

FARM GATE NEWS

Written & Published By



MAY-JUNE 2017

A BI-MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN YOU

A few Australian Cotton facts garnered from Mr Google:



- Australia uses 100% local seed.
- In an average year, Australia's cotton growers produced enough cotton to clothe 500 million people.
- Australia has an enviable reputation on the world market as a reliable supplier of very high quality cotton, and can command a premium price for this reason.

**Kimberley Station Owner's
Responsibility & Isolation Cause
EMOTIONAL
EXHAUSTION** P4



**WHAT IS YOUR
GREATEST ASSET?**

*Beware The Perils
of Farming* P5



**FARM SHED
Solutions** P7



What Makes Country Life So Good?

**SEE YOU AT THESE
FIELD DAYS**

AUGUST 2nd-3rd
Speed Field Days

SEPTEMBER 15th-16th
Riverland Field Days

SEPTEMBER 26-27-28th
Yorke Peninsula Field Days

COMMUNITY

Our vast outback ... near Silverton, NSW

ALI'S HEALTH SCARE

Thanks to all the people who talked with me about my chest pains health scare that I shared in our last edition of FARM GATE NEWS.

I've had thorough check ups and a cardiac stress test and have been assured that the issue wasn't with my heart. I still don't know what caused it but it could be the stress of being constantly busy or my cardiologist suggested I get a gall bladder scan to check for gall stones ... I haven't done that yet.

However, it has prompted me to look after myself better and I've lost 7kg in the past 7 weeks under the supervision of a naturopath. I thought it wise to have to report to someone, since I hadn't been successful in losing weight on my own.

Danny is also on this journey with me which makes it a lot easier to remain motivated.

NSW HOLIDAY

Over the past few years, we have taken a 2 week driving holiday in the beautiful autumn month of May.

This year we took 3 weeks and travelled up to Broken Hill, across to Cobar, Bourke, Walgett, Inverell, Glen Innes, Coffs Harbour, Port Macquarie, Port Stephens, Sydney, Goulburn and down to Swan Hill, Mildura and home again.

What a beautiful and very relaxing trip!

Despite it being only 4 hours away we'd never been to Broken Hill. We spent 2 nights there and a full day exploring Silverton.

The travel across outback NSW may not be considered spectacular but the distances are vast and the countryside and constantly changing vegetation are certainly interesting.

At one place we were driving along and I had my head in a book, when Danny suddenly slowed and turned in the driveway of a local farm. I looked up and said, "You can't do this. This farmer might object to you driving up his driveway."



Spectacular Port Stephens, NSW. A steep hike but worth this view at the top!

Danny wasn't concerned. "They're harvesting cotton here and I've never seen that done. I'm sure they won't mind." So we stopped and watched for a while.

Shortly though, a ute with dog in the back, came haring down the side of the paddock between the fence line and the cotton crop.

"See Danny, we're going to be thrown out!"

"Nah, we'll be ok. I'm sure they won't mind," says Danny calmly. Sure enough the driver was one of the farm workers and when we explained we were just interested in the harvesting, he gave us a thorough run-down on how it's done.

"If ya wanna ride in the harvester, just flag down the bloke driving it and I'm sure he'll take ya for a spin," he offered.



Ali up close with a bale of cotton.

City folk might think us strange but that was one of the highlights of our trip.

The outback towns in NSW were smaller than we expected, population wise. And it was a shame to see many shops with barred windows and doors. Obviously break-ins are a big issue. It doesn't make the town feel welcoming though.

When we reached Glen Innes and The Great Dividing Range we had some beautiful walks and views of running waterfalls at Walshpool & Gibraltar National Parks.

We spent a few nights in Coffs Harbour and travelled up into the mountains again to the



The spectacular Sawn Rock Organ Pipes at Mt Kaputar National Park, near Glen Innes, NSW.

Dorrigo and Ebor. The cascading Dangar Falls at Dorrigo is an amazing sight and is easy to reach.

