

IN THE TRENCHES

December 2006

"Drainage Doesn't Cost - IT PAYS!"

www.drainage.org

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From the President's Desk

Fellow Members:

This will be my last message to you as your President. It has been an honour and pleasure to be part of the executive the past three years. I also look forward to helping our incoming President by serving as Past President. The past two years have gone by quickly and it has been an interesting term for me. I hope I have served everyone well, and I thank you for the opportunity.

Serving on the executive really doesn't take up a lot of time. It sure goes by quickly. If you have any desire to stand for an executive position, please let the nominating committee, or your executive members know. Our association is only as strong as its members. Please get involved and let us strive for success and allow the association to function for many more years to come.

Since the last newsletter, some of the following issues have been dealt with. Ag in the class room has run into some trouble. OAFE, have not been too helpful, and have dropped the ball, so to speak, lately. Paul McCallum and his committee have met, and feel we should go it alone in promoting Ag in the Class Room. Think about how you feel we should proceed with this project, as it will be discussed at the convention.

The Clean Water Act passed and now it is in the stage of adopting a set of regulations. You can still have an impact on regulations by talking to your local government representative and writing letters. After regulations have been adopted, there is no turning back. If you are concerned about the issue speak out.

Don Lobb drafted a position paper on behalf of LICO and the executive, on the Clean Water Act and its drafting of regulations. It was sent to Kathleen Carter, Manager Integrated Policy, Strategic Policy Branch, Ontario Ministry of Environment, 11th Floor, 135 St. Clair Ave. West, Toronto, Ontario, M4V 1P5. It was well done. If you want to speak out, you could send a letter to her, voicing your concerns. The more letters they receive the better. Don also drafted his own response to the Clean Water Act, and its problems. It was sent to several papers, as a letter to the editor. This is another avenue for us to voice our concerns about the Act. Well done Don.

Chris Groot set up a meeting with John Tory, at the Orangeville office of Armtec. Chris, Don, Jim Tait and myself met with Mr. Tory to discuss the Clean Water Act. Mr. Tory seemed to be well informed and if he is on the up and up, will lobby for regulations to be fair and good for all. I was really impressed with his understanding of the Act's impact to rural Ontario. He too could be another person you could use to help make sure regulations are done properly.

The convention agenda has been set and believe me, you don't want to miss this one. Dr. Larry Brown, from Ohio State University, will speak on Controlled Drainage. Dr. Brown and some of his colleague will also present Ross Irwin with a well deserved

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From the President's Desk *(Cont'd. from Page 1)*

Induction to the International Drainage Hall of Fame at Ohio State University. Please plan to attend, to support Ross in this very deserving honour.

Some of the other topics to be discussed at the Convention will be:

- do agricultural drains provide fish habitat?
- panel discussion of pros & cons of Environmental Enhancements
- Erosion Control Structures and how to design them
- sub-irrigation and its successes
- ground penetrating radar, how well does it work to find tile
- impact of tree bylaws on municipal drains
- tour to Armtec plant in Woodstock, to see steel culvert being produced

To top it all off, we have Stan Fergusson, the largest petroleum distributor in Ontario. He is an excellent speaker, and will be very worthwhile to hear. Franklin has done an excellent job putting this program together. Please attend the convention, it's your association, and you need to be there.

In closing, again I thank each and everyone for their trust and help over the past two years. I look forward to the coming years and to help wherever I can to keep the association strong. Gail and I would also like to wish each of you a very Merry Christmas and Happy New Year, and a successful "2007".

Thanks again,
President Steven

Learning To Value Nature's Gift - (Excerpts from Ontario Farmer, September 12, 2006)

Maude Barlow says that until people learn to appreciate the water that comes out of their taps, almost without fail, every day, they won't be prompted to take action to protect it.

Barlow is the author of a book Blue Gold, which foretells rising conflicts around the world over access to water.

Bottled water is another challenge. Bottled water allows us to commodity water in our minds....to think we can always buy it.

However the "single biggest threat" to water around the world is unsustainable farming practices. These practices are the overuse of flood irrigation, chemical fertilizers, and intensive farm operations.

