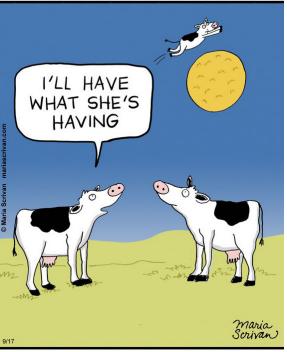
# Saskmik

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## Register for the 2022 Saskatchewan Dairy Conference!



The upcoming 2022 Saskatchewan Dairy Conference will be held on December 6th & 7th at the Saskatoon Inn. Following two years of virtual meetings due to Covid, we are so excited to be in person once again! Please use the link below to register for the conference. Please call the office for Hotel booking information. As a reminder, **registration and hotel booking closes on November 21, 2022.** If you require assistance with registration or with hotel booking, please call the office at (306) 949-6999.

To register and view a detailed schedule for the conference, please visit: http://www.saskmilk.ca/activities-events/2022-saskatchewan-dairy-conference/

#### **Important Dates**

November 21 - Swift Current Producer Meeting (Rescheduled) Registration at 9:30, Meeting starts at 10:00

# Mental Health Spotlight



## Five Benefits of Taking Off-Farm Breaks

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

When you're a farmer and live where you work, taking time to take a break can be a challenge. The concept of taking a break can be foreign but as a farmer, it is especially important. No matter what the break looks like, it's important to take a break from the job, the routine, and the demands of farming in order to keep stress levels in check and help maintain positive mental health. When we take a break, we're not neglecting responsibility; we're taking care of ourselves so we'll have the stamina to be our best.

Taking a break from the farm may look different for everyone, depending on the type of farm, time of year and other responsibilities. A break off the farm may be a vacation, staycation, playcation or even a learncation. Examples may include:

A short drive down the road listening to music or a trip to town to visit a friend;

A day trip to a local destination that you've been wanting to check out;

A weekend getaway to another province to see a concert or sporting event;

Or an educational program in the city you've been wanting to take to sharpen your skills and learn something new.

You may need to take a break before you push yourself to the edge of burning out. Having a hard time focusing, relationships are suffering, showing signs of physical stress, and running on empty, overwhelmed and exhausted are all signs that taking a break may be good for your mental and physical health and safety.

Why take breaks? Here are 5 reasons why taking breaks are not only good for your mental health, but good for your farm too.

#1 - Breaks can prevent "decision fatigue" which can lead to procrastination. Making frequent decisions on the farm can weigh a person down and reduce your reasoning ability.

# 2 - Breaks restore your motivation, especially for long term goals. Coming back to the farm after a break can help you set the vision and direction for your team, help envision the goal more clearly or bring back inspiration as to what you want or need from the farm.

#3 - Breaks increase your productivity and creativity. Taking breaks refresh the mind, prevents exhaustion and brings further creativity and perspective to solutions or challenges you may be facing.

#4 - Breaks can enhance our relationships. Being with your significant other or spouse off the farm, away from the daily routine where you have a chance to connect and enjoy new experiences may help strengthen your relationship and feel renewed when you come back to the farm. If you work with employees and/or family members, it shows your team you trust their ability. By taking time off from work, your team gets the opportunity to develop their skills and confidence to effectively manage the farm while you're away.

#5 - Last but not least, taking a break specifically toward stress relief and burnout prevention—is the best thing you can do for yourself. Time away will help you pause, regroup, and come back with greater levels of energy, a fresh perspective and positive mental health.

How do you get from having good intentions of taking a break to making sure you get the break you need?

- Plan your break. Schedule your break during non-peak times and put it in the calendar. It's something to look forward to during busy times.
- If planning a longer vacation is difficult, try starting with shorter breaks. It doesn't have to be a long, expensive holiday to make a difference. Even a day or a few can help you feel rejuvenated.
- Make time off a business goal. Maintaining physical and mental health and safety are important goals for businesses to have.

Taking a break off the farm clears the mind, calms the emotions and helps replenish your energy. It's an effective stress buster, boosts creativity and productivity—and sets the stage for an all-around healthier lifestyle. When you return, you'll have a fresh perspective and a more positive mind-set. Giving yourself breaks helps you recover from those busy periods too. It's one of the most important things you can do for yourself, team and farm.

