

## 2012 CANADA-CUBA FARMER to FARMER TOURS



- 3 days of sun and luxury at Cuba's all-inclusive 5-Star Melia Varadero
- 8 days travel thru Cuban countryside
- 1 night at 5 Star Melia Santiago de Cuba
- 3 days at 5 Star Hotel Nacional, Havana

**February 6 - February 20<sup>th</sup>**

**FOURTEENTH YEAR - THIRTY DELEGATIONS  
533 FARMERS FROM ACROSS CANADA**

**AS SEEN ON CBC-TV's COUNTRY CANADA**

**Join us in Cuba for  
"the trip of a lifetime..."**

**THE HOLM TEAM  
Wendy R. Holm, P.Ag.**

**[www.theholmteam.ca](http://www.theholmteam.ca)**

**[wendy@theholmteam.ca](mailto:wendy@theholmteam.ca)**

## INCLUDED:

- √ Fourteen nights accommodation, seven in 5 star hotels (3 nights ALL INCLUSIVE at Melia Varadero, 1 night at Melia Santiago, 3 nights at Havana's Hotel Nacional) and 7 in country hotels.
- √ All meals (breakfast, lunch and dinner) except for 3 lunches and 2 dinners in Havana.
- √ All gratuities (meals, porters, guide, driver)
- √ Eight-day farm tour of Cuba (large coops, processing enterprises; a good mix of farm visits with time for culture/sight-seeing).
- √ All ground (air conditioned coach).
- √ Air flight from Santiago de Cuba to Havana.
- √ Full translation, bilingual Cuban guide.
- √ All tours fully escorted by award-winning Canadian Agrologist Wendy Holm.
- √ Not Included: airfare to and from Cuba, airport taxes, beverages (except at the Melia Varadero).
- √ We would be happy to book your direct air flights to Havana or Varadero from most cities in Canada and also your travel insurance.

## COST (TAX DEDUCTIBLE!):

\$3,200 CAD per person, double occupancy plus airfare to/from Cuba.

If you wish a single room, the surcharge is \$320 CAD. I will put people in touch who wish to share a room and they can make that decision.

## ELIGIBILITY/MAXIMUM:

This tour is open to Canadian farmers and their family members only. Maximum 28 persons per delegation.

## PURPOSE:

Cuba's farmers are world leaders in large-scale organic production. Canada's farmers are world leaders in sustainable management practices. Together, we have more answers than we have apart. The objective is to foster cooperative, farmer-led capacity building.

Our first (award-winning!) farmer-to-farmer pilot project Enhancing Sustainable Dairy Production Capacity in Cuba doubled milk production.

When completed, this sustainable dairy farm with rotational pastures, solar energy, good animal husbandry, best farm practices and on-farm ration production will serve as a model for Cuba and elsewhere, thanks to Canadian dairy farmers Bruce Beattie (Alberta), Lorne Hansen (B.C.) and Jim Millson (Ontario), who first visited Cuba with the Canada Cuba Farmer Project and returned, in a cooperative, capacity building framework, to share skills that rank our farmers among the best in the world. Supported by CIDA, Sustainable Cities, ANAP (Cuban farmer's organization), Canadian farmers and private citizens. Full details at [www.theholmteam.ca](http://www.theholmteam.ca).



Join prize winning Canadian

Agrologist Wendy Holm this winter for the trip of a lifetime!



**BOOK EARLY!**

**Maximum 28**

**FOR MORE INFORMATION**

**[www.theholmteam.ca](http://www.theholmteam.ca)**

**RR #1, HP-8, BOWEN ISLAND, BC VON 1G0  
ph: 604.947.2893 fx: 604.947.2321**

## THE CUBA “STORY”

When the Soviet Union collapsed, Cuba was forced to reinvent itself. As a result, Cuba has become a world leader in sustainable farming practices.

In 1999, Cuba won the Right Livelihood Award of the Swedish Parliament for world leadership in organic and urban agriculture. Just last year, the World Wildlife Fund named Cuba the only "sustainable" nation based on ecological footprint and social development.

### COME SEE FOR YOURSELF:

#### Organic fertilization and soil conservation.

The use of organic and biofertilizers have allowed substitution of organic methods for chemical fertilizers to meet crop nutrient requirements previously met through external inputs. The use of manure, sugar cane byproducts (cachaza), organic fertilizers, compost, bioearth, worm humus, residues from sugarcane (biomass), waste water, cover crops, mulch, biofertilizers and other materials produce higher yields and improve soil cover, dry matter content, and soil properties.

#### Ecological management of pests, disease and

weeds Elimination of pesticide use is one of the most difficult tasks in conversion to organic farming practices. The research into bio-pesticides developed by the Cuban Ministry of Agriculture's National Plant Protection Institute (INISAV) is made available to farmers through the creation of a national network of 280 Centres for Production of Entomophages & Entomopathogens (CREEs) to manufacture and distribute biocontrol agents suited to local crops and conditions. CREEs are positioned according to local needs and have work teams comprised of university-educated specialists, lab technicians and auxiliary staff. The products are sold directly to area farmers, reducing transport and storage needs. Production is highly diversified and specialized by region.

Livestock Management The loss of imported feed grains at the beginning of Cuba's Special Period resulted in sharp production cutbacks in Cuba's livestock production sector. Strong advances in crop rotation and polyculture were employed to improve soil coverage and quality, control harmful pests and diseases and increase production. Successful use of legume-based livestock systems, silvo-pasture and integrated crop-livestock systems have resulted in significant and sustainable increases in dietary protein. Bio-controls to treat mites and other insect pests.

Crop Management One million hectares (20% of Cuba's total farmland) are protected by the application of biological controls. Much of this land is in vegetable, tropical vegetable and fruit production. Most of Cuba's 32,000 hectares of citrus and tree fruits are managed organically. Organic production methods are being tested in sugar and coffee (4,500 hectares), cocoa, coconut, pineapple and mango production. Crop rotations reduce soil pathogens. Crop associations and intercropping keep pest populations low and reduce disease and weeds; common are corn-bean and cassava-bean associations but more complex planting such as corn-squash-sweet potato-beans-cucumbers are also common. Integrated pest management programs are in place for 27 crops, controlling a total of 74 insect and mite pests and several fungal diseases.

Ecological Soil Management Organic techniques such as the use of living barriers, ground cover with locally adapted pasture species, contour plowing and conservation tillage systems are used to manage, conserve and recover compacted, salinized, eroded and otherwise degraded soils.

Urban Agriculture In the early 1990's, in response to food and petroleum shortages, Cuba made a major commitment to the production of food in cities, or urban agriculture. Today, Organoponicos (raised bed organic vegetable production), intensive vegetable gardens, backyard and roof gardens, small (2-15 hectare) suburban farms and the self-consumption gardens of large enterprises, institutions and government offices together contribute an estimated 90 percent of the fresh produce consumed in Havana.

The production goal for Cuba's urban agriculture sector is 1.4 million metric tons per year to meet the national nutritional goal of 300 grams of fresh vegetables per person per day. Key issues in the development of urban agriculture are conservation and management of soil fertility and integrated pest and disease management. Cuba is investigating the introduction of rabbits in urban agriculture models.

Green Medicines Organized production of medicinal plants began in Cuba in 1992. Today, there are 13 provincial farms and 136 municipal farms producing organic green medicines on 700 hectares of land. Cuba's current annual production of medicinal plants and of herbs and plants used for dyes is 1,000 tons and growing.

*How did Cuba become a world leader in sustainable agriculture overnight?*

*What are the drivers?*

*What lessons does this offer  
For Canada's farmers?!*

*for Global Communities?*

**COME SEE FOR YOURSELF!**

[wendy@theholmteam.ca](mailto:wendy@theholmteam.ca)  
[www.theholmteam.ca](http://www.theholmteam.ca)

RR #1, HP-8, BOWEN ISLAND, BC VON 1G0  
ph: 604.947.2893 fx: 604.947.2321

# CANADA-CUBA FARMER TO FARMER PROJECT – QUESTIONNAIRE

Your Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name of Accompanying Person(s) \_\_\_\_\_ Fax: \_\_\_\_\_ email: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Preferred Departure Airport? \_\_\_\_\_ Have you participated in a farmer tour before? \_\_\_\_\_

Do/did you make your living from farming? \_\_\_\_\_ For how many years? \_\_\_\_\_

Size farm (acres) \_\_\_\_\_ Farm type (products)? \_\_\_\_\_

What is it that most interests you in participating in the CANADA-CUBA farmer tour and what particular aspect of Cuban agriculture are you most interested in seeing? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Any special background or skills you feel you can bring to/contribute to the delegation? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Do you have any diet restrictions/medical conditions of which we should be aware? \_\_\_\_\_

If yes, please explain: \_\_\_\_\_

Date of Birth (month, day, year) self: \_\_\_\_\_ spouse/partner: \_\_\_\_\_

Valid Passport Number: self \_\_\_\_\_ spouse/partner \_\_\_\_\_

**PLEASE FAX TO 604.947.2321 SPACE IS LIMITED!**

\_\_\_\_\_  
WENDY R. HOLM, P.AG., THE HOLM TEAM  
RR #1, HP-8, BOWEN ISLAND, B.C. V0N 1G0  
Phone: (604) 947-2893 Fax: (604) 947-2321 e-mail: holm@farmertofarmer.ca

## 10 EXCELLENT REASONS TO GO TO CUBA AS PART OF A CANADA-CUBA FARMER TO FARMER DELEGATION

Wendy R. Holm, P.Ag.

