



# Saskmilk

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As the year comes to a close, I would like to update you on a few things. The Board, along with staff, has worked very hard this year creating our new Strategic Plan. I look forward to the months ahead as Peter and his team work through the objectives developed in the Strategic Plan. As a group we have set timelines to keep the various items of the work plan on track. I am excited

## From the Chair's Desk

for where this leads us in the future.

The Annual General Meeting is coming very soon and I encourage everyone to register. Along with the regular business of an annual meeting, there will be live presentations from some of our team as well as speakers from the Canadian Dairy Commission and Dairy Farmers of Canada. As always, we will leave some time in the program for questions from our members. Although we are in a virtual session again, I hope you can all make the time to attend. Please find registration details [here](#).

As you are aware, we recently held elections for the Board. I would like to welcome Jacob Mitchell to the Board of Directors. Jake, along with Blaine McLeod and myself were elected for three-

year terms. At this time, I would also like to thank outgoing director Brian Lindenbach for his service to the Board.

Matthew Flaman  
Chair of the Board



# Mental Health Spotlight



## The 7 Types of Rest Every Farmer Needs

By Lesley Kelly, Farmer and Co-Founder of the Do More Agriculture Foundation

Have you ever tried to fix an ongoing lack of energy by getting more sleep – only to do so and still feel exhausted?

### THE 7 TYPES OF REST EVERY FARMER NEEDS

If that's you, here's the secret: Sleep and rest are not the same thing, although many of us incorrectly confuse the two.

We go through life thinking we'll feel rested by getting a full night's sleep but in reality we are missing out on the other types of rest we desperately need, especially during those peak busy periods like harvest and calving or stressful times, like increased restrictions, cases and divisiveness around Covid-19. The result of only focusing on a few hours of sleep to feel fully rested is a culture of high-achieving, high-producing, chronically tired and chronically burned-out individuals. We're suffering from a rest deficit because we don't understand the true power and potential of rest.

- Rest deficit or exhaustion can look like the following symptoms:
- You get easily irritated or have low patience
- You have a strong desire to be alone, socially withdraw
- You struggle to follow conversation
- You have difficulty sleeping
- Your every action feels like a sacrifice
- You have low energy and feel drained
- You have stopped caring about your stressors; "checked out" mentally and emotionally from things
- You have a hard time concentrating or remembering things
- You have physical symptoms like stomach pains and/or headaches
- You find yourself focusing on the negative
- You feel overwhelmed and frazzled

Let's learn to give ourselves permission to rest. Think of your rest or emotional capacity as a bucket. Your bucket may look different from someone else's as we all have different buckets depending on our genetics, life events, age, health and more. Flowing into the bucket are all areas of your life that can cause stress and exhaustion - farm pressures, family pressures, finances, weather, disagreements with neighbours, not eating well, lack of sleep and rest and more. All of these add water to our bucket and eventually, the water will overflow. We've now hit our emotional capacity peak and our mental and physical health is impacted. We'll start to feel burnout, exhaustion, and an increase of symptoms of depression or other mental illnesses and unable to cope with life the way we once did. To stop our bucket from overflowing, we need to add holes to let the water flow out in a healthy way. Self care rituals and routines and different types of rest is a healthy way to add those holes, let the water out and restore your bucket again.

Rest should equal restoration in seven key areas of your life.

**Physical rest** - Ensuring your body can recharge by allowing it to slow down and repair. Examples: Naps, earlier bedtime, restful lunch breaks.

**Mental rest** - We need to recharge when it's hard to concentrate or our observations are hyper critical/judgemental. Examples: Turn off devices, affirmations, music

**Emotional rest** - Offloading emotional baggage and sharing vulnerability with a trustworthy listener. Examples: Talking to a friend, therapist, and/or support group

**Social rest** - Restoring ourselves through connecting with others. Examples: Time with friends that affirm us, coaches, mentors, playing a team sport, connecting with self

**Creative rest** - Breaks for creativity to re-energize resources and gain inspiration. Examples: Read a good book, walk in nature, cooking, looking at art, woodworking

**Sensory rest** - Retreating from sensory overload by reconnecting with yourself. Examples: Turning off devices, journaling, fresh air, breathing exercises

**Spiritual rest** - We need to feel anchored and realigned with our sense of purpose and harmony. Examples: Reading scriptures or philosophy, volunteering, meditation

Don't use rest as a reward for being productive. If you need a break, you need a break. It's not something that you should make yourself earn at the cost of your mental health or your bucket overflowing. Sleep alone can't restore us to the point where we feel rested. So it's time for us to begin focusing on getting the right type of rest we need and deserve.

If you or someone in your family or farm team are going through a hard and stressful time and/or feeling exhausted or overwhelmed, reach out. For more resources visit [domore.ag/resources](http://domore.ag/resources).

*The Do More Agriculture Foundation is the national voice and champion for mental health in Canadian agriculture and is changing the culture of agriculture to one where all producers are encouraged, supported, and empowered to take care of their mental wellbeing. Producers are among the most vulnerable when it comes to mental health issues. By collaborating with the entire industry and those working to address the state of mental health in Agriculture, we can and will make a substantial impact.*

# Looking for dairy farmworkers?

Come visit us at booth 651 at Agribition. Our expert recruiter is a veterinarian by trade, we can find the qualified dairy workers you need.



Contact  
 Immigrate  
 today!

Susan - (306) 986-5379  
[susan@immigrate.biz](mailto:susan@immigrate.biz)

Matthew - (306) 400-6352  
[matthew@immigrate.biz](mailto:matthew@immigrate.biz)

# NSERC Research Updates

Dr. Herman Barkema  
Dr. Jeroen De Buck



You are invited to attend Drs. Herman Barkema and Jeroen De Buck's NSERC research updates on November 19, 2021 from 11am – 1pm MST. Please join us to hear the latest updates of our research groups and join in a conversation about Mastitis-related antimicrobial use, the development of a Johne's Disease vaccine, vet-farmer communication and more! This meeting will be geared towards dairy producers with ample time for discussion. We look forward to seeing you in November.

