

Hello Members,

A big thank you to all those who sent written and photographic contributions for the newsletter, especially Ian McCall, for his continuing supply of photos.

I was sad to read an item Greg sent through to me about the wanton destruction of 5 heavily pregnant Campbell Island ewes by thieves/vandals in Canterbury. These ewes formed part of a 35 ewe remnant flock of sheep that used to be “farmed” on Campbell Island. Eventually they were left to run wild, subject to natural selection, for many decades. No doubt their full story will be told in one of John Earney’s histories of NZ’s own evolved sheep breeds. Daniel Wheeler, who owned the sheep, is one of the stalwarts who try to keep several of our ‘feral’ and domestic breeds going in NZ – myself included.

Anyone wanting a registered hobby flock to go with their commercials could so easily help retain these breeds in NZ. Breeds long registered with NZSBA that are low in number include Dorset Horns, Ryelands and Shropshires. Even the Lincolns (who have twice had their day in the sun), English Leicesters and Hampshires are struggling to keep enough registered ewes to maintain a good broad genetic base.

I mention Ryelands in particular because Robert Port of *Bushy Downs* stud has retired to a town block and can no longer keep his flock (see advertisement on back page). Robert had 150 ewes when our flock was registered in the mid 1980’s but has gradually reduced it to the 22 ewes and a few ewe hoggets that he has for sale.

Ryelands are a dual purpose white faced “Down” breed, now used as a terminal sire. Bred in UK since the 16th century. Arrived in NZ 1901. Ideal for small farmers; they are very docile, great mums, their wool is suitable for hand spinning and the meat is the sweetest you will ever eat – even the fat is beautiful. Rams are prepotent with the ability to even-up a line of lambs from disparate ewes within a flock. They cross well with part Texel ewes and will provide some fat for the best lambs.

They desperately need committed support in NZ. Numbers are down to around 200 registered ewes + young females. Eligible for Royal Show classes if you like to show. Please consider running a second flock.

Helen McKenzie
Editor

☎ (06) 372 7842 or
Email rosemarkie@wise.net.nz

ASSOCIATION NEWS & VIEWS

From The President

Nothing to report at present. I’m busy round the farm as no doubt you all are.

I hope you all have a good lambing percentage and are starting to enjoy some sun.



Jim Berney
President NZSBA



From The General Manager

Coming out of winter and into spring is always encouraging. Currently at the office the Flock Book is in full production, and next month meetings recommence leading up to the Canterbury A & P Show.

A few items of note arising from this year’s AGM was that there will be 3 events in the next few years which are - **World Sheep & Wool Congress/World Merino Conference/NZSBA Celebrating 125yrs** – it was thought a good idea to combine these events into 1 mega event.

NZ Ewe Hogget Competition – this NZ most successful grass roots competition has been running continuously for 22 years. However we are at the crossroads and require people passionate about this competition to join the committee. If you are interested please contact me.

Regulation – New Flocks ‘That any new registered flocks, excluding immediate family, to be placed at the back of the [relevant] section in the NZ Flock Book, even if they purchase a registered flock in its entirety’.

Now breed committees won’t be put in awkward situations because of this regulation regarding new flocks.

Of Interest – Latest research in Australia investigating the relationship between tail length and arthritis has shown that sheep with short tails are at greater risk of developing arthritis.

Remembering sheep with over short tails are 2-3 times more likely to be affected by breech strike, rectal prolapse, and the exposed bare areas can increase the rate of skin cancer.

All good reasons to get the correct tail length!.

Brucellosis – remember to be vigilant – this is our point of difference.....

Greg Burgess, General Manager, NZSBA

Feature Breed



TEXEL SHEEP

ORIGIN & HISTORY

The Texel sheep originates from the island of Texel off the Dutch North-Sea coast. Crossed with Lincoln, Leicester and Wensleydales in the late 19th century the small native Texel breed developed into a large and prolific sheep which became popular for its well fleshed but lean carcass.

Because of the harsh and often bleak conditions it was farmed under, the breed had to develop some invaluable characteristics. They gained the ability to thrive despite a short growing season and often poor quality pasture, meaning they had to become very efficient at feed conversion and growing no waste.

The Texel is well known in many countries as a breed which transmits its qualities to its progeny when used for crossing purposes.

The Texels imported into New Zealand were sourced from Denmark and Finland because of their scrapie-free status. They were released from quarantine in 1990. Currently there are 80 registered flocks (NZ Sheepbreeders' Association) of purebred Texels with about 10,000 registered ewes.



BREED CLASSIFICATION

Initially considered mainly a meat breed but now promoting its high bulk wool. Rams are used as terminal sires for crossbreeding; also used to introduce a Texel component into ewe flocks.

Location: On most types of country throughout New Zealand in stud and commercial flocks.

Bodyweight

Ewes 50-65kg

Rams 66-76kg

Meat

Well muscled, lean, carcass with a high dressing out percentage.

Breeding/Lambing

130-170%, depending on whether flock focused on terminal or dual-purpose breeding.

Numbers

Several hundred thousand commercial pure and crossbred ewes. Approximately 10,000 stud ewes.

Wool

Speciality fleece of high bulk, medium coarseness and moderate length

Fibre diameter: 33-37 microns

Staple length: 75-125mm

Fleece weight: Range 2.5-4kg. Average 3.25kg

Uses: Futon trade & hand knitting yarns

YOU CAN BE CERTAIN TEXELS WILL DELIVER THEIR UNIQUE AND VERY DISTINCTIVE CHARACTERISTICS BECAUSE...

- first terminal sire breed to have a National Sire Reference Scheme
- first terminal sire breed to put its top ram lambs through the CAT scan on an annual basis
- first terminal sire breed to develop its own Lean Growth Index to reflect today's market signals
- first terminal sire breed to catalogue full production records at its National ram sale
- first terminal sire breed to make it mandatory to muscle scan as lambs before April 30th

“Fostering the improvement of all sheep breeds and providing a unified body whose collective voice has a beneficial effect on the total New Zealand sheep industry.”