Barlow is working to get the Right to Water enshrined in the United Nations Bill of Human Rights.

Water is a public trust and no one has the right to pollute it for private gain or sell it for private gain.

Ontario Company Fined for Safety Lapse - Ontario Farmer, September 19, 2006

Elmira Poultry has pleaded guilty and been fined \$100,000 after a worker was electrocuted at the company's further-processing plant in Waterloo. Charges were laid under the province's Occupational Health and Safety Act. The court heard that the worker was moving a chicken-processing machine when it contacted a 600-volt overhead cord, the worker was electrocuted and died.

The worker was wearing wet leather work boots and was likely standing on a wet floor near a drain.

If you have articles, events or notes of interest you wish to add to this newsletter, please send your submissions (not more than **225** words) to the following:

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Enough Work for 50 Years in Ontario Farm Drainage

– Chatham Daily News, February 17, 1961

A need for drainage improvement on more than 4,000,000 acres of cleared agricultural land in Southern Ontario alone, is enough assurance that there will be steady employment for Ontario's drainage contractors for the next 50 years, the Ontario Farm Drainage Contractors Association was told yesterday.

R.W. Irwin of the department of engineering science, Ontario Agricultural College, in Guelph told the opening day session of a two-day conference at the William Pitt Hotel that their future is "assured" as far as farm drainage is concerned.

"There is at least 50 years work ahead of you right now but the future will also depend on agricultural economics, the type of agriculture to be carried out, and crops that will be grown," said Mr. Irwin

LICENSING PROGRAM

The speaker warned that the future may see the introduction of a licensing program in an effort to bring drainage contractors under a professional status. He said a compulsory licensing system would reduce the number of drainage operators in the province but at the same time, part-time operators would be eliminated.

"A licensing system would probably tend to cut down the number of part-time owners but the quality of workmanship would be increased," added Mr. Irwin. "In the case of new operators, they could be required to take a short course of instruction and maybe serve a short apprenticeship. This would eliminate a person buying a new machine and learning the drainage business at the expense of the farmer."

"We in the department of agriculture are working to safeguard the farmer but at the same time, stricter regulations regarding contracts would also be a great benefit to them."

"We hope to build a professional group of ditch operators, and at the same time, discourage the part-time owners who for the most part, do not do as good a job."

PAST AND FUTURE

Turning back the calendar, Mr. Irwin said that farm drainage in Ontario was just beginning around 1880 but noted that a course in instruction in drainage practices was started at the OAC three years earlier. He added that farm drainage was at its lowest ebb in 1905 and that during the years between 1915 and 1920, drainage workmanship was very poor.

He revealed that in the future the OAC would continue their drainage research program and suggested that regional courses may be held in the future.

"Courses may become an obligation for an operator to secure a license," he said. "Under a licensing system, no one would be restricted from doing drainage work but only persons with a license would be allowed to install tile under the Tile Drainage Act."

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Registering at the opening of two-day conference of the Ontario Farm Drainage Contractors Association are from left, standing R.W. Irwin of the Ontario Agricultural College, guest speaker, and John Edwards of Merlin, association president. From left, seated J.W. Kelly and R.E. Clayton both from Western Ontario Agricultural School at Ridgeway.

Enough Work for 50 Years in Ontario Farm Drainage *(Cont'd. from Page 3)*

Mr. Irwin noted that in 1910 there were 11 tiling machines operating in the province compared to the present figure of 180.

But he predicted fewer machines in the future would do as much work as being done today with higher quality workmanship.

PLANTS DECREASED

The speaker also noted that the number of tile-producing plants has decreased from 107 in 1883 to only 35 in 1961. He said last year there were 50, 000,000 feet of drainage tile produced valued at more than \$30,000,000. Government loans to the farmers under the Tile Drainage Act amounted to \$1,000,000 but this figure decreased during the last two years.

Irwin urged contractors to educate the farmer to realize the need for proper farm drainage and to advise them that "they should do it now." He said the farmers should realize that they are the people that will receive the most benefit.