**#10 YOU CAN WRITE IT OFF AS A BUSINESS EXPENSE.** If you make your living from farming, you'll have little difficulty justifying this as a business expense! The goal of the Project is to facilitate cooperation between farm communities. Canada has expertise in processing, packaging, labeling, marketing and sales. Cuba's farmers are world leaders in commercial organic cropping systems, have highly organized cooperatives, good farm extension, unparalleled soil and water resources and a tropical climate. We have a lot to learn from them. They have a lot to learn from us. Together, we're more competitive. Farmer's who travel to Cuba as part of this project are exposed to this potential "from the ground up". In our first project Enhancing Sustainable Dairy Production Capacity in Cuba, Canadian dairy farmers share animal husbandry skills with their Cuban counterparts.

**#9. YOU'LL BE IN GOOD HANDS.** With thirteen successful years, twenty-nine farm tours and 662 delegates behind us (635 Canadians: 533 farmers, 66 students, 22 chefs, 14 entomologists and 27 Cubans), we are professionals highly experienced in organizing and delivering unique Canadian farmer tours of Cuba. Our Cuban partner ANAP (the national farmer organization to which all Cuban farmers belong) works with us to deliver a high-quality, memorable and safe travel experience completely free of stress and filled with delightful memories of the real Cuba and her people. We promise. All farmer tours fully escorted by Wendy R. Holm, P.Ag.

**#8. YOU'LL BE TRAVELING WITH A "GREAT BUNCH" – OTHER FARMERS:** Dairy farmers, crop farmers, ranchers, orchardists, poultry farmers, greenhouse growers, bee keepers and the like - a relaxing and fun group to travel with.

**#7. YOU'LL SEE FIRST HAND THE INNOVATIVE PRACTICES THAT MAKE CUBAN FARMERS WORLD LEADERS IN SUSTAINABILITY.** In 1999, Cuba won the prestigious Right Livelihood Award of the Swedish Parliament for sustainable agricultural practices. This was due in no small measure to strong scientific capacity and good agricultural extension. We will visit large-scale worm composting facilities, CREE's (centres for the reproduction of entomopathogens and entomofagos) and plant protection laboratories to see how Cuba became an innovative world leader in the use of biopesticides and biofertilizers.

**#6. YOU'LL VISIT OUR INTERNATIONALLY-RECOGNIZED DAIRY PROJECT AND SEE THE RESULTS OF CANADIAN COOPERATION.** This project began with a small CIDA pilot grant in December 2004. Six years later, through the cooperative efforts of farmers in Canada and Cuba, we have tripled milk production and created a self sufficient rural milk production model that is attracting big attention in this tiny little country... And you will get to see how we did it!

**#5. YOU'LL EXPERIENCE A CULTURE WHERE FARMERS ARE RESPECTED.** A majorly unique - dare we say empowering - experience for Canadian farmers. We will have the opportunity to meet with Cuban farmers to discuss how they run their cooperatives, how production decisions are made, how state contracts are negotiated and profits are shared, how crop insurance works, how they get access to farmers' markets and how ANAP – the national farmers' organization - speaks with one voice in the interests of the farm community.

**#4. YOU'LL BE "IN ON THE GROUND FLOOR" IN TERMS OF ANY FUTURE PROJECT INITIATIVES.** The experience of Cuban agriculture - that large-scale commercial organic production IS possible - is a lesson for the world. By partnering with Cuba, Canada can piggyback on this expertise. Farmers who participate in these Delegations will receive regular updates on the Project and are "in on the ground floor" in terms of any future initiatives.

**#3. YOU'LL ENJOY SOME OF THE MOST BEAUTIFUL BEACHES AND HOTELS IN THE WORLD.** We begin with 3 nights of ALL INCLUSIVE at the beautiful 5 Star Hotel Melia Varadero and conclude with 1 night at the 5 Star Melia Santiago and 3 nights at Havana's fabulous 5 Star Hotel Nacional.

**#2. YOU'LL SEE "THE REAL CUBA" THAT TOURISTS NEVER EXPERIENCE...** Cuba is a safe destination with a unique culture and warm and friendly people. During your 8-day tour of Cuba's farming communities, we leave the tourist zones and travel into the countryside, visiting the provinces of Ciego de Avila, Camaguiy, Bayamo and Santiago de Cuba. There is ample time set aside for sightseeing, sampling Cuban culture and fresh lobster and horseback riding on the beach at pristine Cayo Coco if you're so inclined.

**#1. YOU'LL HAVE THE TRIP OF A LIFETIME. (AND ISN'T THAT ABOUT TIME?)** It 's perhaps best expressed in the words of other farmers: "wonderfully unique... ..an opportunity to see places other tourists have never been... the experience of a lifetime..."

**Wendy R. Holm, P.Ag. RR #1, HP-8, Bowen Island, BC V0N 1G0**

**PH: 604.947.2893 FX: 604.947.2321 holm@farmertofarmer.ca www.farmertofarmer.ca www.theholmteam.ca**

**BOOK EARLY -ONLY ONE TRIP IN 2012 - BOOKING DEADLINE IS NOVEMBER 15th**

# Canada Cuba Farmer to Farmer Project Winter 2012 Delegations

## PROGRAM

*(Note there may be small changes in the program...)*

### **DAY 1. MONDAY. ARRIVAL.**

- Arrival at Varadero Airport, met by Wendy Holm or CubaNatura Guide. Private transfer and check-in at Melia Varadero Hotel (all inclusive).

### **DAY 2. TUESDAY. VARADERO.**

- Free day to relax, all inclusive.

### **DAY 3. WEDNESDAY. VARADERO.**

- Free day to relax, all inclusive.

### **DAY 4. THURSDAY. CIEGO DE AVILA.**

- Breakfast, depart at 7:30 am.
- Visit CPA 26 de Julio and the CIDA project Enhancing Sustainable Dairy Production Capacity in Cuba, enjoy a farm lunch with members
- Continue on to Ciego de Avila.
- Check in to Ciego de Avila hotel
- Dinner at the hotel. Free evening. Hopefully, a baseball game at nearby stadium...

### **DAY 5. FRIDAY. CIEGO DE AVILA.**

- Breakfast at the hotel.
- Visit to an agricultural cooperative (CPA).
- Lunch arranged by ANAP
- Visit to an agricultural cooperative (CPA).
- Dinner at the hotel. Catch a baseball game if possible.

### **DAY 6. SATURDAY. CAMAGUEY.**

- Breakfast at the hotel.
- Visit to Organopónico El Rabanito, explanation of Cuba's system of organic gardens
- Depart for Cayo Coco beach.
- Possible stop at show cattle barn of MINAG to see Santa Gertrudis cattle
- Morning on the beach, lobster lunch at CATEC restaurant on the beach.
- 2 p.m. departure for Camaguey City.
- Check into Gran Hotel, Camaguey, dinner at the hotel.

### **DAY 7. SUNDAY. CAMAGUEY.**

- Breakfast at the hotel.
- 2 hour bicitaxi tour of the historical center of Camaguey. Visit a state market, a bustling farmers market and a ration store (\$5/person, Wendy organizes).
- Lunch at Casa del Chef by local chefs to highlight typical cuisine of the Camaguey area.
- Visit to Palacio de Pioneros
- Dinner at a local Paladar Las Terrases
- Listen to/dance to Cuban salsa and son at Casa de La Trova

#### **DAY 8. MONDAY. CAMAGUEY.**

- Breakfast at the hotel.
- Visit to farm cooperative
- Lunch hosted by ANAP.
- Visit to a farm cooperative.
- Dinner at the hotel. Free evening.

#### **DAY 9. TUESDAY. BAYAMO.**

- Breakfast at the hotel. Brief stop at Pepe (leather artisan) then depart for Bayamo City.
- Lunch en route or at Hotel Telegrapho
- Check into Sierra Maestra Hotel
- Free time for a swim.
- Horse carriages to Bayamo for city tour and dinner

#### **DAY 10. WEDNESDAY. BAYAMO.**

- Breakfast at the hotel.
- Morning visit to a cooperative.
- Lunch arranged by ANAP.
- Free afternoon.
- Dinner at Hotel, visit to a CDR (possible).

#### **DAY 11. THURSDAY SANTIAGO DE CUBA**

- Check out of hotel after breakfast, depart for Santiago de Cuba, former capital of Cuba, and second largest city with a population of over 1 million inhabitants.
- Visit grave of Jose Marti (Cemetery) and Parque Cespedes to tour oldest house in Cuba.
- Lunch at rooftop restaurant, Gran Hotel, followed by check 5 star Melia Santiago Hotel.
- Free afternoon.
- Dinner at the hotel. Evening free.

#### **DAY 12. FRIDAY HAVANA.**

- Breakfast at the hotel.
- Morning flight to Havana
- Check into Hotel Nacional.
- Dinner on your own or go exploring into Havana's old city with Wendy.