A little further along we went to Ebor Falls and then onto Wollomombi Falls which can be seen at a distance across a valley but is another spectacular sight. We were lucky that all the falls had water as a result of the area receiving the tail end of rains from Cyclone Debbie 6-8 weeks earlier.

We moved on to Port Macquarie checking out beaches and walking tracks and then onto beautiful Port Stephens just north of Newcastle. This huge area of waterways is just gorgeous.

After two days in Sydney catching up with good friends we were homeward bound, travelling south along the Hume Highway to Goulburn and then onto Swan Hill, Mildura and home to Monash.

Aaah... it's lovely to be home but it was a great little holiday. Relaxing yet seeing another part of our beautiful country.

We highly recommend that you book your holiday time for some rest, relaxation and recuperation. It's certainly time well spent. We hope our holiday pics motivate you to take a well earned break.

Until next time,

Ali & Danny

Halupka

Owners, Grant Sheds



You Little Ripper... Grant Sheds LOCAL AUSSIE LEGENDS



Beautiful Dangar Falls at Dorrigo, NSW



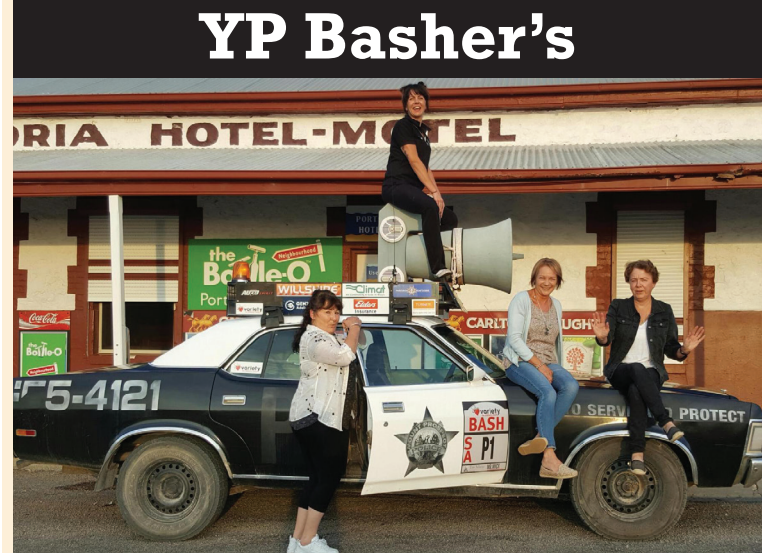
Coffs Harbour beach



Ebor Falls at Ebor, NSW



Chilling out. We made sure to enjoy plenty of fresh seafood while near the NSW coast ...not that we actually went fishing!



YP Basher's

Jenni Miller, Jacinta Oster, Denise Davey and Di Clift are joining the boys in this year's SA Variety Bash. Please support them with donations. Contact details below.

The 2016, the annual SA Variety Bash distributed more than \$3.16 million to help more than 26,000 sick, disadvantaged or special needs children in South Australia.

The Yorke Peninsula will be represented by two teams in the 2017 event.

Ken Davey, owner of the Port Victoria Hotel, bought a WB Statesman as a bash car in 2016 and the crew called themselves "The Wauraltee Wombats."

This year, Ken's wife Denise has organised a 2nd car and ladies team. The Ford Fairlane has been decked out as "The Blues Brothers & Sisters" and team members Denise Davey, Di Clift, Jenni Miller and Jacinta Oster are keen as mustard.

The entry fee alone is around \$10,000 per car so they've been busy fundraising. With the generous support of Lyall and Cynthia Schulz, owners of Barley Stacks Wines, the proceeds of the winery's annual gourmet day auction will be donated to the cause.

The Schulz's have a number of "Grant" sheds and Ali & Danny have attended the wine and food event on several occasions. This year it's being held on July 2nd and both Bash cars will be on display. To book for that, go to www.barleystackswines.com.