Delegates to the conference were welcomed by Mayor Garnet Newkirk and D.M. Rutherford, Kent agricultural representative.

The report of extension service was given by H.E. Wright of the Ontario Department of Agriculture, Toronto and new research work in drainage work was discussed by F.R. Hore, also of the OAC's department of engineering science.

John Edwards of Merlin, president of the association, was chairman of the business portion of the meeting.

The conference concludes today with addresses scheduled from Mr. Hore, Metro Sass of Chatham and W.A. Culter, drainage engineer with the Michigan State University in East Lansing. He will discuss "The Machine I Would Like to Own".

Water Have-Nots Will Import food – *(Excerpts from Ontario Farmer, September 26, 2006)*

If you want to be a major player in global agricultural production in the future you'll need more than an abundance of arable land, solid infrastructure and a skilled producer base. If you don't have a reliable supply of water, you'll be left behind.

Some countries that are currently exporters of agricultural commodities are likely to become importers in the future because of a lack of water.

Who will be the big winner? Brazil. According to statistics from Brazil's agriculture ministry, the country can still bring another 80 to 90 million hectares of prairie land into production without having to destroy any more of the Amazon's rainforest.

But what really gives Brazil a competitive advantage is that it has 11 per cent of the world's available freshwater resources.

Contrast that with China, which has 22 per cent of the world's population but just eight per cent of the fresh water. Its agricultural output is already maxed out. The same goes for India, which is currently using more than 90 per cent of the land it has available for food production.

The Western United States has severe water problems of its own.

Worldwide, agriculture accounts for an unsustainable 70 to 80 percent of water use. For many, who have relied on inefficient and wasteful irrigation schemes to maintain production, the end is in sight.

Lines from Lambton - Dean Hodgson

Lambton County weather has certainly been a drastic change from the perfect fall of 2005. By mid-November only about 25% of fall wheat acreage was seeded and much of it under very adverse conditions.

Although farmers are making headway with the fall harvest it has been a struggle. By mid-November about 90% of soybeans, 80% of the corn and about 95% of the sugar beets have been harvested. (These are windshield observations, so not to be taken as gospel) As we approach December most, but not all, of the sugar beets have been wrenched from the fields. Only the future will tell how much damage has been done to the soil. Although all that heavy machinery seems able to get the job done, we wonder what are the long range consequences? We see many badly rutted fields with water stretching as far as the eye can see.

Most of the corn and soybean fields held up surprisingly well considering the amount of rainfall through September, October and continuing well into November. Most farmers have given up any hope of seeding fall wheat, which as Ken Jaques says, could present scheduling problems for drainage contractors next year.

Prices however, have rebounded tremendously and some of the crop yields are unbelievable. We hear stories of 70 bu/ac soybeans and 200 bu/ac. corn. The quality of the sugar beets is under question because of the warm moist weather and all the mud clinging to the beets is causing havoc.

However, as the fields are slowly but surely cleared, farmers, the eternal optimists, are smiling again and many are making even bigger plans for next year.

We see many of the badly rutted fields, water lying everywhere, with rolls of tile unloaded not too far inside the gate, hoping some daring contractor will somehow find a way to install these tile before next spring. I have found that walking in some of these compacted fields finds conditions are much worse than they appear from the road. Damage caused by this falls excessive rainfall is going to affect Lambton County farmers for years to come. There will be much more ploughing, ripping and deep tilling but there will also be a large demand for more tile drainage. With the amount and severity of the rainfall this fall however, even the best tiled fields were saturated and unable to support the weight of the harvesting equipment.

As well, 2006 has not been a good year for the Lambton County drainage industry. The beautiful spring weather had allowed farmers to get their crops seeded early and with markets looking so grim, not many tiling jobs were available. Most contractors spent much of their time putting their machinery in A1 condition in anticipation of going full steam ahead once the wheat harvest was completed. However, with the wheat harvest came the beginning of the wet weather and conditions have steadily worsened since.

