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## AgTalk Launch!

The new app AgTalk, is a peer-support well-being app launched by the Do More Agriculture Foundation in collaboration with TogetherAll.

The app is a national peer-support platform, which allows people in agriculture to talk with others who have previously gone through the same struggles and share their life experiences. All of it is completely anonymous and confidential to help ensure everyone feels comfortable using the platform.

Do More executive director Megz Reynolds said her research shows that farmers want more peer support, but also want anonymity. “They don’t want that (peer support) to be in their community, and they don’t even want that to be in their province,” said Reynolds. “They don’t want to possibly know the person they’re connecting with.”

Although AgTalk is based around peer support, the app will also be monitored 24/7 by clinicians and mental health professionals to help ensure everyone’s safety.

“Maybe you just want to read the posts because you’re not yet ready to post, and that’s OK,” said Reynolds. “But in doing so, you know that you’re not alone in what you’re going through and what you’re feeling.”

AgTalk is free for all Canadians age 16 and older who identify as someone who lives, works or plays in agriculture. The app is offered in both English and French.

For more about AgTalk and the Do More Agriculture Foundation, visit <https://www.domore.ag/agtalk>



# Mental Health Spotlight

## Agriculture's Super Power: Empathy



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

This year's Mental Health week focused around empathy and we've heard this term become more prevalent, especially these past couple years with going through a pandemic and farming stressors like weather adversities, supply shortages, inflation, etc.

### What is empathy and why is it important?

According to the Mental Health First Aid (MHFA) curriculum, empathy is "being able to imagine yourself in the other person's place, showing the person that they are truly heard and understood by you."

Empathy is important because it helps us regulate our emotions, connect with others and feel less isolated. There is lots of research showing that greater empathy leads to more helping behaviour. Essentially, it is one of agriculture's super powers. In agriculture, we share many commonalities, with one being going through adversity and facing many stressors that are outside of our control. Having this shared experience and being empathetic is one of the best and most important things we can all do for our neighbours and others in our communities and industry who are going through a hard time and help with the mental health crisis.

In other words, practicing empathy is walking a mile in someone else's shoes. It's feeling with someone who is experiencing something that's hard, sad or scary. In action, it's listening, without judging and asking questions.

You might think that sounds a lot like sympathy but the two are very different. Sympathy is when you feel "for" someone. Sympathy sounds like "I feel sorry for you," and "I can't believe that happened." Empathy is when you feel "with" someone and it sounds like "How did that make you feel," and "Do you want to talk about it?"

In farming terms, while empathy is walking a mile in someone else's shoes or boots, sympathy is feeling sorry their feet hurt. Sympathy is usually about you and it might seem like it helps but most of the time it doesn't. Empathy is always about someone else and takes more time, but it also creates comfort and connection. That's why knowing the difference can be key when helping someone.

**So how do you put empathy into action?** Say, when someone shares with you they lost their crop or livestock and are going through a hard time, or having a hard and stressful day. Empathy isn't a one-size-fits all approach but here are some steps to help guide us in how best to show up for others:

1. First, take a deep breath. Don't be in a rush to tell them how you feel. Take the time to think about how they feel.
2. Second, listen. You don't have to do all the talking. It's okay to let them share. Empathy can even sound like silence. Just being there with someone and listening can be the most powerful thing in the world.
3. Third, ask questions. Find out what they're thinking and feeling. Don't judge or assume. Be curious and ask questions to help understand their world.
- 4.
5. Fourth, imagine. Maybe the exact same thing happened to you, or maybe you've never gone through what they're struggling with. Try to imagine and put yourself in their shoes to feel what they feel. It's not about fixing, solving or saving them. It's not about you and how you can make things better. It's about just feeling with them, which is what we typically want and need when something is hard, sad or scary.

Empathy may come naturally to some and to others, it may take a bit more practice. Just like learning how to drive a tractor, being empathetic takes some practice but it's one of the most courageous and creative things you can do.

