



Arrabawn Stores

Christmas Trading Hours

CHRISTMAS EVE Thursday 24 TH DECEMBER	9AM – 1 PM
CHRISTMAS DAY Friday 25 TH DECEMBER	CLOSED
ST. STEPHENS DAY Saturday 26 TH DECEMBER	CLOSED
Sunday 27 th DECEMBER	CLOSED
MONDAY 28 TH DECEMBER	CLOSED
Tuesday 29 th DECEMBER	NORMAL TRADING
Wednesday 30 th DECEMBER	NORMAL TRADING
Thursday 31 st DECEMBER	9AM – 1 PM
NEW YEARS DAY Friday 1 ST JANUARY	CLOSED
Saturday 2 ND JANUARY	NORMAL TRADING

Christmas Greetings
We wish all our Milk Suppliers, Customers and Staff a very
Happy Christmas and a Peaceful 2021

Health Certificates

Time is running out: from Jan 1st we can only collect milk from farms with a current Health Certificate.

Act now to avoid milk being rejected, talk to your Vet, arrange to get the form signed and returned to us before the end of December.

Winter Milk Quality -

Recommencement of Milk Collection after the dry period

The importance of the quality of raw milk is paramount to ensuring safe and high quality finished products all year around. For quality and economic reasons the minimum collection volume in the winter period will be 400 litres per collection with at least two collections per week. Before recommencing of Milk Collection after the dry period a current animal health certificate must have been submitted.

Suppliers must give at minimum five days notice to the Co-Op during normal working hours (Monday - Friday 9am - 5pm at 067-41800) of their intention to resume milk after the dry period. The Co-op will monitor and reserve the right to visit the farms and take samples if deemed appropriate.

Milk containing colostrums/biestings and stale milk will be rejected. The first milk after the winter break should be tested at Arrabawn to ensure that the milk is free of inhibitors and residues and suitable for collection. Under no circumstances should any of the milk at first collection be more than four days old.

CHLORINE FREE

Chlorine Free / Chlorate Free Milk 2021

All farmers are aware of their text messages informing them of the TCM value in their milk. This TCM value is an indication of the residues of their chlorine-based teat care and dairy hygiene products in their milk. Over the past few years, there has been a drive to reduce the level of chlorine products being used on farm. Chlorates are toxic compounds which are formed when residual chlorine reacts with other organic compounds, such as milk. It is imperative that all milk and milk products are free of both chlorine and chlorates.

To this end, Arrabawn Co-op has been encouraging suppliers to use 'chlorine free' hygiene products on their farms and from January 1st 2020, in particular, first on their bulk tanks and by now on their milking parlours also.

Work carried out at Teagasc, Moorepark has shown that Chlorine based products can be replaced with highly effective chlorine free products, some of which will have cleaning, disinfecting and descaling properties, **all in one, such as Divosan OSA-N. A working group comprising DAFM, Teagasc and Ornuia has set a target of removing chlorine from bulk tanks by end 2020 and removing chlorine from all dairy hygiene products by end 2021. Many co-ops have already adopted a chlorine free policy.**

Caution :- farmers should avoid 'special deals' at this time of the year when salesmen are selling off older 'chlorine based' products at a good price ! The intention should be to purchase only 'Chlorine Free' tank cleaning products.

So, for 2021 - Think Chlorine Free!!



Garda Message

Garda Síochána are supporting Europol in a Europe wide campaign to promote safe online shopping during the Christmas season and beyond from the perspective of consumers and of businesses. In the period from 1st January 2020 until 31st October 2020, 489 Online Shopping Frauds have been reported to An Garda Síochána. The average loss was €2,306 per incident representing an overall loss to Irish citizens of €1,127,972. The business community are frequently targeted by fraudsters using stolen or compromised credit cards, bank accounts or payments, in what is called Card Not Present Fraud. Businesses who are victims of this fraud will suffer losses under the 'charge back' process. In the first 10 months of 2020, 346 Card Not Present Frauds have been reported to An Garda Síochána in Ireland 2020 to date, representing an average loss of €1,083 or a total of €374,751. As we enter this busy season, consumers and business will be particularly active online and An Garda Síochána and Europol advise consumers to follow the golden rules for online shopping.