Most contractors have had to jump from here to there working wherever and whenever conditions would allow. Ken Jaques has kept busy moving around the county but says although working hard he is not accomplishing too much. I noticed Frank Wilson working near Wilkesport, Vokes Bros. started a big job near Mandaumin, and Rolly Nantaise was working along the road allowance near Moore Centre. I saw Pro Drainage was west of Forest for a while. Randy Philips completed a job near Oil City. Often machines were on the job but no one on site as the rains continued to fall.

Allan Jardine had quite a struggle with the wet weather on his big pipeline job but was working for Dave Ferguson in Brooke Township in late November. They were able to make good progress on this farm as they split existing tile on land that had been seeded down and was quite stable. Dave and his father, Ralph Ferguson, Lambton's one time Minister of Agriculture, have always practiced environmentally friendly farming. Over the years they carefully rotated crops, seeded the land down to hay, pasture or just for ploughdown. All this careful management leads to a good soil structure and lots of organic matter. This type of farming makes quite a difference in drainage and soil stability when severe conditions do occur, such as this fall. Over the years this conscientious type of farming costs more but pays off in the long term. Hopefully more farmers will see the value of saving our soils after the damages suffered in the terrible fall of 2006. The weather proved we need to always practice careful crop rotation to try and protect our soils from the ravages of mother nature.

It seems just a year ago we were worrying how to preserve moisture and return nutrients to the field through the tile drains. Mother nature trumped us again. But what does she plan for next year?

But every cloud has a silver lining and all this damage to the soil will require much more tile drainage work in the future. With high yields and much higher prices than anticipated, farmers will be calling their local contractor for bookings next year and for several years in the future. Hopefully, better times are ahead for everyone.

OMAFRA News - Sid Vander Veen, Drainage Coordinator

By now most of you are aware that the Clean Water Act has been passed. At the upcoming convention, you should take the opportunity to commend Don Lobb, John Johnston and your LICO executive for their work in reviewing and commenting on the legislation and also for presenting the views of the organization to the Legislative Committee. But their work is not done. Next, the province will be developing regulations, and the detail of these regulations will dictate how the new laws will specifically affect farmers and rural Ontario.

This year, Conservation Authorities in Ontario also passed new regulations under the Conservation Authorities Act. These new regulations are intended to promote consistency among CA's, but they have also increased their authority. CA's can now regulate wetlands, including wetlands of a very small size. They can now regulate all waterways, and the definition of waterway is extremely broad. So, it appears that CA's may have the authority to restrict activities on land that exhibits wetland characteristics and could also require tile drainage contractors (or their farmer clients) to obtain permits to connect tile drainage systems to the outlets, including municipal drains. I encourage you to find out exactly how your local CA intends to implement this new authority in your area. Contact your municipal representative on the CA Board and make sure he or she is aware of your concerns.

Drainage Licensing: Renewal application forms for tile drainage business licences for 2007 were sent out on November 16, 2006. If you haven't received your renewal form by the end of November, please call Valerie Anderson at 519-826-3324. **All business licences expire on December 31, so if you expect to be working in January, please make sure that you submit your completed business licence renewal form and the \$250 licence renewal fee (with or without the Tile Record Forms) to us before December 31, 2006.** If this is done before the December 31, 2006 date, your business licence is considered renewed and you have until March 31, 2007 to complete and submit your tile record forms. If your tile record forms are not received by March 31, your business licence could be lapsed. If you need additional Tile Record Forms, contact Valerie Anderson at number indicated above. A supply of these forms will also be taken to the LICO Convention in January.

The three year term for machines and machine operator licenses has been in effect for some time now. This year, all machine licenses will have to be renewed for this three-year term (\$50 fee). In addition, most but not all operator licenses will also have to be renewed for the same \$50 fee.

Contractor Courses: OMAFRA offers the Primary Drainage Course and the Advanced Drainage Course on alternating years. This year, the Primary Drainage Course is being offered. It will be held in the Marden Library Boardroom (just north of Guelph) from February 6 – 9 and 12 - 16, 2006. Details about this course have been included with the Business Licences renewals. If you don't have access to this, please call Valerie Anderson in Guelph at 519-826-3324.

