

Sask Dairy Conference Mental Health 3 Spotlight **Quota Exchange**

- **Events Calendar** 10
- Production 14
- **Quality Bonus** 17
- Classifieds & 18 **Directors**







Holiday Office Hours

December	23	Office closed
December	26	Office closed
December	27	Office closed
December	28	Office closed
December	29	Office closed
December	30	Office closed
January 2		Office closed
January 3	8:00 a	.m 5:00 p.m.

2022 SASKATCHEWAN DAIRY **CONFERENCE**





"Get Connected. Stay Connected."

Thank you to everyone who joined us for the 2022 Dairy Conference in Saskatoon on December 6-7! It was wonderful to gather in person again to recap the past year and to plan for the year ahead in the Saskatchewan dairy sector. A very special thanks to the Saskatchewan Holstein Branch for an evening of entertainment, games, and competition that had people dancing on tables and cramming their mouths with marshmallows!

In addition to the SaskMilk and Saskatchewan Holstein Branch AGMs, attendees enjoyed being inspired by Olympic silver medalist, world record breaker, bestselling author, and transformation expert Jeremiah Brown, and learning at the interactive panel session on Animal Care featuring Dr. Gordon Atkins of the University of Calgary, Animal Care Specialist Casey Jacobs, PhD, and Holstein Canada Classifier Carolin Turner.

As always, we extend our thanks to our sponsors for their support for our industry – please see the complete list of sponsors on the following page!



2022 SASKATCHEWAN DAIRY CONFERENCE



"Get Connected. Stay Connected."



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Mental Health Spotlight



Taking Care Of You: Self Care On The Farm

Let's clear up one common misconception from the get-go: Self-care is not synonymous with self-indulgence or being selfish. Self-care means taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish in a day.

If you think you've been hearing more about self-care now, you're right. According to Google Trends, the number of searches for "self-care" has more than doubled since 2015. The well-being of farmers is key to a healthy agricultural sector. Yet, according to Farm Management Canada's Healthy Minds, Healthy Farms research conducted in 2020 found that 45% of farmers have high stress levels and research from the University of Guelph found that almost 60% of the 1100 farmers were classified with varying levels of anxiety and 35% with depression.

"Self-care is part of the answer to how we can all better cope with daily stressors," explains Jan Thorson, the Executive Director of the Saskatchewan Mobile Crisis Services and who leads the Saskatchewan Farm Stress Line. It's farm and work stress. In farming, it's the stress of factors outside of our control while also trying to keep up with the pace of daily life. "We are feeling lonelier and less able to unwind and slow down with mounting farming pressures of finances and workload, which can make us feel more anxious and overwhelmed by even the simplest tasks. Make time to have fun. We grown ups are not very good at that, and it is really important," shares Thorson.

What Is Self-Care, and Why Is It Critical for Your Well-Being?

Several organizations and researchers take a health-oriented approach when defining self-care. The World Health Organization defines self-care as: "the ability of individuals, families, and communities to promote and maintain health, prevent disease, and to cope with illness and disability with or without the support of a healthcare provider."

According to this definition, self-care includes everything related to staying physically healthy — including hygiene, nutrition, and seeking medical care when needed. It's all the steps an individual can take to manage stressors in his or her life and take care of his or her own health and well-being.

As self-care has become more mainstream, the definitions have started to become more applicable to the general public and tend to focus on tuning in to one's needs and meeting those needs. "Self-care is anything that you do for yourself that feels nourishing," says Thorson.

"That can be something that's relaxing or calming, or it can be something that is intellectual, spiritual, physical or practical or something you need to get done. Self-care is all the steps you take to tend to your physical and emotional health in the ways you are best able to do so," she says.

Self-care requires checking in with yourself and asking yourself how you're doing and what your body's asking for. Some people use it to deal with difficult challenges, others just to maintain their happiness day to day.

On the other hand, self-care does not mean the same thing for everyone. Different people will adopt different self-care practices, and even your own definition might change over time. "What is self-care for one person will likely differ from someone else, and what's self-care for you one day might not feel like self-care another day," Thorson says.

