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EDITORIAL

Welcome to our April newsletter. The last couple of months have been relatively quiet for us in terms of practical evaluation work though we have been working behind the scenes, if you like, to edit our book "The Vision Tender". It is nearly 9 years since we last edited it and I feel we have learnt more that will warrant some additions and changes to the last edition. Whilst these changes will not change the basic system itself and the traits that we have always focused on, I have added some of the minor updates we have made to how we are now implementing the system such as the introduction of the Primary grading system as the first step in the overall evaluation system. I have also added more on linear measuring as we get to understand it better and especially its value in identifying productive and efficient breeding stock. I have also added a number of the articles that have appeared in newsletters over recent years that I feel add to the value of our system.

Some information on the company's plans and activities have been removed as unless you are specifically interested in the company itself, they have little to do with the actual evaluation and what traits to consider during the grading and selection processes.

We have also been spending time planning and preparing for another course on our system in the first week in May near Armidale in New South Wales. So far the response has been a little disappointing and I am not certain that we will get enough interest to go ahead at this stage. I realise that it takes planning and commitment to get away for nearly a week to attend such as course and we are looking at alternative ways of presenting it. However, the 5 continual days does provide for an intensive, fully focused course where participants can focus totally on the system with plenty of opportunity for practicing the selection and evaluation of all traits on an individual basis that is not possible in a shorter time frame. For us, it is a matter of providing opportunities both for those breeders who are interested in adding more tools to their cattle selection "tool boxes" and for people who are interested in becoming CLMS livestock evaluators and becoming accredited contractors within our system.

In this edition of our newsletter, it is not so much directly about cattle, but a little more about human health and how we manage ourselves and think about the decisions we make on a daily basis.

WHAT'S (BEEN) HAPPENING

* As mentioned above, we are currently planning another 5 day evaluator training course from May the 2nd. to the 6th. at "The Gums", near Armidale in New South Wales. We are hoping to make a final decision on whether we go ahead with the course by the 12th. April so if you can make it, please let us know as soon as possible so that we can finalise procedures. The course that was held last October in Nanango was quite successful and the feedback from participants has been positive so we hope that you are in a position to be able to support us with this planned course in May. Those who attended felt that the investment in time and money that they made for that course was well worthwhile. It was a quite intensive few days with a lot of information on a range of topics presented for those who attended to take on board. We had 10 full time participants so for us it was a worthwhile exercise in all ways.

The aim of these 5 day courses is two fold in terms of what those present can to achieve. Some are keen to have the time to focus on the traits that we look at and so they can identify these traits more easily in their own herds whilst others are interested in becoming CLMS Evaluators. As far as becoming an evaluator for us is concerned, broadly speaking, we need people to complete the training course and then they will work with either Albert Hancock or myself in the field evaluating with us until they become confident and competent in using the system on their own. We would then contract them to evaluate herds for us. We will support them by holding field days in their general areas to promote the system and encourage local producers to use their services.

*I just wanted to confirm again that the ultrasound machine is up and working for anyone who is interested in having their cattle bone scanned for bone shape re tenderness.

* We are still very keen to hold more field days in localised areas over the next few months so if you would like one in your area, please let myself, Albert Hancock (0267334666) or other company directors know and we will get it under way.

* During the next three months I will be heading into Central Qld. to do some evaluations for breeders in that general area as well as visiting New South Wales to meet clients. I also plan to attend at least a couple of days of the International Brahman

Conference in Rockhampton from the 16th. to the 21st. May and a couple of the major 3 day machinery field days in Qld in June/July.

* We are also planning a 1 day field day at Clermont Showground in Central Qld. around mid-June, probably Friday the 17th. at this stage. I will confirm this when we have a firm booking for the venue.

