



# Cackler

The Latest EFO News

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get cracking®  
Egg Farmers of Ontario

January 2022



Above: Valérie's accomplishments were featured in the Vancouver Sun.

## World-Class Athletes

Several EFO sponsored athletes will be making their mark on the world stage in the coming month.

## EFO SPONSORED ATHLETES FEATURED ON A GLOBAL STAGE

On the slopes, alpine skier Valérie Grenier has been making a name for herself. Results in recent competitions have left Valérie feeling confident and ready for more as a recent story in [The Toronto](#) and [Vancouver Sun](#) described. A recent CBC segment featured Valérie, her life growing up and what led to her becoming a successful athlete. To watch the video, click [here](#).

Joanne Courtney, lead thrower for Team Homan, will join other CBC broadcasters as a commentator during upcoming world-class curling events.

In addition to that, Joanne will join teammates Emma, Sarah and alternate Allie Flaxey are set to compete in the *2022 Scotties Tournament of Hearts* as a Wild Card 3 team. The Scotties are set to take place on January 28 until February 6.

Team Homan skip Rachel Homan will not be with her team during the Scotties as she is set to represent Canada with partner John Morris in mixed doubles events in February 2022.



### UPCOMING BOARD OF DIRECTOR'S MEETINGS:

- February 2 & 3 (via Zoom)
- March 2 & 3 (via Zoom)

## IN THIS ISSUE

Updates from the January 5 and 6 Board of Directors' Meeting

In the Zone:  
The Spirit of Giving

Recipe of the Month:  
[Egg Salad Lettuce Wraps](#)

Farmer Updates:  
Important Updates and Reminders You Need to Know

# INFORMATION *update*

## Business Highlights of Egg Farmers of Ontario (EFO) from the January 5 & 6, 2022 Board Meeting

### Egg Market Update

Rising COVID-19 cases in Ontario and across Canada have caused a return to public health restrictions and increased market uncertainty. Processed egg markets have been set back again since Ontario returned to a modified version of Step Two of its *Roadmap to Reopen Ontario* on Wednesday, January 5th, 2022. It is hoped these restrictions will be temporary, but they will be in effect until at least January 27th, 2022.

As has been the case through the pandemic, it is anticipated that the shell market will remain strong but the closures will mean lower processed egg demand.

The overall market was close to balanced heading into the Christmas period. Positive trends had resulted in eggs in storage being eliminated by Christmas, but the shift in markets this week show higher than average Industrial Product (IP) declarations and a forecast for about 44,000 boxes of eggs to be in storage by the end of next week.

To manage the market imbalance in the short term, EFO is working with processors again to move some eggs to alternative markets. Logistics to support other uses, such as donating smalls and mediums to food banks, are also being developed.

In the event that public health restrictions continue beyond current government projections, removing production through a round of Early Fowl Removal (EFR) may be necessary to manage the situation, if directed from the national level.

The market will continue to be monitored closely and contingency plans will be in place to use the tools available to balance the market if conditions require further actions.

### EFO extending adoption date for revised national Animal Care Program

In November, Egg Farmers of Canada finalized the revised National Animal Care Program that all provinces have committed to adopting within a period of up to 18 months. The EFO Board approved extending its previous adoption period of 12 months and will require all Ontario farmers to be in compliance with the requirements of the updated program by May 1, 2023. This will put Ontario farmers on equal footing with farmers in other provinces in adopting the new program.

### Decision on format for 2022 Annual General Meeting at February Board meeting

The Board will be finalizing plans for the 2022 EFO Annual General Meeting at its February Board meeting.

As previously announced, plans are in place to hold the meeting at the Fallsview Casino Resort on March 29 and 30. In the event that there are COVID-19 restrictions in place and EFO is not able to host the meeting in person on March 29 and 30, a webinar will be scheduled on March 29 from 10 am to 1 pm.

### Pullet Director election January 25

The Board approved a virtual meeting to elect EFO's Pullet Director for the 2022-2023 term be held via Zoom on January 25. A pullet meeting (without election) may still be held at the Annual General Meeting if the event is held in person. Invitations and further details will be sent to all newly-elected Pullet Councillors when the Zone election meetings have been completed.

