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PHOTOS 1. Twenty-two youth participated in this year's Dairy Sen\$e and ranged in age from 18-24 years old. Youth from 16 different 4-H Associations were represented and one delegate traveled from Alberta. **2.** The group gets an intro while viewing calves at Maryland Farms. **3.** The milking herd at Eniskillen. During the visit, the Sargents explained how they keep the cows clean in the tie-stall. PHOTOS COURTESY OF 4-H ONTARIO.

dairy Sen\$e®

Dairy Sen\$e was back, live, this year for a three-day event taking place May 5-7 at Durham College in Oshawa, Ont. The new location provided access to a different base of dairy farms for the on-farm visits that took place on day two of the conference.

During the conference, participants spent a day in the classroom, learning from guest speakers from within the industry as well as farm leaders to gain an understanding of some of the real-world skills and practices needed to run and thrive on a successful operation.

Adam Petherick, who owns and operates Almerston Farms Ltd. near Campbellford with his wife and parents and represents Region 4 on the DFO Board, spoke about the many opportunities available to young farmers, but also some of the challenges he faced. "Hard work, flexibility, and surrounding myself with a good team has given me the opportunity to serve my industry and try to make a difference," he said. Dr. Tim Henshaw spoke on Mental Health and Building a Resilient Life. He shared firsthand his mental health challenges throughout his life and how he sought to improve his situation and become successful while helping others.

Farm tours on day two were a highlight of the conference for many and included stops at Maryland Farms. Here, the Callaghan family milks approximately 240 cows in a double 16 parlor and crops 3,000 acres of owned and rented land. Two digesters on their farm use cow manure to produce 500 kw of power, which is sold back to the grid.

Eniskillen Jerseys and Sargent Family Dairy were stops two and three. The Sargent family milks 53 purebred Jerseys, focusing on high type cows that last. They opened the dairy in June of 2021 and rely on high fat (5.13 per cent) and high protein (4.15 per cent) milk from their Jersey herd to make the products sold in their store. Their current offering includes 2%, homogenized and flavoured milk; butter, cheese curd, cheddar cheese, flavoured cheeses, and camembert, with more products to come.

Thank you to this year's host farms, guest speakers and sponsors for making Dairy Sen\$e a success!

ENGAGING SPEAKERS

- Farm Succession (Robert Larmer, Vintage Land & Cattle Ltd.)
- Challenges & Opportunities (Adam Petherick, Almerston Farms Ltd.)
- Importance of Dairy Genetics (Glenn Barkey, Altona Lea Farms)
- DFO's New Entrant Quota Assistance Program (Justin Bell, TD Bank)
- Mental Health and Building a Resilient Life (Dr. Tim Henshaw)
- The Economics of the Dairy System (Carol Mascara, DFO)
- Financial Statements (Lisa Kemp, BDO and Clair Doan, National Bank)
- Understanding the Environment (Robin Brown, Ontario Soil and Crop)
- Knowing and Maintaining Equipment (Chris Penney, Green Tractor)
- The Basics of Cow Behaviour, "CowSignals" (Danielle Kiezebrink, Purina/Cargill)
- Today's Calf, Tomorrow's Cow (Angela Farfield, Floradale Feed Mill Ltd.)
- From Touching Cows to Touching Screens (Nancy Charlton, DeLaval)

DAIRY SEN\$E TAUGHT ME HOW TO...

- "talk to relatives about succession planning."
- "communicate with peers."
- "trust my ability to understand the numbers that are involved in running a farm."

THE THING I ENJOYED MOST ABOUT DAIRY SEN\$E WAS...

- "meeting new people and discovering new ways of doing things."
- "seeing how farms, other than my own, deal with similar issues."
- "listening to all the guest speakers and their experiences."

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