

## WestVic Dairy Business

## Focus Farms

### Heathmere

Date	08 March 2015
Milking Area (ha)	305
<b>Production</b>	
Cow Numbers	410
kg Milk Solids/cow/day	1.21
Litres/cow/day	13
Fat%	5.46
Protein %	3.86
<b>Grazing and Supplement Feeding</b>	
Pellets 41.7c/kgDM (\$375/t)	4.00
Silage (Pasture 12c/kgDM)	7.4
Hay	0
Turnips (6.85c/kg)	3.5
Pasture (kgDM) approx.	0.5
Area in rotation (ha)	280
Rotation Length (days)	70
Grazing area (ha/24hrs)	4
<b>Daily Income over Supplementary Feed Costs (IOSFC)</b>	
March Milk Price (\$/kgMS)	\$5.76
Income/cow	\$6.97
Supplementary Feed costs/cow	\$2.79
IOSFC/cow	\$4.18
IOSFC/ha	\$5.62

# Cost of pasture has not been included. This will range from 10c – 20c per kg DM during the year

## Milk price is current announced total package and inclusive of productivity and quality.

Drying off has now started in preparation for calving at the start of May with 44 cows dried off yesterday and another 60 to dry off this week. 70 cows to pregnancy test in March, empty cows will be culled early April and late cows sold for dairying. Heifer sales are going well with 36 left to sell. 60 tonne of oaten hay baled from the swamp a fortnight ago and approx. 120 dry tonnes of silage made from pea and oats from the swamp over the last few days. Maize will be harvested in the next few weeks. Crickets will be baited this week on the heavy country. Some over sowing will start this week.

### Timboon

Date	02 March 2015
Milking Area (ha)	303
<b>Production</b>	
Cow Numbers	624
kg Milk Solids/cow/day	2.25
Litres/cow/day	32.1
Fat%	3.90
Protein%	3.10
<b>Grazing and Supplement Feeding</b>	
Grain 43c/kgDM	7.8
Silage (Pasture approx. 0.15c/kgDM)	4.1
Hay (Vetch 37c/kgDM)	4.3
Turnips 10c/kgDM	2.5
Pasture (kg/DM) approx.	3.3
Area in rotation (ha)	240
Rotation Length (days)	30
Grazing area (ha/24hrs)	8.0
<b>Daily Income over Supplementary Feed Costs (IOSFC)</b>	
March Milk Price (\$/kgMS)	\$7.07
Income/cow	\$15.91
Supplementary Feed costs/cow	\$5.84
IOSFC/cow	\$10.07
IOSFC/ha	\$20.74

# Cost of pasture has not been included. This will range from 10c – 20c per kg DM during the year

## Milk price is current announced total package and inclusive of productivity and quality.

Still have 35 cows left to calve. 70 calves weaned, 150 still on milk. New calf facility is up and running. Feed pad still waiting for pipework to be finished. Pasture growth has slowed from last month but is still adding a small proportion to the diet. Turnip crops are just finished. Some late sown sorghum about to come into the diet.

# Improving farmer health and wellbeing



The ANZAC discussion group in Milltown at the home of Phil and Sarah Boschma.

### SOUTH-WEST EXTENSION NOTES

Ian Linley  
Regional Extension Co-ordinator  
WestVic Dairy



THE vision at National Centre for Farmer Health (NCFH) is to “make a difference to farmers’ lives”.

A key service in achieving this vision is through the delivery of health assessments and education programs.

These programs provide farming and agricultural workforces the skills and knowledge to address prevention and early identification of risk factors and lifestyle behaviours which lead to disease and work related injury associated with farming.

On November 27, 2014, the NCFH attended an ANZAC discussion group gathering in Milltown, at the home of Phil and Sarah Anne Boschma, where they engaged 18 members in a health and lifestyle assessment.

This program was coordinated by Tess Robinson, field service officer for Devondale Murray Goulburn, and Tam Phillips, AgriSafe clinician, NCFH.

Working collaboratively, Tess and Tam developed a program for the ANZAC

group which included individual health assessments of all attending followed by an interactive education and reflection session on skin protection and managing stress.

The benefit of NCFH taking their health assessment program to the ANZAC discussion group was it allowed members of the group convenient access and instant results on their physical and mental health.

Areas of their health which required additional review was highlighted and discussed, emphasising follow-up with their local GP.

Ms Phillips commented that “farmer health is just as important as the health of a farmers herd”.

“It was fantastic to see the ANZAC discussion group taking timeout to find out more about their health and wellbeing, as well as the health and wellbeing of their employees,” she said.

Data collected from the group was compiled into a summary report by NCFH and presented back, emphasising areas of health and safety concern

and suggested recommendations to follow up action and education.

The ANZAC discussion group stated the program offered: “A great day out. Learning about mental health was interesting and fuelled conversation in the sun over lunch.

“Well worthwhile for any discussion group.”

In the future NCFH looks forward to working with the ANZAC discussion group and welcomes any other dairy discussion groups to contact the centre if they’re interested in taking the same path toward improving farmer health and wellbeing.

The NCFH is a partnership between Western District Health Service and Deakin University, based in Hamilton, Western Victoria.

The centre encompasses university research, service delivery and education that provide national leadership to improve the health and wellbeing of farm men and women, farm workers and their families across Australia.

For further information on health and lifestyle assessments provided by NCFH or any other services please contact the centre on telephone (03) 5551 8533, email [ncfh@wdhs.net](mailto:ncfh@wdhs.net) and website [www.farmerhealth.org.au](http://www.farmerhealth.org.au)