THE TEXEL - NZ SHEEP INDUSTRY'S NUMBER ONE SUCCESS STORY

by Hugh Gardyne - Esselmont Texels

The outstanding immigrants for the sheep industry were the TEXEL sheep breed and its contribution for both maternal and terminal purposes is huge. In 25 years it has infiltrated all significant breeds causing concern, I am told, that traditional Romney breeders now have muscling DNA in their stud sheep.

Industry Outlook

The traditional breed mixes in NZ have been determined to a large part by the desire to have both meat and wool to sell, but with the fluctuations in wool returns it is important observing practices elsewhere, that place no emphasis on wool but concentrate on double and triple crosses of terminal breeds. Many leading lamb finishers are already doing the same here; maximising growth rates, meat quality and trialling various pasture mixes to improve the eating experience for consumers.

Meat

We sheep farmers need reminding, we are first stage players in the meat and wool industries. After animal welfare, our focus has to be on maximising production and knowing what sophisticated consumers in today's world want and what we have to change to produce it. No longer can we rely on growth alone to extract adequate receipts from meat.

Consumers need an eating experience that is a combination of yield, tenderness, succulence, colour and minimum cooking losses. These are all traits objectively tested in the annual "Glammies" competition. The "Glammies" finalists are one of the best advertisements for meat quality. Texel bred finalists, and various crosses and composites, that have Texel as a key component, dominate the chosen finalists and the winners since the beginning of the competition. Currently just two processors are measuring meat yield and paying for it. Others need to catch up.

Growth

The winner of the 2017 Central Progeny Test was a Texel Ram, not that anyone knows, such is the secrecy in which the CPT management committee operates. The CPT is the premier national sire progeny test. Yet results, previously published in booklet form, are now marked **STRICTLY CONFIDENTIAL** and **NOT FOR PUBLIC RELEASE**, a complete contrast to how Beef CPT results are circulated. Sheep CPT results are now only integrated into the NZGE trait leader lists. The point is however, a **Texel (ESSELMONT 14/14) was first for growth and is currently the 2017 national CPT Terminal Traits Champion.**

Fertility

Any criticism of Texel fertility is unfounded. Our own scanning this year is 180% for 2ths and 184% for MA ewes so Texel fertility is already here. However recent awareness of the GDF9 fertility gene present in Texel sheep from the original imports from Finland, has the potential to increase ovulations in Texels by 25 – 40% which would put it up with the best, and ahead of many, in both fertility and survival.

Credit indeed to Texel Breeders who have modified Texel Sheep to suit NZ conditions.

The superior attributes that Texels have are across all bases of growth, meat, fertility, survival and all the components tested for the "Glammies" like succulence and tenderness.

Buying half Texel rams gets you only a one quarter benefit. To get the full benefit of Texels, you need to buy and use a purebred. It is like compound interest. Texels are a fantastic story with a fantastic future.

Breeders still have work to do, especially with the opportunities around measuring intramuscular fat and capturing the increased returns this yields from the marketplace.

Texel Breeders have made the choice. We are breeding rams to sire superior yielding prime lambs, suited for processing into products that meet high value niche markets.

These are exciting times to be breeding sheep.

You can make the choice - the TEXEL choice.



THE GDF9 MUTATION

by Peter Black, *Blackdale* Texel Stud

The GDF9 Mutation shows promise for enhancing fertility in sheep



Photo: Peter Black

Peter Black with registered Texel ram hoggets carrying the GDF9 gene and used in Blackdale Stud for 2017 mating

Blackdale Texel Stud are making progress in enlarging the number of carrier animals and evaluating the gene effect in its Texel and Composite flocks.

The background to the GDF9 gene is that in 2013 Norwegian scientists published research about the Norwegian White breed of sheep entitled "A Missence Mutation in Growth Differentiation Factor 9". (GDF9) is strongly associated with litter size in sheep. This mutation was identified on the illumina ovine SNP chip.

In the Norwegian evaluation one copy of the gene increased NLB BV by about 22 % and 2 copies by about 46% with no infertility problems in double copy ewes. This contrasts to the Inverdale gene where double copy ewes are likely to be barren. It was believed the gene variant had originated from Finnish Landrace ancestry.

The Invermay genetic team checked a large number of NZ flocks involved in the Ovita 5K Beta SNP research programme and found a few carrier animals. Most of these were in the *Blackdale* Texel Coopworth flock. It appears that a foundation Texel ewe, *Sheepac* 111/87, introduced the gene to *Blackdale*. This ewe traced back to Finnish Peksala Texels which had Finnish Landrace ancestry in their grading up.

The *Blackdale* partners have been working through Zoetis to DNA test for carrier animals. Sires carrying the gene have been used to expand the carrier base. For the 2017 mating, 6 sires of the 12 used for the Registered Texel flock were

carrying the gene and all sires carry double copy MyoMax Gold also. In our Texel Coopworth flock, SIL 3422, all 12 sires used were GDF9 carriers.

We have just reached the stage where significant numbers of single copy versus non carrier females of the same bloodline can be compared. On average our results confirm the Norwegian assessment of an advantage in NLB of about 20% for a ewe with a copy of GDF9 versus a ewe of the same bloodline without the gene. We have insufficient numbers of double copy females to evaluate the double copy effect.

What is evident is that the GDF9 acts in a similar way to the Myostatin gene by enhancing the inherent level of performance. So a low fertility strain will not suddenly become a high fertility strain through the GDF9 effect. This was a bit puzzling at first as some of our GDF9 carrying strains were not our most fertile bloodline. However, this does make the gene more manageable, in that fertility can be increased without running into undesirable numbers of triplets or quads. For example, this year *Blackdale* Texel two tooth overall scanned 171% but the single copy GDF9 progeny of 2 GDF9 sires scanned 190% and 200% respectively with only 5% carrying triplets. The GDF9 effect also showed in hogget lambing performance. This year Texel hoggets carrying the gene gave 150% lambs scanned to hoggets mated, while the non carriers from the same sires scanned 129%.

