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good, probably

By ANDREW PRIESTLEY

It's a long way to go, but Mr Leng says that the crop is looking good so far.

The crop is expected to fetch good prices due to severe frost damage to the citrus crops in the Murray Valley region, which has caused citrus stocks to be depleted.

"Already there is a shortage of lemons occurring in the domestic market," he said.

During a normal year, Mr Leng's crop comes online at a different time to other domestic crops so he only has to compete with imports, and this new shortage of lemons from domestic markets will only improve the returns for his operation.

RIGHT: Fox Road grower David Leng inspects flowering on one of his lemon trees.



Farmers' health important for success

A PROGRAM highlighting the importance of a farmer's health to his or her farm's prosperity has been extended to Katherine.

The Sustainable Farm Families (SFF) program started in western Victoria and has proved so successful it is now being extended to Katherine and other remote towns.

Sara Potter, an experienced rural and remote registered nurse, has been appointed to manage the program in the Katherine region.

Ms Potter said the good health of a farmer or grazier and farming family was the single most impor-

tant investment a farm business could have.

"There's no point in a better bottom line if you're not there to enjoy it," she said.

SFF was developed by farmers, health services, universities and farming industry groups in response to higher illness and premature death rates in farming families.

In Katherine, the project is being run by the Federal Department

of Health and Ageing and the Victorian Western District Health Service in association with the Katherine West Health Board.

Other towns to join SFF include Tennant Creek, Esperance and Walgett.

Interstate, 450 farm family members have joined the program.

The program involves a two-day workshop, followed by annual workshops over the next two years.

Over the two days, participants are provided with practical infor-

mation on good health and health and safety and their link to productivity of the farming business.

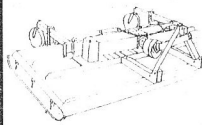
Each participant undergoes a physical health check to assess blood sugar levels, cholesterol, body mass index, waist-hip ratios and blood pressure.

The workshop will be held in Katherine on Sunday, November 12 and Monday, November 13.

To learn more about the program, call Ms Potter on 8972 3294 or email redbacksal@bigpond.com.

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