1. Buy from trusted sources
2. Understand risk and think twice before purchasing
3. Check the seller's reviews and ratings
4. Ensure data transfer is secure
5. Save all documents related to online purchases
6. If you don't make a purchase, don't leave identity or card details behind
7. Check the website payment security
8. Never send card details by email, text or other messaging methods
9. Don't send money to someone you don't know - check first
10. Use credit cards when purchasing online

Farm Accidents: The overall situation

- > Farming is one of the most dangerous occupations in Ireland. Over one third of all workplace fatalities in Ireland occur in farming.
- > Children and the elderly are particularly at risk. 47% of all farm deaths involve over 65s and children.
- > Approximately 2,500 serious injuries occur every year. Many are life changing and place the farm at risk.
- > 194 people have been killed on Irish farms in the last 10 years.

Tractors and ATVs - Tractor and vehicle use is potentially lethal. Tractors and farm vehicles account for the highest proportion of fatalities (29%) and serious incidents each year. Of those, being crushed (67%), overturning (14%), being struck (12%), or falling from the vehicle (7%) are the causes of most tractor/vehicle incidents. Those at risk include persons using the tractor and those who may be in the area where the tractor is operating. Poor operation of vehicles particularly when reversing is another main cause of fatalities.

Livestock - Dangerous situations involving cattle are almost entirely avoidable - you or a family member needn't become a 'statistic'! Always be aware of bulls and freshly calved cows.

The general causes of injuries from animals on farms are listed here: (Finnegan UCD PhD thesis) (Ref: 21)

- > Knocked over or attacked 54%
- > Kicked 29%
- > Crushed 11%
- > Catching an animal 3%
- > Fell from horse 3%

Keep the Yard Clean and Tidy: A lot of accidents on farms result from simple trips, slips and falls. It is essential that handling areas should be kept tidy and clean. Debris such as sticks, rocks, pieces of wire or plastic and old tyres should be cleared away before any work starts. Ensure non-slip surfaces.

Fences and Gates: The fences and gates on the farm must be able to contain the classes of cattle on the farm. In particular, all road boundaries must be stock proof and internal fences able to ensure that unplanned mixing does not occur. Gates must be firmly latched and strong enough to resist the normal pressures from the cattle. Baling twine or rope is unacceptable for latching gates. Serious issues ensue if a member of the public gets injured.

Checkout the **Nenagh CBS Farm Safety video online**

Some things to think about going into 2021

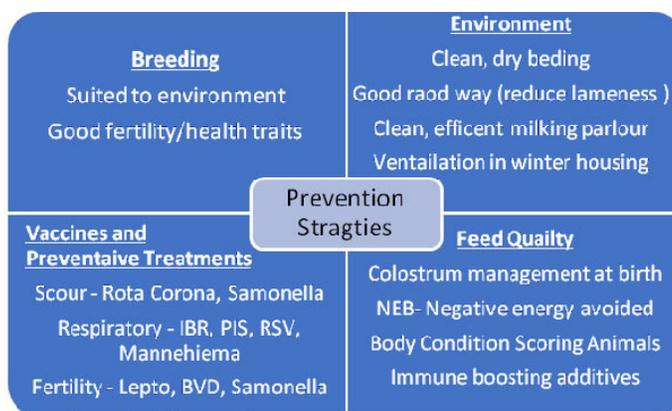
As you may have heard, there will be some new changes coming down the line to make Irish agriculture more sustainable. These changes may seem daunting at the start however there are many supports available to help make the transition as smooth as possible. Irish Farmers will need to be open minded, willing to accept help and adapt to the new guidelines.