The economics of selecting for the gene have much improved with DNA testing now available for \$19 per head versus \$75 per animal in our first two years of testing, which required a full 5,000K evaluation. We see the GDF9 gene as a useful tool to enhance overall flock fertility and worth developing further to give more evaluation and test the lambing performance of double copy females. Ewes which rear only one lamb per year, in our view, are not economic to keep whether you are a ram breeder or a commercial farmer.



STUD PROFILE # 1

Dalzell Texels, Flock #150, SIL 4310

Established 1991

Owned by Aaron & Nicole McCall



Founded in 1991 by my parents, Ian and Dianne McCall, the flock then moved from Southland to a 1600ha hill country property in Albury, South Canterbury in 2009, where it was taken over by Nicole and myself.

Since the early days of breeding there has been strong following of performance recording. This remains at the forefront of our breeding programme. Whilst structure will never be compromised, breeding decisions are made first and foremost on performance records, allowing us to give our clients the most profitable lamb on the ground. Traits most focused on are growth, survivability and yield, as we believe these are the biggest drivers of profit in a terminal programme.

Influential sires we are using this year are:

- **Esslemont 14-14**

He is ranked the 6th ram out of all breeds in the June NZGE evaluation with his Wwt and carcass wt. Bv's in the top 5 for all sires in any breeds used in the last 11 years, he is also performing very well in the CPT.

- **Dalzell 95-16**

- 2nd highest Wwt Bv
- Highest Cw Bv of all ram lambs born in 2016 (all breeds) in the June NZGE evaluation.

- **Vorn Yardstick 774-16 (UK)**

We are very excited about this ram; this is the first time using semen from the UK. Yardstick is the highest ever ram of his year! A ½ share of this ram was recently sold for 5000 pounds.

We are very excited about the future developments in the sheep industry and very much looking forward to using genomics to further advance our stud.

We are particularly excited with the advent of eating-quality traits such as intra muscular fat, PH and shear force as we believe this is the future of breeding as one day soon it will be another profit driver for our commercial clients. With the advent of synthetic meat it is in everyone's best interest to be producing the best product we can.

We aim to be at the forefront of the industry.

STUD PROFILE # 2

Broadgate Texel Stud, Flock #15

Established 1990

Owned by Brebner and Elizabeth McEwan



Supreme Champion Texel, Canterbury A&P Show, 2008

We run a small farm based between Ashburton and Mayfield. The *Broadgate* Texel Stud was founded in 1990 by myself and my parents with the purchase of 1 ram at the inaugural fielding sale.

It was registered in 1991 after the purchase of 9 ewes which were bred by Lamb XL. These were a mix of Danish and Finish bloodlines. These were picked by us and picked up from the Tussock Creek quarantine facility in Southland. The 9 ewes were then flushed. Only 7 of these produced embryos as some of these had already been extensively flushed prior to us purchasing them. Out of those 7 ewes we managed to get 54 embryos. These were then transferred into Corriedale recipient ewes. Of the 54 embryos 52 turned into lovely healthy live little lambs.

We continue to add new blood lines into our flock by the purchase of stud rams, and sometimes by AI, for which most of the semen comes in from Australia.

Broadgate has been performance recording with Sheep Improvement Limited (SIL) and Texel Across Flock (TAF). We sell stud rams annually at both the Canterbury A&P Association stud ram fair and also the Fielding stud ram fair. We also sell around 20 commercial rams each year.

Today the stud has 150 registered ewes, 30 registered ewe hoggets (which we mate) and 20 registered ram hoggets and

2 registered stud sires. The three stud sires used this season were all home bred rams, one of which, was a ram that we bred via AI last year.

We show our animals at our local A & P shows every year and have also been known to go to the North Island with great results. Just a few of our winnings have been 3 Royal Supreme Champions of the breed and three times being runner up supreme meat breed of the show out of around 700 meat breed animals. One highlight was being awarded Supreme Meat Breed Pair at Canterbury A & P show, 2008 and also being awarded the Young Exhibitor Of The Year award that same year, with a beautiful ewe and her twin lambs. We have also had numerous champion and supreme awards from our locally run A & P shows.

We have also just had recent success in Australia with a ram hogget sired by our homebred ram, *Broadgate A5/11*, bred and owned by Liz and Peter Russell, getting Supreme Champion at the Australian Sheep and Wool show in Bendigo



Supreme Champion Texel, Bendigo

STUD PROFILE # 3

Cromarty Texel Stud, Flock #325

Established 2012

Owned by Brent and Heather Busby

Cromarty Texel Stud was founded in 2012 and is located on the north east of Invercargill at Myross Bush. We graze approximately 18 hectares and run a mixture of stud and commercial ewes. The stud was founded on ewes from Blue Phoenix Stud, including several ewes that were direct descendants of the original (Sheepac) Texels imported into the country in 1985. Additional ewes have since been added to the stud from several other studs throughout the South Island. This year we mated 67 ewes.

Along with growth rates, meat yield and good maternal qualities, we place an emphasis on structural soundness and correctness. Maintaining breed character is also important

and we follow the philosophy that 'Texels Should Remain Texels'.

As the Texel Breed is renowned for many easy-care attributes (bare belly, bare legs, minimal dags and higher parasite resistance) and being good foragers that have a naturally quiet, inquisitive nature we have found this breed to be ideally suited to the many small block owners in the surrounding area as well as larger farming operations. We have seen a steady increase in ram sales over the last few years.

Being regular competitors at local shows throughout the Southland region, we have been buoyed by much success. Highlights have included winning the Meat Cup for Ram Lambs at the 2017 Winton A & P Show and receivers of the Southern Texel Breeders Trophy for the highest combined points at the 2017 Gore A & P Show. We have found showing a great way to meet new people and take in new ideas, and are constantly learning from the judges and other breeders.

Being members of the Southern Texel Breeders Club, we have appreciated the support and advice provided by other members. We have found that being part of the Club, as well as attending the Annual Texel Conference, a great way to be involved in the development and promotion of the breed.