It's also important to keep in mind that even when you're supporting others, it's possible to burn out and experience empathic distress and compassion fatigue, so you have to monitor your own well-being. Pay close attention to any changes in your sleep or appetite, as those can be indicators of stress. You might also keep a journal to track your own emotional highs and lows, such as feeling more irritable and hopeless. All of these might be signs that you need to pull back from helping others to look after yourself.

If that's the case, give yourself permission to take a pause, practice self-care, and seek out spaces to process your emotions, recover and recharge. After all, empathy isn't a rescue mission. In the end, it should be rewarding for the giver and the receiver.

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.***



## In the Community



We are very proud to be part of the Meals From the Farm program! 1,800 students from six different schools across the province had lunch and received an agriculture resource bag including snacks, activities, pencils, recipes and seeds for the garden.



We got to surprise the staff and kiddos at Regina Early Learning Center with a surprise delivery of delicious blizzards on a scorching hot day!



The students and staff at Outlook Highschool were treated to a delicious pancake and sausage breakfast! SaskMilk sponsored the event along with the OHS School and Community Council.

## Quota Exchange

The market-clearing price established for the July 2023 Quota Exchange was **\$45,500.00**.

The next Quota Exchange will be held on **August 15, 2023**. All offers to sell and bids to purchase quota through the Quota Exchange must be submitted by midnight, **August 6, 2023**. 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.

JULY 2023 QUOTA EXCHANGE RESULTS	
Market Clearing Price per kilogram of butterfat	\$45,500.00
Daily Kilograms offered to Purchase	75.63
Kilograms offered to Sell	65.77
Kilograms sold	17.77
Number of Producers	
- offered to purchase	10
- purchased quota	4
- offered to sell	7
- sold quota	3

JULY 2023 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
\$38,000.00	0	0	0.00	0.00	-75.63	75.63	10.00	10	1
\$38,100.00	0	0	0.00	0.00	-65.63	65.63	10.00	9	1
\$38,200.00	0	0	0.00	0.00	-55.63	55.63	10.00	8	1
\$41,500.00	0	0	0.00	0.00	-45.63	45.63	10.00	7	1
\$42,000.00	0	0	0.00	0.00	-35.63	35.63	4.63	6	1
\$43,000.00	1	1	1.50	1.50	-29.50	31.00	0.00	5	0
\$45,000.00	1	2	1.27	2.77	-28.23	31.00	10.00	5	1
<b>\$45,500.00</b>	<b>1</b>	<b>3</b>	<b>15.00</b>	<b>17.77</b>	<b>-3.23</b>	<b>21.00</b>	<b>5.00</b>	<b>4</b>	<b>1</b>
\$46,000.00	2	5	26.13	43.90	27.90	16.00	5.00	3	1
\$46,500.00	1	6	15.00	58.90	47.90	11.00	10.00	2	1
\$47,000.00	1	7	6.87	65.77	64.77	1.00	0.00	1	0
\$50,000.00	0	7	0.00	65.77	64.77	1.00	1.00	1	1

**TRANSFER CREDIT SUMMARY REPORT**

MONTH	# OF PRODUCERS TRANSFER IN	# OF PRODUCERS TRANSFER OUT	TOTAL KGS OF BUTTERFAT
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
December 2022	28	28	17,588
January 2023	26	26	20,656
February 2023	23	23	16,577
March 2023	19	19	13,040
April 2023	17	17	15,431
May 2023	18	18	15,363
<b>June 2023</b>	<b>14</b>	<b>14</b>	<b>9,088</b>

**PRIVATE TRANSFERS PROCESSED**

MONTH	DAILY KILOGRAMS
June 2022	185.52
July 2022	350.00
August 2022	157.13
September 2022	0.00
October 2022	0.00
November 2022	0.00
December 2022	0.00
January 2023	30.00
February 2023	20.00
March 2023	0.00
April 2023	70.00
May 2023	5.00
<b>June 2023</b>	<b>8.00</b>