## AGENDA

- Update: Jeroen De Buck's Research Chair in Bacterial Diseases of Dairy Cattle
- Update: Herman Barkema's Research Chair in Infectious Diseases of Dairy Cattle
- Ben Caddey - Bacterial factors of digital dermatitis
- Razieh Eshraghi – Developing and testing a live attenuated Johne's disease vaccine
- Ellen de Jong and Kayley McCubbin – Mastitis-related antimicrobial use: Current practices on Canadian dairy farms
- Linda Dorrestein – Communication between veterinarians and dairy farmers

Please click [here](#) to register. Contact Anne-Marieke Smid at [annemarieke.smid@ucalgary.ca](mailto:annemarieke.smid@ucalgary.ca) if you have any questions or would like further information about the session.

Nov 19, 2021 | 11am-1pm MST  
Online - Zoom



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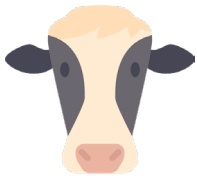
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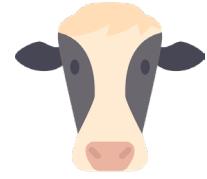
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# Who Should I Call?















Who at the SaskMilk office should producers call?  
Here's a handy guide!

**FOR**

**CALL**

**AT**

<ul style="list-style-type: none"> <li> Sponsorship Requests                             <ul style="list-style-type: none"> <li>• donation Requests</li> <li>• Dairyanna's Costume and Events</li> <li>• School Milk Program</li> <li>• Nutrition Resource Ordering</li> </ul> </li> </ul>	Anita Medl	306-721-9483
<ul style="list-style-type: none"> <li> Quota Exchange and Private Quota Transfers                             <ul style="list-style-type: none"> <li>• Leases</li> <li>• Transfer Credits</li> <li>• Security Applications</li> <li>• Projections for production</li> <li>• Name Changes</li> <li>• Designation of Signing Authority</li> <li>• Monthly production numbers for producers</li> </ul> </li> </ul>	Bev Solie	306-721-9488
<ul style="list-style-type: none"> <li> School Milk Program                             <ul style="list-style-type: none"> <li>• Marketing Activities</li> </ul> </li> </ul>	Chelsea Wilcoxon	306-527-0753
<ul style="list-style-type: none"> <li> Producer statements                             <ul style="list-style-type: none"> <li>• Banking info for direct deposit of milk pay</li> <li>• Milk pick-up issues –variances in volumes, planning to quit shipping, etc.</li> </ul> </li> </ul>	Darlene Weighill	306-721-9491
<ul style="list-style-type: none"> <li> On Farm- licensing, facilities, equipment, driveways, yards, animal care                             <ul style="list-style-type: none"> <li>• Lab testing results</li> <li>• Pro Action- Food Safety (CQM), Animal Care, Traceability, Biosecurity, Environment</li> <li>• Extension services</li> </ul> </li> </ul>	Tina Leverton	306-721-9486
<ul style="list-style-type: none"> <li> Monthly milk prices paid to producers                             <ul style="list-style-type: none"> <li>• Provincial &amp; National production updates</li> </ul> </li> </ul>	Doug Miller	306-721-9485
<ul style="list-style-type: none"> <li> On Farm- licensing, facilities, equipment, driveways, yards, animal care                             <ul style="list-style-type: none"> <li>• Bulk truck drivers- licensing, complaints/issues</li> <li>• Bulk tank calibrations</li> </ul> </li> <li> Rayner Dairy Centre &amp; Research</li> <li> Environment and Regulatory</li> </ul>	Chris Pinno	306-721-9494
<ul style="list-style-type: none"> <li> SaskMilk Portal Assistance</li> </ul>	Jenn Buehler	306-721-9492
<ul style="list-style-type: none"> <li> Media or news stories or if you have been contacted by any media agency or reporter                             <ul style="list-style-type: none"> <li>• Trade agreements, international trade updates</li> <li>• DEAP policy/program enquiries</li> <li>• Research enquiries or proposalsw</li> </ul> </li> </ul>	Joy Smith	306-721-9482
<ul style="list-style-type: none"> <li> Social media enquiries (Twitter, Instagram, Facebook)                             <ul style="list-style-type: none"> <li>• Website enquiries</li> <li>• Newsletter advertising</li> <li>• Dairy Conference</li> </ul> </li> </ul>	Rigel Smith	306-721-9493

# Quota Exchange

**There was no market-clearing price established for the November 2021 Quota Exchange.**

The next Quota Exchange will be held on December 15, 2021. All offers to sell and bids to purchase quota through the Quota Exchange must be submitted by midnight, December 6, 2021. SaskMilk recommends that offers and bids be submitted well in advance of the deadline date to ensure adequate time for corrections, if necessary.

When making bids on the Quota Exchange, the price on offers to sell quota is the minimum price that the producer is prepared to accept for that quota. Only if the market-clearing price is equal to or greater than the producer's minimum price will that producer qualify for participation in the Exchange. Conversely, the price on offers to purchase quota is the maximum price that the producer is prepared to pay for that quota. Only if the market-clearing price is equal to or less than the producer's maximum price will that producer qualify for participation in the Exchange. The clearing price is set at the price where the smallest difference exists between the accumulated volume offered for sale and the accumulated volume bid to purchase. The results of the Quota Exchange are outlined in the following table.