#### **DAY 13. SATURDAY. HAVANA.**

- Breakfast at the hotel.
- Free day to explore Havana, museums, galleries. Optional 2 hour classic car tour at 10 am with Wendy to orient you to craft markets, museums, the Old City and other places of interest that you may want to see over the next few days. (price to be arranged....)
- Lunch and dinner on your own.

#### **DAY 14. SUNDAY. HAVANA.**

- Breakfast at the hotel.
- Free day to explore Havana's markets, museums, galleries. Lunch on your own.
- Farewell dinner

#### **DAY 15. MONDAY. DEPARTURE.**

- Leave for Varadero or Havana International Airport for departure.

## CANADA-CUBA FARMER TO FARMER EXCHANGE

### Some Details: Winter 2012 Delegations

**ACCOMMODATION:** The Melia Varadero, the Melia Santiago and the Hotel Nacional (Havana) are all 5 Star hotels; I have personally selected our country hotels.

**MEALS:** Lunch is included on all but last 3 days (Fri, Sat and Sun in Havana) and dinner is included on all but last 2 days (Fri and Sat in Havana, Sunday farewell dinner included). A full breakfast is included every day. Our three days at the Melia Varadero are ALL INCLUSIVE. All tips (guide and driver, porters, waiters) are included. Not included are all beverages including bottled water (except at the Melia Varadero), airport departure taxes and small tips for personal services – e.g. chambermaids.

**LAND COST:** \$3,200 Canadian dollars per person based on two sharing. This price is virtually all inclusive, and covers accommodation, all tips, all but five meals (see above), all ground transfers, air conditioned bus transportation in Cuba, air fare in Cuba (Santiago de Cuba to Havana), full 8 day guided farm tour, translation, Cuban guide and accompanying Agrologist (Holm). The single surcharge is \$320 CAD – those who wish to double up will be put in touch with others who share this interest...

**AIRLINES:** The above price does not include airfare from Canada. You have a choice of having us do the bookings (in which case we pay incoming and outgoing transfers in Cuba) booking your own flights (for example, to take advantage of air miles with Air Canada). Review AIR FARE information enclosed in this package and call me.

**PAYMENTS:** Deposit of \$500 CAD per person is due on booking; balance payable 60 days before departure.

**INSURANCE:** Cuba now requires that all travelers entering the country carry with them proof of full travel and medical insurance from a carrier recognized in Cuba. Most commercial insurers meet this requirement. For the charter airlines, flight cancellation insurance is also recommended (for medical reasons related to traveler or immediate family members, refunds air fare and/or pays for emergency flight home, does not cover pre-existing conditions). Many credit cards offer some coverage if air tickets are charged but rarely cancellation insurance; please check carefully as this varies.

**PASSPORT:** You will need a passport with a date valid for at least one month beyond the duration of your holiday. Please allow a good 6 weeks for processing if applying for a new one.

**REFUNDS:** For medical reasons providing trip cancellation insurance is purchased at time of ticketing, the claim is honoured by the insurer (in which case insurance will refund the air fare portion and Holm will refund the balance less \$500 deposit, which may be applied to following year tour or refunded in full if future travel improbable).

**IMMUNIZATIONS:** There are no required immunizations for Canadians entering Cuba. A vaccination for infectious hepatitis is apparently generally recommended for travelers to Latin America. Please consult your physician. And GET YOUR FLU SHOTS!

**GUIDE BOOKS/MAPS:** There are several good guidebooks. DK Eyewitness and Lonely Planet travel guides on Cuba are both good, and available in better bookstores and from CAA. The best Cuba map I have come across is called International Travel Map #413-CUBA. It costs \$10 and is available from CAA or direct from ITMB Publishing, Vancouver. Well worth it; many wish they'd brought a decent map...

**CLIMATE:** Temperatures can be expected to range between 22-28 degrees, slightly cooler and sometimes breezy at night. Casual clothes for the most part, you may feel like dressing up a bit in Havana and Varadero. Bring your dancing shoes!

**MONEY:** Canadian money can be exchanged for Cuban Convertible Pesos (CUC) in Cuba at a rate of roughly 1.1 CAD to 1 CUC. DO NOT TAKE U.S. CASH - US dollars are subject to a 10% surcharge. There are bank machines in Havana and Varadero. In Havana you can also get a cash advance on your credit card at the hotel. Travelers cheques can be cumbersome. If you MUST bring them - and be warned, sometimes there is a service charge to cash them - make sure they are not issued by a US-based financial institution. Thomas Cook is recognized in Cuba, as are VISA and MC traveler's cheques drawn on a Canadian bank. (Under American law, US-based institutions such as American Express are prohibited from doing business in Cuba; were Cuban hotels and businesses to accept traveler's cheques or credit cards from US-based institutions they would not be reimbursed.) How much extra cash you should bring? This will depend on how many souvenirs you want to purchase and how many *mojitos* you wish to consume! In general, an additional \$300 - \$500 per person CAD should suffice...

**GIFTS:** Optional, of course, but in past delegations most farmers have brought along a small assortment of gifts for the farmers we visit. Small items such as soaps, shampoo, pens, pencils, writing pads, school supplies, chalk, disposable razors, tooth brushes, hats, used guitar strings, duct tape etc. Are all very much appreciated. Gifts are combined at the beginning of the trip when we make up a bunch of "goodie bags" to leave with each co-operative visited. A list of suggested items is included.

**FILM:** For those of you who still use film, best to bring twice what you'll need, and don't forget to bring extra batteries for your camera and flash, as these are often difficult to find in the countryside! DON'T FORGET YOUR CAMERA CHARGERS.



## 2012 AIR COSTS:

**Air Transat:** First choice as all flights fly directly into Varadero. As always, we have searched for the lowest fares possible and will be pleased to arrange flights for you from the following airports. If you book thru us, we will cover your airport transfers in Cuba. Air Transat seats are limited to 2 week round trip bookings. Below are 2011 prices. Traditionally, these go up a bit as the departure date approaches.

### 2011 PRICES - DIRECT FLIGHTS TO VARADERO (taxes, tourist visa included):

Air Transat fm Vancouver (Sun nite to Mon): \$739+\$200=\$939  
Air Transat fm Edmonton (Sun nite to Mon): \$719+209=\$ 929  
Air Transat fm Calgary (Sat nite to Sun): \$709+\$212=\$921  
Air Transat fm Saskatoon (Mon to Mon): \$699+\$205=\$904  
Air Transat fm Regina (Mon to Mon): \$699+\$205=\$904  
Air Transat fm Toronto: (Sun nite to Mon): \$499+\$215=\$714  
Air Transat fm Ottawa: (Sun to Sun): \$245+\$204=\$449  
Air Transat fm Montreal: (Sun nite to Mon): \$438+\$225=\$663.00

**Air Canada:** Current prices apply. I can assist you with this or you can book thru your travel agent. The choice if you want to arrive on the Monday (and Air Transat doesn't offer this from your local airport), go earlier, stay later, or fly on air points. Air Canada flies into and out of Varadero and Havana. If you arrive other than on a Monday OR fly in/out of Havana Airport, transfers may apply. Please discuss this with me before you book!

**Air Cubana** Frequent flights from Toronto to Havana.

**Booking:** We are happy to handle all air bookings at very competitive rates.

**Terms:** Payable in full upon ticketing. May be paid by cheque or credit card.

In the case of Air Canada and Air Cubana, these tickets are non-refundable, change fees and some restrictions may apply (e.g. using credits within a specified period).

In the case of Air Transat, like all charters, bookings are final and no refunds are given. Trip cancellation insurance - available through Air Transat at time of ticketing - is recommended in case an unanticipated medical condition or event prior to the departure date prevents you from travelling.

Air Canada and Air Cubana fly thru Toronto, necessitating a change of planes for those incoming from another airport and, if coming from the west (depending on connecting flight to Toronto), may require a red-eye flight or an overnight in Toronto. Air Transat flies direct.

## CONTACT NUMBERS IN CUBA

### Canada Cuba Farmer to Farmer Project

**Time Difference:** The time in Cuba is E.S.T. (same as Toronto)

#### **Non-emergency:**

**text message:** Wendy Holm at 604-417-2434,  
(Text messaging is free, calling expensive!)

**email:** A message can be sent to Wendy Holm  
[holm@farmertofarmer.ca](mailto:holm@farmertofarmer.ca) (checked as regularly as facilities  
permit; not daily...) Keep brief as it can't be printed out, only  
passed along!