These changes should not be seen as negative, but as a chance to evaluate your current situation and make changes for the better. Antibiotics will not be as readily available as before but it shouldn't be an excuse to affect profitability of your farm. The animal's welfare will not be affected. All sick animals will still be treated with the care that is required; more prevention strategies will be needed to reduce the number of sick animals.

January 28th 2022 EU laws regarding antibiotic usage will be implemented. The aim is to reduce the volume of antibiotics

used throughout the farm. One particular area which will be focused on is drying off. Selective dry cow therapy (SDCT) implemented on farms will meet the criteria of Bulk Tank SCC under 200 and cows with an SCC of 50-100 with no cases of clinical mastitis. Milk Recording will be a major player in SDCT, as individual cow data is required. In order to get an antibiotic tube for a cow at drying off, it must be backed up with data to prove the antibiotic tube is needed. This change may cause worry about the SCC reading next spring, but the addition of Milk Recording will benefit the herd in the long run. You can identify the most profitable cows for breeding replacement heifers, remove potential cull cows, and reduce the cost at drying off.

If problems are regularly occurring on the farm, now is the time to look ahead, plan, prepare and prevent these issues occurring again in 2021. Is there an outbreak of scour with new born calves every year? Review the housing conditions, was there a draft? Enough dry bedding? Colostrum management? Vaccines used? Some small changes could make a big difference in reducing issues. Coughing weanlings in the autumn, there are many respiratory vaccines available on the market to prevent coughing in calves. When the vaccines are administered alongside good worming protocols, weanlings will remain healthy and thriving.



Are you letting farming rule your life?

By Frank Hynes, Fresh Pastures

Do you sometimes feel stressed by farming? Farming can be complex and can present many challenges for you and your family daily. **These challenges can leave you feeling stressed and even lead to depression.**

Problem

Farming is much more complex today than it was forty or fifty years ago. **Problems include financial worries, poor income, climate change, BREXIT and how these issues might impact you. The stress of completing lots of paperwork, maintaining the farm up to spec for cross compliance issues and dealing with government agencies all take their toll. Furthermore, hours of work can be long. Farmers frequently feel isolated and lonely and this has been worsened in many cases by COVID-19 restrictions. On farms where income is not a worry, life-work balance is frequently a concern. This in turn puts pressure on marriages and family relationships.**

Dairy Farmer

I recently spoke with Seamus who runs a dairy farm in the midlands. He is married to Una. They are both in their late forties. They have three teenage children, two boys in secondary school and one girl in third level. Una works in an office about fifteen miles away. While they are carrying significant debt due to farm development over recent years, their household income is satisfactory and they do not have any real financial worries. However, they do have problems.

One big issue for Seamus is that he works extremely long hours. He rarely finishes his farm work before 8pm, even at the weekend. There is always work to be done, whether it is physical work on the farm or completing paper work. He worries a lot about meeting quality standards and all cross-compliance issues and seems to be regularly falling behind on requirements. While the children do help out, their parents do not wish to take the children away from their studies. By the time Seamus gets finished in the evening he is simply too tired for family activities. He says it is difficult to find the opportunity to spend quality time with Una. Seamus often misses important family events and rarely engages in leisure activity. Seamus says Una has little interest in the farm and wonders why he spends so many hours working. He now finds himself losing interest and is worried about the long-term future of the farm.

Solving the problem

A conscious decision to find a solution is essential. Otherwise, the problems are likely to escalate for Seamus, his wife and family. Seamus needs to stop, reflect and plan a step by step approach.

Step 1. It is important to clarify what the problem is. The farm is impacting almost every area of Seamus' life.

- Seamus acknowledges he spends too much time working on the farm.
- He fears this is having an impact on the relationship between himself and his wife.
- While he feels he is in good health he rarely sees a doctor and has no time for recreation.
- All three children play sport but Seamus

rarely gets to see them play.

- The stress of all of this is bothering Seamus more and more recently.
- Most of the areas are interrelated. By taking a few small steps, improvements could be made in a number of areas of life for Seamus and Una. To get started Seamus might prioritise finding a way to make small reductions in his workload and make time available to spend with Una and the family.