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

MONTH	# OF PRODUCERS	KGS BUTTERFAT
June 2022	4	152
July 2022	6	990
August 2022	3	99
September 2022	1	27
October 2022	0	0
November 2022	2	19
December 2022	4	832
January 2023	3	1,040
February 2023	3	373
March 2023	5	803
April 2023	4	422
May 2023	8	369
<b>June 2023</b>	<b>1</b>	<b>36</b>

**SUMMARY REPORT OF CREDITS JUNE 2023 - 146 PRODUCERS**

DAYS	# OF PRODUCERS	POSITIVE CREDITS ACCUMULATED (KGS OF BUTTERFAT)
+ 5	2	562.52
0 to + 5	46	23,409.15
<b>TOTAL</b>	<b>48</b>	<b>23,972</b>
DAYS	# OF PRODUCERS	NEGATIVE CREDITS ACCUMULATED (KGS OF BUTTERFAT)
-15	1	2,597.55
-10 to -15	16	37,677.71
-5 to -10	33	44,589.28
0 to -5	48	30,853.34
<b>TOTAL</b>	<b>98</b>	<b>115,718</b>

**LOST OPPORTUNITY REPORT**

MONTH	# OF PRODUCERS	LOST OPPORTUNITY (KGS OF BUTTERFAT)
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
December, 2022	3	447
January, 2023	2	514
February, 2023	1	157
March, 2023	2	845
April, 2023	3	1,973
May, 2023	1	834
<b>June, 2023</b>	<b>1</b>	<b>410</b>

**WEIGHTED AVERAGE COMPONENT TESTS & PRICES JUNE 2023**

COMPONENTS	AVERAGE TEST	PRICE PER KILOGRAM CLASS 1 TO 5
Butterfat	4.1657	18.387098
Protein	3.1828	2.831236
Other Solids	5.8638	0.768387

**The average butterfat price received per kilogram was \$21.63**

Milk Sale Revenue \$21,349,521.56

WMP Revenue/<Expense> <\$222,809.33>

**Total Revenue \$21,126,712.23**

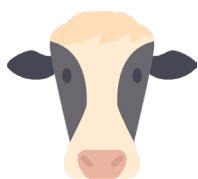
**Quality Bonus:**

WMP Quality Bonus 0.001709

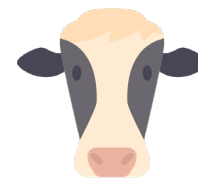
SaskMilk Quality Bonus 0.001410

**Total Quality Bonus Rate for June 2023  
0.003119 per litre**





## 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</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 style="list-style-type: none"> <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 style="list-style-type: none"> <li>• Website enquiries</li> <li>• Newsletter advertising</li> </ul>	Cailyn Jones	306-721-9493
<ul style="list-style-type: none"> <li>• School Milk Program</li> <li>• Marketing Activities</li> <li>• Social media enquiries (Twitter, Instagram, Facebook)</li> <li>• Promotional Items</li> </ul>	Chelsea Wilcoxon	306-527-0753
<ul style="list-style-type: none"> <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 style="list-style-type: none"> <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 style="list-style-type: none"> <li>• Monthly milk prices paid to producers</li> <li>• Provincial &amp; National production updates</li> </ul>	Doug Miller	306-721-9485
<ul style="list-style-type: none"> <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
<ul style="list-style-type: none"> <li>• SaskMilk Portal Assistance</li> <li>• Website enquiries</li> <li>• Newsletter advertising</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</li> <li>• Trade agreements, international trade updates</li> <li>• DEAP policy/program enquiries</li> <li>• Research enquiries or proposals</li> <li>• Dairy Conference</li> </ul>	Joy Smith	306-721-9482

	(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%
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	1,037,277	1,092,710	(55,433)	-246,694
Dec-22	1,078,365	1,006,182	72,183	-245,174
Jan-23	1,084,484	1,015,257	69,227	-245,332
Feb-23	982,235	879,055	103,180	-245,286
Mar-23	1,075,769	1,088,945	(13,176)	-246,282
Apr-23	1,021,148	989,268	31,880	-247,034
May-23	1,037,332	970,412	66,920	-245,783
June-23	<b>976,572</b>	<b>954,590</b>	<b>21,982</b>	<b>-245,642</b>