*The Coodardie Brahman Stud is holding their 40th. Anniversary sale on Wednesday the 7th. September at the Mataranka Showgrounds and I will be travelling to Coodardie in July to assist with the selection and evaluation of bulls for that sale as well as attending the sale itself in September. I would recommend attendance at this sale for anyone interested in improving the quality of their Brahman herds in particular. The Coodardie stud is based on Cherokee bloodlines and the O'Briens have kept it as a closed herd pretty much for all the 40 years they have been breeding.

*We remain keen to get some marketing of graded cattle going and are happy to advertise for any of our clients here in the newsletter.

*We also have breeders interested in purchasing well-muscled Red Poll bulls.

*If you have any topics on cattle that you would like us to discuss, clarify etc. please let me know so we can do so in future newsletters. The aim of these newsletters is to provide you, the producer, with relevant and useful information about your enterprise and your animals and I don't want to waste your time etc. with topics that are irrelevant.

EXTERNAL HEALTH IMPACTS

I would like to continue some discussion we have mentioned previously in regard to the importance of becoming more aware of how we are managing our eco system and environment in a way that is both regenerative from a soil perspective and a human survival perspective. We have talked previously about what impact things like producing lower butterfat milk, fat low in omega 3, meat that is grown with the use of hormone growth promotants and so the list goes on, have on human health. The main challenge or difficulty with these things and the use of a whole range of chemicals in our lives today is that they most likely have a cumulative effect on our bodies that could take generations to become evident by the changes in our health that

they may cause. Unfortunately, very few scientists or companies who work in this area have the time or money to do anything but short term research on the impact of their products and often the real impact is not detectable in such a short time. We have already documented examples where this has and is still happening.

We have previously touched on the impact that genetic modification of plants and animals has had on human health and whilst we are not advocating the banning of these practices as being out of hand, I believe that we will not see the full impact of some, at least, of these practices in our lifetime and whilst scientists continue their work in these areas, let us hope that they are finding ways of ensuring that they have complete benefits to our health. We have also touched on the use of chemical fertilizers and their impact on soil life and micro-organisms.

Now I would like to add a little about chemicals used for weed and pest control in agriculture today and particularly weed control using glyphosates. This chemical has been extremely successful in controlling a wide range of weeds and in many ways has been a godsend to many agriculturally based enterprises. However, we now need to ask at what cost to human health?

Glyphosate residues are being detected in our food and bodies today even when they are used strictly according to the maker's recommendations. Glyphosates are not necessarily protecting our environment, one of the claims promoted by its makers. Weeds have not all always necessarily been weeds. With changes in agricultural practices, the use of different plants has evolved and changed. Weeds used to be an important nutritional and medicinal source for many animals and insects as well as for pollinators and were natural enemies for many pests as well. They are not all destructive.

Another consideration now is also in regard to the increasing resistance issues that are occurring and therefore the need to develop new products whose side effects are largely also going to take a long time to evolve.

Research is emerging that demonstrates that both glyphosate, the active ingredient in Roundup, and gluten, promote gaps in the walls of the intestines which can be the precursor to chronic inflammation. Chronic inflammation acts as the root cause of chronic disease and has been associated with some of our modern day "epidemics" such as autism,

Alzheimer's, cancer, diabetes, irritable bowel syndrome etc. It affects things such the role of gut bacteria, redox molecules and loss of communication between cells in relation to disease and health disorders. Glyphosate, the active ingredient in Roundup herbicide, dissolves and opens the tight junctions between gut barrier cells in the small intestines. It is these tight junctions that keep out what should not be in your circulatory system.

Intestinal permeability, also known as "leaky gut", is linked to inflammation and a long list of chronic and acute conditions from autism to cancer, from gluten sensitivity to brain fog.