Types of Self-Care

There are a few different categories of self-care:

- Physical self-care, such as prioritizing sleep, mindful movement or exercise, and choosing healthy and nourishing foods
- Emotional self-care, such as positive self-talk, hot showers, saying "no" to things that cause unnecessary stress, giving yourself permission to take a pause, enjoying an activity or hobby in peace, or setting up a weekly coffee with a friend or neighbour.
- Spiritual self-care, such as attending a religious service, spending time in nature, meditating or breathing exercises, incorporating regular acts of kindness into your day, or keeping a gratitude journal.

How to Start a Self-Care Routine

To get started with a self-care routine, researchers suggest:

- 1. Determine which activities bring you joy, replenish your energy, and restore your balance.
- 2. Start small by choosing one behavior you'd like to incorporate into your routine in the next week.
- 3. Build up to practicing that behavior every day for one week.
- 4. Reflect on how you feel.
- 5. Add in additional practices when ready.
- 6. Get support through sharing practices from loved ones, friends, a coach, a licensed professional (like a therapist or dietitian), etc.

Practicing self-care doesn't need to be a heavy lift right out of the gate. Here are a few ideas to ease you into your self-care journey:

- Journal
- Start each day by paying attention to your breath for five minutes and setting intentions for the day.
- Fat hreakfast
- Reflect on what you're grateful for each night.
- Put your phone on airplane mode for a half hour each night and excuse yourself from the notifications.
- Call a friend just to say hello.
- Take up a relaxing hobby, even for a few minutes each day or week to start.
- Create a bedtime routine (no screen time for 30 minutes prior, shower, drink a glass of water, etc)

If you read this and feel a sense of sadness or overwhelment from challenges mounting or establishing a self-care practice, it's best to get help and support. There may be barriers to caring for yourself from past trauma, mental health issues, or family or farm situations that may be making it more challenging to get started. Seek support from trusted counselors and behavioral health providers (like therapists), a trusted primary care doctor, or a close friend.

The bottom line: Self-care can have a positive effect on your health and outlook, but it requires a commitment or intention to invest in your well-being. "Self-care is a choice that each individual can make to proactively take care of their well-being. We need to remove the stigma that being kind to and taking care of ourselves is self-indulgent or selfish," Thorson says.

If you or someone in your family or farm team are going through a hard and stressful time, reach out to a professional. For local crisis contacts and resources visit https://www.domore.ag/crisis-contacts.

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?





FC	PR .	CALL	AT
•	Sponsorship Requests Donation Requests Dairyanna's Costume and Events School Milk Program Nutrition Resource Ordering	Anita Medl	306-721-9483
•	Quota Exchange and Private Quota Transfers Leases Transfer Credits Security Applications Projections for production Name Changes Designation of Signing Authority Monthly production numbers for producers	Bev Solie	306-721-9488
•	Website enquiries Newsletter advertising	Cailyn Jones	306-721-9493
•	School Milk Program Marketing Activities Social media enquiries (Twitter, Instagram, Facebook) Promotional Items	Chelsea Wilcoxen	306-527-0753
•	Producer statements Banking info for direct deposit of milk pay Milk pick-up issues -variances in volumes, planning to quit shipping, etc.	Darlene Weighill	306-721-9491
•	On Farm- licensing, facilities, equipment, driveways, yards, animal care Lab testing results Pro Action- Food Safety (CQM), Animal Care, Traceability, Biosecurity, Environment Extension services	Tina Leverton	306-721-9486
•	Monthly milk prices paid to producers Provincial & National production updates	Doug Miller	306-721-9485
•	On Farm- licensing, facilities, equipment, driveways, yards, animal care Bulk truck drivers- licensing, complaints/issues Bulk tank calibrations Rayner Dairy Centre & Research Environment and Regulatory	Chris Pinno	306-721-9494
•	SaskMilk Portal Assistance Website enquiries Newsletter advertising Dairy Conference	Jenn Buehler	306-721-9492
•	Media or news stories or if you have been contacted by any media agency or reporter Trade agreements, international trade updates DEAP policy/program enquiries Research enquiries or proposals	Joy Smith	306-721-9482

Quota Exchange

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

The next Quota Exchange will be held on January 16, 2023. All offers to sell and bids to purchase quota through the Quota Exchange must be submitted by midnight, January 6, 2023. 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.