In the 1980's and early 1990's, OMAFRA also offered a popular "Erosion Control Course". After an absence of about 10 years, an updated version of this course is being offered again this year. Information on this renamed "Agricultural Erosion Control Structures Training Workshop" is contained in an insert in this newsletter.

I want to wish all of you and your families a "Merry Christmas" and hope that you have a joyful and safe New Year's celebration. See you at the convention in January.

McGuinty Government Helps Farmers Connect with Consumers – (Excerpt from a OMAFRA Press Release of October 2, 2006)

The Government of Ontario is providing \$50,000 to enable AgCare to promote agricultural use of modern technology and the benefits these offer to consumers.

Official Says Clean Water Act Neglects Rural Ontario Health – The Wellington Advertiser, October 20, 2006

An official with the Ontario Ground Water Association (OGWA), has said that the recent changes to Bill 43, the Clean Water Act, announced by Minister of the Environment Lauren Broten, do nothing to deal with the issues affecting every water well in Ontario.

First vice-president Craig Stainton stated that he is concerned with:

Still no mention of home owners; nothing is included in the funding announcement for the average rural Ontarian. There is still no recognition of abandoned water wells nor of the influence of abandoned oil and gas wells in Ontario;

The talk is of “risk management” but there is the possibility of 1.5 million risks to water quality in Ontario. The Minister appears reluctant to manage these risks;

A refusal to acknowledge the fact that this act fails to address the health of all water sources in the province, and it fails to examine how to eliminate the possibilities Ontarians will get sick or die from tap water;

At best, the legislation assures only the safety of those in specific areas, “municipal well heads.” Without major expansion to cover all the wells, the legislation does not deserve the title Clean Water Act – perhaps the Municipal Water Act?;

Nothing in the act addresses past poor practices of logging well data and records maintenance, which means \$120-million dollars of study will be based on the same faulty records used for current ground water studies;

Nothing in the act addresses the thousands of wells not up to current code that leak contaminants from the ground surface into our aquifers every day;

The Ministry of the Environment (MOE) asserts that we do not know the numbers of abandoned wells or wells that need upgrading: What should it matter? Be it 1.5 million or 15, one well leaking contaminants into the aquifer and even one person getting sick or dying because we did not address the situation is unacceptable; and

Ground water is the only fresh pure water we have left: the lakes are polluted.

“We must look ahead with this legislation,” Stainton said.

“The OWGA would be more comfortable if the minister addresses all wells and all aquifers in addition to the surface waters in Ontario and put a pot of money in trust until such time as an effective way of addressing this situation is determined.”

“All wells, he added, must be the focal point of any successful clean water strategy.”

“They exist throughout every watershed in the province of Ontario. This fresh clean groundwater is what we need to live, and what we leave to future generations.”

The Ontario Ground Water Association is “dedicated to protecting and promotion Ontario’s most precious resource.”

It is a non-profit organization created in 1952 to help various sectors of the ground water industry. Members include licensed water well drillers and pump installers, manufacturers, suppliers, and ground water engineers.

For further information email: ogwa@bellnet.ca or visit www.ogwa.ca

DRAINAGE – THE FIRST STEP – Don Lobb

At Coshocton, Ohio, long-term records of rainfall and soil erosion showed that by the early 90's, over a 28-year period, 90% of the soil erosion occurred in just ten major storms. This is consistent with what occurs throughout the Great Lakes region and it is consistent with what I saw throughout my farming and my consulting career.

Major storms move a lot of soil into low areas on upland soils and on the flat clay plains (i.e. Essex) sediment completely leaves its farm of origin and then pollutes rivers and lakes. All soils are subject to erosion. All soils need extreme measures in place for protection from major rainfall events.

On soils that have naturally slow infiltrations and therefore little potential for groundwater recharge cropland subsurface drainage is the first and most critical soil conservation measure that should be put in place. It allows water infiltration during storms and therefore reduces runoff of water soil/sediment and crop amendments.