And please support these country teams with their goal to raise money for the great causes provided by SA Variety Bash 2017.

To Donate to these YP teams in the SA Variety Bash please contact:

Jo Sandercock
(fundraising committee member)
hj.sandercock@bigpond.com
Ph: 0428 394 818

Ken & Denise Davey
portvichotel@gmail.com
Ph: 0438 558 052

Kimberley Farmers Tested By ISOLATION



Jane Sale of Yougawalla Pastoral Co in the Kimberley area of northern WA opens up about her experience with Post Traumatic Stress Disorder in the hope it helps others suffering from anxiety and depression.

In 2011 I had an accident where I was attacked by a bull on our isolated cattle station. At the time we were in the middle of the Live Export Ban. My injuries, the emotional stress and the possibility of never seeing my children again on top of having to be back in the yards within 2 weeks of getting home from hospital, left me suffering from Post Traumatic Stress Disorder (PTSD). When the year started to slow down in October 2011 I had my first panic attack, alone and on the dirt road from our yards to our house. I felt the horrible fear of something being wrong and having medical help so far away.

The internal turmoil I felt... loving the work I do, and the lifestyle, but hating the isolation and the pressure of the care and safety of all our staff and animals ... lasted four years. The biggest worry was having myself and my young children living in isolation so far away from medical help.

The anxiety caused stomach and headaches. I was obsessed with the thought I was dying.

I had tried to be strong for so long so my staff and family were confident in me as a strong leader. I was heavily involved in the day to day of business and my family in a physical sense but I was emotionally void and isolated. Don't get me wrong, we had lots of time out, holidays, and fun times and if you looked at my Facebook page you would see a happy smiling face. This is what I mean by a very personal struggle and not wanting others see your failure to cope.

This all came crashing down in April 2015 when I was suffering from a panic attack at least once a week and didn't want to be away from my work, children, and station but felt happier when I was in town near a

hospital, even though every trip seemed like an overwhelming effort. My husband Haydn was travelling a lot and not having him around made me particularly vulnerable. On the eve of him leaving for another trip to meetings in town I broke down at the thought of being left behind and in charge again. Haydn insisted we pack up that morning and head into town for me to get some help.

Packing the kids up, and Haydn telling our closest staff what was going on with me was an awful feeling. My fears of not coping were a reality. I felt I had failed myself and everyone else.

Haydn contacted a good friend who is a GP and had some experience with anxiety and from my first conversation with her the most memorable part was her telling me "You will get out of this. It may feel like you are in a really dark place but there is a way out."

Those words were so promising for me. I spent a couple of weeks in town and had a few counselling sessions. I was put onto medication and taking that was a further feeling of failure.

I was also recommended to take a week every month in town with counselling and time out from the station. Over a couple of months this was lifting me gradually out of the fog. I was much improved although still not myself and suffered a couple of panic attacks in that time. My GP friend discussed with me a technique for the treatment of people suffering from PTSD. This was called Eye Movement Desensitisation and Reprocessing (EMDR).

It is a natural and straight forward therapy, and for a lot of people it works! I had a four hour session that day, it was emotionally gruelling and I walked away exhausted. Over the next few weeks a few things came back to me

about the emotions of my accident and I was definitely vague and listless but I didn't put too much pressure on myself to be productive. Within a month I was feeling like my pre-accident self again.

With many people suffering from PTSD, anxiety and panic attacks, I do understand how hard it is to stand up and say something. With medication and treatments available like EMDR anything is worth a try.

It has been two years now since the EMDR therapy and my last panic attack. I think I will always be a different person to the one who hadn't previously stared mortality down, but one thing I did learn that day is I have a huge will to live and since then I have learned to take time for myself and my own mental wellbeing. There will be more bumps on the road I am sure but hopefully I will be a little more capable of coping and if not I will not be too scared to ask for help. Reaching out for help and taking that first step, putting aside the fear of failure that can be all consuming, is the hardest step of all ... but once taken can be life changing.