These are guidelines for further awareness about mental health and should not be used as a diagnosis or treatment plan. If you need assistance, please contact your doctor, a mental health professional or visit the <u>Do More Ag resources page</u>.

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.



# Who Should I Call?

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



FOR	CALL	AT
<ul> <li>Sponsorship Requests</li> <li>Donation Requests</li> <li>Dairyanna's Costume and Events</li> <li>School Milk Program</li> <li>Nutrition Resource Ordering</li> </ul>	Anita Medl	306-721-9483
<ul> <li>Quota Exchange and Private Quota Transfers</li> <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>	Bev Solie	306-721-9488
<ul><li>School Milk Program</li><li>Marketing Activities</li></ul>	Chelsea Wilcoxen	306-527-0753
<ul> <li>Producer statements</li> <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>	Darlene Weighill	306-721-9491
<ul> <li>On Farm- licensing, facilities, equipment, driveways, yards, animal care</li> <li>Lab testing results</li> <li>Pro Action- Food Safety (CQM), Animal Care, Traceability, Biosecurity, Environment</li> <li>Extension services</li> </ul>	Tina Leverton	306-721-9486
<ul> <li>Monthly milk prices paid to producers</li> <li>Provincial &amp; National production updates</li> </ul>	Doug Miller	306-721-9485
<ul> <li>On Farm- licensing, facilities, equipment, driveways, yards, animal care</li> <li>Bulk truck drivers- licensing, complaints/issues</li> <li>Bulk tank calibrations</li> <li>Rayner Dairy Centre &amp; Research</li> <li>Environment and Regulatory</li> </ul>	Chris Pinno	306-721-9494
SaskMilk Portal Assistance	Jenn Buehler	306-721-9492
<ul> <li>Media or news stories or if you have been contacted by any media agency or reporter</li> <li>Trade agreements, international trade updates</li> <li>DEAP policy/program enquiries</li> <li>Research enquiries or proposals</li> </ul>	Joy Smith	306-721-9482
<ul> <li>Social media enquiries (Twitter, Instagram, Facebook)</li> <li>Website enquiries</li> <li>Newsletter advertising</li> <li>Dairy Conference</li> </ul>	Julie Ell	306-721-9493

## Quota Exchange

The market-clearing price established for the November 2022 Quota Exchange was \$40,500.00.

The next Quota Exchange will be held on December 15, 2022. All offers to sell and bids to purchase quota through the Quota Exchange must be submitted by midnight, December 6, 2022. SaskMilk recommends that offers and bids be submitted well in advance of the deadline date to ensure adequate time for corections, 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 2022 QUOTA EXCHANGE RESULTS

Market Clearing Price per kilogram	n of butterfat	\$40,500.00	
Daily Kilograms offered to Purcha	se	40	0.00
Kilograms offer	red to Sell	12	2.94
Kilograms sold		10	0.51
Number of Pro	ducers		
	<ul> <li>offered to purchase</li> </ul>		5
	<ul> <li>purchased quota</li> </ul>		2
	- offered to sell		5
	- sold quota		3

	NOVEMBER 2022 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. of- fered to purchase	Cumulative bidders	No. of buyers
\$37,350.00	2	2	5.51	5.51	-34.49	40.00	0.00	5	0
\$38,500.00	1	3	5.00	10.51	-29.49	40.00	0.00	5	0
\$40,000.00	0	3	0.00	10.51	-29.49	40.00	15.00	5	2
\$40,250.00	0	3	0.00	10.51	-14.49	25.00	10.00	3	1
\$40,500.00	0	3	0.00	10.51	-4.49	15.00	10.00	2	1
\$41,000.00	1	4	62.43	72.94	67.94	5.00	5.00	1	1
\$45,000.00	1	5	50.00	122.94	122.94	0.00	0.00	0	0

TRANSFER CREDIT SUMMARY REPORT				
MONTH	# OF PRODUCERS TRANSFER IN	# OF PRODUCERS TRANSFER OUT	TOTAL KGS OF BUTTERFAT	
October 2021	31	31	16,159	
November 2021	21	21	10,059	
December 2021	18	18	15,526	
January 2021	12	12	7,006	
February 2021	7	7	5,438	
March 2021	7	7	3,799	
April 2022	8	8	6,341	
May 2022	13	13	8,245	
June 2022	15	15	13,566	
July 2022	29	29	23,847	
August 2022	36	36	28,537	
September 2022	33	33	29,762	
October 2022	30	30	17,634	