Multiple Show Champion - Cromarty 58/13 with her two ram lambs 221/16 and 222/16; the trio winning Champion Texel Ewe at both West Otago and Wyndham A&P Shows in 2016.





Pastoral Measurements Ltd
656 Levels Plain Rd
RD5, Timaru, 7975
eugene@pmlnz.co.nz
03 615 7114
021 229 6545

NZ Sheepbreeders,

Crossbred wool presentation and marketing in NZ, is at present profoundly flawed. If you asked any wool grower to give an accurate assessment of the wool he nourishes with great care and livestock husbandry, he would probably venture to say "Last year it was 39 micron, it was 120/150 mm long and it was mostly white and the fibre was of good strength, I think!! The only thing that could have been definitive about those assessments was the micron; because it was crossbred it would be Airflow measured which on average is three micron finer than Ofda or Lasersan. Alas, airflow is **only** calibrated to 39 micron and that is only the average of the fleeces in the bale which may vary from 35/50 micron.

Flaw No 1

No measurement on strength or length which Synthetic our greatest competitor boasts effectively, to have far greater performance and low wastage per kilo of yarn.

Flaw No 2

No measurement of curvature as we call it, which is actually the crimp, the curvature measures is the degrees of turn per millimeter. THE GREATEST ASSET of wool. Synthetic can't produce sustainable fibre crimp that has memory that is able to return to its natural state after aggressive extension. We at PML have in past seasons mainly measured merino which have some great genetics with this amazing quality that gives unique softness when finger and thumb are run along the fibre, your sensory perception comes from the fact you are mostly bouncing along the apex of the curve. Good even curvature gives the finer types of apparel, the drape and luxury finish especially in knitted and lightly woven fabrics. These articles of clothing can be extremely light weight for the reason of their ability to spin or tangle with fewer fibres in the cross section of yarn. The fabricators also talk about yarn having "Fill" which really is a volumetric term in the yarns ability to entrap air which keeps you warm and conversely cool as it wicks away perspiration into the yarn to act as a radiator. We also badly need curvature in carpet wools to give bounce and volume to carpets and repeat the glory days of Axminster carpets which had bounce and thickness that you can't get today.

Flaw No 3 No measurement indicator

We at PML also place emphasis on CEM (Coarse Edge Micron) which is an algorithm of measurements captured, expressed as the percentage of measurements 10 microns greater than mean, the remedy for that is the Black tag and only buying measured rams. We suspect the wool is elliptical and helical in its growth pattern. Physics tells us the fine/sharp edge is always on the outside giving the harsh feel. The thick edge on the inside, in the middle, the "flat" side which could be 50+ micron.

Flaw No 4 No measurement indicator

Probably one of the great destroyers of crossbred wool quality was the Department of Agriculture in the 1970's and their uncompromising attitude that weight was the medium for selection into the breeding flock. Talltag was the method of sheep identification together with the clock face scales weighing and ice cream containers as the vessel holding the tear off portion dependent on its ranking. Then came the WX Lamb explosion which reversed the ranking in wool bred flocks from the previous low ranked late maturing slab sided ram, with a threatened existence, to becoming a bark in the paddock, to top of the table ranking. Growing quality wool was not in the index of requirements and so the capitulation of quality started its continuous slide, to it's perilous state of near oblivion today, unless woolgrowers as vested interested parties, take positive action. SIL need to take a more proactive stance and priority, to features like curvature, Coarse edge micron and fibre profile in the quality wool growing data rankings and give some validity other than meat and fecundity to SHEEP IMPROVEMENT LIMITED. Yellow Card!!!!

Wool Brokers it is high time you as an organization got your act together and worked collaboratively with your fibre clients and analysed their present position, where they would like to be and set in motion a plan as to reach an end goal. This end point won't be about guessing micron Curvature or any of the other measurements, they have to be accurate. Beauden Barrett gets no points unless the ball goes between the uprights. So it is with wool. It will be a seven+ year journey measuring 2th Ewes each Autumn before shearing and mating, culling to black tag the extreme and buying measured rams where available, this being the operative word. We have one crossbred client who started a program 4yrs ago and have just measured his 2ths prior to shearing and real progress was evident in the micron, curvature, CEM and fibre profile, another useful trait that identifies strong genetics that have the ability to grow high tensile strength wool irrespective of fluctuating feed conditions.

So come on brokers, collaborate together with interested growers, and I suggest Dr Jon Hickford and his team at Lincoln University to put forward a plan and application for funding through PGP to advance a quality product that attracts the quality conscious fabricators and their customers that thrive on repeatable performance of purchases. A fine wool company in NZ and its

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has a beneficial effect on the total New Zealand sheep industry."

ability to attract funding reminds me of nest of fledging black birds with their mouths open on the mother's approach; every time there is a funding round they have the mouths filled with dollars for rather spurious research which had already been done with conclusive results. We can no longer treat crossbred wool as a commodity with rampant blending to a micron average market - that has more relevance to a mixed box of nails, than today's marketing world of demanded accuracy and expectation, they don't exist.

A Green Card

Why is our wool industry controlled by the IWTO and monitored in NZ by the Council of Wool Interests. Why don't we set our own standards we are approaching the year 2020 with modern communication are able to have dialogue immediately with interested potential clients. I look to the future when crossbred will be sold on line with all measurements on a collective website, the sheep are able to be measured up to month before shearing. The overall quality we create by measuring individual fleeces especially merino into appropriate definitive lines of wool, have to be retested again by the primitive butcher method of coring with sharpened tip of 18mm dimension. Four cores need to be taken from a five bale line which actually destroys the integrity of the specialty and accurately selected wool with tight parameters and part of a direct contract with an overseas fabricator. The individually selected fleece aggregation of bales of contracted wool has its own built in integrity standard which is far superior to the human version of guessing. While some are very good at picking micron, curvature and fibre profile as indicator of strength it is a no-contest, with Technology far superior.