The second really effective measure is No-Till or some version of it. This crop management practice leaves the soil mostly undisturbed and the previous crop root systems help to hold the soil in place. On soil with low infiltration rates, No-Till in any form is not a viable option unless the soil is first properly drained.

The third measure that should be installed is surface runoff control structures. To be truly effective in controlling erosion, structures should trap surface runoff in water and sediment control basins or terraces and then slowly carry it off the field through drains. The water should enter drains through drop inlets, which are equipped with flow restrictions that will minimize the amount of sediment and crop amendments that enter drains. Structures provide back up where the first two measures may not be adequate.

Other erosion control measures promoted such as grassed waterways, strip cropping and chisel ploughing are more cosmetic than effective.

Soil conservation measures should be planned to control severe rainfall events and to be effective they should always be applied using the above priorities.

Subsurface drainage is where erosion control begins on soils that do not have a natural high infiltration rate.

Quotable Hockey Players

I just don't know what to think. I play in Colorado, they tell me they like me and I get traded. I play in Calgary, and at the end of the season the GM tells me he likes me, and I get traded. I just hope my fiancée doesn't tell me she likes me. *Chris Drury, after a jury trade from Calgary to Buffalo*

He brings something special. I don't know what it is, but if you ask him, you couldn't understand his answer. *Wayne Gretzky on Ranger forward Esa Tikkanen.*

They do a lot of talking, but I'm not sure they actually understand each other. *Red Wing Darren McCarty, on Vladimir Konstantinov and rival Claude Lemieux*

I had a (Detroit fan) yelling at me on my own bench. I was waiting for a (Phoenix fan) to stand up and do something. I don't want to say, 'Start a fight'. But at least throw some popcorn on the guy. *Phoenix Coyotes defenseman Todd Simpson after being heckled during a home game.*

I told her they must all be sold out. *Wade Belak's response to his mother when she said she couldn't find his sweater for sale at the Leafs' souvenir shop in the Air Canada Centre.*

This is the schedule for the average work day of a carpenter. How does this compare to your organization?

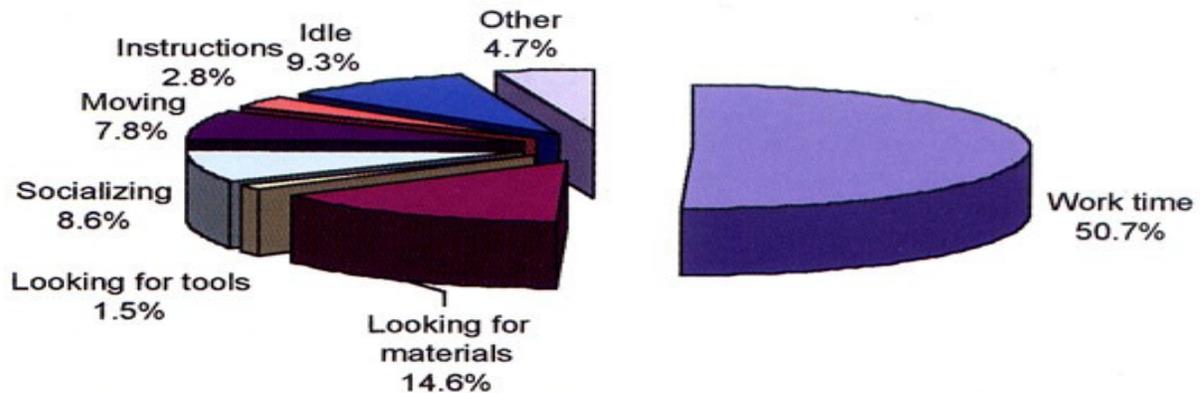


FIGURE 1 Work/Tool time distribution for individual carpentry trade workers (Hewage and Ruwanpura, 2006)

TABLE 1 Work/Tool time (individual carpentry trade workers) – Hewage and Ruwanpura (2006)