PRIVATE TRANSFERS PROCESSED		
MONTH	DAILY KILOGRAMS	
October 2021	85.16	
November 2021	0.00	
December 2021	0.00	
January 2022	0.00	
February 2022	0.00	
March 2022	0.00	
April 2022	0.00	
May 2022	0.00	
June 2022	185.52	
July 2022	350.00	
August 2022	157.13	
September 2022	0.00	
October 2022	0.00	

OVER QUOTA (OVER 5 DAYS) REPORT BY MONTH			
MONTH	# OF PRODUCERS	KGS BUTTERFAT	
October 2021	9	2,599	
November 2021	10	1,353	
December 2021	29	957	
January 2022	24	419	
February 2022	21	1,270	
March 2022	40	2,208	
April 2022	31	1,262	
May 2022	22	1,360	
June 2022	4	152	
July 2022	6	990	
August 2022	3	99	
September 2022	1	27	
October 2022	0	0	

SUMMARY REPORT OF CREDITS OCTOBER 2022 - 148 PRODUCERS				
DAYS	# OF PRODUCERS	POSITIVE CREDITS ACCUMULATED (KGS OF BUTTERFAT)		
+ 5	0	0		
0 to + 5	18	6,581		
TOTAL	18	6,581		
DAYS	# OF PRODUCERS	NEGATIVE CREDITS ACCUMULATED (KGS OF BUTTERFAT)		
-15	1	1,200		
-10 to -15	51	142,156		
-5 to -10	51	86,897		
0 to -5	27	15,888		
TOTAL	130	246,142		

LOST OPPORTUNITY REPORT				
MONTH	# OF PRODUCERS	LOST OPPORTUNITY (KGS OF BUTTERFAT)		
October, 2021	1	63		
November, 2021	2	442		
December, 2021	3	1,624		
January, 2022	2	800		
February, 2022	2	264		
March, 2022	4	619		
April, 2022	3	503		
May, 2022	4	700		
June, 2022	4	1,143		
July, 2022	3	656		
August, 2022	2	340		
September, 2022	4	1,570		
October, 2022	1	280		

WEIGHTED AVERAGE COMPONENT TESTS & PRICES OCTOBER 2022			
COMPONENTS     AVERAGE TEST     PRICE PER KILOGRAM CLASS       TO 5     1 TO 5			
Butterfat	4.3372	19.610823	
Protein	3.3364	2.999286	
Other Solids	5.8629	0.853387	



#### The average butterfat price received per kilogram was \$23.07

Milk Sale Revenue \$23,770,162.95

WMP Revenue/<Expense> \$710,245.40

Total Revenue \$24,480,408.35

Quality Bonus: WMP Quality Bonus 0.002231 SaskMilk Quality Bonus 0.001006

Total Quality Bonus Rate for October 2022 0.003237 per litre

## **DFC Update**

### Dairy Farmers of Canada welcomes federal compensation for impacts of CUSMA



On Monday, November 14, Minister Bibeau released the details of the CUSMA compensations announced in the Fall Economic Statement (FES) last week. The federal government announced \$1.2 billion dollars in compensation to dairy farmers for the impact of market access concessions granted under the Canada-United States-Mexico Agreement (CUSMA). The compensation will be delivered over six years under the Dairy Direct Payments Program.

The government also announced the creation of a \$300 million fund to support innovation and investment into large-scale projects to add value to solids-non-fat. Lastly, the government will establish a \$105 million Supply Management Processing Investment Fund to support investments in dairy, poultry and egg processing plants, to grow their productivity or efficiency through new equipment and automation technologies.

DFC welcomes these programs, which fulfil government's longstanding promise to provide 'full and fair compensation' for the impacts of CUSMA's market access concessions on Canadian dairy farm families. The investments in additional processing capacity are also important for the future of our industry.

DFC President Pierre Lampron and CEO Jacques Lefebvre joined Agriculture and Agri-Food Minister Marie-Claude Bibeau and representatives from the other supply managed sectors for the announcement in Ascot Corner, Quebec. DFC has also fielded several media interviews on this matter.