Yellow Card

An overview of how Fibrescan Technology came to be. In 1998 the late Paul Rose and myself and the co-operation of others, namely Don Morrison, who is now the guru of Fibre testing as heads into his 18th season. We first built a mobile laboratory and took measurement to the farm using solvent preparation of sample and OFDA 100 as measuring technology. While it was a great educational tool as we did the show circuits, it was a little labour intensive for field work but was fine for *in situ* testing. Then the OFDA 2000 was released for Commercial in-field testing and we were granted the NZ License to operate in the Field. Setting up protocols and components such as tables, suction fans and educating as best we could, because the release of the OFDA 2000 coincided with Micron Madness. In 2001 we tested 500,000 sheep, mainly merino diminishing to 280,000 in 2002 and declining to 80,000 in 2003. In 2004, SGS became dissatisfied with our performance and removed our license to operate the 2000, after sulking for about 3yrs (in that time I lost my good friend Paul to cancer) started talking to Intranel, a Christchurch firm of very bright and exceptionally talented young men, with whom we eventually signed a contract to build technology to measure all parameters of wool. Aspirations for free sailing took many a dive but a very clever young software writer fell in love with the fact that wool was a living subject and in a reasonably short period Fibretrac was developed using the camera pixel size of 2.15 micron as the measuring tool, together with super resolution camera, telecentric lensing we ended up with a superlative machine measuring in excess of 100,000 measurements of full length wool in 15secs. Unlike other technology, its continuous active life without breaking down, is measured in weeks not hours. There is no need to go into detail as to what it measures but to say that the methodology is completely different to anything in the world as far as I can ascertain with a carry weight of 15kgs and ruggedness able to perform without interruption except the need for the odd 30sec refocus. The fact that we measure down the complete length of fibre presented, capturing a measurement every 19mic, providing there is no debris in the path, gives you a complete profile of the season past, the weather, your management and the stability of your genetics. The sheep writes it in her/his fibre, all we do at PML is read it, not guess it or estimate it.

Perhaps there is one opportunity for Wool Growers that really is not appreciated; that it is the only Technology that is privately built and owned in Fibre Producing countries and as its use grows, data base grows, the opportunity arises to market by measurement and subsequent relationship with Fabricators to supply exactly the fibre required and the story interrelated with stockmanship and animal welfare. Future prospects for real time measurements are Ellipticity, Helical growth pattern and light reflectivity. Some fleeces stand out in a bin of wool. WHY ??? Persian carpets for instance, value is in their ability to subtly change colour as the light changes from natural to artificial light. Our moderate climate gives us a huge advantage to take this opportunity to make our various quality wools to the upper end of the fashion market with repeatability. Blending and telling Fibs outlawed!!!

Thank you for reading this and I hope you ponder it. I am only too willing to engage in conversations on matters regarding your concerns or frustrations about wool. The only Non Perishable product that farmers produce, stored in basic wooden weather proof buildings as long as it can breathe, wool will hold its integrity for a number of years. I was born as the result of a war effort and after all these years have unbridled love of wool and only this century have I appreciated the intricate qualities within the fibre that we haven't exploited or shared with our fellow humans, especially lovers of all things natural.

Eugene O'Sullivan

See photos on following page...

Note: Editor has further photos which can be emailed to you if you contact her. Held over for reasons of space.

“Fostering the improvement of all sheep breeds and providing a unified body whose collective voice
has a beneficial effect on the total New Zealand sheep industry.”

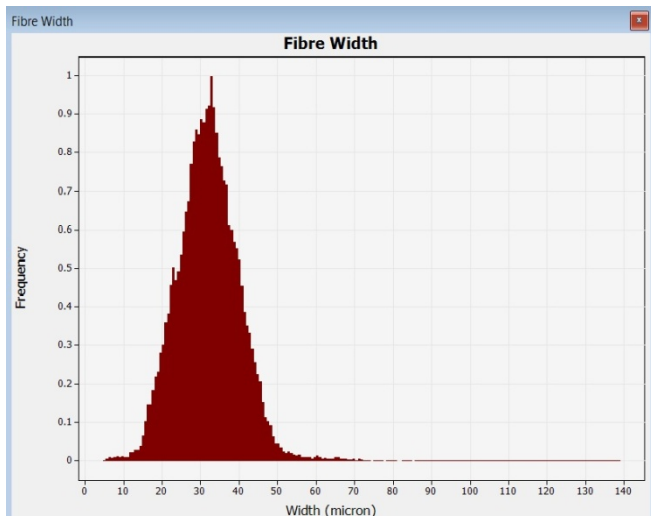


Figure 7: 33 Micron FLC desirable distribution of micron

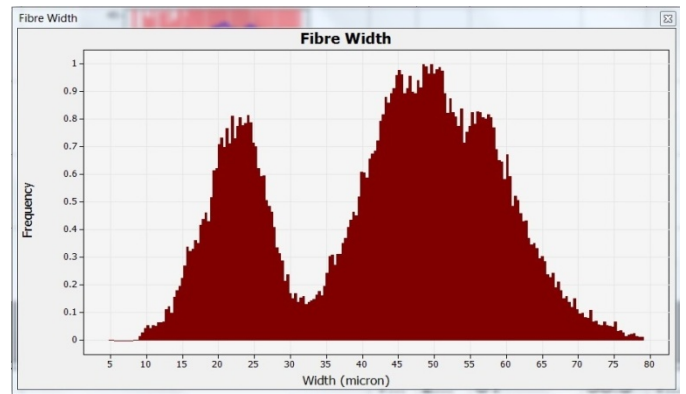
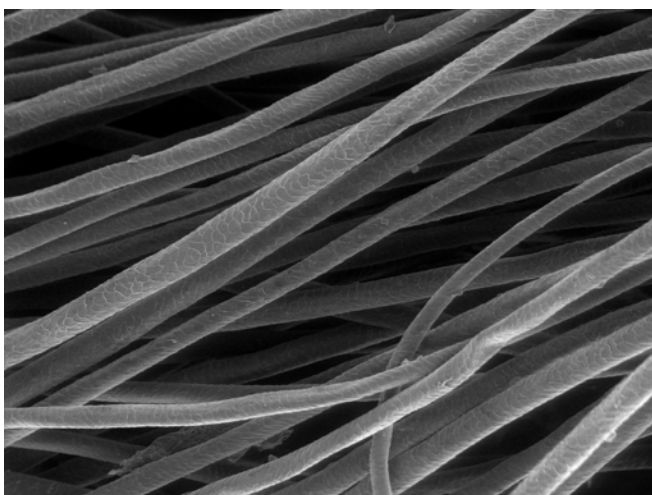


Figure 8: Demonstrating an undesirable Ellipticity and Helical growth pattern, all too common in Xbd wool. Left peak measured fibres on their edge. This fleece was measured at 2017 Golden Fleece Competition.