DECEMBER 2022 QUOTA EXCH	HANGE RESULTS
Market Clearing Price per kilogram of butterfat Daily Kilograms offered to Purchase Kilograms offered to Sell Kilograms sold Number of Producers	\$40,500.00 51.50 139.65 27.22
- offered to purchase - purchased quota - offered to sell - sold quota	7 4 3 1

	DECE	MBER 202	22 QUOT	A EXCHAN	IGE CLEAF	RING PRIC	E RESUL	.TS	
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
\$38,000.00	0	0	0.00	0.00	-51.50	51.50	5.00	7	1
\$39,000.00	0	0	0.00	0.00	-46.50	46.50	5.00	6	1
\$40,000.00	0	0	0.00	0.00	-41.50	41.50	6.50	5	1
\$40,490.00	1	1	27.22	27.22	-7.78	35.00	0.00	4	0
\$40,500.00	0	1	0.00	27.22	-7.78	35.00	5.00	4	1
\$41,000.00	1	2	62.43	89.65	59.65	30.00	10.00	3	1
\$41,050.00	0	2	0.00	89.65	69.65	20.00	10.00	2	1
\$41,100.00	0	2	0.00	89.65	79.65	10.00	10.00	1	1
\$45,000.00	1	3	50.00	139.65	139.65	0.00	0.00	0	0

TRANSFER CREDIT SUMMARY REPORT						
MONTH	# OF PRODUCERS TRANSFER IN	# OF PRODUCERS TRANSFER OUT	TOTAL KGS OF BUTTERFAT			
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			
November 2022	29	29	23,740			

PRIVATE TRANSFERS PROCESSED			
MONTH	DAILY KILOGRAMS		
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		
November 2022	0.00		

OVER QUOTA (OVER 5 DAYS) REPORT BY MONTH				
MONTH	# OF PRODUCERS	KGS BUTTERFAT		
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		
November 2022	2	19		

SUMMARY REPORT OF CREDITS NOVEMBER 2022 - 148 PRODUCERS				
DAYS	# OF PRODUCERS	POSITIVE CREDITS ACCUMULATED (KGS OF BUTTERFAT)		
+ 5	2	235		
0 to + 5	18	8,662		
TOTAL	20	8,897		
DAYS	# OF PRODUCERS	NEGATIVE CREDITS ACCUMULATED (KGS OF BUTTERFAT)		
-15	3	2,562		
-10 to -15	40	98,127		
-5 to -10	50	82,266		
0 to -5	36	35,075		
TOTAL	129	218,030		

LOST OPPORTUNITY REPORT				
MONTH	# OF PRODUCERS	LOST OPPORTUNITY (KGS OF BUTTERFAT)		
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		
November, 2022	3	396		

WEIGHTED AVERAGE COMPONENT TESTS & PRICES NOVEMBER 2022				
COMPONENTS AVERAGE TEST PRICE PER KILOGRAM CLASS				
Butterfat	4.4420	19.032744		
Protein	3.3859	2.937501		
Other Solids	5.8583	0.848900		

The average butterfat price received per kilogram was \$22.39

Milk Sale Revenue \$22,715,982.47

WMP Revenue/<Expense> \$600,537.56

Total Revenue \$23,316,520.03

Quality Bonus:

WMP Quality Bonus 0.001959 SaskMilk Quality Bonus 0.001399

Total Quality Bonus Rate for November 2022 0.003358 per litre

SaskMilk Quality Awards

Congratulations to all our SaskMilk Quality Awards recipients and the runners up!! SaskMilk Quality Awards are calculated based on the dairy year (August 2021-July 2022).

Lowest IBC (wt average):

Fox Valley Farming Co Ltd. – 7 431 IBC Shultz Family 101115806 Sask Ltd – 7 567 IBC Main Centre Dairy Farm – 7 596 IBC

Lowest SCC (wt average):

Sunnyside Dairy – 70 317 SCC Robella Holsteins – 73 275 SCC Lovholm Holsteins – 73 904 SCC

Lowest IBC & SCC Combination (3/4 IBC wt average + 1/4 SCC wt average):

Sunnyside Dairy – 70 317 Robella Holsteins – 73 275 Lovholm Holsteins – 73 904

Highest Average Composite BCA Herd – Sierra Hutterian Brethren

SaskMilk Board Activities

January/February

January 17-18 DFO AGM

January 20 WMP Meeting

January 23 - 24 WMP Members Meeting

February 13-16 DFC Annual Policy Meeting



January 13 - 15

In the Community

Check out these SaskMilk events!