### Updates to protocols for EFO farm visits

The board approved minor revisions to EFO's Field Visit Protocol that are in place to protect farmers, their employees and EFO staff. The updated directive will be posted on the EFO portal and will detail the measures

and requirements that have been put in place to ensure the health and safety of all farm and EFO employees.

One change in the protocol is the requirement that masks must be worn by farmers as well as EFO staff to protect everyone's health. These requirements must be followed during all EFO visits. If it is not reasonable or practical to follow these requirements, alternate controls must be put in place that meet or exceed the intent of these requirements. Due to the ever-evolving landscape of this pandemic, it is important to continue to ensure that all current local and provincial public health requirements are followed at all times.

### Reminder about pullet reporting requirements

Pullet farmers are reminded that with the move to acknowledging day-old numbers on EFOOnline, the former day-old reports are no longer required, but the two, 10 and 19-week reports still need to be filed using the existing reporting method.

### Have back up plans for COVID-related disruptions

The COVID-19 situation may continue to cause sporadic disruptions for suppliers and EFO is committed to working with our farmers and stakeholders to mitigate business disruptions until our supply chain is able to return to business as usual.

All farmers have received a message recently from Maple Lodge regarding COVID-related service disruptions. While it is hoped this situation will be short-term, it does reinforce the importance of maintaining back up plans with alternative options for end-of-lay flocks.

#### With This Issue

- EFO Field Visit Protocols
- New Farmer Wellness Initiative News Release
- *denotes to egg & pullet farmers only*

## IN THE *Zone*



Above: Screen capture of eggs being loaded up for delivery to the Salvation Army.

### Supporting those in need, one egg at a time

An egg donation by Tonya Haverkamp, Zone 6 Director and local egg farmers was the feature of a recent news story on CTV London. The eggs were provided to Listowel's Salvation Army during a time when demand is especially high at food banks.

The shipment of 255 dozen eggs was received just before Christmas, providing those in need with the fresh and healthy protein. The eggs were provided by Gray Ridge Egg Farms.

To watch the full story, visit <https://london.ctvnews.ca/thousands-of-dozens-of-eggs-among-farmers-gifts-to-those-in-need-1.5719279>.

# 2022 Zone Election Results

The following Egg Farmers of Ontario (EFO) Directors were re-elected for the 2022-2023 term during their recent virtual Zone meetings.

Zone 1 - Scott Helps

Zone 2 - Lorne Benedict

Zone 3 - Dan Veldman

Zone 4 - Roger Pelissero

Zone 5 - Brian Miller

Zone 7 - Scott Brookshaw

Zone 8 - George Pilgrim

Zone 9 - Ian McFall

Zone 10 - Marcel Jr. Laviolette

Current Zone 6 Director Tonya Haverkamp decided not to allow her name to stand as a Board Director for the upcoming year. EFO welcomes Sally Van Straaten as a new Director to represent egg and pullet farmers in Zone 6 beginning April 1. EFO's Board and staff would like to thank Tonya for the time, effort and dedication she has shown while on the Board and the Executive; her contributions, insight and hard work are appreciated.

The Pullet Director election will take place via Zoom on January 25 at 1 p.m. Invitations will be sent to newly elected Pullet Councillors.

## Farmer mental health support line now live

On January 1, a telehealth line to support Ontario farmers and their families became available. The line provides mental health support with counsellors available in both English and French.

Ontario farmers can call the line at any time of day, which is open 365 days a year. It was developed and launched by the Canadian Mental Health Association – Ontario Division along with the Ontario Federation of Agriculture.

If you are an Ontario farmer or family member and need help, call 1-866-267-6255.

For more information about this initiative, see the attached New Farmer Wellness Initiative New Release that is included as an insert this month.

## Reminder: On-farm third party vendors

All egg and pullet farmers are reminded to follow farm security and visitor protocols at all times when any work is being done on your property. As part of this, ensure your employees are educated on the process for checking in and escorting visitors. As an additional precaution, visitors can be requested to sign a waiver prohibiting them from taking photographs and/or video.