The damage done to superfine wool is unbelievable in this age of “sophistication”



Left: Mag250x. Measuring wool is not an exact science, Fibrescan has the ability to measure along individual fibres, taking a measurement every 19 mic, which is part of the Fibretrac model which uses a known Pixel of 2.15 per micron calibration

OBITUARY

Peter John Hampton

11/10/1944 - 20/03/2017



On the 20th March 2017, the South Suffolk Breed lost a visionary and an advocate, as well as a good friend. Peter's involvement in South Suffolks started in 1959, with the purchase of 5 ewe lambs from James McQuirkin – so starting the successful and well known stud of 'Waterton'.

His oldest son, Chris, showed very early on that he was very interested in the stud – so in 1992, the stud ownership was changed to P.J. & C.J. Hampton.

The stud name 'Waterton' was becoming well known through showing and sales of both top stud and commercial rams throughout New Zealand. Even with the success, Peter felt that a national recognition of the benefits of using South Suffolk rams by commercial farmers should be proved through results of market evaluated trials.

In 1992, Peter and Chris and the other South Suffolk breeders, with the support of the South Suffolk Breeder Council set about running a three-year progeny testing trial at 'Waterton' using their flock ewes mated with the best stud South Suffolk rams available. This involved sending 40 flock ewes per ram to the farms of the stud breeders that had been selected for participating in this trial. Their ewes were mated over 2 cycles and 6 weeks later transported back to Peter's farm at 'Waterton'. The lambing dates were co-ordinated to fit in with both Peter and Chris busy schedule, with lambing their own stud and commercial ewes.

Every lamb born by the 14 rams involved were tagged at birth, with every lamb being colour coordinated to its mother's colour tag. The progeny was farmed under normal farming practices and the first weaning draft was killed in their lines at the Smith Field Works in Timaru. Every lamb was graded by the senior graders – visitors at the field day at the Works were shown cuts and measurements done from each line of lambs and the correlated data. The following year, the top 4 rams were used again as a benchmark with newer genetic rams being added to trial.

The sheer scale of this trial is testament to the passion and drive, that Peter had for the breed and his desire to consistently improve it. This three-year trial of a decade of trials that the South Suffolk breed undertook, which Peter was always involved in.

Peter was of the belief that within the South Suffolk breed were superior genetics that were better for New Zealand lamb production than the importation of other breeds into

New Zealand. Peter served on the South Suffolk Breed Committee from 1983 to 1990 as an elected delegate from the Northern South Island South Suffolk Breeders Club – always lobbying for improvements to be made to help the breed retain and increase its profile as a leading contender in lamb production in all of New Zealand conditions.

However, Peter felt that the breed tours, connected with breed meetings at various locations throughout New Zealand shouldn't be all work without play. Many breeders will remember fondly the jesting and joke pulling stunts that Peter usually was involved in which Peter believed added to the atmosphere at their events.

He was a man who could always find good in a situation and was not averse to change as was displayed when he felt that the genetic pool was shrinking in the South Suffolk breed, due to breeders using similar bred rams and was an advocate in pushing through the addition of a South Suffolk Appendix Flock being added to the Flock Book in 2002. This enabled breeders to use both Suffolk and Southdown genes, which were originally the base breeding of the South Suffolks in the 1940 by James Gould from Canterbury.

In 2010 Peter was made a life Member of the South Suffolk Breed in recognition of his service to the Breed.

In later years, Peter retired off the farm with Ngaire to Ashburton, but still kept up to date what was happening on the farm firstly at 'Waterton' then at Belmont Station, Cave – where Chris, Annabelle and family had moved to in 2008 in between time away with Ngaire in their beloved Morris Minor Car and 1923 Dodge Tourer visiting their many friends.

Peter was also involved in both the Suffolk and Charollais breeds. He imported his first 6 Suffolk ewes from Australia in 1970 and was very involved in the local Breeders Club. He also attended many Suffolk tours.

In 2012, Peter and Chris purchased 18 Charollais embryos which was the beginning of their latest Sheep Breeding enterprise. Peter was on the Charollais Genetics NZ breed committee.

Peter will be sadly missed by his South Suffolk comrades and the breed as a whole and I am sure that his legacy of 'Waterton' South Suffolks will be ably carried on at Belmont Station.

Always a family man, Peter will be terribly missed by his wife Ngaire, his sons Chris, Andrew, Tim and daughter, Grace – along with their partners and his 6 special grandchildren; our thoughts go out to you all for the loss of such a special man.



"Fostering the improvement of all sheep breeds and providing a unified body whose collective voice has a beneficial effect on the total New Zealand sheep industry."

DAIRYMEADE SHEEP WINNING WIDE RECOGNITION

By Professor Roger S Morris

The genetic improvement program of the DairyMeade breed was presented at the New Zealand Society of Animal Production conference in June, and published as “Estimates of genetic parameters for direct and maternal genetic effects on weaning weights in DairyMeade sheep”. Pedigree records for 5,091 animals over 11 generations were used, and weaning weights of 717 lambs born between 2013 and 2016 were evaluated by Professor Nicolas Lopez-Villalobos of Massey University to assess the heritability of weaning weight, one of the key components of the genetic index being developed for the breed. Since the focus of the breeding program is on milk production of ewes, the two maternal effects due to ewe milk production and mothering ability were separated from the direct effect of the lamb itself. Ewe lactation milk yield, body weight, udder conformation and other genetic traits are now being incorporated into a genetic index which weights each factor by its economic importance.