#### **Emergency:**

**text message or call** Wendy Holm at 604-417-2434.

**Also** contact Ernesto Noriega at Cuba Natura Tours:

email: [cubanat1@uniserve.com](mailto:cubanat1@uniserve.com) *subject: Farmer Tour*  
office: 011-53-7-860-8220  
cel: 011-53-05-263-0523

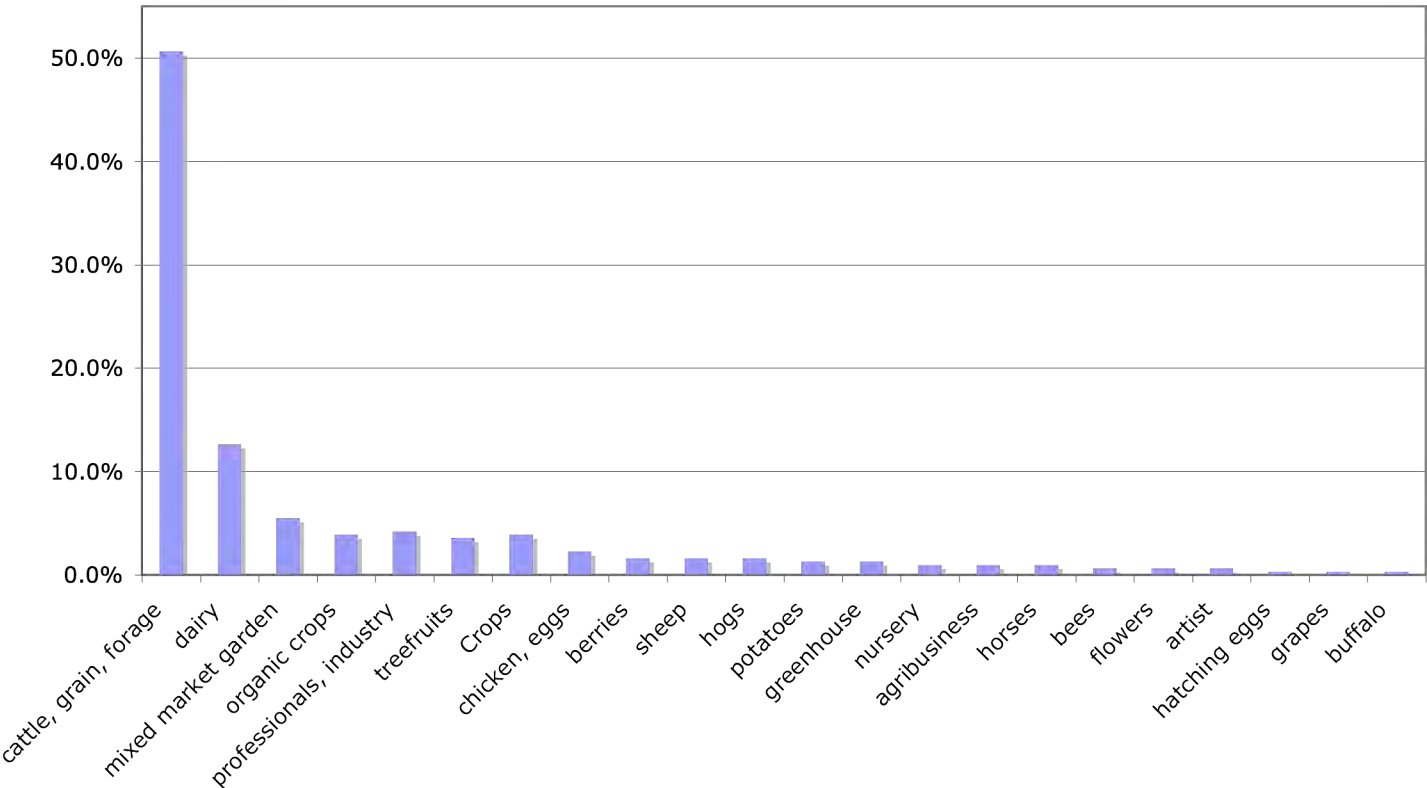
#### **Itinerary:**

Mon-Wed: Varadero. Hotel Melia Varadero (53 45 667013)  
Thurs-Fri: Ciego de Avila Hotel, (53 33 228013)  
Sat-Mon: Gran Hotel, Camaguey (53 32 \_\_\_\_\_)  
Tues, Wed: Sierra Maestra Hotel, Bayamo (53 23 \_\_\_\_\_)  
Thurs: Hotel Melia Santiago de Cuba, (53 22 687070)  
Fri-Sun: Hotel Nacional, Havana (53 78 733564)  
Mon: Return to Canada

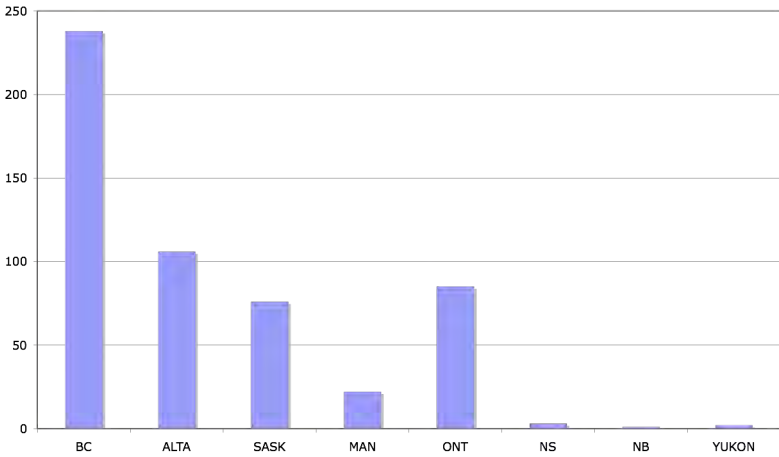
# CHECKLIST

- 1. Call me to confirm availability.**
- 2. Fill in the questionnaire and return to me with:**
  - DEPOSIT:** Cheque dated today payable to THE HOLM TEAM for deposit of \$500 CAD per person.
  - BALANCE:** Cheque dated 60 days prior to departure payable to THE HOLM TEAM for balance of \$2,700 CAD per person (two sharing) or \$3,045 CAD (single).
- 3. Decide how you want to handle your air travel** and discuss with me at time of booking your trip. I am happy to book all of your travel and insurance.
- 4. Check your passport expiry date** and renew if necessary (allow 6 weeks if by mail).
- 5. Check with your family doctor** re his or her advice concerning immunizations (none are required for Cuba, Hepatitis B is recommended in general for Latin America).
- 6. Pick up Canadian cash** (clean \$20 or \$50 dollar bills) for spending money while in Cuba.
- 7. Anticipate a great winter holiday!**

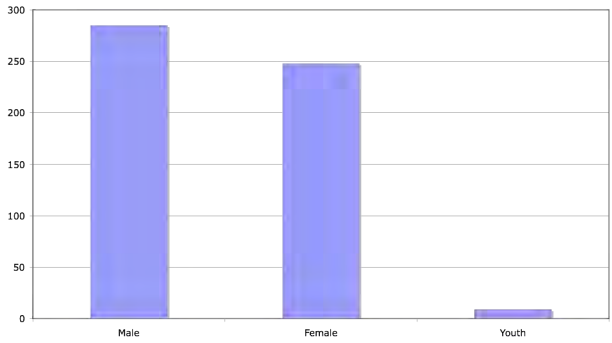
# Canada Cuba Farm Tours 1999 - 2011 Delegates by Farm Type (percentages)



## Canada Cuba Farm Tours 1999 - 2011 Delegates by Province



## Canada Cuba Farm Tours 1999 - 2011 Delegates by Gender, + Youth



**BACKGROUND OF FARMERS WHO TRAVELLED TO CUBA IN 20 DELEGATIONS AS PART OF  
THE CANADA CUBA FARMER TO FARMER PROJECT (1999-2011)**