<https://www.australiacounselling.com.au/emdr-eye-movement-desensitization-and-reprocessing-therapy/>

Yougawalla Pastoral Company

Managers/ Owners: Haydn and Jane Sale (part owners and managers)

Region: Kimberley WA

Station Pastoral Leases:

Yougawalla:	East Kimberley	356,123ha
Bulka:	Central Kimberley	273,163ha
Margaret River:	East Kimberley	214,483ha

Agistment on Aboriginal owned Pastoral Leases:

Bohemia Downs:	141,640ha
Carranya Station:	80,937ha
Louisa Downs:	141,640ha
Lamboos Station:	182,109ha

Total area running Yougawalla cattle:

1,390,095 ha (3,435,000 acres)

Nearest town for shopping, doctors etc:

Yougawalla Station: Halls Creek 260kms (only 10km bitumen - Driveway 110km)
Bulka Station: Fitzroy Crossing 140km (90km Bitumen - Driveway 50km)
Margaret River Stn: Halls Creek- 110km(100km Bitumen - Driveway 10km)

Number of cattle:

The combined carrying average is 40,000 cattle.

Number of staff: 8 full time staff and around 8 seasonal workers. Plus contract mustering crews for some areas.



Visit www.centralstation.net.au for more station stories

Injury & Price Slumps... PERILS OF FARMING



Recovering from two of the familiar perils of farming, injury and a price slump, Renmark grape grower Tony Trezise says things are on the up. In fact he's banking on it - investing in new plant and modernising machinery to ensure they are. And he's no stranger to knuckling down and changing tack when push comes to shove.

A former dairy farmer, then small wine grape and dried fruit grower, and now totally wine grape grower, Tony has 340 acres under vines. He grows Chardonnay, Pinot, Sauvignon Blanc, Cabernet, and Shiraz, supplying to Accolade Wines.

"We used to be dairy farmers for the last 40 years before that," he explains, noting the family made the gradual move into wine grapes around 20 years ago.

"We got out of dairy farming and that because it was just going down the gurgler."

With the grape season drawn to an end, Tony concedes it's been a trying time. Weather conditions haven't been optimum, grape prices are only just starting to come good and Tony is recovering from a serious injury.

A simple job repairing his roof turned into a major health scare when he misjudged the edge and fell.

"I walked off the edge of the roof," he explains. *"I fell about 3m - broke my left elbow. I shattered my right hand, all through the wrist. Broke my left leg, broke my pelvis, broke my hip in seven places."*

It saw a half-hour job turn into nine weeks in bed and Tony had to learn to walk again. In hindsight he says it was a job he should have got someone else to do, but the reality is accidents can happen anywhere anytime, particularly in the agricultural industry.

"I didn't even think. Could have fallen off a harvester or anything."

The combination of slippery surfaces, night work, fatigue and large moving machinery is a hazardous one, Tony continues.

"You've got juice and grapes on all your surfaces. You're standing on them, walking on them, and you get a blockage and climb on top of the machine or out on the unloading conveyor... one slip and you're gone. No one thinks about it when you're in a rush and it's harvest time."

"As a result of two other accidents we've installed extra safety rails on the harvesters."

But after a lengthy recovery, Tony is looking to the future with the purchase of a 15m x 24m x 6m Grant Shed that will go some way to reducing the hazards of working on large machinery.



Tony Trezise of Settlers Bend, near Renmark SA suffered horrific injuries as a result of a farm accident that turned into 9 weeks in bed. He is pictured (at top) 'on the mend' at the 2016 Riverland Field Days that he attended via electric scooter. His new Machinery Shed & Workshop from Grant Sheds (pictured here as the 15m x 15m x 6m shed, before his extension) will protect and provide a safe and comfortable workshop for maintenance on his expensive wine grape growing equipment.

Tony's New Workshop Shed Joins 8 Other Grant Sheds already Built On His Property.

