the farm. *(Authored by Stender and Olsen.)*

The final video in the series titled, “Sourcing Feed for Alternative Production Systems”, highlights the importance of sourcing ingredients and feed. A consistent, quality supply should be the first goal,

while also considering production costs. This video explains several options to consider. *(Authored by Jonathan Holt, North Carolina State University.)*

Understanding the importance of each highlighted topic in the videos can help make producers better caretakers of their pigs, Van Genderen noted. These resources are a great starting point for alternative, small, or beginning farmers, and add to the existing fact sheets, how-to guides and videos already available on the PIG on a variety of topics.

To watch these videos online, please visit <http://porkgateway.org/resources/>.

In addition, the Pork Checkoff recently updated its webpage, Alternative Pork Production, for producers seeking direct information on education, research and promotions applicable to them.

The **PORK INFORMATION GATEWAY** is a free resource for the U.S. pork industry. The library provides the industry with fact sheets, how-to guides, references and videos that cover all aspects of the pork industry. To learn more about the Pork Information Gateway visit, porkgateway.org.

The **U.S. PORK CENTER OF EXCELLENCE** was established to foster a high level of cooperation and collaboration among and between universities, the pork production industry and government. Its mission is to add value to the pork industry by facilitating research and learning of U.S. pork producers through national collaboration. For more information about USPCE visit, usporkcenter.org.



PQA Plus and TQA Certification Classes

TO CHECK YOUR PQA PLUS® AND TQA® STATUS CALL THE PORK CHECKOFF SERVICE CENTER AT 1-800-456-7675. CLASSES ARE PROVIDED BY THE MINNESOTA PORK BOARD AND THE UNIVERSITY OF MINNESOTA SWINE EXTENSION.

PQA AND TQA CLASSES HAVE BEEN CANCELED THROUGH MAY 15, 2020.

If your PQA or TQA is set to expire before then, contact one of the PQA/TQA Instructors below:

DIANE DEWITTE

507-384-1745
stouf002@umn.edu

DR. LEE JOHNSTON

320-589-1711 ext. 2117
johnstlj@umn.edu

SARAH SCHIECK BOELKE

320-235-0725 ext. 2004
schi0466@umn.edu

DR. SAM BAIDOO

507-837-5626
skbaidoo@umn.edu

JUNE 10 - MANKATO

PQA PLUS • 9 a.m. – Noon
TQA • 1 – 4 p.m.

Minnesota Pork Office
151 Saint Andrews Court, Suite 810
Mankato, MN

JUNE 24 - MANKATO

PQA PLUS ONLY • 6 p.m.

Minnesota Pork Office
151 Saint Andrews Court, Suite 810
Mankato, MN

JULY 15 - MARSHALL

PQA PLUS • 9 a.m. – Noon
TQA • 1 – 4 p.m.

AmericInn
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Marshall, MN

AUGUST 12 - WASECA

PQA PLUS • 9 a.m. – Noon
TQA • 1 – 4 p.m.

Southern Research and Outreach
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AUGUST 26 - MORRIS

PQA PLUS • 9 a.m. – Noon
TQA • 1 – 4 p.m.

West Central Research and
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NOVEMBER 18 - STEWARTVILLE

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TQA • 1 – 4 p.m.

Stewartville Legion Post 164
1100 2nd Avenue NW
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DECEMBER 9 - MANKATO

PQA PLUS • 9 a.m. – Noon
TQA • 1 – 4 p.m.

Minnesota Pork Board Office
151 Saint Andrews Ct. Ste. 810
Mankato, MN 56001

**Preregistration is recommended for all classes. Preregister by email to colleen@mnppork.com or phone 1-800-537-7675*

2020 PQA Plus Advisor Training Dates

MAY 20, 2020

Minnesota Pork Board Office
151 St. Andrews Court, Suite 810
Mankato, MN 56001

**REGISTRATION DEADLINE:
MAY 13, 2020**

NOVEMBER 12, 2020

AmericInn - Marshall

**REGISTRATION DEADLINE:
NOVEMBER 5, 2020**

**Please find Registration Forms for Advisor Trainings online at <https://www.mnpork.com/pqa-plus-advisor-training/>*



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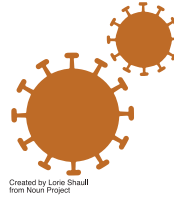
Practical biosecurity recommendations to prevent COVID-19 in farm workers and allied operations

March 19th, 2020

The Swine Disease Eradication center at the University of Minnesota recently released practical recommendations regarding biosecurity measures to prevent the spread of COVID-19 in farm workers and other allied operations.

WHAT IS COVID-19?

