



# ANDDA

American Nigerian Dwarf Dairy Association

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## Organize for a Successful 2024!

Organizational skills are tools that help keep things in order and focus on what needs accomplished. There are a myriad of ways to stay organized, and it takes time to learn what works best for each individual.

You may feel there isn't enough time in the day to get everything done. That is where time management comes in, the most important part of organization.

A planner or calendar are an effective way to keep track of events and important dates. It can be a hardcopy, like our annual ANDDA gestation calendar, or online like the apps on most smart phones. Smart phones can be set to send an alarm on deadlines and can be immediately updated. Many people use a combination of both in the event of a technology failure.

The type of calendar isn't as important as knowing which one will be utilized most often. While it takes time to begin, once all of the important dates and events are entered, it will become easier going forward to track and schedule.

Some people, like those with certain types of ADHD, are more productive when they are able to clearly see tasks. Hanging a calendar in a prominent place will help with keeping tasks front-and-center for those individuals.

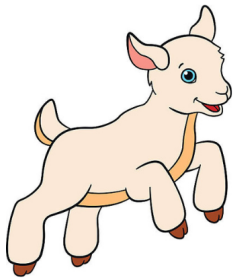
Planners and calendars need attention to work effectively. Whether you update daily, weekly, or monthly, it must be checked often to make sure important dates aren't forgotten. If it is overwhelming to have a planner with one day per page, select one with a week or monthly view. Sometime the expectation of writing something down for 365 days is overwhelming so choose a different planner.

A To-Do list can also play an important part in organizing time. Write down everything that needs done in order of importance. Crossing off items can be a motivator whether that is starting with the most difficult task first or an easy one. Visually seeing the list getting smaller can send a psychological boost to finish the chores.

Developing good organizational skills helps reduce overwhelming feelings of anxiety. Knowing when things are due or need completion can help you accomplish more of your 2024 goals.

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# KID'S KORNER



ANDDA Youth Ambassador Evey Burchett promotes the Nigerian Dwarf breed at a local primary school. Evey brought her showmanship doe and a junior kid.

Baxter FFA hosted the Farm Day at the primary school to educate youth about agriculture and livestock. It was the first time dairy goats were included in the program.

How do you promote dairy and our breed? We'd love to hear about it!



## ANDDA BOD Welcomes Stacey Collins as Eastern Director

Hello goat friends! I raise Nigerians at Haymaker Farm in Cumberland, Maine. Like many of us, I started out thinking I'd get "just two does for family milk" but quickly became obsessed. I researched and studied voraciously. Although I am only entering my fifth year of breeding, I was very fortunate to informally apprentice under Cheryle Moore-Smith for two years, which felt like going to Goat Breeding University!

As a young woman, I wanted to be a zoologist, but instead became an artist, designer, and marketing professional in various iterations. In my 30's I was diagnosed with breast cancer, and, with a sudden awareness of mortality we decided to step off the treadmill and go adventuring. We bought an old sailboat, fixed it up, and sailed it to South America and back for two years. That lifestyle, it turns out, has many similarities with farming: we were at the whims of nature all day every day; problems and decisions might be life-or-death (for example with a hurricane coming) but they were tangible, somehow more real than worrying about car registrations, insurance, emails... we fished and foraged for food and fixed things that broke by ourselves. It was a deeply satisfying lifestyle. Farming and raising livestock, I have found, provides the same types of challenges and satisfactions.

Goat breeding feels like a perfect marriage of my strengths and passions: the science of genetics and animal husbandry and the creativity of working to make my vision of the perfect miniature dairy goat come to life. I very much enjoy performing AI, doing ultrasounds, running fecals, as well as making cheese and just spending time with my wonderful goats. In my mid-50s, I feel like I am finally doing what I was born to do.

At Haymaker Farm, we participate in DHIA milk test, LA, and LOTS of shows. New England has many high-quality Nigerian Dwarf breeders; I love that we are all competing in shows yet continue to be supportive, collaborative, and helpful to one another. I volunteer my time and skills for goat clubs and shows. Last year, Lorene Toth and I organized the first Nigerian-only show New England has had in many years, the Little Sunny Sisters show in Massachusetts.

I'm honored and excited to be able to represent you as your Eastern Director. Please introduce yourself if we're ever at a show together, and don't hesitate to reach out to me with any thoughts, ideas, or concerns!