## NOVEMBER 2021 QUOTA EXCHANGE RESULTS

Market Clearing Price per kilogram of butterfat	None established
Daily Kilograms offered to Purchase	198.56
Kilograms offered to Sell	0.00
Kilograms sold	0.00
Number of Producers	
- offered to purchase	25
- purchased quota	0
- offered to sell	0
- sold quota	0

## OCTOBER 2021 QUOTA EXCHANGE CLEARING PRICE RESULTS

Price (\$/daily kg b.f.)	No. of Sellers	Cumulative Sellers	Daily Kgs b.f. offered for sale	Cumulative sales	Cumulative Sales less Cumulative purchases	Cumulative purchases	Daily Kgs b.f. offered to purchase	Cumulative bidders	No. of buyers
\$40,000.00	0	0	0.00	0.00	-198.56	198.56	10.00	24	1
\$40,100.00	0	0	0.00	0.00	-188.56	188.56	10.00	23	1
\$41,600.00	0	0	0.00	0.00	-178.56	178.56	8.00	22	1
\$42,000.00	0	0	0.00	0.00	-170.56	170.56	10.00	21	1
\$42,100.00	0	0	0.00	0.00	-160.56	160.56	9.00	20	1
\$42,500.00	0	0	0.00	0.00	-151.56	151.56	25.00	19	3
\$42,600.00	0	0	0.00	0.00	-126.56	126.56	27.00	16	4
\$42,625.00	0	0	0.00	0.00	-99.56	99.56	10.00	12	1
\$42,650.00	0	0	0.00	0.00	-89.56	89.56	20.00	11	2
\$42,750.00	0	0	0.00	0.00	-69.56	69.56	5.00	9	1
<b>\$43,000.00</b>	<b>0</b>	<b>0</b>	<b>0.00</b>	<b>0.00</b>	<b>-64.56</b>	<b>64.56</b>	<b>10.00</b>	<b>8</b>	<b>1</b>
\$43,300.00	0	0	0.00	0.00	-54.56	54.56	5.00	7	1
\$43,600.00	0	0	0.00	0.00	-49.56	49.56	8.50	6	1
\$43,750.00	0	0	0.00	0.00	-41.06	41.06	1.66	5	1
\$43,900.00	0	0	0.00	0.00	-39.40	39.40	9.40	4	1
\$45,000.00	0	0	0.00	0.00	-30.00	30.00	10.00	3	1
\$45,025.00	0	0	0.00	0.00	-20.00	20.00	10.00	2	1
\$45,050.00	0	0	0.00	0.00	-10.00	10.00	10.00	1	1

Please contact Bev Solie at 306-949-6999 for inquiries dealing with quota management sheets, the Quota Exchange, for transfer credits, or with any other quota transactions.

**TRANSFER CREDIT SUMMARY REPORT**

MONTH	# OF PRODUCERS TRANSFER IN	# OF PRODUCERS TRANSFER OUT	TOTAL KGS OF BUTTERFAT
October, 2020	19	19	13,812
November	15	15	8,120
December	20	20	10,452
January	14	14	7,350
February	13	13	8,529
March	9	9	10,120
April	10	10	10,680
May	13	13	7,349
June	9	9	5,750
July	15	15	7,959
August	27	27	29,932
September, 2021	28	28	17,706
October, 2021	31	31	16,159.00

**PRIVATE TRANSFERS PROCESSED**

MONTH	DAILY KILOGRAMS
October, 2020	10.00
November	96.88
December	0.00
January	25.00
February	0.00
March	578.58
April	40.00
May	0.00
June	0.00
July	188.98
August	0.00
September	1,694.55
October, 2021	85.16

**OVER QUOTA (OVER 5 DAYS)  
REPORT BY MONTH**

MONTH	# OF PRODUCERS	KGS BUTTERFAT
October, 2020	2	174
November	2	142
December	4	341
January	5	1,437
February	9	1,496
March	25	1,690
April	20	654
May	18	781
June	11	200
July	0	0
August	5	528
September, 2021	4	369
October, 2021	9	2,599



**SUMMARY REPORT OF CREDITS OCTOBER 2021 - 155 PRODUCERS**

DAYS	# OF PRODUCERS	POSITIVE CREDITS ACCUMULATED (KGS OF BUTTERFAT)
+ 5	9	7,956
0 to + 5	35	13,696
<b>TOTAL</b>	<b>44</b>	<b>21,652</b>
DAYS	# OF PRODUCERS	NEGATIVE CREDITS ACCUMULATED (KGS OF BUTTERFAT)
-15	1	605
-10 to -15	14	30,966
-5 to -10	39	52,424
0 to -5	57	38,593
<b>TOTAL</b>	<b>111</b>	<b>122,589</b>

**LOST OPPORTUNITY REPORT**

MONTH	# OF PRODUCERS	LOST OPPORTUNITY (KGS OF BUTTERFAT)
October, 2020	3	491
November, 2020	3	255
December, 2020	4	844
January, 2021	5	1,006
February, 2021	2	365
March, 2021	2	522
April, 2021	2	846
May, 2021	3	1,573
June, 2021	3	2,065
July, 2021	4	2,807
August, 2021	3	1,502
September, 2021	2	972
<b>October, 2021</b>	<b>1</b>	<b>63</b>

**WEIGHTED AVERAGE COMPONENT TESTS & PRICES OCTOBER 2021**

COMPONENTS	AVERAGE TEST	PRICE PER KILOGRAM CLASS 1 TO 5
Butterfat	4.3164	16.409792
Protein	3.3367	2.497395
Other Solids	5.8859	0.707895

The average butterfat price received per kilogram was \$19.31.

Milk Sale Revenue	\$19,359,198.51
WMP Revenue/<Expense>	\$1,382,924.63
<b>Total Revenue</b>	<b>\$20,742,123.14</b>



**MILK & COOKIES**  
**SANTA'S FAVOURITE**

 **Saskmilk**

The advertisement features a red background with white snowflakes. On the right, a large chocolate chip cookie is shown next to a white silhouette of a Christmas tree. The Dairy Farmers of Canada logo and the Saskmilk logo are positioned in the bottom left corner.