The good news is that research has also been done that gives rise to the concept that carbon redox molecules, which come from soil up to 50 million years old, stops the production of Zonulin, which is a protein that opens the intestinal tight junctions. It is also known to decrease NF-Kb, an inflammatory pathway known to play a key role in metabolic disease like obesity, type 2 diabetes and inflammatory bowel disease. This highlights the care we need to take of our soil and encourage the natural growth of soil bacteria and micro-organisms. It also highlights the holistic balance between how we manage our soil and the end results that it can have on our human health. It shows that Mother Nature has its own remedies for at least any negatives that occur naturally. It is the artificially introduced ones that are causing the imbalance and as producers we have a responsibility to future generations to ensure we play a positive role in maintaining the natural balance.

BREED OF THE QUARTER

WHITE ANGUS

I thought it would be interesting to draw your attention to the latest "new breed" of cattle to hit the publicity columns and particularly to see the processes and publicity used to promote it over the next few years. We are all familiar with the traditional Angus cattle along with the Red Angus, grey Angus mutation (Murray Grey) and now it seems that we have a white angus.

Apparently it happened by way of a genetic accident, but a herd of White Angus cattle is contentedly grazing the pastures at the University of Florida Range Cattle and Research Center at Ona, Florida, USA.

The cattle are not pure Angus, but a composite that is genetically three-fourths black Angus but with a white hair coat and dark skin. The remaining fourth is a combination of black Angus, Charolais, Brahman and Simmental that are the result of a breeding program at the above university that commenced in the early 1990's.

The aim was to breed a white haired or coated animal with predominantly Angus breed characteristics that was more heat tolerant and therefore more productive in warmer climates. Whilst the above mentioned breeds were the main ones used in the breeding program, gene editing was used to introduce the white hair gene from Silver Galloway cattle and the short hair gene from Senepol cattle to the mix. The Silver Galloway has the white hair on a dark skin which assists with reducing sunburn in hot climates. It is a genetic combination that offers some significant advantages in warmer climates. One study found that the Ona White Angus heifers had an 83% greater sweating rate compared with black Angus heifers allowing them to cool themselves during instances of heat and humidity pressure.

The origin of the White Angus line at the Ona research centre could well be attributed to an accident as the breeders admitted that they did not fully understand the traits that resulted in this distinct phenotype. It was a case of some experimentation and trial and error to eventually get the combinations right so that the genetics are such that the hair colour is now 100% predictable.

There has been interest in the project for some time in countries such as Brazil and Australia with their warmer climates. It will be interesting to see how the use of this new breed assists to increase the production of beef in warmer climates as the global demand for it increases.

The aim is for the addition of Angus genetics to help increase rate of gains for Nelore (Brahman) cattle in Brazil. Angus cattle can gain on average 17 – 22 kg. (35 lb. to 45 lb.) per month versus Nelore cattle at 7 – 8 (15 lb. to 17 lb). The Ona White Angus may be able to provide reproduction and meat quality advantages of the Angus, while retaining the environmental adaptation and longevity of the Zebu. Zebu breeds, such as Brahman, adapt well to tropical and subtropical environments, which make them ideal for Florida, parts of Brazil and Australia and Africa.

However, some Northern Australian beef producers don't believe that the gene editing technology to breed white Angus cattle with increased heat tolerance is going to change the face of northern Australia beef production any time soon.

They explain that heat tolerance is just one component of adaptation and the science has not addressed issues like reproductive function, tick and internal parasite resistance or even the logistics of introducing the genetics into the region. Another factor to consider is the potential market and consumer resistance to beef from animals resulting from the use of gene editing. They also feel that within reasonable limits of heat and parasite burdens, Angus genetics had already been widely embraced throughout northern Australia mainly through crossbreeding and/or composite development to incorporate Angus benefits, particularly meat quality, fertility and polledness, with attributes of more tropically adapted genotypes such as tick resistance and heat tolerance.

Process versus content

At the risk of boring you to tears, I thought I might discuss some things about how our minds work as a bit of a change this quarter and hopefully make it as logical and easy to follow as possible. It might even be useful for you in understanding a bit more about how our brain works if you are not already aware of this information. It is also really useful in changing the way we think about the decisions etc. that we make on a daily basis in our lives.