Category	Definition	Average (%)	Overall Range (%)
Work (tool) time	Direct effective working time	50.7	49.5 to 52.1
Looking for materials	Time spent on searching, waiting, or moving materials from another place away from individual's working area	14.6	12.5 to 20.4
Looking for tools	Time spent on searching, waiting or moving tools from another place away from individual's working area	1.5	1.1 to 2.4
Socializing	Socializing or chatting time on top of the assigned breaks	8.6	6.9 to 10.1
Moving	Moving around the site without performing anything related to the given work	7.8	4.8 to 10.1
Instructions	The time spent for receiving or giving instructions	2.8	2.6 to 4.5
Idle	Time spent in construction site without performing anything related to the assigned job	9.3	8.3 to 10.6
Other	Moving away from the working/observational area, staying near heaters, or something not mentioned in above categories	4.7	4.0 to 6.5

Clean Water Act and Contractor Liability – Don Lobb

We are about to enter life with the “Clean Water Act: Regulations are being developed. Data and soil and water information is being collected by the Conservation Authorities. The McGinty government is doing its hard sell and the lawyers are eagerly waiting an opportunity to test the validity of the Act on several fronts.

The Municipalities are obliged by law to provide safe water and can be held legally liable if they inadvertently fail to do so. Farmers will be liable if an action on their part puts water quality or quantity at risk. The Act frees the CA's and the Province of any liability even though they make the rules and collect the data.

It will be interesting to see what liability a drainage contractor has when a water quality problem is associated with a drain. The stakes could be high. Do we have a game plan?

CALENDAR OF EVENTS

January 24-26, 2007
LICO Conference
Best Western Lamplighter Inn
591 Wellington Rd., London, Ontario
N6C 4R3



February 6-8, 2007
Canadian International Farm Equipment Show
International Centre
Toronto, ON

NOTE: 2005 Municipal Directories are still available.

PASSING

Death is that state where one exists only in the memory of others. That is why it is not an end. (Tasha Yar)

Things People Say At Work

Well, aren't we a ray of sunshine?

Don't bother me. I'm living happily ever after.

Do I look like a people person?

This isn't an office. It's hell with fluorescent lighting.

I started out with nothing and I still have most of it left.

Therapy can be expensive. Popping bubble wrap is cheap. You choose.

Why don't you try practicing random acts of intelligence and senseless acts of self-control?

I'm not crazy. I've been in a very bad mood for 30 years.

Sarcasm is just one more service I offer.

Stress is when you wake up screaming and you realize you haven't gone to sleep yet!

I'm not tense, just terribly, terribly alert.

Wait....I'm trying to imagine you with a personality.

Chaos, panic and disorder...my work here is done.

Ambivalent? Well, yes and no.

Human beings do not eat nutrients, they eat food. *Mary Catherine Bateson*

A Helping Hand to Control Weight – The Planner, July/August '06

More than two million Canadians have diabetes. By the end of the decade, this number is expected to rise to three million.

Type 1 diabetes, usually diagnosed in children and adolescents, occurs when the pancreas is unable to produce insulin. Insulin is a hormone that ensures body energy needs are met. Approximately 10 per cent of people with diabetes have Type 1 diabetes. Ninety per cent have Type 2 diabetes, which occurs when the pancreas does not produce enough insulin or when the body does not effectively use the insulin that is produced. Type 2 diabetes usually develops in adulthood, although increasing numbers of children in high-risk populations are being diagnosed.

One of the key tools in battling diabetes is education – knowing your carbohydrates and understanding how much you should eat.

The Canadian Diabetes Association suggests using your hands to estimate appropriate portions when planning a meal. Here are a few of their recommendations::

Grains, starches and fruits: Choose an amount up to the size of your fist.

Meats and alternatives: Choose an amount the size of the palm of your hand and the thickness of your little finger.

Vegetables: Choose as much as you can hold in both hands. Also, choose vegetables low in carbohydrates such as green or yellow beans, broccoli or lettuce.

Fat: Limit fat to an amount the size of the tip of your thumb.

Milk and alternatives: Drink up to 250 ml. (8 oz.) of low fat milk with a meal.

On the Web: www.diabetes.ca



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**LICO wishes you all
a very
Merry Christmas
and
a Happy and Prosperous
New Year**