This news is the culmination of years of advocacy by DFC and other stakeholders in the dairy, egg, chicken and turkey sectors. DFC extends its appreciation to dairy farmers, elected representatives, and staff at all levels for their continued engagement on this file.

Read the full statement here: https://bit.ly/3UTLwSN

# Looking for Producer Volunteers for Agribition!

The Agribition Milking Demo will be running demos for registered students 3 times per day (Nov 28-Dec 3) and one demo for general Agribition attendees once per afternoon. This is a wonderful opportunity to reach thousands of school aged children and their chaperones and countless others with a positive message about dairy in Saskatchewan – everyone likes to take in the dairy demo! We need the support of producers for volunteers and cows to make this event happen.

Looking for volunteers:

1. to help set up and take down the dairy demo equipment – Set up this Thursday November 17 or Friday November 18. Those with experience setting up the demo area would be a very big asset.

- 2. To help with cow chores and milking.
- 3. Cows for the milking demos still looking for 2-3 cows.

Please contact Tina Leverton at 306-721-9486 as soon as possible if you are interested in helping out. There is an immediate need for help setting up the demo area this week.

## SaskMilk Board Activities

# November/December

November 17	DFC Board Meeting
November 22	SaskMilk Board Meeting
November 22 - 24	BC Dairy Conference
December 6 & 7	Sask Dairy Conference
December 6 - 8	DFM Dairy Conference
December 14 & 15	SaskMilk Board Meeting

## In the Community

Check out these SaskMilk events!

## November

November 15		National Philanthropy Day - Regina
November 18 – 19	SHSAAI	Provincial Girls Volleyball – Swift Current, Balgonie, Nipawin, Mack-
		lin, Gull Lake, and Rose Valley
November 19		Hockey Sask – Bienfait
November 19		Hockey Sask – Lashburn
November 19 & 20		Hague Royals U11 Hockey Tournament – Hague
November 19 & 20		Mauraders U15A Villains Hockey Tournament - Martensville
November 20		Hockey Sask – Rosetown
November 24		Lung Sask Cabaret - Saskatoon
November 25 – 26	SHSAA	Provincial Boys Volleyball – Meadow Lake, Assiniboia, Regina,
		Beechy
November 26		Hockey Sask – Arcola
November 26		Hockey Sask – Humboldt
November 28 – Decen	nber 3	Agribition – Regina

## December

December	Care and Share Hot Holiday Lunch - Saskatoon
December 3	Astonished – Walk & Roll – Regina
December 3	Hockey Sask – Wolseley
December 4	Hockey Sask – Davidson
December 8	Blast from the Past, Aduldt Science Night - Regina
December 9 – 11	U15A Bantam Hockey Tournament - Regina
December 10	Hockey Sask – Luseland
December 10 - 11	Warman U13 Cougars Hockey Tournament – Warman
December 10 – 11	Pense Grand Coulee U11 B Hockey Tournament
December 27	Saskatoon Blades Teddy Bear Toss - Saskatoon
December 27 – 30	U18 Provincial Curling Championship
December 27 – 30	U15 Triples Curling Cup
December 31	Noon Year's Eve – Science Centre - Regina





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	(1) Monthly Total Production	<sup>(2)</sup> Total Monthly CDC Quota Allocation	<sup>(3)</sup> Monthly Over or (Under) Production	<sup>(4)</sup> Lower Flexibility Limit -2.00%
	Kgs of bf	Kgs bf	Kgs bf	Kgs bf
			col. 1 – 2 = 3	
				col. 8 * -1.5%
Oct-21	1,077,007	1,086,342	(9,335)	-248,425
Nov-21	1,043,347	1,098,648	(55,301)	-248,838
Dec-21	1,067,341	1,082,184	(14,843)	-247,717
Jan-22	1,057,865	1,007,352	50,513	-246,682
Feb-22	959,825	881,385	78,440	-247,027
Mar-22	1,036,299	1,039,126	(2,827)	-245,626
Apr-22	983,864	951,694	32,170	-244,016
May-22	1,006,347	1,032,925	(26,578)	-245,384
Jun-22	970,863	961,671	9,192	-245,906
Jul-22	992,625	1,012,296	(19,671)	-245,213
Aug-22	1,007,224	1,084,446	(77,222)	-246,829
Sep-22	991,207	1,098,010	(106,803)	-246,722
Oct-22	1,060,240	1,149,850	(89,610)	-247,992