January

January 6 – 7 Martensville U9B Maven Monarchs - Martensville

January 6 – 8 U11 Imperials Hockey Tournament – Churchbridge

Martensville Maven Marlies U11B - Martensville

February

February 4 U7 Imperials Hockey Tournament - Churchbridge

February 9 Girls in STEAM Conference - Regina



Agribition Market!











Medal presenters at the 5A girls volleyball championship in Balgonie

Agribition 2022 Milking Demo

The SaskMilk Milking Demo at Agribition was a resounding success!! We expected approx. 3000 elementary students through the registered educational programming. I'm sure we saw at least 5000 people of all ages through the week at our Demo display. Our demos were very well attended and there were a lot of great questions asked.

This year's Agribition was 100% Jerseys (except for our fiberglass model cow Gert). A very big thank you to Joanne Edwards of Bramville Jerseys for sending us 4 first lactation cows for the week!!

We were at a bit of a loss filling Bob Crowe's position as Demo speaker, since his passing. Bob had been a staple at Agribition for many years and a lot of people came to the demo, hoping to hear his presentation. 2022 Agribition Milking Demos were narrated by myself. While I had a very loose script, it was very much an improv presentation based on questions from the audience. We touched on Sask producers (how many, average size), milking system types, milk production, cow body condition, Blue Cow Logo/proAction and a few groaner cow jokes too.

THANK YOU!

This year we had two paid positions: Cassandra Knouse and Shauna Gerlinsky were absolutely integral to our Demo success for cow care & milking during the day all week.

We also had an awesome team of volunteers for night chores, Demo set up and Demo take down. Thank you so much to our volunteers: Michael Lovich, Lyle Pretty, Shelly Pretty, Austin Schaeffer, Cathy Schaeffer, Brad Schaeffer, Cody Schaeffer, Mackenzie, Michael Steiffel, Kenton Lindenbach, Alicia Lindenbach, Tricia Flaman, Lyle Leverton, Chris Pinno, Darla Braaten, Art Rooke, Olga Rooke.

Tina



Typical view of milking demo attendance. Often the students & adults filled the wings as well.



Beta-lactam Drug	Detection Level† (ppb*)	US Safe Level or Tolerance / Canadian MRL (ppb*)	Sulfa Drug	Detection Lev- el† (ppb*)	US Safe Level or Tolerance / Canadian MRL (ppb*)
Amoxicillin	3.1	10 / None	Sulfadimethox- ine	4.7	10 / 10∞
Ampicillin	7.7	10 / 10	Sulfamethazine	7.7	10 / 10∞
Ceftiofur and Metab- olites^	53	100 / 100	Tetracycline Drug	Detection Lev- el† (ppb*)	US Safe Level/Tol- erance / Canadian MRL (ppb*)
Cephapirin	14	20 / 20	Chlortetracy- cline	54	300 / 100
Cloxacillin	7.4	10 / None	Oxytetracycline	66	300 / 100
Penicillin G	2.2	5 / 6&	Tetracycline	21	300 / 100

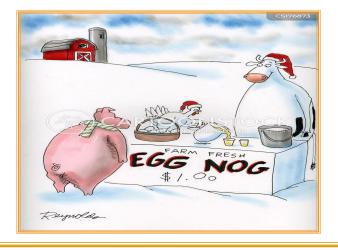
[†] Positive at least 90% of the time with 95% confidence.

- & 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
Star City, SK	Star City Colony	Reuben Tschetter, 306-921-9381
Emerald Park, SK	Warman Veterinary Ser- vices	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.