The selection program within the breed is now well established and individual animal data is being used to guide breeding decisions. As the quantity and range of measurements grows, the precision with which individual animals of superior merit can be identified will continue to increase.

The benefit of adopting a quantitative approach to genetic improvement in the breed has led to growing national and international marketing opportunities, linked to the current high level of interest in dairy sheep. Semen and embryos have been sold to China and Australia, with interest also from other countries, and in response to the increasing demand for rams and ewes of known DairyMeade parentage, a flock expansion program is currently being planned.



FERAL SHEEP BREEDS IN NEW ZEALAND

By NZSBA member, John Earney

PART 3

ARAPAWA SHEEP; THE ISLAND BREED

A feral breed listed with the Rare Breeds' Conservation Society of NZ. **Note:** The RBCSNZ now classifies all feral breeds just as breeds, not feral breeds.



Giddens' ram, Waimate, 2008

Photo: Michael Trotter

This breed, the Awapawa Island, may well be rarer than is apparent as it seems to be the most common of our Feral Rare breeds. When you look up “Trade Me” there are many people selling Arapawa sheep; hunting parks advertise them for trophies; people growing wool and selling it for hand spinning. Arapawa has been the buzz word in rare sheep.

To achieve the rush of sales the Arapawa sheep have today become modernized. They have fallen to the fate of fashion not unlike the Southdown breed, now tall and large, or the horned Wiltshire and Dorset, now polled. All in the name of fashion and demand, where the sheep today have limited genetics of the original type. Breeders breeding for hunting parks, who of course want the horns bigger and bigger, and to achieve that using crosses with the Pitt Island sheep and other breeds.

This is also where the fancy sheep industry started - sheep to look good in the front paddock. Sheep that provide fleeces for the craft industry, at a good return. A very small percentage of the original sheep were patchy or spotted.

The patchy or spotty gene is in Merino and Dorset sheep (white feet and pink nosed sheep) so many breeders crossed the breed with wild merinos.

To fix this pattern some are even claiming that they are Jacob sheep. I even bought some in the early days to sell the fleeces and skins. In my home and sleep out I still have those fantastic skins on the floors. Today a great many of the Arapawa sheep are spotted or patchy, unlike the original Arapawa sheep, that were smaller sheep, mostly black with a white blaze and sometimes a white foot or two and a white tip to its tail, with the remaining small percentage totally white.

Not a wrinkle on its neck like a Merino and an interesting fact that it carries a very light fleece that has far less follicles per sq inch than any wild merino. In the early days we all believed this to be a evolutionary survival trait, **but today it may well prove to be that the first sheep to be let go on Arapawa island were a totally different breed** from Merino. Most other wild breeds are Merino based, but for sure Merino was also introduced later.

In 1976 I had a few coloured sheep and Dorset Horns, along with a small flock of Mohaka sheep that I had for fleece wool to sell to the handcraft market. At that time hand spinning and wool craft was at an all time high and I was on the lookout for something new to sell. A hand spinner told me about some strange sheep in Inglewood that lived with cows and came into the cowshed every day with the cows. I was told these sheep were totally different in the way they are and act, than normal sheep.

Well you know you hear many stories in the rare animal world and I was just coming back from a trip looking at some Angora goats that I was told were sheep/goat cross breeds .

So after a few weeks I phoned John Clark. He worked for the Lands and Survey Department and his main job was to study the possum.

Once I saw these sheep I just had to have some of them. A few months later Terry Reardon got me a pair from a friend in the Sounds to add to the flock and later I got a white ram from Massey University. A few years later (I still get jokes about this) my then wife was on the cover of the New Zealand Farmer magazine holding a hogget Arapawa ram. Yes, cover girl on a glossy magazine!

This was of course years before the Rare Breeds Conservation Society with members looking for those original genetics. I unfortunately dispersed mine about 10 years ago as the breed was in good heart with lots of breeders and I have many breeds.

From the Rare Breeds' web site:-

Historical records suggest that sheep have been known on Arapawa Island in the Marlborough Sounds for at least 150 years.

A likely origin for the Arapawa sheep is that they are escapees of a flock of mainly Merino origin known to have been introduced in 1867, the original stock having undoubtedly come from Australia. But it is not impossible that they were introduced earlier by the whalers who were the first European occupants of the Island, or even by earlier visitors.

To those unused to their distinctive appearance, Arapawa sheep may at first acquaintance seem ungainly or even ugly, with their somewhat hunched appearance and often ragged fleece. Certainly they bear little resemblance to their more immediate Merino ancestors and even less to the Merinos familiar to us all today.



Feral ram at Betty Rowe's sanctuary on Arapawa Island, 2003
Photo: Michael Trotter

Arapawas are not large sheep, being rather lean and light-boned. The clear narrow face and head, with alert bright eyes, is set on a long neck and topped with slender ears. Rams may have spiralled horns which can be over a metre in length. Their light build, together with their rather long legs, makes them a very active sheep as befits animals which had to survive for more than a century in very steep and hostile terrain – not infrequently invaded by equally hostile human hunters.

In repose Arapawas carry their heads rather low, and it is this tendency coupled with low-set long tails, which gives them a hunched look.

Their most common colouring is all black – with a depth of blackness which is particularly striking in the lambs – but Arapawas may often have white points, and on very rare occasions be pure white. The most strikingly coloured are those which are spotted with white over the whole body, and which are often referred to as 'cocktail' Arapawas.

The fleece of the Arapawa is of Merino-like fineness and is of particularly high bulk which makes it of interest to textile manufacturers; it also makes excellent waterproof felts for head and footwear. It has, as well, great insulating properties – important for a sheep in the wild. However, individual fleece weights are considerably less than those found in commercial wool breeds, although the natural tendency for the fleece to be shed, which occurs in most wild sheep, is not so marked under farm conditions. Feral sheep are also naturally more resistant to fly-strike, and at AgResearch Lincoln in Canterbury, research is currently underway to introduce this characteristic of the Arapawa into a new "no-fuss" sheep breed.