**BRITISH COLUMBIA**

ABMA, Bertha and John	Lifetime in dairy, 250 acres in Ladysmith, B.C.
ALLEN, Susan	30+ years exp draft/driving horses, mgr, horse ranch, Tom's Lake Ranch, BC.
ANDERSON, Myrtle	40 years experience cow-calf and Canadian horse breeder on 200 acres in Quesnel, BC
ANTONSEN, Harvey and Dianne	40 years in diary on 80 acres in Aldergrove, BC
BAYNES, Duncan	20 years beef ranching on 1,650 deeded and 10,000 leased acres, Hanceville, BC.
BELL, Christina	50 years background in mixed farming on 40 acres in Montney, BC
BENNEST, Lorraine	25 years exp as orchardist on 15 acres in, Summerland, BC
BICKFORD, Heather and Bill	35 years in grain, cattle on 5,500 acres owned + 8,000 leased, Ft St John, BC (Peace R.)
BICKFORD, Ronald W.	Lifetime in fruit (logans and strawberries), cattle and grain on Vancouver Island, BC.
BOAL, Murray and ALLEN, Janet	20 years in sheep and organic market gardening, Quesnel, BC
BONGERS, Lyn, Peter, Mandy, Justin	25 years exp. in dairy, farm 200 acres in Armstrong, BC
BOUWMAN, Bill and Trudy	35 years in dairy and crop farming on 160 acres in Abbotsford, BC
BRADBEEER, DAVID	Agroecology and wild life management professional.
BURWOOD, Martin and Barbara	12 years of experience in sheep and mixed farming in Langley.
BUSNARDO, Joe	46 years in vineyards and mixed fruit on 39 acres in Cobble Hill, BC. Also estate winery.
BUTLER, Michael and Deborah	28 years in cattle (bred heifers) forage, grain, 960 acres + ccty pasture, Peace River BC
CAPTEIN, Leo and Ineke	28 years cut flower production on 28 acres in Pitt Meadows.
CARL, Brian and Brenda	26 years experience in mixed vegetable, cattle, fruit stand on 69 acres in McLure, BC.
CARTER, Claire and Don	22 years experience in cow-calf on 100 acres in Lytton, BC
CHONG, Danny	organic and conventional vegs, 400 acres, Delta, BC
CHONG, Yet Howe and Shui Chun	48 years in blueberry farming on 125 acres in Delta, BC
COLWELL, Helen and Bill Colwell	Lifetime in beef, forage, grain; 1600 acres, Sunset Prairie (Peace River), BC
CONAN, Gailen & Robert Bach (twice)	38 years experience in beef, sheep ranching and feeder pigs on 160 acres in Barriere, BC
CONWAY, Diane and Lance	30 years in dairy plus raspberries on 90 acres in Aldergrove, BC
DEAN, Michael	organic fertilizer, soil remineralization, Grand Forks, BC
DICK, Aron	8 years background in dairy and poultry on 250 acres in Chilliwack, BC
DINESEN, Tom	55 years in landscape nursery, 20 acres, Surrey, BC
EBELL, Barbara and Lorne	23 years experience in mixed horticulture on 15 acres in Nanoose Bay, BC
ELZINGA, Nancy and Hank	30 years in beef and slaughterhouse on 157 acres in 150 Mile House (Cariboo), BC
EMBLEM, Marge and Reg	36 years in dairy on 240 acres in Port Alberni, BC
ERICKSON, Donna and Andy	30 years experience in cattle ranching on 300 acres in Clearwater, BC
FANKHAUSER, Ida and Hans	31 years dairy and (recently) hair sheep, 400 acres, Enderby, BC Transitional organic.
FEELY, Tom and Roberta	25 years in beef and farm gate veggies on 80 acres in Courtenay, Vancouver Island, BC
FILIPENKO, Norm and Cheryl	21 years orcharding in Okanagan Valley, BC also run extension service packinghouse.
FRIITZEL, Al and Patricia	50 years in beef and forage on 100 acres in Salmon Arm, BC
FULKER, Iris and John	12 years exp in sheep, angora goats and llamas on 23 acres on Salt Spring Island, BC
GODWIN, Tom	31 years of experience beef on 85 acres in Richmond, BC. Retired cardiologist.
GOERTZEN, Mary	30 years in broiler (fryer) prod'n on 25 acres in Fraser Valley.
GRANT, Luke and Gale	25 years in ranching (cow/calf) on 800 acres in Lower Nicola Valley, BC.
GRAVES, Barbara and Bob	40+ years in organic farming in Ontario and BC, bee keeper for 10 years in
GRONLUND, Joyce and David	30 years, mixed (hay, beef, turkeys, broilers) on 46 acres in Chemainus, BC
HADLAND, Arthur and Laurel (twice)	20 years cash crop (grasses, peas and cereals) on 2200 acres in Peace River BC.
HAIGHT, Anita and Jack	50 years cattle ranching, 2500 acres, Peace River, BC
HANSEN, Lorne	Lifetime in dairy farming on 160 acres in Harrison Mills, BC
HANSEN, Wilma and Ben (twice)	44 years experience cow, calf and custom grazing on 572 acres in Taylor, BC
HARRIS, Jim	Lifetime in seed potatoes and field crops, 700 acres in Delta, BC
HORVATH, Elda and Julius	22 years tree fruits on 5 acres on Osoyoos, BC
HUFFMAN, Sharon and Grant	30+ years cow calf/yearling production, Williams Lake, BC
HUSCH, Carol and Russell	Lifetime orchardist and nursery, 22 acres in Winfield, BC
HYLKEMA, Lambert and Shirley	Lifetime in dairy farming on 54 acres in Chilliwack, BC.
JANSEN, Jackie and Len	50 years in dairy on 120 acres in Abbotsford, BC
JANSSENS, Frank and Wilhelmina	43 years in dairy on 500 acres in Surrey, BC
JOHANSSON, Gwen	35 years exp in ranching, 160 ac Hudsons Hope, BC public avocacy, sub-surface rights
JOINER, Joan and Lawrence	45 years exp cattle ranching (Clinton, BC-15,000 ac) +cash crops (Chilliwack, 300 ac)
KEIM, Mariann and Friedrich	15 years experience in soft fruit on 4+ acres in Naramata, BC
KICEY, Nick	small fruits/vegetables, 4.5 acres, direct farm market, Armstrong, BC
KLOPPENBURG, Lorena and Bob	28 years in dairy farming on 130 acres in Armstrong, BC
KOZIER, Marion and Len	31 years of experience in hay and beef ranching on 300 acres in Terrace, BC
KRIMMER, Barbara and Rod	16 years in sheep, hay, forestry on 160 acres+1500 woodlot, William's Lake BC
Lai, Ian	Urban farmer and Vancouver Chef.
LANDRY, Kathryn, JENSEN, Craig	Market gardeners, Courtenay, BC
LOYD, Lisa, Jen	20 acre organic farm on Saltspring Island (certified organic berries and vegetables), BC
LOISELLE, Joyce and Roger	50 years experience in grain and beef farming on 1000 acres on Peace River BC
LUTHER, Marv	20 years in greenhouse veg (long English cukes) on 4.5 acres in Abbotsford, BC
LUTZ, Jeannie and Walter	37 years experience in beef and grain farming.
MALENSTYN, Maureen and John	vegetable crops for processing, hay, cow silage on 240 acres in Delta, BC
MALM, Aggie and Arnold (five times)	33 years experience in market gardening, fruits and vegetables on 40 acres in Lillooet, BC
MANARIN, Anne and Dave	tree fruits, 12.5 acres, Winfield, BC
MARSHALL, Fred	Agrologist, 30 years beef, commercial cow-calf (organic) on 1771 acres in Midway, BC

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**BRITISH COLUMBIA (cont'd)**

MATTSON, Emily and Larry McEWAN, Tonette	30 years beef cattle ranching on 1,400 + acres in Rolla, BC 15 yrs in strawberries, raspberries, beef cattle, vegs, 150 acres in Pemberton Valley, BC
MCLEOD, Heather and Ken	30 years experience in dairy farming on 185 acres in Salmon Arm, BC.
MCNEIL, Carol and Glen	30+ years experience in beef cattle on 750 acres in Clearwater, BC
PARKER, Gail and Doug	23 years of exp. in grain, oilseed and forage seed farming on 2500 acres in Cecil Lake, BC
PARTINGTON, Jean and John	41 years experience in dairy farming on 250 acres in Creston. BC (+10 acres of cherries)
PELTER, Al	Agrologist soils specialist.
PENDRAY, Linda and Dave	Lifetime in dairy, 225 acres on Saanich Peninsula, Vancouver Island, BC
PIERCE, Lisa	Grew up on family farm in Alberta, 9 years experience in BC's organic sector.
PINKERTON, Lyn and HOARE, Ti	Assoc. Prof. Res. & Environ. Mgm't, Simon Fraser Univ. BC; cattle, 1100 acres
POOLE, Hubert and Edna	50 years in beef cattle on 4500 acres, Vanderhoof, BC
PORTER, Anne and Charlie	Lifetime in dairy, 200 acres in Chemainus, Vancouver Island, BC
PORTER, Karen and Don	40 years in dairy, 300 acres in Chemainus, Vancouver Island, BC
PURDEN, Helen and George	Lifetime in seed potatoes and cattle, 75 acres in Pemberton Valley, BC
QUERIN, Barbara and John	40+ years grain and oilseed prod'n and 25 years in cow/calf on 3,500 acres in Rolla, BC
RALPH, Norma and Bud	35 years exp. grain farm, 1700 acres Peace River, BC
REDEKOP, Elizabeth	40+ yrs in poultry prod'n (broilers, turkeys) on Fraser Valley.
REIGER, Verna and Victor	30 years in broiler hatching eggs, Abbotsford, BC
ROBERTS, Mary and Danny	40 years in tree fruit production on 22 acres in Oliver, BC
ROBSON, Michael P.Ag.	Agrologist, 40 years mixed farming background in fruits and veg. Fraser Valley. BC
ROSS, Bonnie and Sandy	23 years of experience in fruit farming (raspberries, soft fruits) on 4 acres in Penticton, BC.
RYALL, Sandra and Jane	30+ years of experience in greenhouse tomato production on 18 acres in Delta, BC.
SAMSOM, Nick and Hazel	45 years in tree farming, shrubs and turf on 160 acres in Courtenay, BC
SANSOM, Fern	10 years experience dairy, sheep, hogs, chicken, grass seed, beef BC
SEWELL, Linda and Rich	28 years forage seed, leafcutter bees, some grain on 1000 acres in Ft. St. John, BC
SIEBERT, Reta and Karl	35 years in cattle ranching on 1,100 acres in Williams Lake, BC
STEIDLE, Susan, Walter & Melissa	Beef cattle, cow-calf, calf backgrounding, 800 acre ranch, Prince George, BC
STIEFVATER, Lucas and Annemarie	11 years background in flowers and vegetables on 6 acres in Courtenay, BC,
STRONG, Curtis	16 years farming experience, hay, grain, beef on 200 acres in Saanichton, BC
SWAN, Brodie	30 years exp. cow/calf, 330 acres + leases, Kootenay, BC
TANNER, Patsy and Bruce	25 years experience in certified organic produce, sheep and tree fruits, 5 ac, Cobble Hill, BC.
THOLA, Larry and Sharon	40 year background in farming, feeder cattle operation, Dawson Creek, BC
TOWES, Alice and John	24 years in broiler chicken production on 18 acres in Abbotsford, BC
TRAICHEL, Sandra	Professional (soil scientist).
TRESCHER, Siegfried	ifetime experience in ranching on 1200 acres in Brisco, BC
TROTTER, Bill and Shirley	26 years in beef and hay ranching, managed forest on 113 acres in Courtenay, BC
VAN BELLE, Bill, and Grace	30 years in intensive ornamental horticulture on 60 acres in Abbotsford.
VandenTILAART Susan, Tony, Devon	20 years exp. in dairy, 2 farms, 200-230 cows milked on 600-800 acres, Enderby, BC
VanLOON, Nell and Tony	43 years seed potatoes, 160 acres, Pemberton (previously beef/grain Prairies).
VANMARREYK, Jane and Albert	33 years exp in greenhouse vegetable production on 31 acres in Pitt Meadows, BC
VanRYSWYK, Al and Alwenda	Professional Agrologist, Kamloops, BC
VELDHUISEN, Tom and HEILKE	26 years in dairy on 410 acres in Armstrong, BC
VERHOVEN, Linda and Peter	65 years exp in dairy and organic seed production on 80 acres in Little Fort, BC.
VRAIN, Thierry	Research Scientist, Agriculture and Agri Food Canada, Summerland, BC
WADLEGGER, Hazel and Josef	40 years experience in cow calf production on 500 acres in Clearwater, BC
WATT, John and Mary	30+ years in cattle and beef on 100 acres in Langley, BC
WEAVER, Marjorie and Don	66 years in beef and forage production on 1600 acres in Vanderhoof, BC
WHYTE, Betty and Norman	Lifetime in cow-calf on 320 acres in Williams Lake, BC
WILLIAMS, Lauren and Ted	Cow calf operation in Williams Lake, BC
WONG, Sharlene	10 years experience in mixed vegetable production on 5v acres in Courtenay, BC
WOODROW, Michelle and Danny	Lifetime in potato production, Comox Valley, BC