**Charcuterie Board?**  
**YES CHEESE!**

 **Saskmilk**

The advertisement shows a top-down view of a charcuterie board filled with various cheeses, meats, fruits, and nuts. The Dairy Farmers of Canada logo and the Saskmilk logo are in the bottom left corner.

# Future Leaders Development Program

The next National Future Leaders session is taking place March 1-3, 2022 in Toronto, Ontario. Have you ever thought you'd like to get more involved with the dairy industry, but unsure of what was involved? If so, this conference is for you! Stay tuned for further details on the conference and application process coming soon.

## Canadian Western Dairy Seminar

The 2022 Dairy Seminar is returning to in-person! The 40th Western Canadian Dairy Seminar is taking place from March 8 - 11, 2022 at the Cambridge Hotel in Red Deer, AB. The Advisory Committee is hard at work planning a safe return to in-person events and will be following all Alberta Health Services guidelines. The WCDS is a place for the industry to gather, learn and network and above all else, the WCDS team aims to protect our community.

For the 40th anniversary, the WCDS is celebrating dairy research in Canada by providing an all-Canadian speaker line-up. Speakers will present on a range of topics, including nutrition, calf management and reproduction and the program will include the producer panel and student research competition.

This seminar is designed for people who want to improve their knowledge and decision-making abilities in dairy production and management and for those looking to network in the dairy industry.

Visit <https://wcds.ualberta.ca/> for more information.



## SAVE THE DATE!

### 2021 Annual General Meeting

Due to COVID-19, the 2021 AGM will be held virtually. Registration closes **December 7th**. Please register for the AGM [here](#).

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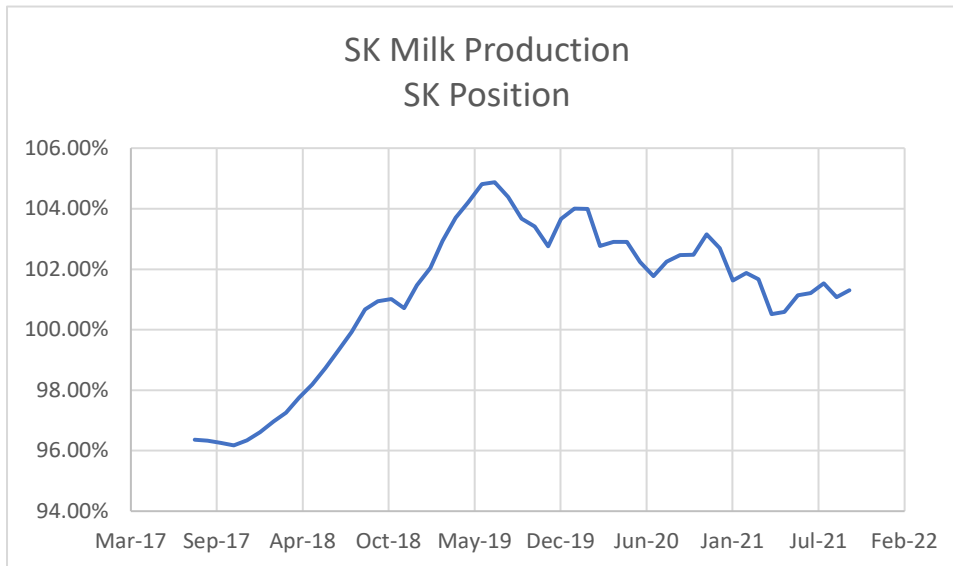
9:00 a.m.

	(1) Monthly Total Production  Kgs of bf	(2) Total Monthly CDC Quota Allocation  Kgs bf	(3) Monthly Over or (Under) Production  Kgs bf  col. 1 - 2 = 3	(4) Lower Flexibility Limit -2.00%  Kgs bf  col. 8 * -1.5%
Oct-20	1,089,543	1,149,939	(60,396)	-241,828
Nov-20	1,048,426	1,077,998	(29,572)	-241,673
Dec-20	1,110,597	1,138,227	(27,630)	-243,172
Jan-21	1,106,333	1,059,133	47,201	-245,941
Feb-21	995,725	864,139	131,586	-245,225
Mar-21	1,065,238	1,109,168	(43,930)	-245,938
Apr-21	1,011,886	1,032,209	(20,323)	-249,271
May-21	1,047,519	964,511	83,008	-249,621
Jun-21	1,005,130	935,573	69,557	-248,539
Jul-21	1,034,538	1,046,959	(12,421)	-248,472
Aug-21	1,060,693	1,003,625	57,068	-248,435
Sep-21	1,029,716	1,103,381	(73,665)	-249,697
Oct-21	1,068,500	1,109,400	(40,900)	-248,886

In October, Saskatchewan had a monthly CDC allocation of **1,109,400 kilograms** of butterfat. Saskatchewan production was **40,900 kgs** of butterfat under and cumulatively over by **855,058 kgs** of butterfat. On a percentage basis, Saskatchewan is **6.87%** above our CDC allocation flexibility limits based on the Continuous Quota model. The -2.00% lower flexibility limit is in effect.