If you have any questions or concerns about this, please contact Bill Mitchell, Director of Public Affairs ([bmitchell@getcracking.ca](mailto:bmitchell@getcracking.ca)) or on his cell phone at (519) 897-3440.

## RSS FEED: DON'T MISS OUT ON IMPORTANT UPDATES!

A feature of the farmer website, [www.getcracking.ca/members](http://www.getcracking.ca/members), offers a Rich Site Summary (RSS). This is a format for delivering regularly changing web content.

Egg and pullet farmers who subscribe to this feed will receive any updates to the website via email on a weekly basis.

Please visit [www.getcracking.ca/members/member-farmer-news](http://www.getcracking.ca/members/member-farmer-news) to sign up.

### Holiday Notice

EFO will be closed on Monday, February 21, 2022 to celebrate Family Day.

In case of emergency, please contact Ryan Trim at 905-464-6590 or Ryan Brown at 289-834-4582.

## POLICIES AND PROCEDURES NOTICE

Reminder: New policies and procedures will be updated and posted on EFO's farmer website at [www.getcracking.ca/members/operations-quota](http://www.getcracking.ca/members/operations-quota) as they come into effect.

Policies, procedures and documents posted on EFO's farmer website contain the most up-to-date versions and should be used for all policy interpretation and quota transactions.

Please check this site frequently to ensure you have the most recent information.

## PRODUCTION STATISTICS

(in boxes of 15 dozen)

### Ontario Production (week ending #44)

2021 – 16,874,310

2020 – 16,018,614

### Ontario IP (week ending #44)

2021 – 3,622,130

2020 – 2,985,882

### Ontario EFP (week ending #44)

2021 – 493,086

2020 – 955,886

### US Shell Egg Imports to Ontario (week ending December 11, 2021 - #50)

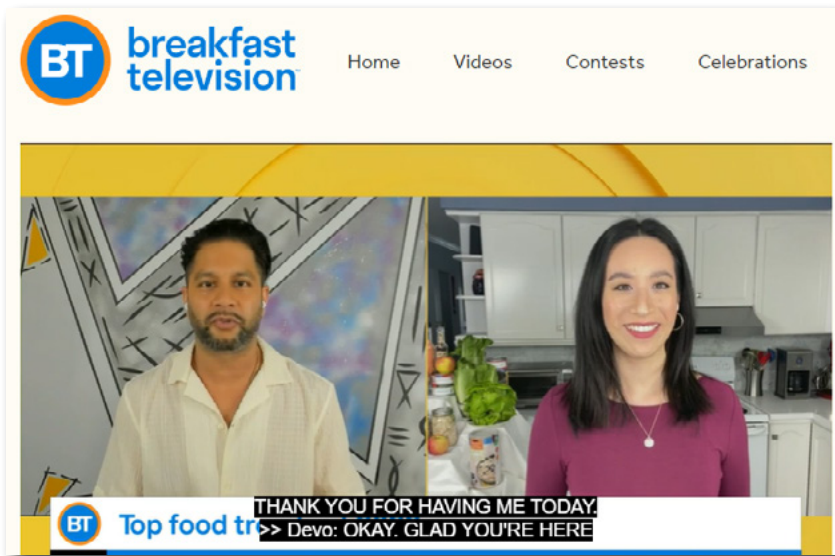
2021 – 1,511,552

2020 – 1,312,005

follow us online!



# NUTRITION TRENDS



Nutrition outreach was off to a great start early in the new year, with Registered Dietitian Michelle Jaelin featured on *Breakfast Television* (Toronto) January 11.

Egg Farmers of Ontario (EFO) sponsored the segment during which Michelle discussed health food trends for 2022 and how to incorporate healthy eating into your meals. With food prices rising, Michelle focused on a back-to-basics approach to meals, using affordable, basic ingredients, like eggs.

During the segment, Michelle demonstrated the versatility of eggs by making a Mediterranean-inspired quiche and directed viewers to the recipe on [getcracking.ca](https://www.getcracking.ca).

This segment is part of a series of television segments that EFO has coordinated with Michelle throughout 2022 as part of our nutrition strategy.

To view the segment, visit <https://www.breakfasttelevision.ca/videos/tap-into-these-top-food-trends-of-2022/>.