**ALBERTA**

ANDERSON Evelyn and Ken	40 years exp cereal seed production, mixed farming on 1,000 acres, Barrhead, Alberta.
ARIE, Richard and Donna	25 years of experience in grain farming on 1,100 acres in Lloydminster, Alberta
ASHTON and Benley Schnickerowski	50 years experience in mixed cattle, grain and forage on 500 acres in Penoka, Alberta
BANBURY, Donna and, Joe	Lifetime experience in beef, maple syrup and horticulture, 200 acres, Brighton, Ontario
BEATTIE, Bruce, Valerie, Alexander	30 years dairy farming, also beef, on 350 acres in Sundre, Alberta
BOHN Judy and Garry	40 years exp. in canola, barley forages, hogs and cow/calf on 800 acres in Barrhead, Alberta
BOSMA, Marianne and Gerben	31 years experience in pigs & grain on 2100 acres in Fairview, Alberta
Buxton, Roger and Rita	40 years exp in Purebred Charlois, grass and hay and cereal grains on 2400 acres near Consort, Alberta
CARREL, Tom and Muriel	60 years experience in cash crops and cattle finishing (feedlot), 2000 acres, Aylmer, Ontario.
CHAMBERLAIN, Gloria and Ralph	47 years experience in cattle ranching on 2000 acres in Tullibly Lake, Alberta
CHENARD, Marie and Lucien	45 years experience in small grain farming on 1,280 acres in Tangent, Alberta
Coleman, Chris	50 years exp in beef and sheep ranching on 6000 acres in Pincher Creek, Alberta
CUNNINGHAM, Shirley and Eugene	50 years of experience in mixed farming on 480 acres in Beaverlodge, Alberta.
DEAVILLE, Shirley and Don	42 years experience in mixed grain on 3000 acres in Paradise Valley, Alberta
DEREN, Margaret and Tony	42 years in grain and cattle production in Athabasca, Alberta
DINEEN, Paul and DUKE, Dale	30 years experience in dairy farming in 430 acres in Mount Forest, Ontario.
DOBSON, Robert	33 years experience in beef farming on 250 acres in Cobden, Ontario

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**ALBERTA (cont'd)**

DOERING, Bert and Helen	43 years of experience in cattle and grain farming on 800 acres in Didsbury, Alberta
Engstrom, Linda and Dale	19 years exp in forage production on 160 acres in Lake Isle, Alberta
EPPINGA, Tom and Tina	45 years experience in dairy and grain farming on 2600 acres in Alberta
FALZ, Anna and Hans	7 years in grain and beef cattle on 1,700 acres in Caroline, Alberta.
FERRIER, Joan and,Calvin	50 years experience in grain on 1280 acres in Hayter, Alberta
Forster, Leola and Doug	50 years exp in grain, oil seeds, pulse and cattle on 6,000 acres in Sedgewick, Alberta
FREDLAND, Paul and Ruth	35 years experience in grain and cattle farming on 500 acres in Grand Prairie, AB
GABERT, Faith andTerry	34 years experience in field crops, beef, hogs and forage on 2200 acres in Edberg, Alberta.
GAMMER, Rick	Experience in poultry, orchards, egg processing, Agriculture Canada and Cdn Food Inspection Agency
GEAR, Warren	32 years experience in dairy farming in Alberta
GERLACH, Jane	56 years experience in mixed farming on 800 acres in Rochester, Alberta
GRUTTERINK, Betty and Barend	37 years experience in dairy and cow calf on 1,120 acres in Rimbey, Alberta
GRUTTERINK, Rose and John	32+ years experience in mixed farming (beef, cow-calf, grain) on 1600 ac Rimbey, Alberta.
HAJASH, Linda and Joe	50 years experience in cereal & oil seed on 560 irrigated acres in Brooks, Alberta
HALWA, Ted and Iris	46 years of experience in grain farming on 1.000 acres in Grand Prairie, Alberta
HAUER, Vernon and Charlotte.	40 years experience in cereals and oil seeds on 640 acres in Lloydminster, Alberta
HEIKEN, Shirley and John	50 years in canola, peas, barley and wheat on 1200 acres in LaGlace, Alberta
HELBIG, Heike and Hermann	25 years of experience in market gardening on 160 acres in Calmar, Alberta
HENDRICKS Marlene and John ,	24 years experience in dairy farming on 320 acres in Camp Creek, Alberta
HOLMEN, Gerald and Maxine	40 + years of experience in grain farming on 900 acres in Dewberry, Alberta
HOLTMAN, Blake	35 years experience in grass and irrigated row crops on 1200 acres in Taber, Alberta
LAHTI, Irene and Wes	50 years experience in mixed farming on 480 acres in Abee, Alberta.
MACARTHUR, Betty and Dick	60 years experience in cattle and grass seed, brome and fescue s in Fairview, Alberta
MACKILLOP, Nancy and Lloyd	35 years experience in grain and cattle farming on 1,450 acres in High River, Alberta
MAJEAU, Angeline and Oscar	44 years in cereal grains, hogs, hog abattoir 3,300 acres. Riviere Que Barre, Alberta
MILNE, Sylvia and Bob	Lifetime experience in mixed and (now) grain farming on 1.600 acres in Marwayne, Alberta
MOES Jacoba and Jan	50 years experience in beef and grain farming on 320 acres in Alberta and The Netherlands.
OE, Doreen and Ralph	41 years of experience in grain and cattle farming on 1760 acres in Bonanza, Alberta.
OE, Ralph	43 years of experience in grain and cattle farming on 1760 acres in Bonanza, Alberta
PAPPLE, Janet and James	40 years experience in cash crops on 450 acres in Seaforth, Ontario
PIERCE, Percival	40 years experience in ranching (cow/calf) on 480 acres plus leased in Pine Lake, Alberta.
PIRKER, Tillie and Mark	40 years of experience in beef, honey and sheep farming on 900 acres in DeBolt Alberta
RODVANG, Anna and Thomas	Lifetime of experience in ranching,(cow-calf) on 9000+ acres in Coronation, Alberta
SCHERSHCHMIDT, Doug and Elaine	36 years experience in cattle and grain farming on 3200 acres in Stettler, Alberta
SCHREIBER, Maureen and Horst	40 years experience in grain farming on 640 acres in Ohaton. Alberta.
SCOTT, Berthe and Bill`	41 years experience in chicken broilers on 240 acres in Ripley, Ontario
SCOTT, Evelyn and Harvey	20 years exp cow-calf, cattle, draft horses and hay/feed on 480 acres Athabasca, Alberta
SEBASTIAN, Tony and Gudrun	55 years in grain farming on 900 acres in Wembley, Alberta.
SIPMA. Toos and Klaas	50 years exp in mixed grain and cattle on 1,400 acres in Beaverlodge, Alberta,
ST ARNAUD, Paul and Jeannie	45 years in grain, cereal, oil seed and grasses on 2400 acres in Girouxville, Alberta
STEMO, Kenneth	21 yrs mixed farming (beef, forage, pasture, poultry, honey) 160 acres, Rimbey, Alberta
TOURNIER , Don	Lifetime experience in cattle, sheep and forage production on 960 ac Lac LaBiche, Alberta
TUININGA Angela and Clifford	40 years experience in grain and cattle farming on 1,600 acres in Neerlandia, Alberta
Vanderlaak , Lucie and John	32 years farming exp (dairy till 2003, now cow/calf and grain) on 480 acres in Lindon, Alberta
YAWORSKI, Hap and Kathleen	Cattle farming on 640 acres in Alberta
ZELDENRUST Anita and Meerten	24 years experience in dairy farming on 320 acres in Camp Creek, Alberta