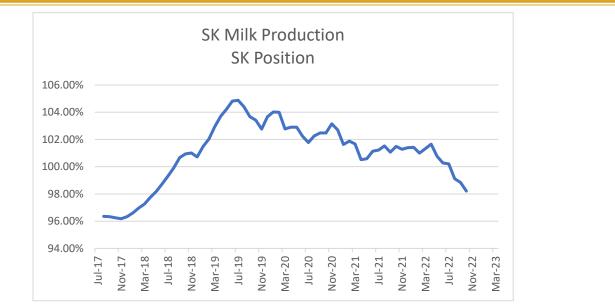
In October, Saskatchewan had a monthly CDC allocation of 1,149,850 kilograms of butterfat. Saskatchewan production was -89,610 of butterfat under and cumulatively over by 818,386 kgs of butterfat. On a percentage basis, Saskatchewan is 6.60% above our CDC allocation flexibility limits based on the Continuous Quota model. The -2.00% lower flexibility limit is in effect.



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(5) Upper Flexibility Limit 1.25% Kgs bf col. 8 *1.0%	<sup>(6)</sup> Cumulative Over or (Under) Production with limits Kgs bf	(7) Cumulative Over or (Under) Production with limits (%) col. 6 / 8	<sup>(8)</sup> Rolling 12 Month Total Quota Kgs bf
155,266	886,623	7.14%	12,421,264
155,524	831,322	7.06%	12,441,914
154,823	863,573	6.97%	12,385,871
154,176	914,086	7.41%	12,334,091
154,392	992,526	8.04%	12,351,337
153,516	989,699	8.19%	12,281,295
152,510	1,038,027	8.51%	12,200,780
153,365	1,030,990	8.40%	12,269,194
153,691	1,040,182	8.46%	12,295,292
153,258	1,020,511	8.32%	12,260,629
154,268	943,289	7.64%	12,341,450
154,201	836,486	7.36%	12,336,079
154,995	818,386	6.60%	12,399,587

- (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 / Cana- dian 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

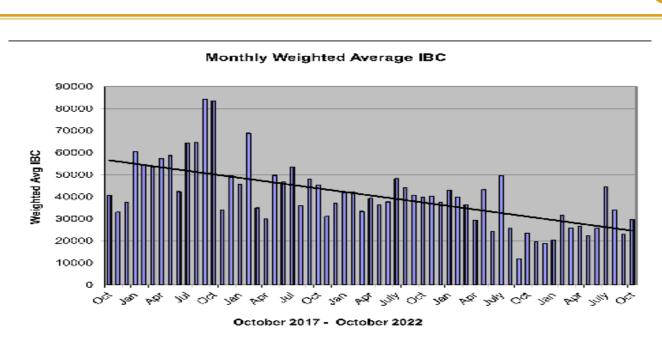
^ Ceftiofur parent drug sensitivity is approximately 1/2 that reported in the table.

& Canadian MRL for penicillin G is 0.01 IU/ml, equivalent to 6 ppb.

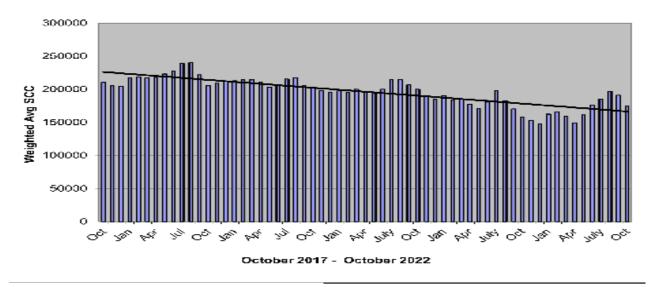
 $\infty$  Canadian MRL for sulfa drugs are singly or in combination with other MRL listed sulfonamides.

#### Test stations are located at the following locations:

REGION	LOCATION	CONTACT
Star City, SK	Star City Colony	Reuben Tschetter, 306-921-9381
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.		