Step 2. Seamus must break this down into manageable goals. What are the specific actions he can take to move in the right direction?

Step 3. He then needs to identify options. For example, are there options for reducing his workload? In the short term he might hire a relief milker for a few evenings per week. Are there some jobs that he could switch from evenings to the mornings or a slack time of the day? Longer term, he might consider dropping an unprofitable farm enterprise or outsource some of the work.

Step 4. Once options are chosen a plan of action must be put in place to ensure these happen.

Step 5. As this plan is implemented and his goals are achieved one by one, he will gradually see improvements in his situation. He can then start to work on another problem. Over time, he needs to target several areas of his life. His aim should be to live a balanced life, so that he and his family can reap the rewards.

The key to success is clarifying the problem and identifying the steps to bring about a solution. But you must take the first step. Further details available on www.freshpastures.ie If you can identify with these issues, call Frank now on (087)2832761.

How to reduce energy consumption on dairy farms

It is possible to reduce on farm electricity consumption, and related CO2 emissions, by up to 60% through the installation of a milk pre-cooler (plate cooler), heat recovery system (recovery of heat from the cooling system for pre-heating of water), VSD motors (variable speed drives on the vacuum pump and milk pump) and a micro-generator Solar Photo-Voltaic (PV) system (solar panels that generate on-site electricity from the sun with zero emissions). These measures would save over €2,500 on a 100-cow farm which is also good for the environment as 8 tonnes of CO2 per year would be offset.

This is also good for the environment, as 8t of CO2 per year would be offset. Adding a night rate electricity meter and changing to the least cost energy supplier is also worthwhile, as there is downward pressure on prices currently due to additional competition in the market. There are large variations in the price of a unit of electricity (e.g. from 18.3 to 13.8 cent per kWh for day rate electricity). An average size farm can save over €800 per year by simply changing electricity supplier. Night rate electricity is a good fit on all dairy farms. There is no charge from ESB networks to install a night rate meter. The meter standing charges increase from approximately €0.46 per day to €0.60 per day after moving to night rate electricity.

Integrating renewable energy

Solar energy can be harnessed and used to reduce the demand of the milking parlour or heat water on dairy farms. PV panels are the most feasible means of achieving this. Small PV installations (up to 11 kWp) have been grant-aided to-date under TAMS. This technology is expected to feature again in future grant schemes. Solar PV can deliver a good return on investment where the farmer is grant eligible and where the expense is written off against tax in the year.

Dairy Energy Saving

- Average electricity costs on Irish dairy farms are €5 per 1,000 litres of milk produced. There is large variation in energy costs on dairy farms from €2.60 to €8.70 per 1,000 litres of milk
- The main drivers of energy consumption on dairy farms are milk cooling (31%), the milking machine (20%) and water heating (23%)
- Reducing fossil energy use is also good for the environment as energy use contributes to the farms carbon footprint
- It is easy to estimate on-farm electricity costs on your farm. Simply divide the electricity cost from your bills by the number litres of milk produced over the same period. If the house is on the same meter as the farm, deduct 5,000 units of electricity per year for a three-bedroom house

Reviewing Grass Production on your farm:

Outlined below are 5 steps that will enable you, the farmer, to review grass production on the farm.

Step 1: Grass production

Walking the farm 30 times or more during the year and measuring grass production in the paddock will enable you to gain a very good picture of the level of grass produced on the farm by entering the data onto your grass measurement tool. Primarily this involves walking the farm almost every week between April 1st and August 31st and measuring the level of grass cover in the paddock.

An assessment of grass production on each paddock needs to be carried out. Some paddocks will perform better than others. Primarily though the underperforming paddocks need to be examined and questions asked as to why they are at the lower end of grass production scale. Questions such as paddock wetness, the soil fertility status, level of ryegrass, were they grazed by heifers/calves etc.?