**SASKATCHEWAN**

AST, Dolores	32 years as a public health nurse, Regina, Saskatchewan
BEATTIE, Jim, Dowdeswell, Beryl	60 years in grain and pulse crops on 500 acres in Swift Current, Saskatchewan
Brown, Dennis and Darla	35 years exp in beef and cattle ranching on 7520 (now 2240) acres in Moose Jaw, Saskatchewan
BURTON, Marian and George	51 years of experience in grain farming on 354 acres in Humboldt, Saskatchewan
CAMPBELL, Norma and Joseph	53 years exp. in grain and livestock farming on 2880 acres in Mortlach, Saskatchewan.
COOPER, Leah and Raymond	52 years experience in grain and cattle ranching on 5,400 acres in LaPorte, Saskatchewan
Doderai, Franceline and Georges	37 years exp in grain and cattle on 640 acres in St Louis, Saskatchewan
DYCK, Ruby and Richard	28 years in dairy on 2,500 acres in Warman, Saskatchewan.
EBACH, Marv	25 years exp in grains, oilseeds and legumes on 300 acres in Hepburn, Saskaychewan
FOWLER, Sandra and AITKEN, John	31 years in cow/calf ranching on 3 sections of land in Eyebrow, Saskatchewan
GRANT Danielle and Dean	35 years exp wheat, duram, peas and mustard on 4000 acres in Val Marie, Sask.
HARDER, Ruby and Edgar	30 years experience in grain, livestock, and emu on 1800 acres in Denholm, Saskatchewan
HENDRICKS Marlene and John ,	32 years of experience in grain farming on 620 acres (now) in Milden, Sask.
HIRSCHKORN, Norbert and Loretta	25 years in mixed farming on 800 acres in Duck Lake, Saskatchewan.
IRVING, Pamela	13 years background in organic grain on 640 acres in Saskatchewan, farm writer
IVERSON, Clarence and Nancy	40 years mixed grain and cow/calf, 280 owned + leased land, Saskatoon, Sask
KEHRIG Mary	16 years experience in mixed grains and beef (fed steers) in Nobleville, Saskatchewan
KOSTICHUK, Beverly and Maurice	45 years experience in grain farming on 1400 acres in Insinger, Saskatchewan
KUNTZ, Pius and Gladys	35 years in mixed farming (grain) on 1200 acres in Grayson, Saskatchewan
LONG. Leonard and Evelvn	42 years experience in mixed grain, livestock on 1.200 acres. Llovdminster. Saskatchewan
LUNDBERG, Louise and Carl	47 years exp in mixed (cattle, grain) farming on 1000 acres ib Turtleford, Saskatchewan,
LUX Delaine	20 years experience in grain farming (registered) on 800 acres in Saskatchewan.
MANCHESTER, Carolyn ans Rae	31 years of experience in cattle and beef on 2080 acres in Evesham, Saskatchewan.
MANNERS, Lynn and Robert	45 years exp in grain and oilseed farming on 2,000 acres in Lloydminster, Saskatchewan
MARCOTTE, Wilf	30 years of exp. in grain farming and herb production on 320 acres in Estevan, Saskatchewan.
MARTIN, Belva and Jim	40 years in grain farming on 6000 acres in LaPorte, Saskatchewan
MARTIN, Ilse and Dieter	25 years in nursery greenhouse, wheat, hay on 70 acres in Langham, Saskatchewan

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**SASKATCHEWAN (cont'd)**

MAWBEY, Ken and Evelyn 50 years of experience in grain and cattle farming on 1,280 acres in Unity, Saskatchewan  
 McELREE, Doreen and Merv 30 years experience in grains and oilseeds on 1680 acres in Zehner, Saskatchewan  
 MEYERS, Dorothy and Richard 50 years experience in mixed grain and cattle on 5,600 acres in Minton, Saskatchewan  
 OESTREICHER, Erna and Leo 48 years of exp in dairy, beef and cash crops on 5-600 acres in Kincardine, Ontario.  
 PHILLIPS, Ann 41 years experience in grain farming in Stoughton, Saskatchewan  
 POSSBERG, Rosemary and Herman 40 years experience in grain farming on 1800 acres in Humboldt, Saskatchewan.  
 RASMUSSEN, Thelma 40 years experience in mixed farming (grain, cattle) in Saskatchewan  
 REED, Jim 55 years experience in grain and livestock on 5,500 acres in Macklin, Saskatchewan.  
 REID, Jeannette and Blaine 36 years of experience in hogs and grain farming on 2000 acres in Evesham, Saskatchewan.  
 REIMER, Olie 40 years experience in mixed farming (grain, cattle) in Saskatchewan  
 RITCHIE, Eleanor Retired public health nurse, Saskatoon, Saskatchewan  
 SIEMENS George and Patricia 50 years experience in grain and cattle and fruit trees on 200 acres in Fiske, Saskatchewan.  
 SINGER, Louise and Ron 50 years experience in cattle and grain farming on 1100 acres in Biggar, Saskatchewan,  
 THOMPSON, Donna and Ron 30 years in zero till grain, feeder cattle on 960 acres in Indian Head, Saskatchewan  
 TOMILIN, Robert 20+ yrs exp organic grains, oilseeds, pulses, legumes, hay on 960 acres Kamsack, Sask.  
 WALKER, Carol and Bruce 52 years experience in wheat, barley, canola, peas on 2000 acres in Lloydminster, Saskatchewan  
 WIELGOZ, Andrew and Florence 48 years in grain farming on 760 acres in Bank End, Saskatchewan  
 WILLIAMS, Sara Horticulture specialist, extension division, Univ. of Saskatchewan.  
 ZOLLER, Anna Horticulture and strawberries, university student

**MANITOBA**

DEKLEIN, Toos and Martin 40 years of experience in dairy and cropping on 1,000 acres in LaBroquerie, Manitoba  
 GREEN, Mel 33 years experience in mixed grain, livestock farming on 2000 acres in Ashville, Manitoba.  
 LUSZEK, Alvin 20+ years in grain and cattle production in Beausejour, Manitoba.  
 Mitchell, John and Jean 52 years experience in grain and cattle on 1040 acres in Rosburn, Manitoba  
 Rourke, David and Diane 30 years experience in grains, oilseeds, hog finishing, goat dairy and agricultural research.  
 RUNNE, Hella and Wilhelm 45 years experience in grains and oilseed production on 5500 acres in Carman, Manitoba.  
 SACHVIE, Ron 20+ years in grain production on 1100 acres in Beausejour, Manitoba.  
 SCHEWE, Kevin 22 years experience as a crop farmer on 1500 acres in Beausejour, Manitoba.  
 WIELER, Lorna and Gary 25 years experience in cattle and grain on 1000 acres in Roland, Manitoba

**ONTARIO**

AHRENS, Freda and Don 30 years experience in dairy, cash crops and beef on 391 acres in Chesley, Ontario.  
 BANBURY, Joe (twice) Lifetime exp. in beef, cow-calf, horticulture, maple syrup on 200 acres in Brighton, Ontario.  
 BELL, Lorna and Don 40 years experience in beef cow calf and cash crop farm on 400 acres 200 in Elmvalle Ontario  
 BRADFIELD, Glenda and Gordon 60 years experience in dairy production on 500 acres in Peterborough, Ontario  
 CARR, Arlene and Fred 40 years exp in dairy, cash crops and feedlot on 1000 acres in Castleton, Ontario  
 CARREL, Tom and Muriel 60 years experience in cash crops and cattle finishing (feedlot) on 2000 acres in Aylmer, Ontario.  
 Chadwick, Wayne and Sylvia 36 years exp in dairy and cash crops (wheat, corn, soybeans) on 500 acres in Bellville, Ontario  
 CREIGHTON, David 12 years in organic farming, Ottawa, Ont.  
 DEBROUWER, Bert Lifetime exp cash crops (now ethanol corn, processing tomatoes) 1000 acres in SW Ontario.  
 DELANG, Jan 40+ years exp in cash crops and custom heifer feeding on 450 acres in Palmerston, Ontario  
 DEN BOER, Wilhemina and John 12 years in vegetable production on 125 acres in Otterville, Ontario.  
 deSALABERRY, Nic Planner, Bruce County, Ontario.  
 DINEEN, Paul and DUKE, Dale 30 years experience in dairy farming in 430 acres in Mount Forest, Ontario.  
 DOBSON, Robert 33 years experience in beef farming on 250 acres in Cobden, Ontario  
 DYKHOORN, Jack and Ruby 47 years experience in cattle ranching on 150 acres in Aylmer, Ontario  
 EBY, Islay and Stan 40 years experience in beef production on 400 acres in Kincardine, Ontario.  
 EDWARDS Norma and Doug 55 years exp in mixed cattle, swine, grain and potatoes on 650 acres in Englehart, Ontario  
 ELPHICK, Dave Lifetime of experience in mixed farming on 750 acres in Ripley, Ontario  
 GAMMER, Rick Experience in poultry, orchards, egg processing, Agriculture Canada and CFIA  
 GIBSON, Clara 39 years experience sow farrowing, beef finishing, 100 acres plus rented Fordwich, Ontario  
 GERLACH, Jane 56 years experience in mixed farming on 800 acres in Rochester, Alberta  
 GRANT, Dale and Fay 30 years in beef cow calf-finishing, custom organic grain on 800 acres in Stirling, Ontario  
 HAHN, David and WATKINS, Marion 25 years in maple syrup and garlic on 200 acres in Godfrey, Ontario  
 HOOBANOFF, Cheryl and Peter 5 years organic market gardener, 3 acre greenhouse + soil-based.  
 HOOGENBOON, Cathy and Jack 27 years experience in dairy farming on 330 acres in Mountain, Ontario.  
 HUITEMA, Pete 25 yrs exp in crops, corn, soybeans, wheat, hogs on 300 acres in Sebringville, Ontario.  
 ISRAEL Patricia and Archie meat packing, helps brother with soy beans, barley and corn, farrow to finish hog operation.  
 JANSSEN, Wilma and Peter 38 years experience in egg, hog and sheep production on 200 acres in Glencoe, Ontario.  
 JESPERSEN, Debbie and Lorrie 40 years exp in cattle, cow-calf, backgrounding, horse breeding, 300 ac Wingham, Ontario  
 JOHNSON, Ronnalee 43 years experience in dairy (registered Holsteins) on 300 acres in Fordwich, Ontario  
 KAINS, David and Nancy 20 years experience as an apiarist (honey production) in Mindemoya, Ontario  
 KAINS, Frank and Luella Retired – Ontario Ministry of Agriculture, Food and Rural Affairs  
 LEUDKE, Lil and Harold 49 years experience in beef and cash crops on 500 acres in Elmwood, Ontario  
 LLOYD, Richard beef cow/calf early 1980's, farm feed/supply store mgr, NFU member, Douglas, Ont.  
 MACARTHUR, Phyllis and Verne 75 years exp in cash crops and broiler chickens on 300 acres in Thamesford, Ontario.  
 MARSETT, Ken 50 years in organic grain farming, Picton, Ontario  
 MARTIN, Jane Senior Canadian artist .