*Stacey shows Haymaker Farm Svitlana Quinn at ADGA Nationals in 2022. Stacey participates in Linear Appraisal, DHIA, and the show ring.*

## Digital Snow Globe

By Karen Goodchild, [OK Doe K Dairy Goats](#)

Canva is a free on-line graphic design software that many are using to market and promote their farm. It is an easy program to use, especially for anyone who does not have a lot of confidence with technology.

Open Canva and select a blank template from the choices in the center of the screen.(Figure 1) The file margins will open based upon the template selected.

Select UPLOAD from the left side menu, then select the purple UPLOAD FILES button. Select the photo you would like to use in the Snow Globe. One with a plain background works best.(Figure 2) The default folder will be the last folder used, but it can be changed in the menu bar located at the top, shown as “DOWNLOAD” in Figure 2.

Select EDIT PHOTO from the top menu. (Figure 3) Select REMOVE BACKGROUND from the left side menu.

Choose ELEMENTS on the left side menu, and type in Snow Globe. (Figure 4)

Choose a Snow Globe you like.

If you do not find one you like, make a new tab and search on the internet for a Snow Globe image. Right click on the image

and Save Image As. Make sure it is a JPEG or PNG file and make note of where it is saved. (Figure 5)

If you saved a Snow Globe, go to Upload, then select the purple UPLOAD FILES, then drag it onto your template. Size to fit the page. (Same steps as Figure 2)

Select POSITION, then SEND TO BACK (Figure 6)

Select TYPE, ADD and Type your saying. (Figure 7) Position your text on the page.

Select SHARE on the top right, then DOWNLOAD. Save as a JPEG or PNG for posting on the internet. (Figure 8)