Step 2: Number of grazing's

The aim is to achieve close to 10 grazing's/ paddock/ year. The average number of grazing's being achieved/paddock on dairy farms nationally is about 6. Maximising the number of grazing's achieved on each paddock is a very effective method of increasing grass production and utilisation. Every extra grazing/paddock achieved increases annual grass DM production by 1.4 t DM/

ha.

Step 3: The average pre-grazing yield

This needs to be 1500 kg DM/ha. This figure is got by dividing the grazing tonnage by the number of grazing's. In 2020 the average level of grass grown was 13 tons with 11 tons produced for grazing and 2 tons produced for silage on average. Therefore the 11 tons divided by about 7 grazing's is about 1500 to 1600 kg DM/ha.

Step 4: Soil Fertility

Having the soil with adequate P, K and lime is a huge driver of grass growth on dairy farms. Soil sampling is the only reliable way of establishing where soil fertility is at. The reality is that soil sampling should be carried out for agricultural purposes (i.e. to grow more grass). Completing soil sampling every 2 years will inform you about the level of soil fertility improvement and increase (in most cases) the level of P fertiliser allowed on farm. National figures suggest that only about 20% of the soils on dairy farms have adequate P, K and lime status.

Step 5: Reseeding

If steps 1-4 above are tackled, increasing grass production through reseeding is the final step. It is costly (€700/ha) but even still the return on investment is high and the return is very fast.

What's coming down the line? Signals from the EU, Government and the Department of Agriculture, Food and the Marine indicate a reduction in fertiliser input (particularly Nitrogen)

on dairy farms over the next few years. For the record, it takes about 250 kg N/ha (200 units of N/ acre) from a combination of fertiliser and slurry sources to grow 14t DM/ha

However N fertiliser input can be reduced if:

1. Lime Application is increased (we are only applying 50% of what is required). About 25% of Fertiliser N is lost to the atmosphere if the soil pH is too low.
2. Fertiliser P and K application increases
3. Sulphur application is carried out and starts in April (March on drier soil types)
4. More grass measurement takes place
5. Better use of slurry and soiled water is made. LESS technology is part of that solution. (Dribble bar / trailing shoe).
6. Avoiding spreading fertiliser on soiled areas of the paddocks during the 2nd half of the grazing season
7. Using GPS to spread fertiliser.
8. Having the fertiliser spreader set at the right height above the ground (75cm above ground level to the base of the plate/spout for most models). Replacing worn veins/spouts on the fertiliser spreader.
9. Making use of clover. A 10% reduction in Nitrogen fertiliser input is possible on most farms. A simple solution is reducing fertiliser N application by about 4 units/acre per grazing rotation from mid-April to mid-August

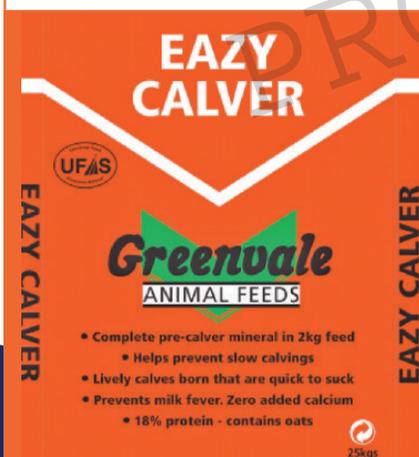
Greenvale
ANIMAL FEEDS

**DO YOU WANT A TROUBLE
FREE CALVING SEASON??**

If so, feed 2kg of

GREENVALE EAZY CALVER

for one month prior to calving and you will:



- ✓ Provide cows total mineral requirement
- ✓ Reduce silage usage
- ✓ Have cows that calve quickly
- ✓ Prevents milk fever
- ✓ Prepare cows for a successful breeding season

To find your nearest
Greenvale stockist contact
061-414988

Nitrate Regulation – New measures effective from 01/01/2021

- Water trough location
- Farm Roadways
- Stream fencing

Recent changes regarding the classification of watercourses have been made in the past few weeks. Contact Paddy Purcell on 087 0963869 for clarification on the new rules coming into effect from the new year and how this may affect you farm.