Tony's New Workshop Shed Joins 8 Other Grant Sheds Already Built On His Property

They range from sliding roof super-sheds to machinery sheds, workshops, pump sheds and the former dairy.

This one started out as a smaller design but Tony made the decision to incorporate a workshop and wash bay.

"It's for the harvester, picking heads and 3-row sprayer to live in," he says, noting previously any maintenance work was done outdoors in the sun.

"And that's not much fun in the summer for the mechanics. So this should be a nicer environment to work in for everyone."

Not to mention the extra protection it will offer to some of his most important investments. Tony runs two Braud harvesters to mechanically spray and pick the grapes, with plans to introduce a pruning head in the near future.

The fully computerised machines have auto-steer so steer themselves. The operator simply turns the corner at the end of a row and lines them up. Eventually they'll also be able to turn the corner independently further

cutting labour costs, which Tony notes is key to making a profit.

The increasing automation of machinery allows time spent in the field to be dramatically reduced, while also catering to operators like Tony who have minimum staff. He runs his entire property with the assistance of his semi-retired father. And a few casualties.

But for now Tony's looking to a better season ahead. Grapes in his region are fetching slightly higher prices than recent years, while physically he's on the road to recovery.

In 2016 Tony invested in a 15m x 15m x 6m "Grant" shed to protect his expensive and valuable farm equipment. In 2017 he is extending it to provide a wash bay and workshop to service his grape harvester.

"In hindsight I should have done it all at once. Having this big shed with plenty of height means we can lift up the augers and bins and don't have to take it out into the blazing sun to service things."

Benefits Of Decent Workshop:

- More Productive
- Nicer environment for working in
- Luxury of having a concrete floor
- Nicer than working out in the sun
- Safer working environment





Life Is Better With POSITIVE ATTITUDES

Handling A Bad Situation

An old story is told of a king in Africa who had a close friend who had a habit of looking at every situation that occurred in his life (positive or negative) and remarking, **"This is good!"**

One day the king and his friend were out on a hunting expedition. The friend loaded and prepared the guns for the king. The friend had done something wrong in preparing one of the guns, and as the king fired it his thumb was blown off. The friend remarked as usual, **"This is good!"** To which the king replied, **"No, this is NOT good!"** and sent his friend to jail.

A year later, the king was hunting in a dangerous area. Cannibals captured him and took him to their village where they prepared to cook him. As they came to light the fire below the cauldron, they noticed that the king was missing a thumb. Being superstitious, they never ate anyone that was less than whole. They untied the king and let him go.

As he returned home, he was reminded of the event that had taken his thumb and felt bad for his treatment of his friend. He went immediately to the jail to speak with his friend. **"You were right,"** he said, **"it was good that my thumb was blown off."** And he told his friend all that had just happened. **"And so I am very sorry for sending you to jail. It was bad for me to do this."**

"No," his friend replied, **"This is good!"**

The King looked puzzled - **"What do you mean, 'This is good'? How could it be good that I sent my friend to jail for a year?"**

The friend then said - **"If I had NOT been in jail, I would have been with you."**

Just goes to show...

A positive attitude can overcome negative events.

To every seemingly bad situation a positive outcome can be achieved.

Ways To Show How Much They Matter To You



No matter your age or accomplishments, it's a relief to know you matter.

We all want to know that other people care about us ... that we matter to others and that what we've done is important.

We feel good if we believe we matter. We feel sad, or lost, if we think we don't.

Here is a great way to show that you care for someone and their life is important and matters. This example is for an aging couple's wedding anniversary, but you could use it on many other occasions like birthdays and weddings.

On the aging couple's wedding anniversary, ask your family and friends to write down on separate slips of paper what they love about either one of the couple or the couple together.

Aim for a number of contributions that matches the event (eg. 55 for a 55th wedding anniversary). Pop all the slips in a glass jar or decorated box and write on the outside, **"55 Reasons Why We Love You."**

Alternatively, you could have an anniversary dinner and each family member or friend take turns to read out loud their contribution(s)

before popping them into the jar or box as the anniversary keepsake.