(5) Upper Flexibility Limit 1.25%	(6) Cumulative Over or (Under) Production with limits	(7) Cumulative Over or (Under) Production with limits (%)	(8) Rolling 12 Month Total Quota
Kgs bf	Kgs bf		Kgs bf
col. 8 *1.0%		col. 6 / 8	
151,143	561,779	4.94%	12,091,404
151,046	567,629	5.10%	12,083,648
151,983	588,785	4.84%	12,158,620
153,713	635,986	5.28%	12,297,055
153,266	780,919	6.37%	12,261,248
153,711	736,989	5.99%	12,296,905
155,794	716,666	5.75%	12,463,534
156,013	799,674	6.70%	12,481,039
155,337	906,185	7.29%	12,426,948
155,295	893,764	7.19%	12,423,582
155,272	950,832	7.81%	12,421,767
156,061	895,958	7.18%	12,484,861
<b>155,554</b>	<b>855,058</b>	<b>6.87%</b>	<b>12,444,322</b>

- (1) Monthly Production in Saskatchewan
- (2) Total Monthly Quota = Class 1 sales + Monthly MSQ + Carry Forward
- (3) Difference between the monthly production (1) and the total monthly quota (2)
- (4) The Lower Flexibility Limit is -2.00% of Rolling 12 Month Total Quota (9)
- (5) The Upper Flexibility Limit is 1.25% of Rolling 12 Month Total Quota (9)
- (6) Previous Month Cumulative Over or (Under) Production + Current Monthly Over or (Under) Production (capped at lower or upper limit if applicable)
- (7) Equal to Column (6) expressed as a percentage basis within the flexibility limits
- (8) Total Monthly CDC Quota Allocation for the previous 12 months



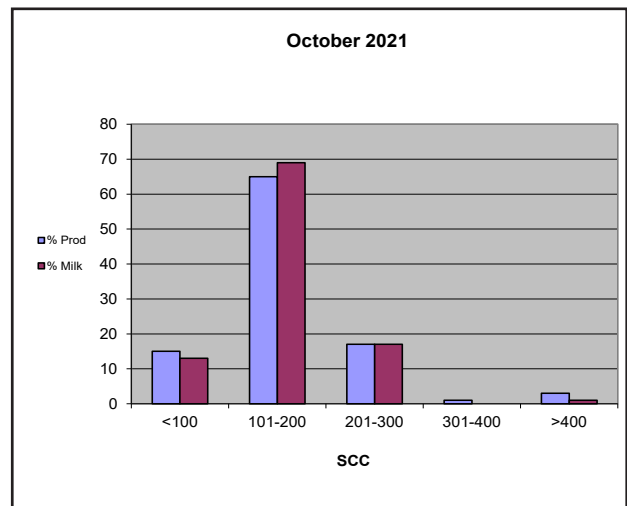
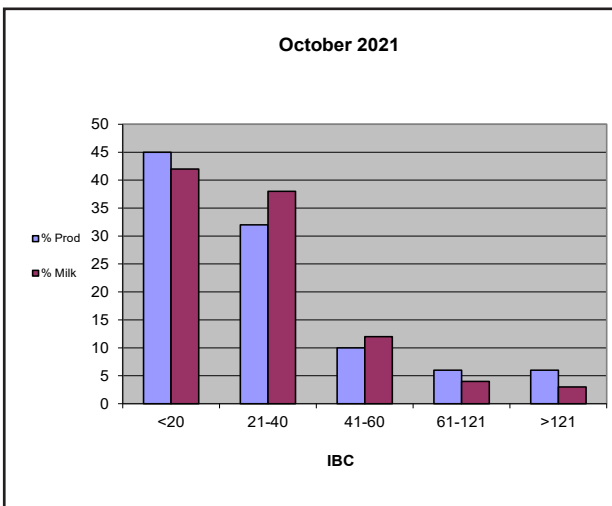
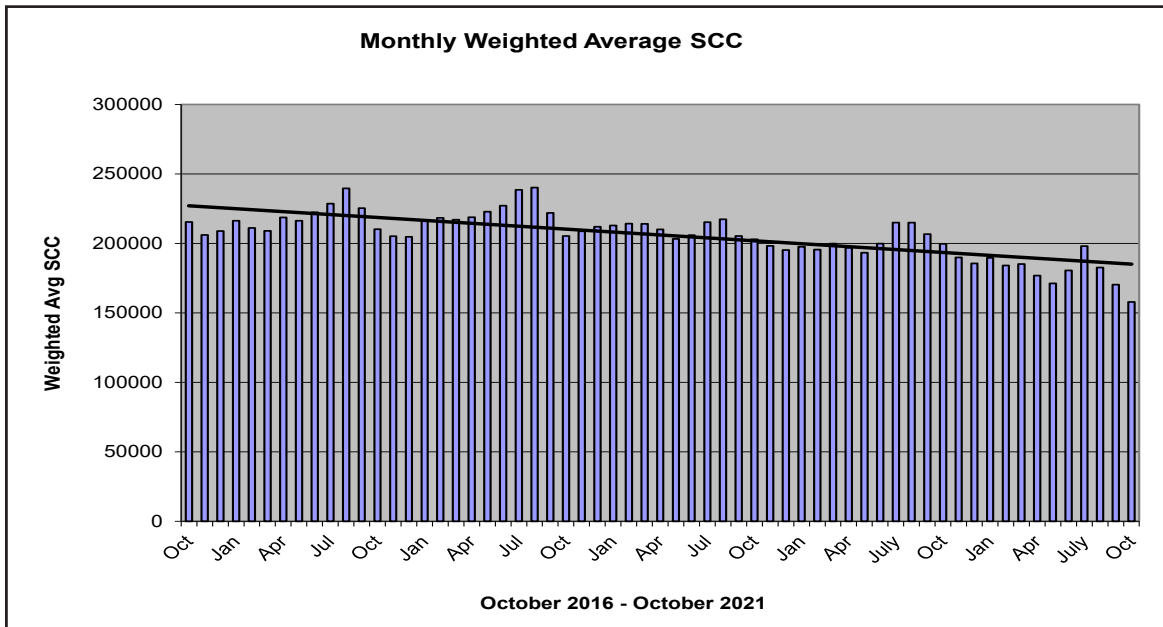
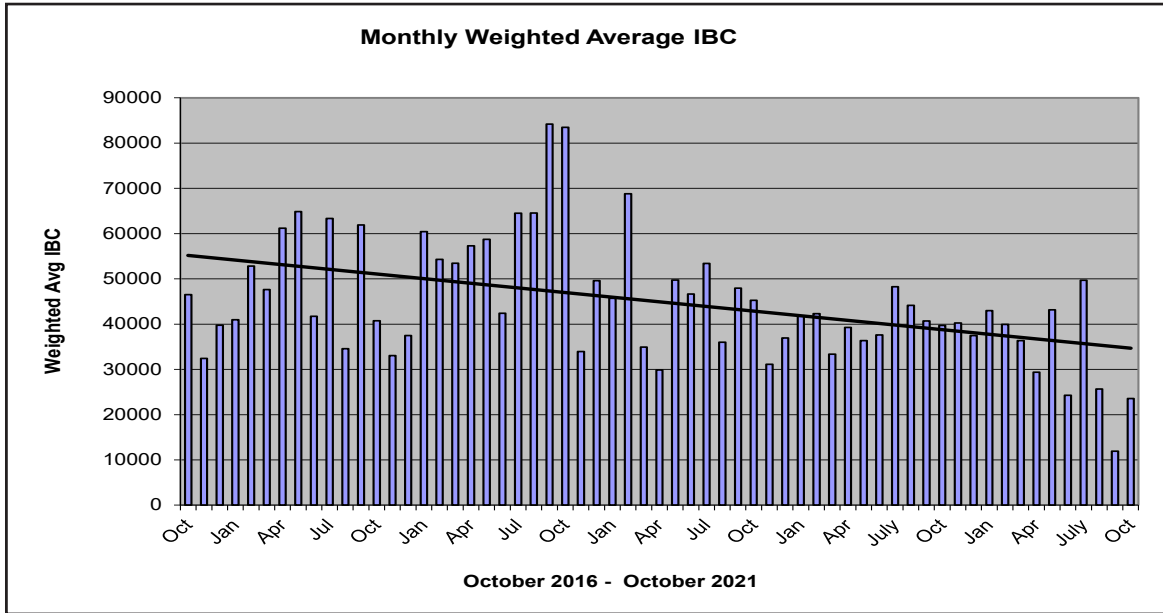
Beta-lactam Drug	Detection Level† (ppb*)	US Safe Level or Tolerance / Canadian MRL (ppb*)	Sulfa Drug	Detection Level† (ppb*)	US Safe Level or Tolerance / Canadian MRL (ppb*)
Amoxicillin	3.1	10 / None	Sulfadimethoxine	4.7	10 / 10∞
Ampicillin	7.7	10 / 10	Sulfamethazine	7.7	10 / 10∞
Ceftiofur and Metabolites^	53	100 / 100	Tetracycline Drug	Detection Level† (ppb*)	US Safe Level/ Tolerance / Canadian MRL (ppb*)
Cephapirin	14	20 / 20	Chlortetracycline	54	300 / 100
Cloxacillin	7.4	10 / None	Oxytetracycline	66	300 / 100
Penicillin G	2.2	5 / 6&	Tetracycline	21	300 / 100