Milk Quality Advisor Dairy Health Certificate 2021

Each herd that supplies milk must be certified by your vet annually to meet specific animal health requirements as specified by the department of Agriculture, Food and the Marine.

The certificate must be submitted to Arrabawn Co-op each year. The recommended time to certify your herd is at your annual herd test which enables you and your vet to fully complete and sign the form while inspecting the cows.

If you have misplaced your blank health Cert which was sent to you earlier this year by post please contact your milk advisor.

Note: Arrabawn will not be in a position to collect milk from your holding from the 1st of January 2021 unless it has received the fully completed certificate.

1. It is no longer a requirement to submit a list of animal tag numbers with the completed certificates.
2. **On page 1**, Veterinary Certification of Compliance the vet **MUST** complete the number of animals presented to him as milk yielding animals for certification.
3. **On Page 3**, herdowner Declaration of compliance, the herdowner must complete the number of animals presented as milk yielding animals to the vet for certification.
4. Please send a completed health certificate by the 31st of December 2020 to

Arrabawn Co-Op
Stafford Street
Nenagh
Co. Tipperary

Congratulations!

30 Arrabawn suppliers have achieved a place among the Cell Check Top 500 Quality Milk Suppliers in the country for 2019

These awards are running for a number of years now and the quality of milk supplied is increasing year on year. To have achieved a place in the Cell Check Top 500 Quality Milk Suppliers is an indication of the commitment applied to producing quality milk.

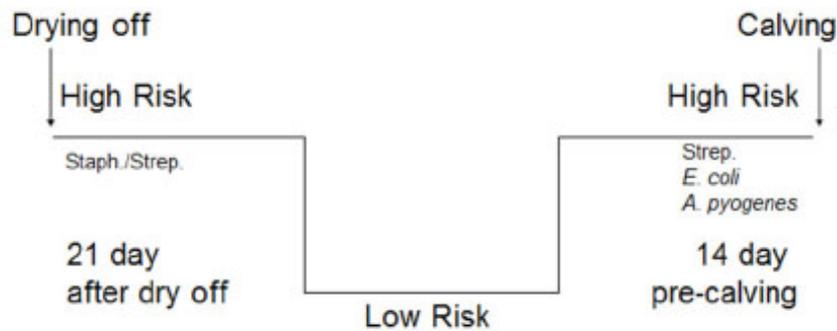
NAME	ADDRESS
Martin Coffey	Ballinloughnane, Athenry, Co. Galway
James Hennessy	Woodfield, Ballycrissane, Ballinasloe, Co. Galway
John Kelly	Ballyboggan, Kilconnell, Ballinasloe, Co. Galway
Kieran Kelly	Kilaltenagh, Via Banagher, Co. Galway
Dermot Healy	Rosssfinch, Ballinahinch, Birdhill, Co. Tipperary
John Fox	Ballinacregg, Oranmore, Co. Galway
Victor Austin	Knocknacree, Cloughjordan, Co. Tipperary
Sean Gaynor	Rapla, Nenagh, Co. Tipperary
Cronan Kelly	Ballinashragh, Luskagh, Co. Offaly
John & Eamon Cashin	Ballykinagh, Carrig, Birr, Co. Offaly
Brian Hayes	Finnoe, Carney, Nenagh, Co. Tipperary
Michael Salmon	Prospect Demesne, Eyrecourt, Ballinasloe, Co. Galway
Paddy Burke	Kylebeg, Kilbarron, Nenagh, Co. Tipperary
Noel Harney	Foats, Aughrim, Ballinasloe, Co. Galway