With just a few simple sentences, your family and friends can express gratitude, capture precious memories and give love and laughter.

On days when growing old is especially hard, they can read those reasons again to give themselves a lift and a reason to live.

Every one of us should have a "Matter Jar." Young people, middle-aged people, singles or couples, those who suffer from anxiety or depression. For the days you feel lonely or afraid, unworthy, rejected or unwelcome.

Imagine ... we can all help give someone else a tremendous boost with such simple sentiments. They might smile, they might cry, but for certain they'll feel pleased and proud and cared for.

No matter your age or accomplishments, it's a relief to know you matter.

And that reason you say why they matter to you might just be the reason they carry on.



It may be the best gift they've ever received!



Ideas

To Help You With Your

FARM SHED SOLUTIONS

Farm Equipment Protection...

That Your Insurance Company Can't Match

Get's you thinking doesn't it?

Store your valuable farm machinery, implements, vehicles and produce in an Aussie-Tough shed from Grant Sheds and it's protected BEFORE you need an insurance company.



Greg Bryksy of Watervale has this 12m x 18m x 5.1m Machinery Shed with sliding doors, built mid 2016 and has another shed on order now and due to be built later in the year.

"The quality of the shed looks excellent. Very well engineered. I had nothing but good positive feedback and customer service and you answered all my queries. The builder was very easy to work with and did an outstanding job of erecting the shed, with a high quality of workmanship."

Greg Bryksy, Watervale SA



Greg & Patsy Lowe, Hamley Bridge extended an existing shed with a 9m x 18.5m x 5.4m leanto that has 2 x 9.25m beams.

"Very pleased with the way the leanto was integrated into the old shed."

Greg Lowe, Hamley Bridge SA



I found this great photo of Rob Starling and his family, Kirsty, Annie & Jack, of Telang Pastoral Co. Don't you love the pink shirts for the girls and blue for the boys with their pastoral company name on them.

Rob invested in this 18m x 24.3m x 6m Hay shed with UB columns and OWJ roof trusses in 2010. It's built in 8m bays to easily fit 200 big square bales per bay. It stood firm and strong in a 170kph freak wind just after it was built. That same wind took the roof off a nearby shed ...not one of ours!!

Rob's comments at the time:

"Grant Sheds were good. Contact was easy and they always returned phone calls or emailed and sorted out my needs quickly."

"The builders did a good job and were in and out in just 5 days. No hassles and I was happy to watch them do it. I'm happy to recommend Grant Sheds."

Thanks Rob. We love working with country blokes like you. It really does make our work enjoyable.

Family photo courtesy of Stock Journal

Freecall 1800 088 528
For help planning your next shed.

Grant Sheds - 65 Year Anniversary & 35th edition Farmgate News



Brief History of Grant Sheds

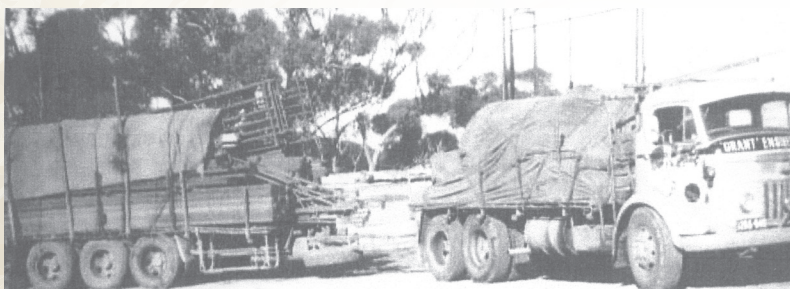
Our Grant Sheds business was started by Grant Telfer in 1952 when he was just 20 years old.

Grant's daughter Alison and husband Danny worked in and managed the business since the mid 1980s and purchased it in 2006.