In June, Saskatchewan had a monthly CDC allocation of **954,590 kilograms** of butterfat. Saskatchewan production was **21,982** of butterfat over and cumulatively over by **1,343,268 kgs** of butterfat. On a percentage basis, Saskatchewan is **10.94%** 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	
153,691	1,040,180	8.46%	12,295,292
153,258	1,020,509	8.32%	12,260,629
154,268	943,287	7.64%	12,341,450
154,201	907,994	7.36%	12,336,079
154,258	936,195	7.59%	12,340,649
154,184	971,915	7.88%	12,334,711
153,234	1,044,098	8.52%	12,258,709
153,333	1,132,483	9.23%	12,266,614
153,304	1,235,663	10.08%	12,264,284
153,926	1,222,487	9.93%	12,314,103
154,396	1,254,367	10.16%	12,351,677
153,615	1,321,287	10.75%	12,289,164
<b>153,526</b>	<b>1,343,268</b>	<b>10.94%</b>	<b>12,282,083</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

# SaskMilk Board Activities

## August/September

August 21, 2023

SaskMilk Board Meeting

September 11, 2023

SaskMilk Board Meeting

September 13-14, 2023

DFC Board Meeting

Check out these SaskMilk events!

## August

August 2 – 6

Regina Exhibition - Regina

August 9 – 13

Saskatoon Ex – Saskatoon

August 15 – 17

AITC Teacher Expedition – Swift Current

August 12

Dysart Volunteer Fire Department

August 25 – 26

Shake the Lake Outdoor Music Festival – Regina

## September

September 22

REALM – Regina

September 23

Wascana Golf Club Chickadee Golf Tournament - Regina

September 29

Wine On Wascana - Regina

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 <sup>∞</sup>
Ampicillin	7.7	10 / 10	Sulfamethazine	7.7	10 / 10 <sup>∞</sup>
Ceftiofur and Metabolites <sup>^</sup>	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 <sup>&amp;</sup>	Tetracycline	21	300 / 100

