

Centenary Thurles

Co-operative Society Ltd

Newsletter, March/April 2012



*NDC Health &
Wellbeing Event*

Soil Sampling

*Super-Levy
Update-Warning*

National Dairy Council Health & Wellbeing Event

On 2nd February last, a very successful Health & Wellbeing event was held in The Dome at Semple Stadium, in conjunction with Thurles Fresh Milk.

Attended by more than 300 people, Paula Mee, independent dietitian and TV personality was our first speaker.

Paula was followed by Fiona Hoban Counsellor and Wellbeing Coach who spoke on all matters relating to the mind. The evening finished up with an efficient cookery demonstration by Ailish Maher Hennessy of Fiacri House Restaurant and Cookery School. Fran Curry of Tipp FM was MC for the night and significant funds were raised for The Friends of the Community Hospital of the Assumption.

“The nutrient quality of what we eat and what we drink does affect everybody’s health and wellbeing, so if we don’t think about it, we are putting our heads in the sand and ignoring something very important”, said Paula Mee.

“But being healthy doesn’t mean eating ‘horrible food’ and it doesn’t

have to take a huge effort or spending lots of extra money. For most of us, making just a few small changes to our diet could make a really big difference to our health now, as well as in the future when we age.”

Paula Mee quoted the example of bone health. She said that many people believe Osteoporosis is a disease which “only affects people who are older” — or “only affects ladies” — but this is not the case. Anybody can get Osteoporosis. It can affect people of all age groups, male or female.

For many people, they don’t realise they are developing Osteoporosis until they fracture or break a bone; or start noticing symptoms like undiagnosed, sudden, severe pain in the upper, middle or low back, especially if it is associated with loss of weight. However, Paula Mee explained that for most people, Osteoporosis could be prevented or treated.

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Pictured recently at the National Dairy Council Health & Wellbeing Event.

Above: (L to R) **Caroline O'Donovan**, The National Dairy Council, **Joe Kerrigan**, Chief Executive Centenary Thurles Co-Op, **Ailish Maher Hennessy**, Fiacri House Restaurant & Cookery School.

Left: (L to R) **Jackie Cahill**, Chairman, The National Dairy Council, **Fiona Hoban**, Counsellor and Wellbeing Coach, **Paula Mee**, Independent Dietitian and **Philip Dwyer**, Chairman of Thurles Fresh Milk.

“Diet and food choices really can have a big impact on how we feel and on our health and quality of life”

She recommended consuming milk & dairy as part of a varied, balanced diet. She explained that this food group provides us with calcium in a “bioavailable” form, which is a form that our bodies can easily absorb. Paula Mee explained that some plant sources may have calcium - but many also contain components such as oxalates and phytates which inhibit the absorption of calcium. This can make it very difficult to meet daily calcium requirements exclusively from these plant foods alone.

“Unfortunately, many people who are trying to lose weight, or maintain their weight, often avoid milk and dairy products because they incorrectly assume that dairy products are fattening,” said Paula Mee. “In fact, milk and dairy should be part of our diet, even when we are trying to control or lose weight.”

“A person ‘watching their weight’ may wish to reduce their energy intake, but the nutritional quality of their diet remains important. They still need to consume adequate levels of essential vitamins and minerals, so the recommended intake of food from the dairy shelf of the ‘Food Pyramid’ is still very important,” said Paula Mee.

Paula Mee also pointed to scientific evidence suggesting that consumption of calcium, particularly calcium from dairy products, may play a positive role in weight management. In addition, the Report of the National Taskforce on Obesity refers to the fact that people who meet the food pyramid recommendations for the “Milk Cheese and Yogurt shelf” are less likely to be obese. Paula Mee highlights that the introduction of an array of low-fat dairy products to the market also means increased consumer choice is there for those watching their weight.

“Diet and food choices really can have a big impact on how we feel and on our health and quality of life, so where advice is needed, it is important that it is from a genuinely credible source - from a qualified dietitian, nutritionist or medical professional,” said Paula Mee.

Centenary Agri Feed Range

DAIRY RANGE AND FEEDING LEVELS FOR SPRING 2012 PER HEAD PER DAY

12% DAIRY QUOTA	6 LBS	2.7kg
14% DAIRY GRAZE	6 LBS	2.7kg
16% DAIRY FERTILITY	6 LBS	2.7kg
16% DAIRY HI ENERGY	9 LBS	4.1kg
18% DAIRY HI GRAIN	12 LBS	5.4kg
18% DAIRY SUPER	12 LBS	5.4kg
18% DAIRY SUPER PLUS	12 LBS	5.4kg
21% DAIRY PREMIUM	12 LBS	5.4kg

BULL BEEF NUTS Available in bulk

ex.Ballyduff mill. ex.Thurles mealstore. ex Templemore mealstore. ex.Roscrea mealstore.