I would like to start by considering how we use our five senses as the basis for all we experience, learn, see, hear, feel, do etc. They are basis of all we do, are, etc. Each of us are dominant in one of our senses, though that can change when our environment or something in our lives changes significantly. About 40% of us are dominant visually, about 40% are dominant kinaesthetically (feeling), about 20% of us are dominant with hearing and about 1% are dominant with taste and smell senses. Whilst the latter two are not strong primary senses, they are quite strong secondary senses.

As with a number of things, (including our values which I discussed in an earlier newsletter and in our book) they have internal and external parts. With our visual sense, the external part refers to all the things we see outside and around us including the details such as the shapes, sizes, colours etc., of the

landscape, our car, our house etc. The internal part refers to the pictures in our minds and also includes the detail of shapes, sizes, colours etc. With feelings, the external parts are the feel of what we are touching, its softness or hardness, its looseness or tightness, whether it is light or heavy etc. The internal part refers to all our emotions and the related detail like the above and their intensity etc. With our external auditory sense, we are talking about the sounds around us, motor vehicles, conversations with others, animals etc. and the tempo, loudness or softness, pitch, direction etc. of the sound. The internal part of our auditory sense refers to what we are thinking, the voice or voices in our heads and again the detail of the voices, their loudness or softness, pitch, tempo, direction etc.

Now as smart as our brains are, they can't really tell the difference between what is happening inside and outside our heads so we can use that to our advantage in making changes in our lives. We can't change past events, but we can change the perception (and intensity) that we have of them now.

I would like to provide a small exercise for you to practice now to demonstrate this and how we can change how we feel, think etc. Picture something in your mind's eye that you are very familiar with like your car or house. See the detail i.e. the shape, size colour etc. Now change the colour from what it is now to your favourite colour or if it is already your favourite colour then make it a colour you don't particularly like. Now note how your feelings or thoughts might change about the object after you do this. Do the same thing by changing the shape and size of the object you are seeing. Are your thoughts and feelings better or worse? What had most impact on those changes? Was it changing the colour or the shape or the size? I can guarantee that something changed for you. It may take a little practice to find out what it was because this is not something we do or more likely are aware of. Basically, it is about getting a greater understanding of the awareness of what is happening for us and how it is happening.

By the same token, you can do the same thing with your thoughts when you become aware of their detail, of how they are operating in your mind. When your thoughts are racing, try slowing them down or speeding them up more so they are just a blur or make them louder or quieter. Keep experimenting until you find one of those things that make a difference. Alternatively, become aware of

the picture(s) or movie associated with those thoughts and change something in the visuals and see how that changes things.

This ability to make changes is called the process as against the content which is what we are thinking about and usually that is where we get bogged down and what causes us to have negative emotions and results in us being controlled by things like stress, anxiety, depression, fear, anger etc. The content is the story, what is happening for or to us to cause us to think, see internally and feel the way we do and it does change with environmental etc. changes. However, if we are not careful, we develop patterns around this content that are not always going to give us a good outcome. Changing the place we are or the story usually doesn't work that well. How we can make a more impactful change is by changing the processes we are using. So when we become aware of what we are seeing, thinking and feeling internally, we can do as described earlier and find part or some of the detail that we can change. Usually, it is our thoughts that we are most aware of in these situations so if we can change our thought pattern by making them quieter, faster or slower and becoming aware of whether they are going clockwise or anti clockwise etc. it means that we are starting to get some control back over them. Again, it would be an advantage to be able to also become aware of how we are feeling and what we are seeing at these times and making changes in these senses as well. Seeing the pictures or movie that is related to thoughts that we are currently having is very useful because we might be able to see what is happening visually as well. We might be able to change the picture(s) from colour to black and white, or put a border around them like a picture frame and again that is telling our mind that we are getting some control back again and we can continue to make more changes that are useful for us in getting a better life.