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

\* parts per billion or ng/mL

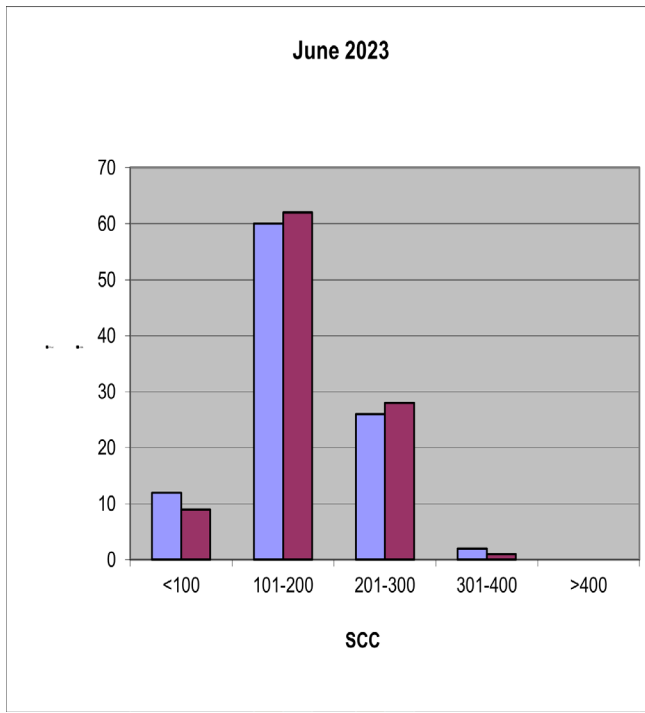
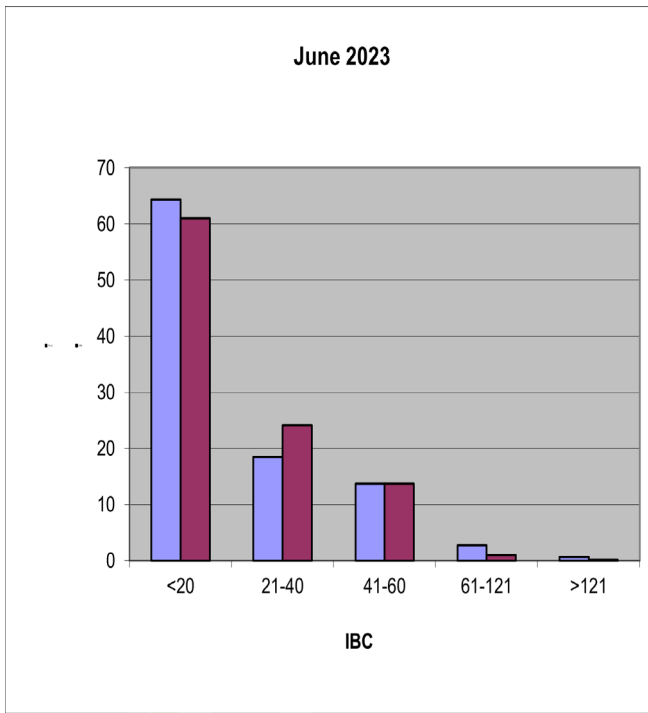