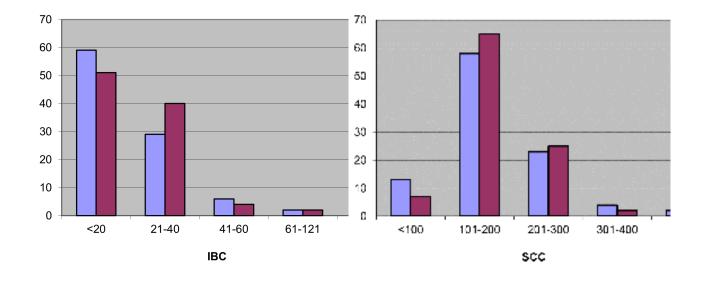




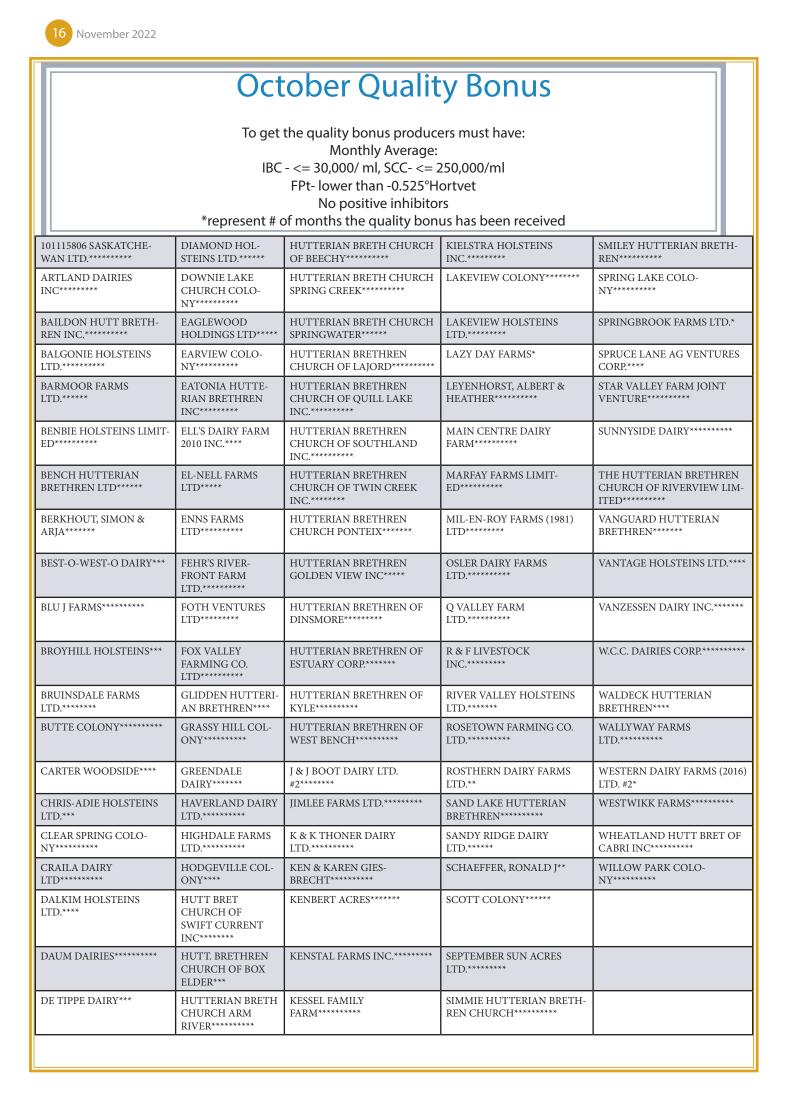


October 2022

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## **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. All negotiations will be independent of Sask-Milk. Please note that ads will be posted in two issues and will then be removed unless SaskMilk is notified otherwise.

#### **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.

#### **Volunteers Needed**

As a matching sponsor of STARS' Thursday Dec. 1st, daily 50/50 at the Canadian Western Agribition; SaskMilk has the opportunity to volunteer selling 50/50's throughout Agribition.

Volunteer positions include selling 50/50 tickets for the time slots of 10am-2pm, 2pm-5:30pm and 5:30pm-10:00pm (at end of the rodeo).

To sign up, please visit this link: <u>https://</u> <u>signup.com/go/ZRBDZXS</u> and email info@ saskmilk.ca for a volunteer form.

## SaskMilk Board of Directors

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