Grant is now a fit and healthy 85 and still rides his push-bike, in white overalls and bare feet, about 20km each day to do the company mailing.



At the official opening of his new Glossop factory in 1964, L-R: Grant Telfer, eldest daughter Jenny, wife Margaret and parents Doris & Reg Telfer.



1963 Grant Sheds Truck loaded and ready for another farm shed delivery. Truck is a Commer 3 cylinder, 2 stroke diesel 110HP & Grant made 3 axle trailer.

Grant Engineering Co. Pty. Ltd.

It is nine years since Mr. Grant Telfer started Grant Engineering Co. Pty. Ltd. at Monash, South Australia, to manufacture steel farm buildings, an enterprise which has exceeded all expectations.

Now, due to the very much appreciated assistance of the State Government through the agency of the S.A. Housing Trust in the provision of this new factory, the Company is expected to continue to grow rapidly and become an increasing asset to the surrounding areas.

Factory efficiency is rising steadily due to considerable efforts in many directions, the more obvious being plant modernization but, equally important, considerable expenditure on such aspects as factory organisation as daily controls, costing, ordering and follow-up procedures, methods improvement, introduction of incentives and all of these matters are, of course, essential if the Company is to maintain its intended rate of growth.

The main production is of farm implement sheds, hay sheds, mouseproof barns and shearing sheds, all of which can be, and usually are, delivered to the site and erected for the client. Such deliveries are being made over greater distances. Recently deliveries have been made to Gunnedah, N.S.W., which is 300 miles north of Sydney and 700 miles from Glossop. This trend is expected to continue as the Company promotes its products further afield through the medium of carefully selected and efficient agents.

Added to this, the widening of the range of buildings with the recent introduction of bulk grain storage sheds and galvanised frame sheds, it is obvious that the Company's future is a bright one.

Above: A page from the 1964 official opening of Grant's (then new) factory at Glossop.

MONTHLY HUMOUR

Doctor, doctor, my nose is running!
No, I think you'll find it's snot.

Doctor, doctor I feel like a pack of cards.
I'll deal with you later.

Doctor, doctor, I feel like a pair of curtains.
Well, pull yourself together.

Doctor, doctor, I feel like a snooker ball.
Go to the end of the queue.

Doctor, doctor, can you get rid of my spots.
I never make rash promises.

Doctor, doctor, I keep seeing a ladybird
doing pirouettes.
Oh, that's just a bug that's going round.

"The truth is, everything that has happened in my life... that I thought was a crushing event at the time, has turned out for the better."

Warren Buffett (1930 -) American businessman and philanthropist



resilient: (adj.): capable of bouncing back from or adjusting to challenges and change **To be resilient... Make lessons of failures.** Minimize the tendency to make a mistake anything more than a lesson on how not to do something. We need to learn from our experiences and accept them as tuition for future success. And yes... Our mistakes might put us in a bind at times and have some uncomfortable consequences but again, that's real life.

GRANT SHEDS PO Box 29 Monash SA 5342 Email: info@grantsheds.com.au © Copyright New Horizons (SA) Pty Ltd, Trading as "Grant Sheds"

No portion of this newsletter may be reproduced without the written permission of the publisher. This newsletter is distributed with the understanding that the publisher is not engaged in rendering any legal or professional advice of any kind. The publisher disclaims any personal liability for the information, advice, recommendations and/or strategies presented within. It is up to the reader to comply with any local, state or federal laws. In the unlikely event that the recipient of this newsletter no longer wishes to receive future editions, you may unsubscribe by contacting Grant Sheds using any of the contact methods listed below and requesting to be removed from our mailing list. Please be assured that we do not wish to offend anyone and your request will be acted upon immediately.

FARM GATE NEWS: The Farmer's Newsletter PHONE 1800 088 528 EMAIL info@grantsheds.com.au

GRANT SHEDS PO Box 29, Monash, SA 5342 FAX 08 8583 5402 WEB www.grantsheds.com.au