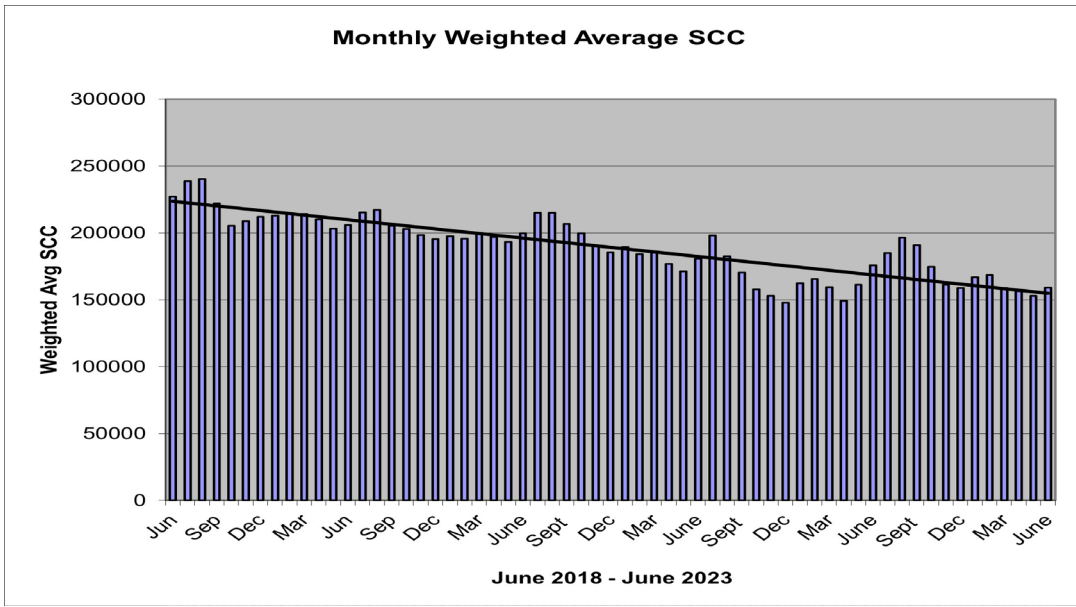
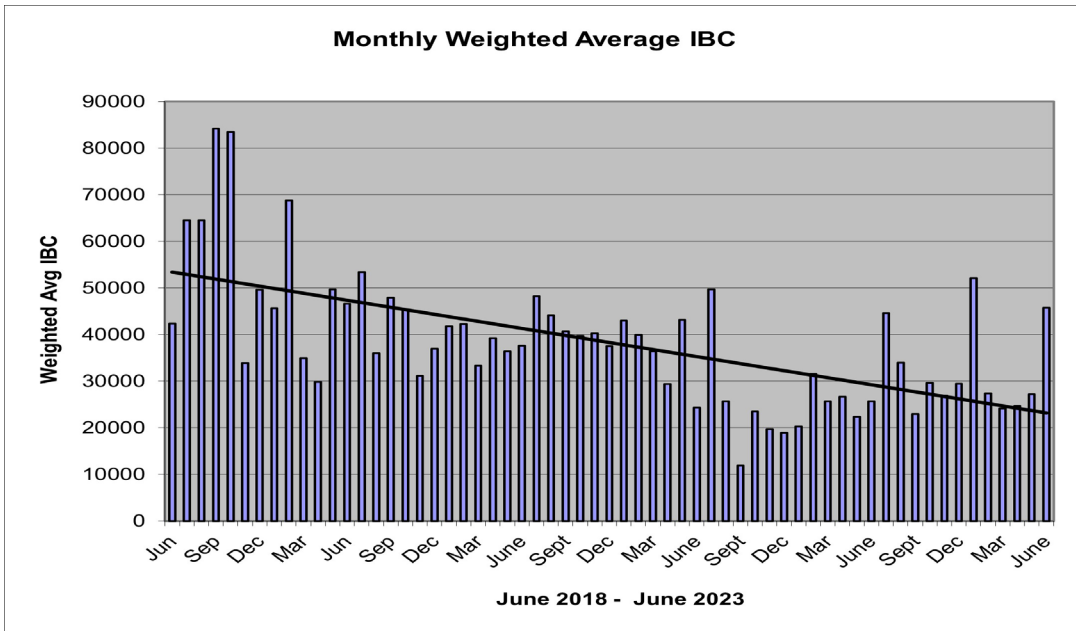
<sup>^</sup> Ceftiofur parent drug sensitivity is approximately 1/2 that reported in the table.