† Positive at least 90% of the time with 95% confidence.  
 \* parts per billion or ng/mL  
 ^ Ceftiofur parent drug sensitivity is approximately 1/2 that reported in the table.  
 & Canadian MRL for penicillin G is 0.01 IU/ml, equivalent to 6 ppb.  
 ∞ Canadian MRL for sulfa drugs are singly or in combination with other MRL listed sulfonamides.

Test stations are located at the following locations:

REGION	LOCATION	CONTACT
Swift Current, SK	Agifoods Truck Bay	675 Cheadle Street W., 306-773-1097 or Roger Ruf 306-741-3261
Star City, SK	Star City Colony	Reuben Tschetter, 306-921-9381
Saskatoon, SK	Agrifoods Truck Bay (east of Saputo receiving bay)	Mike V. or Mike K., 306-664-0202 After hours: 306-668-8135
Emerald Park, SK	Warman Veterinary Services	86 Great Plains Rd, SK S4L 1C9 Phone: (306) 347-9995

Charm tests strips and Charm testers are now available for purchase through SaskMilk. Agrifoods is now carrying SNAP test kits for tetracyclines as well as beta lactams. For further information contact: SaskMilk 306-949-6999.



# VERIFIED BEEF

For more information contact the provincial coordinator Erika Stewart

[sk@verifiedbeef.ca](mailto:sk@verifiedbeef.ca)

(306) 774-2220

[www.verifiedbeef.ca](http://www.verifiedbeef.ca)



**VBP+ Training**  
VBP+ Training provides value by improving awareness of responsible and sustainable beef production and also shows the public the commitment of Canadian beef industry to food safety and sustainable practises  
Take the training [here](#)

**VBP+ Certification**  
VBP+ Certification is proof that the best management practises for food safety and sustainability are implemented on-farm.

**VBP+ Participation in Value -Added Programs**  
One program is Cargill's Certified Sustainable Sourcing Program. Certified operations have the potential to earn financial credits if animals go through the entire value chain sustainably and are processed at Cargill High River or Cargill Guelph

**Feedlot ?  
Backgrounder ?  
Cow/Calf ?**



THE VBP+ PROGRAM IS CENTERED AROUND THE VBP+ STANDARD, WHICH WAS BUILT BY PRODUCERS FOR PRODUCERS USING INDUSTRY RECOGNIZED STANDARDS, CODES AND BEST MANAGEMENT PRACTISES.

ON-FARM  
FOOD SAFETY

1

ANIMAL CARE

2

ENVIRONMENTAL  
STEWARDSHIP

3

BIOSECURITY

4

SOCIAL  
RESPONSIBILITY

5



# National Philanthropy Day

November 15, 2021 marked the 20th anniversary of National Philanthropy Day. Each year, the Association of Fundraising Professionals take this special day as an opportunity to recognize the many meaningful contributions to philanthropy in our community. As part of the 2021 celebrations, SaskMilk was nominated by North Central Family Centre in the Outstanding Community Group category. SaskMilk takes great pride in our charity work and are honoured by this nomination.