Tissue Tag Testing Service, Bulk Tank Milk & Screening Tests

Centenary Thurles Co Op in conjunction with Enfer Laboratories is offering a BVD Tissue tag testing service for 2012 at a discounted price of €3.60 including VAT.

To participate in this scheme the special tags must be ordered from Mullinahone Co Op. Place samples into a plastic bag and post in an envelope to Enfer Laboratories.

Results will be sent out by ICBF within 5 working days. The cost will be charged to your milk account and if required, the dam of a PI calf will be tested by Enfer free of charge.

The closing date for the Herd Health Screening Programme is the 31st March 2012 and the bulk milk sampling will start in early April for those suppliers who have joined.

It is important that the laboratory knows the vaccination history of each individual herd. Please contact Denis Kennedy/Aisling Harris on 0504 34030 for further information.



Soil Sampling

Only approximately 30 % of soils are in the agronomically optimum Index 3 range for P and K.

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At the recent Grassland Association Conference, each of the speakers who were involved in the topic "Setting the farm up for high grass production post 2015" were vocal in their support of soil testing to increase or maintain grass production on farms.

Teagasc advised of the large proportion of dairy farms who had ceased or reduced soil testing in recent years, and declared that a change in grassland management would be pointless without first addressing soil fertility in land.

They also said that there is an overall trend towards soils moving from higher and more productive Index 3

and 4 ranges down to lower fertility Indexes 1 and 2.

At the same conference, Dairy farmer of the year John McNamara also outlined the importance of soil testing on his farm; he recommends that a soil test should be carried out for every 3 ha and even less in some cases. He finds that soil tests substantially decreases his fertiliser bill as fields with an Index of 4 would need no chemical application of phosphorous or potassium while fields with a low index would get as much organic manure as they could.

At the moment he is devising a fertiliser and slurry plan in conjunction with the soil tests to optimise the soil fertility in every paddock on the farm. He also carries out mineral scans on grass before the breeding season to make sure that the cows are in the best possible shape before they come into heat.

Please contact your local branch for further information.

NEXT GENERATION HERD

Teagasc is also setting up a new dairy herd known as the next generation herd, 200 dairy heifers with the highest genetic merit nationally will be chosen to enter the herd.

Traits that will be measured will be detailed milk composition analysis, body weight, body condition score, reproductive efficiency, feed intake, health and wellbeing and environmental footprint.



Milk Suppliers' Loyalty Bonus

In order to clear up any confusion that may exist amongst milk suppliers, we set out again the method of calculation and the detail of the loyalty bonus paid out in December each year.

The bonus earned in 2012 is based on calendar year figures and is paid out the following year, i.e. December 2013.

Supplier turnover in cents is calculated by reference to the litres supplied. Currently where in excess of 5c per litre is purchased, a bonus of 0.25c (+VAT) is payable and this increases to 0.5c (+VAT) if turnover exceeds 6c per litre.

Turnover is calculated net of VAT and discount. Credit charges are not taken into account. Turnover is allocated to the year in which the expenditure occurs rather than when payments are made i.e. payment dates have no impact on the calculations.

We would once again encourage all suppliers to avail of the scheme as it is of extreme financial benefit to suppliers.

Super-Levy Update-Warning

It now appears inevitable that the country will exceed the quota available to it. The Society is 2% over-quota and subject to the availability of national flexi-milk is facing a super-levy bill of up to €600,000.

Initial internal flexi-milk allocations, which are subject to change as volumes change, suggest that allocations of 14,000 litres to Category 1 suppliers and 4,000 litres to Category 2 suppliers will be available.

It is important to remember that priority allocations to Category 1 suppliers will only exist up to 350,000 litres of supply. Any milk supplied over 350,000 will be categorised as Category 2 supply.

The super-levy liability for Category 1 suppliers who are over-quota by more than 14,000 litres, will largely depend on those suppliers in the same

category who are over-quota but do not require the full initial allocation. This milk will then be redistributed to other Category 1 suppliers. National flexi-milk will also be available to minimise the liability.

The super-levy situation for Category 2 suppliers is not so positive. It appears that aside from the allocation of 4,000 litres from internal flexi-milk, the only milk available will be from the national flexi-pool.

We will have 50 suppliers depending on such an allocation and allocations will only become clear when other Societies make their returns.

Centenary Thurles Co Op Monitor Farm Open Day

On the 18th April 2012 at 2 00pm a farm walk will take place on the farm of PJ Hoolan Clashagad Dunkerrin.

Speakers include Teagasc, Centenary Thurles and Central Laboratory Dungarvan personnel. Topics to be covered will be Breeding, Grassland Management and Herd Health Screening Programme/ B.V.D. Tissue Test.