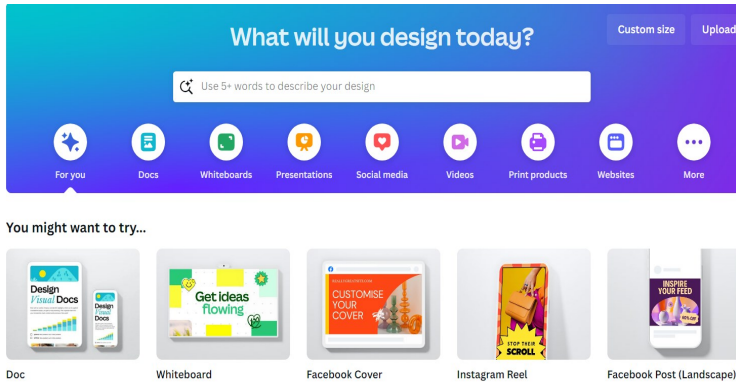


Figure 1

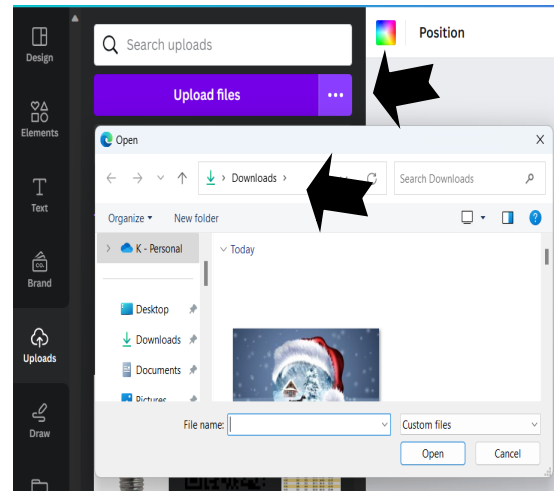


Figure 2

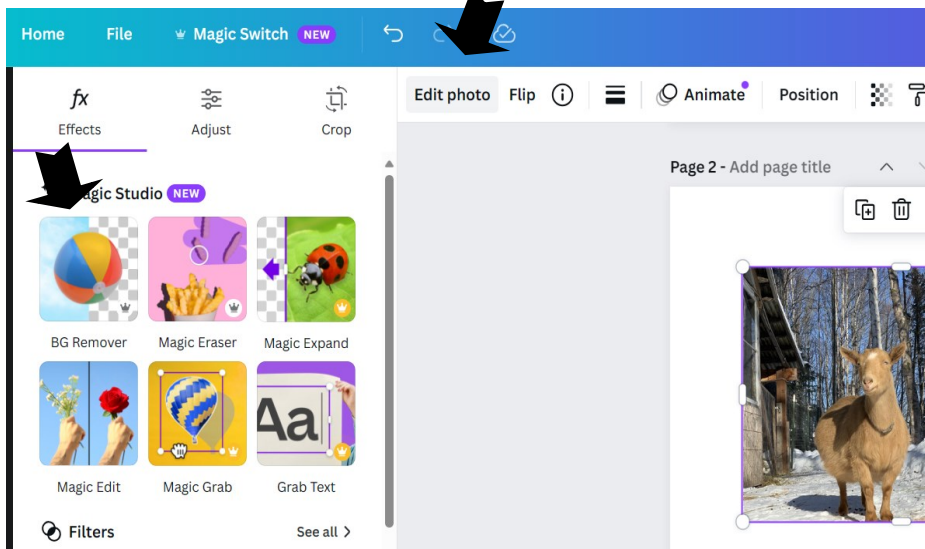


Figure 3

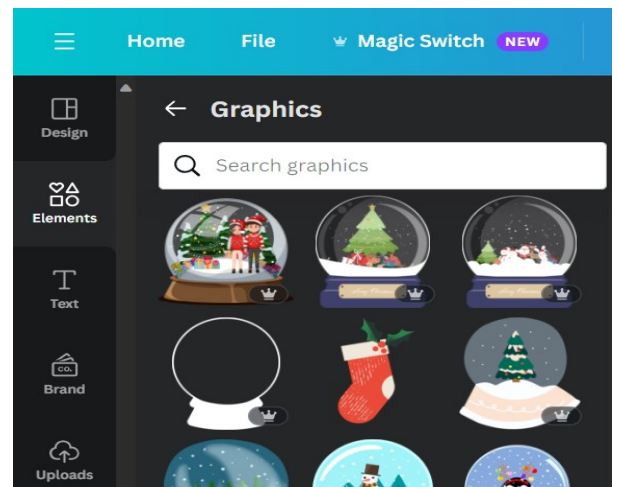


Figure 4

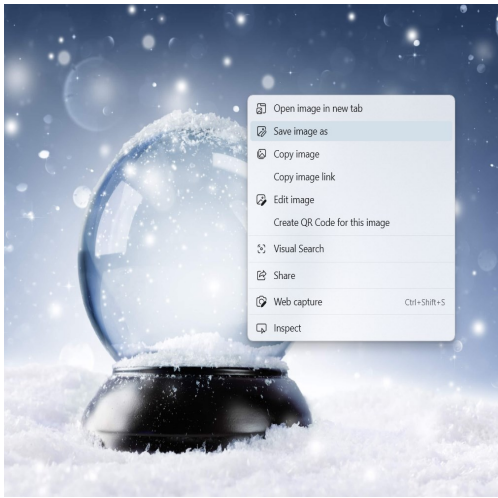


Figure 5

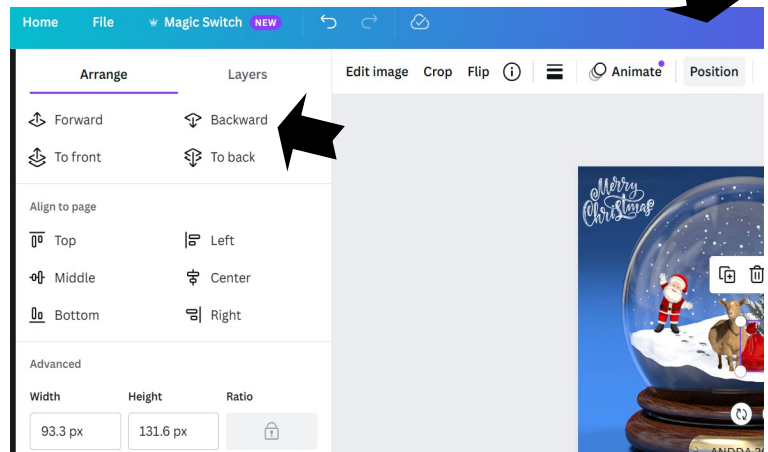


Figure 6

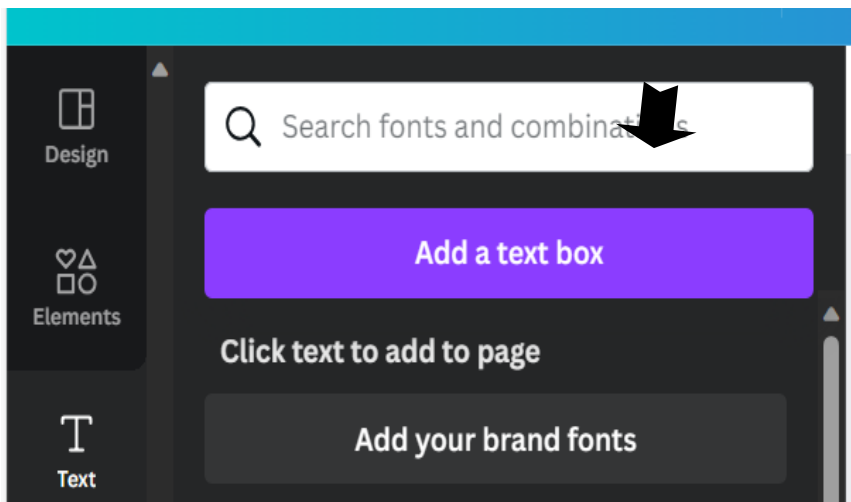


Figure 7

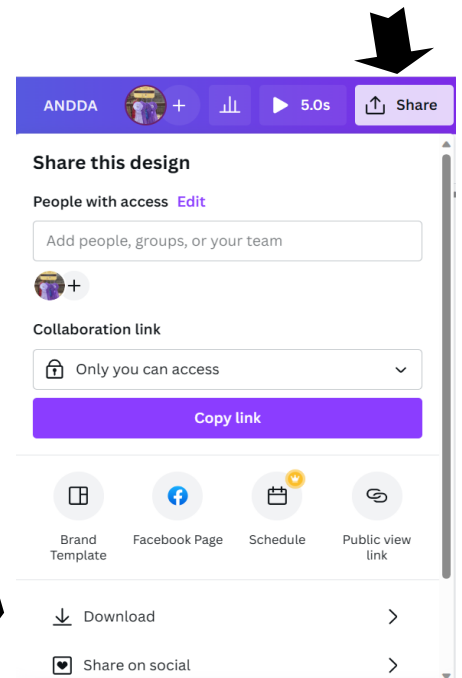


Figure 8

## Making Time for Yourself

Mindfulness is a buzzword going around lately, but what exactly does that mean? It is an ancient Buddhist practice of being present where you focus on your feelings and senses. It is a type of meditation that involves breathing techniques and other ways to relax your body.

Some ways to practice mindfulness include deep breathing, meditation, walking, yoga, exercising, or journaling. Of course, goat cuddles should also be on the list!

There are smart phone apps for mindfulness that can benefit listeners. These apps guide listeners through specific techniques. The milk parlour can be a perfect time to take some meditative downtime, practice breathing and focus on yourself.

Regularly practicing mindfulness makes you become more self-aware by focusing on breathing and the five senses. It can help you main level-headed in challenging situations. Becoming aware of surroundings as well as your internal state of being can help you become more relaxed in 2024.

### Waking

Take inventory of how you feel. Did you sleep well? Do you need a good stretch to ease aches and pains? Take a moment to be intentional how your day will evolve.

### Breathing

Stress encourages rapid breathing. During slow times, practice focusing on the sensation of regular breathing. Keep your mind on the process of breathing slowly in and out; this exercise will help you manage your breathing in times of stress to bring your body back to a state of calm.

### Focus on your senses

Another mindfulness exercise is to focus on one or more of your senses. In the milk room, it can be listening to the sound of the milk machine, touching the goats as they eat, smelling the unique barn odors of hay and feed, or simply watching babies jump and play.

### Meditation

Instead of becoming aggravated while waiting on the phone or at an appointment, turn it into a short meditation practice. Calm is an online app that many recommend to help learn the practice of meditation.

## Will 305-Lactation Go The Way of the Dinosaur?

By Maureen Hanson, reprint from Dairy Herd Management

Many of today's dairy cows are still milking heavily at dry off. In fact, nutritional strategies and commercial products have been developed to help cows diminish milk production and prevent mastitis and other health challenges at the end of lactation.