**SASKMILK**

NOMINATED BY:  
NORTH CENTRAL FAMILY CENTRE

Since 2006, SaskMilk has played a major role in sustaining the North Central Family Centre's after-school programs. In an area with too few options for youth and too much unstructured time in their lives, SaskMilk employees have embraced the opportunity to build lasting relationships that empower our youth to reach their full potential.

SaskMilk offers School Milk Programs across the province and is a major sponsor of the Jim Pattison Children's Hospital, Saskatchewan Games Council, Saskatchewan High School Athletics Association and the Sport Medicine Council.



SaskMilk representatives stand for an award photo at the National Philanthropy Day Awards Celebration. L to R: Anita Medl, Matthew Flaman and Chelsea Wilcoxon.

# In the Community

Check out these SaskMilk sponsored events!



SaskMilk's Anita Medl attended the Cultural Connections cheque presentation to North Central family Centre on Oct 28 following the India Night fundraiser. Photo by Calvin Fehr.



The McLeod's had some Halloween fun with "Trunk or Treat" this year!

As part of SaskMilk’s sponsorship of the SJHL, the office has general admission tickets available. If you are interested in obtaining tickets, please contact the SaskMilk office.



## NOVEMBER

- November 6                      Conexus Arts Centre – Whiskey Night - Regina
- November 13                    SHSAA Provincial Football – Provincial Locations
- November 19 – 20              SHSAA Provincial Volleyball – Provincial Locations
- November 22 - 27              Agribition – Regina
- November 26 – 27              SHSAA Provincial Volleyball – Provincial Locations

## DECEMBER

- December 3 – 5                      Yorkton U11 Hockey Tournament - Yorkton

## JANUARY

- January 15                              Churchbridge Imperials U11 Hockey  
Tournament – Churchbridge
- January 22                              Churchbridge Imperials U9 Hockey  
Tournament - Churchbridge



# JOIN THE GAMES!

February 20 - 26, 2022

**The Saskatchewan Winter Games is looking for 1,000 + local volunteers who are passionate about their community!**

The year 2022 will mark the 50th anniversary of the Saskatchewan Games -- and this will be an event to remember, with more than 1,800 athletes, coaches and officials gathering in Regina to share in the thrill of competition and camaraderie on the provincial stage.

## **Volunteers are required in the following areas:**

- Athlete Experience
- Ceremonies and Culture
- Food Services
- Logistics & IT
- Marketing & Communications
- Medical Services
- Safety & Security
- Sport Events
- Venues
- Volunteer Coordination

For more information and to read the volunteer descriptions, visit our [website](#). If you are interested in volunteering, please [register online](#).



Volunteer roles are available for people of all ages, abilities, and accessibilities, so we hope you'll join us in celebrating 50 year of the Saskatchewan Games and help us welcome the entire province to our backyard!



For more information and to read the volunteer descriptions, visit <https://saskgames.ca/winter/volunteer>

**If you are interested in volunteering, please [register online](#)**

# Are you attending the Advancing Women in Agriculture Conference 2021?



The Advancing Women in Agriculture Conference is created for every woman who is passionate about agriculture and food, whether you are a university or college student studying agriculture, producer, rancher, entrepreneur, representative of a grower association or corporate agribusiness. AWC is for women who want to enhance their family life, community, career, and industry through:

- 🐾 communications through coaching, mentoring, and networking
- 🐾 financial management and independence
- 🐾 health and balance of life strategies
- 🐾 career planning, and
- 🐾 setting goals in all areas

AWC has a proven track record of bringing women in agriculture and food together from across Canada and parts of the U.S. AWC is proud of the quality of speakers that we bring to the podium, including business experts, motivational and inspirational leaders, and industry representatives.

Visit [www.advancingwomenconference.ca](http://www.advancingwomenconference.ca)  
to learn more and register today!

## DFC Update

### Swedish study dispels myth that dairy fat may be linked to heart disease



In a new study recently published in peer-reviewed journal PLOS Medicine, an international team of scientists has challenged the perception that full-fat dairy products such as yogurt, milk and cheese should be avoided because of their high-saturated fat content.

Research investigated the dairy fat intake in 4,150 Swedish 60-year-olds by measuring blood levels of a particular fatty acid that is mainly found in ruminant foods such as dairy foods and that correlates with dairy fat consumption. Experts then followed the group for 16 years to observe how many had heart attacks, strokes and other serious circulatory issues. They did not find a higher blood level of this particular fatty acid to be linked with an increased risk of cardiovascular disease (CVD) or with overall increased death.

This observational study has an added benefit since it shows the use of fatty acid biomarkers. These biomarkers are thought to provide a more objective and precise measure of dairy fat intake compared to the use of food questionnaires.

The author of the study mentions that dairy foods are a major source of nutrients, so it is important to better understand the impact of dairy fat on CVD risk. Dairy consumption is among the highest globally in Sweden and researchers undertook a meta-analysis including 17 other studies that used fatty acid biomarkers. This involved close to 43,000 people in the UK, US and Denmark which came to similar conclusions. The new evidence suggests that cutting down on dairy or avoiding dairy completely might not be the best choice for our health.

A significant body of scientific evidence indicates that milk products are not associated with detrimental effects on cardiometabolic health. Since 2006, at least 21 systematic reviews and meta-analyses have been published, which collectively conclude that milk products, including those that are higher in fat such as cheese, are not associated with detrimental impact on CVD risk.