# FARMER UPDATES

## IMPORTANT NOTICE: Alternative Plans Required

In response to COVID-19, EFO strongly urges all farmers to develop an alternative plan for end-of-lay flocks. Staff absences and isolation requirements at processing facilities, related to the surge of the Omicron variant in Ontario, have contributed to a significant number of schedule disruptions.

Several options are available as a backup, but keep in mind there may be a higher demand for these alternatives, so these plans must be made well in advance.

To help with making alternative plans, visit the Ontario Ministry of Agriculture, Food and Rural Affairs' website [Information Resources for Poultry Producers](https://www.ontario.ca/page/information-resources-for-poultry-producers) or contact Ryan Trim, EFO Director of Operations – Interim ([rtrim@getcracking.ca](mailto:rtrim@getcracking.ca)).

## NOTICE: IMPORTANT FIELD PROTOCOLS

In response to COVID-19, a number of measures have been updated or put into place by EFO to ensure that all employees and farmers are working in a safe and healthy environment. The full protocols are covered in the Field Protocols document included as an attachment this month. This includes recommendations on scheduling appointment times and requirements during field visits.

**Please note - it is now required that face coverings must be worn during EFO on-farm activities – for farmers and EFO employees!**

Current Ontario labour laws dictate that employers must take every reasonable precaution to protect the health and safety of all workers. This includes protecting workers from the hazards posed by infectious diseases such as COVID-19. In order to comply with provincial labour laws, while also including obligations of the Workplace Safety and Insurance Board, EFO requires all farmers and staff wear a face covering during on-farm visits including inspections and audits.

For more information on COVID-19 and the Occupational Health and Safety Act, please visit <https://www.ontario.ca/page/covid-19-coronavirus-and-workplace-health-and-safety>.

## With our condolences

Egg Farmers of Ontario (EFO) would like to offer our sympathies to the Beaven and Gerber families on the passing of their loved ones.

**Cecil Beaven, past EFO Field Inspector, passed away on December 23, 2021 in his 88th year. He is survived by his wife June, children, grand children and great-grandchildren.**

**Glen Gerber (Zone 6) passed away December 25, 2021 in his 52nd year. He is survived by his wife Karen and their children.**

**Our thoughts and prayers are with both families during this difficult time.**



# MONTHLY recipe

## EGG SALAD LETTUCE WRAPS



Servings: 4  
Prep Time: 15 minutes

### INGREDIENTS

Pickled Red Onions  
1 small red onion, halved and thinly sliced crosswise  
¼ cup apple cider vinegar  
2 tbsp water

Egg Salad  
6 hard-cooked eggs, coarsely chopped  
5 slices bacon, cooked and chopped  
⅓ cup mayonnaise  
¼ cup diced celery

1 tbsp grainy dijon mustard  
1 head Boston Bibb/Butter lettuce, separated into leaves  
2 tbsp chopped chives  
pepper to taste

### INSTRUCTIONS

**Pickled Red Onions:** Place sliced onions in a small jar. In a microwave safe bowl, combine vinegar and water; microwave on high power for 45 seconds or until hot. Pour over onions to cover. Let sit for 30 minutes or cover and refrigerate for up to 2 weeks.

**Egg Salad:** In a large bowl, place eggs, bacon, mayonnaise, celery and Dijon; stir to combine. Spoon onto lettuce leaves; top with drained pickled red onions, chives and pepper.

*“eggs-pert” advice*

**TIP:** For a flavour variation, add curry powder to taste to the egg salad - use a little or a lot. It's up to you!

## EGGS IN THE NEWS

### Support service for farmer wellness now available

Farms.com  
January 3, 2022  
by Andrew Joseph

A new telephone line for mental health support is now up and running, available to all Ontario farmers and farm families.

Via the Farmer Wellness Initiative, the Ontario provincial and federal governments are providing access for up to four free counselling sessions with a mental health professional for all farmers across the province, including members of their family.

All of the mental health professionals have received training to understand the unique needs of Ontario farmers.

Available 24 hours a day, 7 days a week, 365 days a year—in both English and French—call 1-866-267-6255 to speak to a counsellor.