By the same token we can use this process to develop goals etc. that we have for the future. I am sure you all do that now, but how aware are you of what you are doing? Much of it you do unconsciously or automatically based on past patterns. By becoming more aware of the above processes you can add more flexibility and control to your thinking processes. Would it be more useful for you to become more consciously aware that you can make and control these choices that you may or may

not know that you have? See how it adds to your choices and final decisions when you look at pictures in your minds, for example, through a wider range of colours, shapes or sizes etc.

The other complimentary part of doing this is to also change the way you ask questions. Again, we tend to ask the same questions and our brain automatically gives us the same old answer. I have also discussed and listed a range of different ways of asking questions in earlier newsletters and in our book. However, at the risk of repeating myself, and because it is so important and so powerful in assisting us with decision making etc. I have added a few examples hear.

Ask where, when and with whom specifically do you want this outcome?

Also where, when and with whom do you NOT want this outcome?

How will it affect relationships with family, friends, work, hobbies, sport, social life etc.?

How do you feel about it? What emotions are most effected and in what way?

What problems could be caused by this change?

Will this change get only the desired outcome?

What will be lost by having this change?

What would happen if we did this change?

What would happen if we didn't?

What won't happen if we do?

What won't happen if we don't do it?

Why would you not want to make this change?

Are there any areas in your life where you would not want this outcome?

When we ask the same question all the time, our brain just goes into automatic answering mode and gives us the same answer. However, if we just change as little as one word in the question, our brain interprets that as a new question so goes away and finds a different answer.

We can ask what prevents us from having our desired outcome right now?

What would happen if you had it right now?

What would happen if you didn't?

What causes your present state to remain?

During the process you are using, you can ask if there is any area in life in which this change would not work.

I hope this is useful and I apologise for not having more on cattle for you this quarter. However, I think variety is the spice of life so please bear out my indulgences.

WEIGH IT UP

The average meat-to-bone ratio in Australia that processor buyers work on is around 67%. If we have a bull that can produce offspring with a 5% greater meat-to-bone ratio, what does that do for our bank account? A 250kg hot dressed weight carcass at 67% meat-to-bone ratio gives us 167.5 kg of meat to sell. A 72% meat-to-bone ratio on this 250kg carcass gives us 180 kg of meat to sell. That is 12.5 kg more meat to sell that will bring an extra \$68.75 if we work on a conservative average price of \$5.50 /kg average hot dressed weight selling price. If we have, say, 200 head to sell per year at this rate then we add an extra \$13,750.00 to our bottom line for no extra cost. If we do more of our own marketing and sell at an average of \$12.00 per kg. then the extra income becomes an extra \$150 per head. You can change the figures to suit your own enterprise or circumstances. However, this clarifies the importance of having the correct type of bull to produce meat in the right places on the carcass e.g a heart girth the same length or greater than the full top line length and bull's shoulders need to be a minimum of 3 - 4 inches wider than his rump length at 18 months of age. If that bull stays in your herd for only two years, you can see the added value he gives you. There are bulls out there capable of producing 72% or more meat-to-bone ratio offspring especially if they grade 3 or better for tenderness. Of course, we have to have a herd of cows that are as good as we can select.

I would welcome any feedback from you on any subject that is discussed in this newsletter. I have had some feedback over the time we have been publishing it and it is most appreciated and helpful. Please keep the feedback and comments coming.

Thank you for your continued interest in our newsletters, our website and our book. Please feel free to order one of our books and become familiar with the CLMS system and the directions we are taking in the overall scheme of animal and food production for human consumption

PLEASE FEEL FREE TO CONTACT US ABOUT ANY ITEMS IN THIS NEWSLETTER, ON OUR WEBSITE OR IN OUR BOOK. WE WELCOME PRODUCER INPUT AND INTEREST AND WANT TO INVOLVE YOU IN WHAT WE ARE DOING.

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