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

<sup>∞</sup> 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





# DFC Update

## Bill protecting supply management adopted by House, heads to Senate



Dairy Farmers of Canada (DFC) has been closely monitoring Bill C-282, a private members' bill sponsored by the Bloc Québécois which would amend the Foreign Affairs, Trade and Development Act to ensure that supply management will no longer be a bargaining chip in trade negotiations. This Bill, carefully studied by the House on Commons Standing Committee of International Trade, would safeguard the sustainability of Canadian dairy, poultry, and egg production by preventing further market access concessions in future trade agreements.

On June 21, it was adopted in the House of Commons by a vote of 262-51, receiving support from all parties and every party leader. It will now be referred to the Senate, where the Bill will go through a similar legislative process this fall when Parliament resumes.

In a joint press release, DFC - together with Egg Farmers of Canada, Chicken Farmers of Canada, Turkey Farmers of Canada, and the Canadian Hatching Egg Producers - have called on all Senators to show their support for Canada's supply-managed sectors and pass Bill C-282 in the Senate and into law.

Enacting it will not only strengthen and protect Canada's essential system of supply management; it will present the opportunity to champion growth within Canada's agricultural sector and support thousands of jobs and economic activity across our country.

# June 2023 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

101115806 SASKATCHEWAN LTD.*****	DIAMOND HOLSTEINS LTD.*****	HUTTERIAN BRETHREN CHURCH OF LAJORD*****	LAKEVIEW COLONY*****	SCHAEFFER, RONALD J*****
ADIT FARMS INC.*****	DOWNIE LAKE CHURCH COLONY*****	HUTTERIAN BRETHREN CHURCH OF QUILL LAKE INC.*****	LAKEVIEW HOLSTEINS LTD.*****	SCOTT COLONY*****
ARTLAND DAIRIES INC*****	EAGLEWOOD HOLDINGS LTD*****	HUTTERIAN BRETHREN CHURCH OF SOUTHLAND INC.*****	LAZY DAY FARMS*****	SEPTEMBER SUN ACRES LTD.*****
BAILDON HUTT BRETHREN INC.*****	EARVIEW COLONY*****	HUTTERIAN BRETHREN CHURCH OF SPRING LAKE INC.*****	LEYENHORST, ALBERT & HEATHER*****	SIERRA HUTTERIAN BRETHREN*****
BENCH HUTTERIAN BRETHREN LTD*****	EATONIA HUTTERIAN BRETHREN INC*****	HUTTERIAN BRETHREN CHURCH PONTEIX*****	LOVHOLM HOLSTEINS*****	SIMMIE HUTTERIAN BRETHREN CHURCH*****
BENBIE HOLSTEINS LIMITED*****	EL-NELL FARMS LTD*****	HUTTERIAN BRETHREN CYPRESS COLONY*****	MAIN CENTRE DAIRY FARM*****	SMILEY HUTTERIAN BRETHREN*****
BALGONIE HOLSTEINS LTD.*****	ENNS FARMS LTD*****	HUTTERIAN BRETHREN GOLDEN VIEW INC*****	MARFAY FARMS LIMITED*****	SPRINGBROOK FARMS LTD.
BRAMVILLE JERSEYS*****	FEHR'S RIVERFRONT FARM LTD.*****	HUTTERIAN BRETHREN OF DINSMORE*****	MATADOR HUTTERIAN BRETHREN INC.*	STAR VALLEY FARM JOINT VENTURE
BROYHILL HOLSTEINS*****	FOTH VENTURES LTD****	HUTTERIAN BRETHREN OF ESTUARY CORP.*****	MCAVOY FARMS LTD*****	SUNNYSIDE DAIRY*****
BRUINSDALE FARMS LTD.*****	FOX VALLEY FARMING CO. LTD*****	HUTTERIAN BRETHREN OF KYLE*****	NEW GENERATION HOLSTEINS*	THE HUTTERIAN BRETHREN CHURCH OF RIVERVIEW LIMITED*****
BUTTE COLONY*****	GLIDDEN HUTTERIAN BRETHREN*****	HUTTERIAN BRETHREN OF WEST BENCH*****	OSLER DAIRY FARMS LTD.*****	TOM & WENDY MUF-FORD*****
CARMICHAEL HUTTERIAN COLONY***	GRASSY HILL COLONY*****	HYLJON HOLSTEINS LTD.****	PLUM BLOSSOM FARM LTD. (SASK)*****	VANGUARD HUTTERIAN BRETHREN*****
CARTER WOODSIDE***	GREENDALE DAIRY***	J & J BOOT DAIRY LTD. #2*****	PRAIRIE WEST DAIRIES INC.***	VANZESSEN DAIRY INC.*****
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# Dairy Well Being Study

## University of Manitoba

University of Manitoba is conducting a research project looking at dairy farmers' health and well-being, animal health, farm management, technology, and automation.

We are looking for dairy farmers from Saskatchewan to participate in this study, projected to take place from April to October 2023.

To be included in this project you must:

- be 18 years old or older.
- be a primary or secondary decision-maker of a commercial dairy farm in BC, Alberta, Sask, Manitoba, or Ontario.

What would participation include?

- Complete a screening form which will assist researchers in participant selection to ensure a diverse range of perspectives (approx. 5 mins)
- We would ask the farmer to complete an online survey (approx. 30 mins)
- Optional: Our team would come visit the farm to take a variety of animal health and welfare measurements (1-2 hours)
- Optional: Take part in a one-on-one, confidential interview with one of our research students to discuss how animal health, farm management, technology and automation influences farmer health and well-being (approx. 1 hour). To participate in the interview portion of this study, individuals must be willing to participate in an audio-recorded interview.

Compensation:

- Participants who complete the online survey can choose to receive a \$15 Tim Horton's gift card.
- Participants who complete the interview can choose to receive an additional \$20 gift card

Before beginning the study, we ask that you please complete the recruitment survey:

([https://cssrp.ca1.qualtrics.com/jfe/form/SV\\_6lKhxVaGg6a93Ui](https://cssrp.ca1.qualtrics.com/jfe/form/SV_6lKhxVaGg6a93Ui)).