Developed and launched by the Canadian Mental Health Association – Ontario Division in partnership with the Ontario Federation of Agriculture (OFA), this service is provided by LifeWorks.

Peggy Brekvald, President of the OFA added: “The mental health of our farmers is a top priority for the Ontario Federation of Agriculture. Getting this phone line operational is a big first step in a larger, multi-year program that will facilitate easier access to much-needed mental health services for all farmers and their families.”

The support line will enter callers into an intake process to arrange counselling sessions with a mental health professional available by phone, virtually, or in-person subject to public health restrictions. All information received through counselling sessions is confidential and in accordance with the Personal Health Information Protection Act (2004).

This initiative is funded by the Canadian Agricultural Partnership program in partnership with Ontario Ministry of Agriculture, Food and Rural Affairs and Agriculture, and Agri-Food Canada.

“Providing farm families across the province with free counselling services and helping connect at-risk farmers with tailored support and resources is a greatly welcomed service in rural Ontario,” summed up Brekvald.

# outreach **UPDATES**

## EFO encourages kids to *Get Cracking* in the kitchen



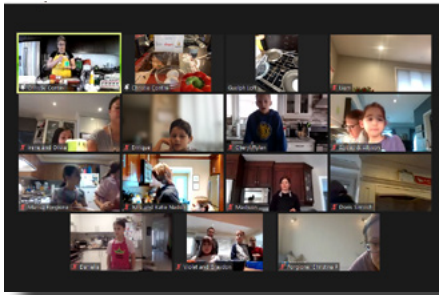
EFO recently worked with popular GTA supermarket chain Longo's to promote eggs in a series of virtual cooking classes. EFO chose the timing of the classes to align with the school Christmas break as a fun activity for families.

Three classes, designed for kids with the support of a parent, were held on December 28, 29 and 30 and were hosted by Longo's Chef Christie Contini. The classes were held each day from 11:30 a.m. to 1:00 p.m. and featured a different theme each day: Baking Eggs-entials; Eggs for Dinner; and Eggs-citing Mexican Vacation.

Recipes used during the classes were provided by EFO and included kid-friendly favourites such as *Crispy Egg Quesadillas*, *Churro French Toast Roll Ups* and *Mini Red Velvet Cupcakes with Meringue Frosting*.

During the classes, participants had the chance to win fun "eggy" prizes, including oven mitts, an apron, fry pan, snack keeper, salt & pepper shaker, whisk and spatula. Following each class, families could also receive a microwave egg cooker package simply by emailing EFO's Public Affairs department.

Throughout the sessions, Chef Christie kept the kids engaged and entertained with egg jokes, fun cooking facts and questions while providing safe food handling tips. She also invited families to visit [getcracking.ca](http://getcracking.ca) for more fun recipes to make and enjoy as a family.



*Left (top): Chef Christie shares with participants fun egg prizes.*

*Left (bottom): Screen shot of students during the December 30th class.*

Zone	Director	Email Address	Phone
1	Scott Helps	shelps@ymail.com	519-464-2744
2	Lorne Benedict	lbenedict@eastlink.ca	519-281-3321
3	Dan Veldman	dveldd@gmail.com	519-801-5216
4	Roger Pelissero	rpelisseroeggs@gmail.com	905-984-0279
5	Brian Miller	bwmiller@quadro.net	519-521-1325
6	Tonya Haverkamp	tutzhaverkamp@hotmail.com	519-274-2574
7	Scott Brookshaw	scott@grayridge.com	519-671-7568
8	George Pilgrim	georgepilgrim@hotmail.com	905-376-6869
9	Ian McFall	imcfall@burnbraefarms.com	613-498-8526
10	Marcel Jr. Laviolette	marcel@falaviolette.com	613-806-2847
Pullet	Alvin Brunsveld	brunsvelda@gmail.com	519-319-1874

## JANUARY INSPIRATION

**"If you look really closely, most overnight successes took a long time."**

- Steve Jobs



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### EGG FARMERS OF ONTARIO MISSION STATEMENT

Egg Farmers of Ontario is a farmer-run organization that manages the supply and orderly marketing of eggs so consumers can enjoy fresh, local, safe, high-quality protein produced under farm farm pricing.