NAME	ADDRESS
Patrick Hanrahan	Ramore, Killimor, Ballinasloe, Co. Tipperary
Joseph Mounsey	Elysium, Cloughjordan, Co. Tipperary
Jerry Glynn	Corgan View, Luskagh, Banagher, Co. Offaly
Kevin Connell	Kiniska, Claregalway, Co. Galway
Ignatius & Mary Grealish	Stoneybrook House, Carnmore, Co. Galway
Tom Cahill	Tonemace, Corrandulla, Co. Galway
Gerard & Aidan Forde	Corrandulla road, Corranulla, Co. Galway
Pat O Shea	Finnanefield, Kilcorney, Rathcoole, Co. Cork
Thomas Noone	Fohenagh, Ahascragh, Ballinasloe Co. Galway
Michael Shiel	Clonmoylan, Ballyshrule, Ballinasloe, Co. Galway
Frank Molloy	Ballindown, Birr, Co. Offaly
Hugh Thomas Kelly	Ederney House, Lisheenkyle, Athenry, Co. Galway
John Ryan	Garrytigue, Newport, Co. Tipperary
William O Brien	Mt. Lodge, Toomevara Nenagh, Co. Tipperary

Dry Cow Management

As most farms are fully dried off at this stage the cows are now in a high-risk period for bacteria getting into the udder. The first 21 days after dry off are critical to maintain a low SCC in the next lactation.

Mastitis risk during the dry period



We can help minimise the risk to the cows in many ways, most of which are simple and very effective. At this stage cows' tails should be clipped and I would recommend to singe the hair off of the udder before you attempt to dry off your cows. Reducing the cows diet to bring them below 10 litres before drying them off is vital to having a successful dry off. Cows that are leaking milk after dry off will need to be resealed as soon as possible.

Cleanliness of the cubicle beds plays a huge part in keeping bacteria out of the udder. The key to keeping cubicles clean is the frequency of running the scrapers. The more times a day they run the cleaner the cow's feet will be which will lead to less dirt getting onto the cubicle bed in the first place. Its recommended to run scrapers 6 times a day in these risk periods and while milking.

There has been a lot of talk recently about what to use to dry and disinfect cubicle beds. As bacteria like to grow in neutral conditions, we need to change the pH on the cubicle bed, this is why most farmers choose lime as it is very basic it will increase the pH of the beds making the environment unfavourable for the bacteria to grow. This needs to be done twice daily to keep cubicles clean and dry for the cows and it will also Keep the Ph high.

Similarly, there are spray on products which tend to be acidic and decrease the Ph on the cubicle bed making the conditions on the bed unfavourable for bacterial growth. It is important to note that you should not used both products together everyday as they will cancel each other out and create ideal conditions for bacterial growth on the cubicle beds.

The key to either of these products working effectively is to keep the cubicle beds clean and free from faeces by scraping the cubicle bed itself twice daily. This accompanied with clean passageways will help to decrease the risk of bacteria getting into the udder in these high-risk periods after dry off and 14 days before calving.

Trace Pak Pre Calver from Arrabawn

Mineral supplement for cows, 6 – 8 weeks before calving, is generally accepted to be the best pre calver mineral on the market. It has been developed over the past 20 years to meet the requirements of the Arrabawn co-op catchment area – especially with regard to high Molybdenum and low Copper, Zinc, iodine and Selenium availability – including **Albion Chelates** for maximum effect. It has benefits in cow health at calving, fertility, lameness and possible cell count after calving. Feed 100 -150 grms/per head per day. **Now with extra Magnesium.**

For more information contact you Arrabawn representative or call 0876697010

Stay connected with us!!

Check out our **website** for weekly farming updates. Find us at www.arrabawn.ie
Connect with us on social media on Twitter [@arrabawncoop](https://twitter.com/arrabawncoop) and [@milk4profit](https://twitter.com/milk4profit) for regular farming updates and promotional offers.

We are also on Facebook at **Arrabawn Co Op**

For further information or advice on any subjects or products mentioned in this newsletter
Please ring **087 6697010** Email: farmsupport@arrabawn.ie • Check out our Website: www.arrabawn.ie