# October Quality Bonus

To get the quality bonus producers must have:

Monthly Average:

IBC -  $\leq$  30,000/ml

SCC-  $\leq$  250,000/ml

FpT- lower than -0.525°Hortvet

No positive inhibitors

\*represent # of months the quality bonus has been received

BAILDON HUTT BRETHREN INC.*****	FOX VALLEY FARMING CO. LTD*****	CARMICHAEL HUTTERIAN COLONY**	BALGONIE HOLSTEINS LTD*****	PLUM BLOSSOM FARM LTD.(SASK)*****
HUT BRET CHURCH OF BEECHY*****	HILLSVALE COLONY****	NIENHUIS FAMILY FARM INC.*****	DALVOORDE DAIRIES LTD*****	WESTWIKK FARMS*****
BROYHILL HOLSTEINS*****	HODGEVILLE COLONY*****	MAIN CENTRE DAIRY FARM*****	VANGUARD HUTT BRET*****	GRASSY HILL COLONY*****
CARONCREST FARMS LTD*****	ARM RIVER COLONY*****	DAUM DAIRIES*****	WALDECK HUTTERIAN BRETHREN****	MCGEE COLONY*****
CLEAR SPRING COLONY*****	HUTT BRETH PONTEIX*****	MIL-EN-ROY FARMS (1981) LTD*****	WHEATLAND HUTT BRET OF CABRI*****	HUTT BRET SOUTHLAND*****
CRAILA DAIRY LTD*****	HUTT BRETH SPRING CREEK*****	LAZY DAY FARMS*****	DALKIM HOLSTEINS LTD.***	SIERRA HUTTERIAN BRETHREN***
BENBIE HOLSTEINS LTD*****	HUTT BRET CHURCH OF SWIFT CURRENT INC*****	STAR VALLEY FARM PARTNERSHIP*****	Q VALLEY FARM LTD*****	HUTTERIAN BRETHREN CHURCH OF EAGLE CREEK INC.***
LOVHOLM HOLSTEINS*****	HUTTERIAN BRETHREN GOLDEN VIEW INC****	HUTTERIAN BRETHREN CHURCH OF QUILL LAKE INC.*****	WALLYWAY FARMS LTD*****	MATADOR HUTTERIAN BRETHREN INC.**
DOWNIE LAKE COLONY*****	HUTTERIAN BRETHREN CHURCH OF LAJORD*****	LEYENHORST, A & H*****	BLU J FARMS*****	ADIT FARMS INC.*****
EATONIA HUTT BRETH*****	HUTTERIAN BRETHREN CYPRESS COLONY*	VANZESSEN DAIRY INC.*****	LOUAC HOLSTEINS INC.***	GIESBRECHT, KEN & KAREN*****
ELL'S DAIRY FARM 2010 INC.*****	HUTT BRET DINSMORE*****	RIBSTONE HUTT COLONY*****	MARFAY FARMS LTD*****	BERG DAIRIES*****
BRUINSDALE FARMS LTD*****	HUTTERIAN BRETHREN OF WEST BENCH*****	HUTT BRET CHURCH OF RIVERVIEW *****	HIGHDALE FARMS LTD*****	LAKEVIEW HOLSTEINS LTD*****
ENNS FARMS LTD*****	HUTT BRET SPRINGWATER*****	JIMLEE FARMS LTD*****	WILLOW PARK COLONY*****	
W.C.C. DAIRIES CORP*****	SEPT SUN ACRES LTD*****	E.S.B. HOLDINGS LTD.*****	EAGLEWOOD HOLDINGS LTD***	
RIVERSIDE DAIRY LTD.*****	JAYLEE FARMS INCORPORATED***	SAND LAKE HUTT BRET*****	K & K THONER DAIRY LTD.*****	
Sandy Ridge Dairy Ltd.****	KENSTAL FARMS INC.*****	PRAIRIE WEST DAIRIES INC.*****	KIELSTRA HOLSTEINS INC.*****	
FEHR'S RIVERFRONT FARM LTD.*****	KESSEL FAMILY FARM*****	10115806 SASK LTD*****	SPRING LAKE COLONY*****	
FOTH VENTURES LTD*****	102122067 Saskatchewan Ltd.*	SIMMIE HUTT BRET*****	BRAMVILLE JERSEYS*****	
KENBERT ACRES*****	ARTLAND DAIRIES INC*****	SMILEY HUTT BRET*****	HIDDEN VALLEY DAIRIES LTD*****	
GLIDDEN HUTTERIAN BRETHREN*****	LAKEVIEW COLONY*****	SPRUCE LANE AG VENTURES CORP.**	EARVIEW COLONY*****	
RIVER VALLEY HOLSTEINS LTD.*****	HAVERLAND DAIRY LTD.*****	HUTTERIAN BRETHREN CHURCH OF STAR CITY INC.*****	SUNNYSIDE DAIRY*****	

## Classified Ad Service

SaskMilk offers a free classifieds service as part of its newsletter. Anyone wishing to place an ad is welcome to contact the SaskMilk office at (306) 949-6999 or [info@saskmilk.ca](mailto:info@saskmilk.ca). All negotiations will be independent of SaskMilk. Please note that ads will be posted in two issues and will then be removed unless SaskMilk is notified otherwise.

Wanting to lease quota. Contact Sean Gorrill @ 306-725-7335 or [sgorrill@sasktel.net](mailto:sgorrill@sasktel.net)

4th cut alfalfa hay for sale  
3 x 3 squares  
188 RFV  
For more information or sample, call or text Johan  
204-370-5046

### Reminder!

**The deadline date for Quota Transfer, Quota Exchange, and 10% Transfer Limit Exemptions is the 6th of each month**

Your Quota Transfer, and 10% Exemption Applications must be received on or before the 6th of the month in order to be effective the 1st of the following month

Quota Exchange forms must be received in the SaskMilk office on or before the 6th of the month for that month's Exchange.

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# Saskmilk