Key Dates

Single Farm Payment 2012

The closing date for application for Single Farm Payments in 2012 is the 15th of May.

After this date penalties will apply.

New Entrant Milk Quota

As for recent years, 25% of the national increase in milk quota of 1%, is being made available to new entrants.

Full details of the scheme and application forms are available from Milk Quota Section, Department of Agriculture, Kildare Street, Dublin 2.

The closing date for receipt of applications is 4th May 2012.

New Staff Members

During the month of February, 3 new staff members were appointed by the Society.

Trevor Hassett of Barnane, Templemore was appointed Weighbridge/Transport Co-ordinator and is based at Ballyduff. He will be responsible for logistics, harvest and quality control.

Maurice Ryan of Farranamanagh Cashel has been appointed to our Cashel Branch as Retail Assistant.

Donal Greed of Gurteen Killea has been appointed to the Thurles Branch as Store/Retail Assistant.

All three are wished well on their appointments and we look forward to them serving you for many years to come.

Farm Safety

SLURRY TANKS

Drowning in slurry and water tanks and gas poisoning has caused 18 deaths in the past 10 years. Some key points to note:

- Agitation points should be located outside of the building.
- Agitate slurry on windy days if possible.
- Always ventilate the house.
- Remove all people & stock during and immediately after agitation.
- Do not enter the house for 30 to 40 minutes after agitation.
- Never enter slurry tanks.
- Secure access points when spreading slurry.
- Manhole covers must be kept in place and replaced if damaged.

VISIBILITY

Care should be taken when entering and exiting the farm entrance. Hedging should be well clipped back and timely warning given of work in progress. Yards should be kept clean, tidy and clutter free.

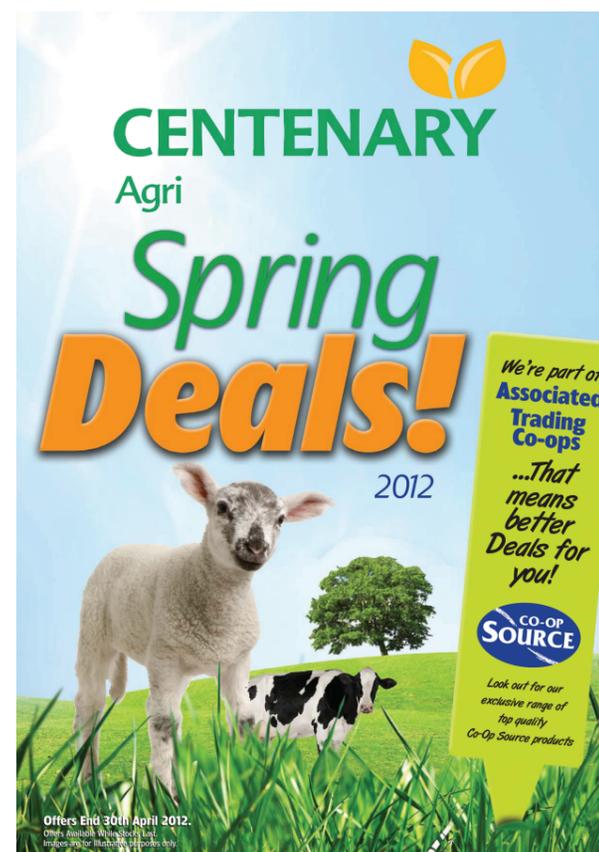
Machinery should be parked safely at all times. Adequate farmyard lighting is essential in areas used after dark.



CENTENARY
Home & Garden

Spring deals

Starts Wednesday 14th March.
Check out our great deals in Gardening, Household, Spring Cleaning, Pet Care, Painting.
Promotional brochures will be distributed in local newspapers and available at all our stores.



CENTENARY
Agri
Spring Deals!
2012

We're part of Associated Trading Co-ops ...That means better Deals for you!

CO-OP SOURCE

Look out for our exclusive range of top quality Co-Op Source products

Offers End 30th April 2012. Only available while stocks last. Excludes all Co-Op Source products.



CO-OP SOURCE

HYGIENE RANGE

TURBOSAN
HIGH-STRENGTH CHLORINATED CAUSTIC DETERGENT FOR CIRCULATION CLEANING OF MILKING MACHINES AND DX BULK TANKS

ACID DESCALER
ACID BASED DESCALER AND CIRCULATION CLEANER

CHLOROS
SODIUM HYPOCHLORITE SOLUTION FOR GENERAL DAIRY USE

TURBOCLEAN
POWDER CIRCULATION CLEANER FOR COLD CLEANING OF MILKING EQUIPMENT

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