Coronavirus Disease 2019, also known as COVID-19, caused by the virus Severe Acute Respiratory



Syndrome Coronavirus 2 (SARS-CoV-2) is a “person-to-person” disease. Efforts must be directed at protecting the health of personnel, and their families, involved in the care of animals, and supporting the operation of the farms, and the overall food production supply chain (e.g., feed distribution, feed mills, slaughter plants, truck drivers, etc). Ensuring the continued operation of swine farms and allied operations is a priority.

SARS-CoV-2 virus spreads rapidly among people, mostly through the

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respiratory route, resembling the spread of influenza. Direct close contact, aerosol spread through droplets and contaminated surfaces are considered the main routes of transmission. To a lesser degree, COVID-19 can also be shed in feces. Currently, there is no evidence that this virus can infect pigs.

RECOMMENDATIONS FOR FARM EMPLOYEES

1. Limit farm entrance to essential personnel or personnel performing essential activities. Exceptions to this must be approved by the farms' biosecurity officer and/or upper management. Essential activities are those required for the care and wellbeing of the animals, workers and facilities, and require prompt attention.
2. Persons who are sick or have signs of illness (e.g. fever, coughing, sneezing, runny nose, tiredness, shortness of breath) should stay home and call a doctor or healthcare provider.
3. Upon entering the farm, immediately wash hands with soap for 20 seconds. Hand sanitizer is recommended if washing with soap is not available.
4. Place special care when disinfecting personal objects that need to enter farms (e.g. cell phones, etc) and all materials entering farms in particular those handled by farm workers. Follow farm established procedures to disinfect incoming materials. Handle the materials with disposable gloves, if available.
5. Avoid close physical contact such as shaking hands or hugging when greeting co-workers.
6. Limit interactions with people outside of work:
 - Avoid travel outside work
 - Do not carpool or limit carpooling to essential situations
 - Limit travel to essential locations (i.e groceries and pharmacies)
 - Avoid large crowds (e.g. church, shopping centers and entertainment events)
 - Follow CDC guidelines at www.cdc.gov
7. In mechanically ventilated buildings or rooms, increase ventilation rates to increase the number of air exchanges of the rooms and hallways (i.e showers, breakrooms, bathrooms). In naturally ventilated areas, open outside windows (while following biosecurity protocols) to increase air circulation in the area.
8. Consider staffing of farms to accommodate different schedules to avoid likelihood of infection of all workers at the same time. For instance, half of the employees work in the morning and half in the afternoon, or half work on Mon-Tu-Sa-Su and the other half on We-Thu-Fri or other schedules that facilitate segregation of personnel while attending the needs of the farm. Keep workers segregated in



designated areas and functions to avoid interactions among them and the potential spread of the virus.

9. Stagger arrival of workers to the farm so they do not congregate in the common air spaces (e.g. entry hallways, showers or breakrooms).
10. Plan break times so that a maximum of 2 workers are in the same room at the same time while they maintain at least 6 feet distance from each other.
11. Avoid having groups of people in the same air space. Limit number of meetings that require face-to-face interactions and consider alternatives such as conference calls or email. When conducting these meetings, limit them to small groups and keep at least 6 feet distance between people.
12. Clean showers and breakroom, and disinfect surfaces regularly.
13. Do not share used materials (e.g towels, kitchen utensils, pens), and wash and dry them between uses.
14. Clean and disinfect common spaces frequently after each group of people, and at the end of the day.
15. Routinely clean all frequently touched surfaces in the workplace, such as workstations, countertops, fridge/freezer doors and doorknobs. Use the cleaning agents that are usually used in these areas and follow the directions on the label.
16. When handling clothing and towels, wear gloves, do not shake the clothes so it minimizes particle dispersion and disinfect clothing hampers.
17. Wash hands frequently. <https://www.cdc.gov/handwashing/videos.html>
18. Wash hands with soap for 20 seconds prior to eating or entering common area spaces. Hand sanitizer is recommended if washing with soap is not available.
19. Avoid touching your face, eyes, nose and mouth with unwashed hands or gloves.
20. If you or a family member test positive, or you suspect that you may have become exposed, let your supervisor know and seek advice on how to proceed. Subclinical infections play a role at spreading the virus.
21. If you are sick, stay home until: At least 3 days (72 hours) have passed since resolution of fever without the use of fever-reducing medications, AND
 - Improvement in respiratory symptoms (e.g., cough, shortness of breath), AND
 - At least 7 days have passed since symptoms first appeared.
22. Follow recommendations posted by the Centers of Disease Control and Prevention (CDC) or Your State Health Department since COVID-19 recommendations may change.



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