This begs the question: if a cow is still milking 100 pounds a day after 10 months of lactation, would it be better to allow her to keep milking, if she wasn't pregnant and due to calve again?

For decades, 305 days of lactation, plus a 60-day dry period, has added up to a dairy cow's target calving interval of 1 year. But is this a standard that needs to be broken? Dairy researchers worldwide are exploring the possibility of lengthened lactations, based on the realities of modern dairy production.

The topic is explored in a recent article published in the [Journal of Animal Science](#) by Dutch researchers from Wageningen University and Research, and another in the journal [Animal](#) by researchers at Aarhus University in Denmark. Their shared rationale for longer lactations included:

- With fewer calvings, cows would pass less frequently through the transition period of giving birth and freshening, which is considered the riskiest time for cow health.
- Sexed semen and genomic selection

have allowed for more strategic development of replacement heifers, resulting in the need for fewer surplus calves.

- A longer voluntary waiting period (VWP) before rebreeding could potentially improve fertility by allowing them to return to a state positive energy balance upon insemination.
- Longer lactations would result in reduction in labor associated with drying off, calving, and disease treatments.

Conversely, the researchers also explored the potential downside of extended lactation. Those factors included low milk production at the end of lactation, and cows becoming over-conditioned prior to calving. On a herd level, another result would be less total meat produced annually, due to fewer calves being born.

Another potential drawback relates to herd-wide genetic progress. If a herd's highest-producing cows are selected for extended lactation, the contribution of their superior genetics would be reduced because they would be producing fewer offspring. This challenge could be addressed by using advanced reproduction technologies like embryo transfer and ovum pick-up to multiply their genetics more rapidly.

One research-confirmed observation made by both teams was that first-calf heifers

*(Continued on page 9)*



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have greater lactation persistency compared to multiparous cows. The Danish researchers noted that first-lactation cows promote nutrient partitioning into both milk production and body growth, whereas multiparous cows are done growing.

“This might explain why extending the lactation of primiparous cows seems more advantageous than for multiparous cows,” they noted. The Danish group cited two studies – both examining just single lactations – showing that extended lactation was more advantageous for primiparous cows versus multiparous cows in terms of daily milk yield and economic profitability.

While multiple factors for an individual herd would play into decisions to adopt extended lactations, the researchers

discussed three approaches that could be applied to embrace the strategy: (1) adjust the entire herd to a longer calving interval; for example, 18 months; (2) set a longer calving interval for first-calf heifers by delaying their breeding with a longer VWP, while maintaining a standard, 305-day lactation and 12-month calving interval for second-lactation and older cows; and (3) use pre-determined, individual-cow metrics to set optimum breeding dates and lactation lengths for each animal in the herd.

Both the Danish and Dutch papers focused on the limited studies that have been conducted evaluating various factors at play in extended lactation. It is an area of research interest that both teams said requires more in-depth study in the future.



**Show Chairs**

Have you applied for a  
**Specialty Show?**

ANDDA.org

Apply today!

Now through March, ANDDA [Specialty Show](#) Chair Jen Dionisio is taking applications for Nigerian Dwarf Specialty Shows for 2024.

One show will be awarded in each District for both ADGA and AGS.

Report of top placement as well as photos for our website are required to be submitted at least 45 days after the show.

ANDDA provides an award for the Grand Champion, Reserve Grand Champion, and Best of Breed. Group classes are optional.

A complete list of criteria is listed on the ANDDA website at the link above.

## Recipe of the Month– Egg Nog

Ingredients:

6 eggs

1/2 cup sugar

1/4 tsp. salt

4 cups goat milk - split in half!

1 tsp vanilla extract

Nutmeg (optional)

Cinnamon (optional)

Beat the eggs, sugar and salt together well, add 2 cups of the milk.

Cook over low to medium heat until it thickens - you want it to reach 165°.

Stir consistently with a whisk to avoid lumps.

Add a sprinkle of cinnamon and nutmeg.

Remove from heat, add the remaining 2 cups of milk and the 1 tsp of vanilla.

Put in a blender to make sure all the lumps are out.

Store in a covered container in the fridge.

We're on the web  
[www.ANDDA.org](http://www.ANDDA.org)



*Promoting the  
Nigerian Dwarf Breed  
since 1996*

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Please let us know if you have a  
comment or article idea!