



## NSYF News

### Welcome to our new and returning members!

This year is off to a great start with many opportunities available to members of the NS Young Farmers. This newsletter will highlight some of those, as well as the activities of your Board of Directors.

Keep an eye on our social media to take advantage of training courses, free conference registrations, funding and items of interest as they arise.

### Upcoming Training Opportunities

Mental Health & Wellness  
Online Course  
2 and 3 March 9 am - noon both days

#### Don't Miss This Opportunity!

Farm Safety NS has arranged for the Mental Health & Wellness in the Workplace course to be delivered virtually on March 2 and 3, from 9 am until noon both days.

Whether your workplace is in the field, the barn, an office or a tractor, you will learn about mental health issues and how to recognize changes in mental health in the people around you. The course fees are covered this time by NS Federation of Agriculture.

Email [info@farmsafetyns.ca](mailto:info@farmsafetyns.ca) or call Margaret at 902-893-2293 to receive the zoom link and participate.

Invest in Yourself - Funding Available for Training or  
Personal Development

#### Member \$\$ For Training

The Farm & Workforce Development team of the NSFA has made funding available for members of NS Young Farmers to help with the cost of Health & Safety training or Professional Development. Funding covers both in person or online training.

This could include courses in:

- Safety like First Aid or Forklift Training
- HR, Communications or Leadership
- Business, Finances or Marketing

Funds will be allocated at \$200 per member until the \$5000 total is spent. If you have training that you would like funded, please get in touch with Margaret at [info@nsyoungfarmers.ca](mailto:info@nsyoungfarmers.ca) or call 902-893-2293.

## Risk Management Training: Roots to Success



Thursday, March 23

9:00 am - 4:30 pm

Super 8, Windsor, NS

Lunch provided. Hosted by NS Young Farmers

### Risk Management Training

With so many risks to farm or agri-business success, it can be difficult to feel properly prepared. Here's some help!

Register for the **Root to Success Risk Management Workshop** to explore the risks on your farm. This one-day in-person workshop will allow you to:

*Gain knowledge, tools and resources to make better business*

*Decisions*

*Share best practices and lessons learned with other producers*

*Create a comprehensive risk management plan tailored to your farm*

*Build your farm resilience*

*Improve your relationships with buyers, lenders and insurance*

*Companies*

Register here: <https://nsyoungfarmers.ca/event/roots-to-success-risk-management-workshop/>

We need twelve to twenty people for the workshop. Please register by March 13.

Costs are covered by AAFC through the Agri-Risk Initiatives program. Snacks, beverages and lunch will be provided.

Participants also receive one-year free access to Agri-Shield, an online risk management tool.

Hosted by NS Young Farmers and open to all NS farms and agri-business so please share this opportunity!

## Canadian Agriculture Safety Week

Held annually during the third week of March, Canadian Agriculture Safety Week (CASW) focuses on raising awareness of the importance of farm safety. Farm Safety NS has a number of activities planned for this year.



In support of Canadian Agriculture Safety Week

20% off select safety equipment March 1-31



Central Equipment, Inc  
Serving Nova Scotia with agricultural, industrial  
and customer equipment since 1958



A great time to stock up on safety



Panel sessions planned for Canadian Agriculture Safety Week include:

- Natural Disasters and Agriculture on March 13
- An Overview of Occupational

related items and equipment from these dealerships!

John Deer Green Diamond, Tidal Tractor and Central Equipment are offering this month long discount in support of Canadian Agriculture Safety Week.

Health & Safety on March 15

- Keeping Youth Safe on the Farm on March 17

Check the Farm Safety Nova Scotia website events

at <https://farmsafetyns.ca/events/month/2023-03/> and click on the event for details and to register.

All panel events run from 1 - 2 pm.

## Updates



NS Young Farmers wants to thank Jonathan Waugh for his time on the Board of Directors and his contributions to the program. We wish him the best of luck as he explores new opportunities!

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**Keep an eye out for the March #NSYFSocialTakeover featuring Sara MacInnis.**

**Sara will share a glimpse into her farm life during the week of March 20-24.**

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Your Board of Directors met in January to plan for the upcoming year.

They will meet with the NSFA Council in April to look at ways to continue to collaborate and share between the two organizations.

The Events Committee is working on more events for the year, so watch this space and social media for what's in the works.