The consent process will take place on the first page of the recruitment survey and it will also include a downloadable PDF. We encourage participants to maintain a copy of the consent form for their records.

If you have any questions, please feel free to contact us. Thank you for your help with our research study!

For more information, or any questions, comments, or concerns,

please email [FarmerWellbeing@umanitoba.ca](mailto:FarmerWellbeing@umanitoba.ca) or email, call, or text Dr. Meagan King ([Meagan.King@umanitoba.ca](mailto:Meagan.King@umanitoba.ca) / (613) 532-5923).

## LOOKING FOR DAIRY FARMERS!

For a research project about well-being on dairy farms in BC, AB, SK, MB & ON

### WHAT ARE WE STUDYING?

- The relationships between dairy farmer health & well-being, animal health, farm management, technology & automation
- Identifying connections between farmer & animal health



All survey participants will receive a \$15 Tim's gift card.  
For those who are selected and consent to an interview will receive an additional \$20 Tim's gift card.

### WHAT DOES IT INVOLVE?

- Complete a recruitment survey (~5 mins)
- Complete an online survey (~30 mins)
- When completing the survey, if you are interested in being considered for a farm visit (1-2 hours) and/or an interview, we ask that you indicate this interest.
- If selected, the approx. 1 hour audio recorded interview would take place either in person as part of a farm visit or online using Zoom.



**For more information, please email, call, or text:**

King Lab: [FarmerWellBeing@umanitoba.ca](mailto:FarmerWellBeing@umanitoba.ca)  
Dr. Meagan King: [meagan.king@umanitoba.ca](mailto:meagan.king@umanitoba.ca) / (613) 532-5923

## What are we studying?

- The relationships between dairy farmer health & well-being, animal health, farm management, technology & automation.

## What does it involve?

- Complete a recruitment survey (~5 mins)
- Complete an online survey (~30 mins)
- Optional: farm visit from researchers for animal health and welfare measures (1-2 hours)
- Optional: audio-recorded, confidential interview online or in person (~1 hour)

For more information, please contact:  
King Lab: [FarmerWellBeing@umanitoba.ca](mailto:FarmerWellBeing@umanitoba.ca)  
Dr. Meagan King: [meagan.king@umanitoba.ca](mailto:meagan.king@umanitoba.ca)

## Looking for dairy farmers!

For a research project about well-being on dairy farms in BC, AB, SK, MB & ON



## 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.

Darian Farms Ltd.

High Quality Alfalfa Hay for sale. Dairy quality, Ultra low lignin varieties, 18%-23% protein, +170 RFV. 2nd and 3rd cut available. Delivered directly to your yard, Competitive prices. Lab tests available on request.

**Call/text Brock MacKenzie 306.540.9644 or Email [Darianfarms@gmail.com](mailto:Darianfarms@gmail.com)**

### 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.

## SaskMilk Board of Directors

### Matthew Flaman

Chair

(306) 537-9634

[flamanmj@gmail.com](mailto:flamanmj@gmail.com)

### Gordon Ell

Vice-Chair

(306) 535-1922

[gt.ell@sasktel.net](mailto:gt.ell@sasktel.net)

### Albert Leyenhorst

Second Vice-Chair

(306) 230-0154

[albertleyenhorst@gmail.com](mailto:albertleyenhorst@gmail.com)

### Jessica Lovich

(306) 201-7362

[j\\_simanton@hotmail.com](mailto:j_simanton@hotmail.com)

### Blaine McLeod

(306) 631-8053

[rb.mcleod@sasktel.net](mailto:rb.mcleod@sasktel.net)

### Anthony Nienhuis

(306) 221-1598

[nienhuis@sasktel.net](mailto:nienhuis@sasktel.net)

### Merlis Wiebe

(306) 229-0696

[merlisw@gmail.com](mailto:merlisw@gmail.com)

### Leonard Wipf

(306) 491-0432

[leonard.countryclover@gmail.com](mailto:leonard.countryclover@gmail.com)