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**ONTARIO (cont'd)**

MARTYN, Sally and John	Cash crop, cattle, forestry and nursery production on 150 acres in Sparta, Ontario
MCQUAIL, Anthony and Fran	32 years experience in mixed farming (apples, crops, livestock), 25 of which are organic
MILLSON, Jim and Gladys	25 years in dairy farming and cash crops, 430 acres in Enniskillen, Ontario
MOLZAN, Ed	Lifetime in cash crop farming on 250 acres in Thedford, Ontario
PAPPLE, Janet and James	40 years experience in cash crops on 450 acres in Seaforth, Ontario
PARKER, Doug	5 years in organic vegetable production on 20 acres in Milford, Ontario
PATIENCE, Kay and Howard	70 years experience in broiler chicken production on 325 acres in Thamesford, Ontario.
PETHERICK Gladys and Bill	50 years experience in dairy farming on 750 acres in Campbellford, Ontario.
SCHILL Geraldine and Clifford	43 years experience in cash crops, wheat, soybeans on 500 acres in Wallenstein, Ont.
SCOTT, Berthe and Bill	41 years experience in chicken broilers on 240 acres in Ripley, Ontario
SEGUIN, Denis André	30 years experience in farm supply co-ops; now dairy processing co-operative in St-Albert, Ontario
SMELTZER, Elmer	Lifetime of experience in mixed farming on 500 acres in Ripley, Ontario
SHURA, Thomas	16 years exp in cattle, grain, poultry on 160 acres in Wasagamack, Manitoba
STEWARDSON, Dona and Don	45 years exp in mixed grain and beef farming on 2,000 acres in Peace River, Alberta
STEWART, Edna and Alex	40+ years of experience in dairy and cash crop farming on 750 acres in Thedford, Ontario.
TAMLIN, Phyllis and Leigh	45 years exp soybeans, wheat, hay and beef on 116 acres in Woodville, Ontario
VAN NIEKERK, Andy	8 years in finish hogs, cow-calf and seed sales on 200 acres in Stayner, Ontario.
VENTURELLI, Alvaro	7 years experience in organic vegetable market gardening on 25 acres in Branchton, Ontario.

**NEW BRUNSWICK**

TAYLOR, Richard	22 years experience in blueberry farming on 220 acres in Second Falls, New Brunswick.
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**NOVA SCOTIA**

EMBREE, Blair and Carol	30 years in apples, strawberrie, other crops on 300 acres, Port Williams, Nova Scotia
FRITH, Jeremy	30+ years in vegetable farming, currently farming in Baddeck, Nova Scotia.

**YUKON**

LAPRAIRIE, Virginia and Clifford	15 years experience in buffalo ranching on 1000 acres in Whitehorse, Yukon Territories,
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## Suggested Thank-You Gifts for Cuba (Note from the November 2000 Delegation)

On our farm tour of Cuba in November 2000, we really felt that bringing "gifts" was an important aspect and wished we had brought more - the people are so friendly and hospitable and have so little of items we daily take for granted. Also, anything they did have was old and well used.. So any available luggage space could be taken up with gifts. Here are some ideas for very needed "gifts". (In many cases these can be clean, pre-owned items.)

### General

Duct tape  
New or used guitar strings  
Paper (8" x 11") and small paper pads  
Pencils and Pens  
Erasers  
Disposable razors  
Soap  
Deodorant  
Sewing kits

Nail polish  
Flower seeds (in paper packets)  
Shampoo  
Toothpaste/tooth brushes  
Pocket packs of Kleenex  
Farm caps  
Calculators  
Small garden tools (for organoponicos)

### School supplies:

Scissors  
Crayons - wax or pencil  
Picture books  
Construction paper  
Glue  
Balloons  
Coloring books

Pencil sharpeners  
Board and/or sidewalk Chalk  
Rubber bands and paper clips  
Baseballs and bats, Baseball gloves  
Kazoos and/or small instruments  
Used ballet shoes and/or leotards  
Dance shoes or clothing of any kind,

### Lab supplies:

Graph paper  
Rubber gloves

Calculators  
Day Timers

### Some things you might want to consider for your trip to Cuba

- Be aware that no drinks are included with meals - water/beer is \$1.00 - \$2.00 at lunch/dinner.
- Take more film than you think you need - there are lots of people and detail that you'll want to document.
- Shoes - be prepared for slogging through fields (maybe bring an old pair you don't care about.)
- Carry toilet paper with you in your pocket or purse.
- Travel wipes and small Kleenex packs can come in handy.
- Bring a washcloth if you use one - most hotels do not supply them.
- Be prepared for all kinds of plug-ins (110V-220V, sometimes in the same room).

### The November 2000 group:

Harvey & Dianne, Ida & Hans, Sandra & John, Norm & Cheryl et al.

## COMMENTS OF FARMERS WHO HAVE TRAVELED TO CUBA –CANADA CUBA FARMER TO FARMER PROJECT

Many thanks for the most interesting and informative trip. Also for our extra activities, which you gave so freely of your time

We too want to thank you for all your efforts in making our Cuban experience a memorable one! An additional bonus is the new friendships we made! Thank you for all your helpful advice and “extras” you did!

Thanks Wendy, it's been an experience to remember.

Thanks Wendy, a big learning curve.

As ordinary Canadian dirt farmers, Marion and I felt commonness with our fellow Cuban campesinos. Thank you for a thorough and enjoyable trip

Thank you for making our trip both enjoyable and memorable. A real learning experience

A well-rounded experience

Thank you very much Wendy, it was a major experience. For both of us. Culture and agriculture.

Thank you for an informative learning experience.

Dear Wendy, Thanks for all your organizing, planning and building bridges. It was a great experience and we look forward to keeping in touch.

Thank you Wendy from the bottom of our hearts. You have made this a most undeniably fantastic time for us.

This trip was a super experience. We look forward to continuing Cuba-Canada endeavours. Wendy, thank you so much for all your “tour guide abilities”. This trip was one of our most memorable

Wendy, Thank you very much for all you have done on this trip. I hope we can keep in touch and can support new effort.

To Wendy: This was a trip to remember. I would like to thank you very much for your guidance.

Thanks Wendy!

Wendy, it truly was a trip to “Treasure Island”! You are not only Wendy, but you truly have a touch of “Peter Pan” as well

Good luck on your future endeavours with all your projects. Super trip.

Wonderful tour. Thanks for everything.

What a wonderful trip this was and your smiling face and infectious laugh put everyone at ease immediately. Thanks again.

A trip to remember. We enjoyed every day. All the best to you in your future endeavours.

Wendy, it has been an absolute “blast” – we wish you well with both this project and the NAFTA initiative. In a word, it has been FUN. Best wishes,

Looking at Cuba through your eyes has been a wonderful experience. Thank you. I saw so much more.

Wendy, it has been fantastic. Where are we going next year? Count us in!

Who could have ever imagined that our eyes and minds would have been opened so wide? Thanks for all your effort in arranging a great trip.

Wendy, it has been an unbelievable experience. The picture in our heads about Cuba has changed dramatically. You had everything organized and the trip was great!!