^{*} parts per billion or ng/mL

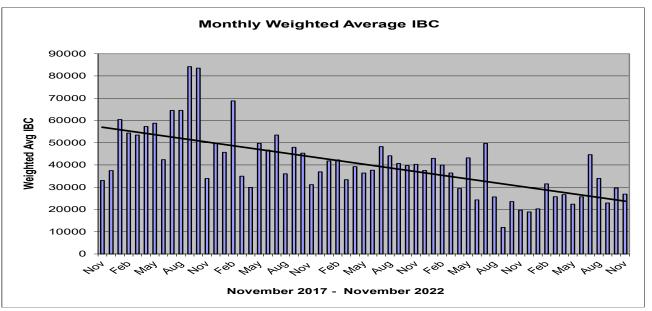
[^] Ceftiofur parent drug sensitivity is approximately 1/2 that reported in the table.

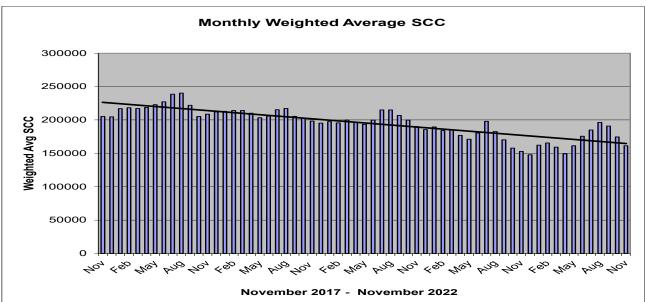
	(1) Monthly Total Production	(2) Total Monthly CDC Quota Allocation	(3) Monthly Over or (Under) Production	(4) Lower Flexibility Limit -2.00%
	Kgs of bf	Kgs bf	Kgs bf	Kgs bf
			col. 1 - 2 = 3	
Nov. 21	4.040.047	4.000 / 40	(55.004)	col. 8 * -1.5%
Nov-21	1,043,347	1,098,648	(55,301)	-248,838
Dec-21	1,067,341	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	1,090,912	(30,672)	-246,813
Nov-22	1,037,284	1,105,212	(67,928)	-246,944

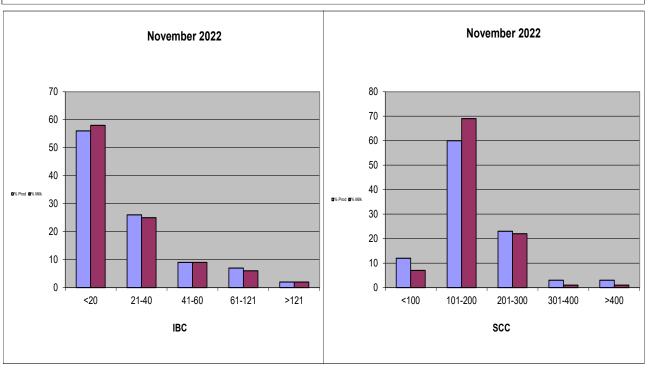
In November, Saskatchewan had a monthly CDC allocation of **1,105,212** kilograms of butterfat. Saskatchewan production was **-67,928** of butterfat under and cumulatively over by **868,269** kgs of butterfat. On a percentage basis, Saskatchewan is **7.03%** above our CDC allocation flexibility limits based on the Continuous Quota model. The **-2.00%** lower flexibility limit is in effect.

(5) Upper Flexibility Limit 1.25% Kgs bf col. 8 *1.0%	(6) Cumulative Over or (Under) Production with limits Kgs bf	(7) Cumulative Over or (Under) Production with limits (%)	(8) Rolling 12 Month Total Quota Kgs bf
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
154,258	877,324	7.59%	12,340,649
154,340	868,269	7.03%	12,347,213

- (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









November Quality Bonus

To get the quality bonus producers must have:

Monthly Average:

IBC - <= 30,000/ ml, SCC- <= 250,000/ml

FPt- lower than -0.525°Hortvet

No positive inhibitors

*represent # of months the quality bonus has been received

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ARTLAND DAIRIES INC********	EARVIEW COLO- NY********	HUTTERIAN BRETHREN CHURCH OF SOUTHLAND INC.**********	LEYENHORST, ALBERT & HEATH- ER*********	SEPTEMBER SUN ACRES LTD.*********
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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 SaskMilk. 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.

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