Arapawa meat is fine-grained, sweet, lean, and with a special 'gamey' flavour much sought by restaurateurs. If you want to own some distinctively New Zealand sheep you could not do better than to run your own flock of Arapawas.

CANTERBURY TEXEL CLUB 25 YEARS

CELEBRATION by Liz McEwan

Firstly I would like to say a huge thank you to Keith and Ruth Berry for making this all possible with organizing the accommodation and the 25 year celebratory dinner. Ruth also made the most delicious and well decorated cake for us all.



The Birthday Cake

Photo: I McCall

The celebrations were held over the weekend of the 17th and 18th of June. Keith and Ruth organized the very swanky accommodation at the Hanmer Springs Heritage Hotel's chalets where 3 couples shared a chalet.

On the Saturday most people just chilled either with a round of golf, mountain biking, drive over to earth quake damaged Kaikoura or just relaxing in the hot pools. Around 20 people attended the dinner on the Saturday night and it was a great night had by all. There were a lot of stories from the very early days and how we can look back and see how far the breed has developed and also how it has and is performing today here in NZ and also around the world. Most people on the Sunday morning had a lie in and went back to the pools for another soak or took their time driving home. I now look forward to the next 25 years.



Photo: I McCall

18 members of the Canterbury Texel club celebrating their 25th anniversary at Hanmer Springs.

Canterbury A & P Show Mint Lamb Competition

Canterbury A & P Association acknowledges the support of the New Zealand Sheepbreeders' Association whose members continue to supply superior genetics to commercial farmers

Objective of the Competition The objective of the Mint Lamb Competition is to promote the quality and variety of lamb available in New Zealand, leading to increased consumption while providing an opportunity for individual farmers to be recognised for the superior product they produce.

Entry The competition is open to all farmers throughout New Zealand and open to all breeds. Lambs are to be current new season lambs born after 1st July 2017. There is no entry fee to enter the Canterbury A&P Show Mint Lamb Competition. Proceeds from the gift lambs will be credited to the Canterbury A&P Association to assist in the development of the Show. All entrants will receive notification of competition results and finalists along with two 1-day Show tickets to the Taste Test Final on Wednesday 15th November 2017.

Entries close Wednesday 25 October 2017. Entry is free

Enquiries to:

Greg Burgess, Sheep Committee, Canterbury A & P Association

Phone: 021 056 7786

Email: greg@nzsheep.co.nz

or

Bindy Grace, Event Administrator, Canterbury A&P Show

Phone: 03 343 2136

Email: bindy@theshow.co.nz

EDITOR'S NOTE RE ARAPAWA ISLAND SHEEP.

Warwick & I owned a flock of these sheep for about 30 years. We noticed that the black lambs were often born with a wavy rug (similar to "astrakhan" from the Karakul sheep) while the few white lambs had typical fine white-face lamb fleece. The bi-coloured lambs would sometimes have the astrakhan effect on their black fleece and ordinary on the white patches. Wool would later grow through this first black fleece.

I suspect that they originate with mixed breed sheep brought to NZ by early whalers that descended from Indian/Persian sheep via Australia. Not proven though. No doubt they became more mixed on Arapawa Island over the ensuing decades. We sold the flock in its entirety to Kokako Farms in Hawkes Bay to concentrate on Shropshires & Ryelands.

Shearwell New Zealand Ltd - Advertorial

The best-selling RFID sheep tag in Britain and Canada, known as the SET tag, is now available in New Zealand.

Shearwell New Zealand supplies direct to farmers and offers livestock tags, EID readers, software, weigh crates and drafters.

The one-piece sheep tag has a wrap-around design that's light enough to be inserted into new-born lambs and strong enough to last for life. It was designed to give the best possible retention. The latest trial work in Canada shows 99% retention in 50,000 tags over a 3-year period. With these exceptional retention rates, SET tags are gaining popularity in Australia, Brazil, USA, Canada and now New Zealand.

Shearwell's revolutionary tag design allows this lifetime tag to be used as both a visual identification tag and a low-cost method of electronically identifying sheep. The tags can be applied to sheep at any age, and are also suitable for identification of other species. They are available in 11 colours (yellow, green, white, orange, grey, blue, purple, pink, black, red and brown).

Another useful tool is the Shearwell Stick Reader which has been developed for speed of use and accuracy. One of its helpful features are the green and red lights, green to show the animal is being read for the first time and red if it has already been scanned which is a real plus when pen reading.

This is the ultimate farmer-friendly tool – simple to use, rugged and versatile. It reads all types of EID ear tags and boluses, and can hold up to 16,000 records! It links by Bluetooth to mobile printers and weigh-heads. Another unique feature is the ability to interface with both android and iOS apps, which means it will greatly assist farmers to meet their NAIT requirements.

The Shearwell Weigh Crate or Automatic Drafter takes the pain out of handling large groups of sheep. The race reader and digital weigh-head are linked to a handheld stock recorder so data collection is easy, fast and accurate.

Knowing the pressures on costs, Shearwell is committed to bringing value for money to the marketplace. Talk to us about the best solution for your farm.

For more information go to www.shearwell.co.nz or call 0800 79 99 89.



CHAROLLAIS SHEEP GENETICS GROUP The Charollais Sheep Genetics NZ group met on the 31 May & 1 June at Pleasant Point South Canterbury.

Firstly, it was with great sadness to hear of the recent passing of Peter Hampton. Peter was one of the breeders who got in on the Charollais breed early and could see the many benefits of the breed. He once told me that he wished he was 40 years younger to have a real crack at breeding these meaty sheep. I am sure that at least the next two generations of Hampton's will do a great job of breeding Charollais Sheep. Our Condolences go to Peter's family.

At the meeting, Murray Rohloff, the inaugural President resigned. We as a group would like to thank Murray for his services in helping establish the group and for the first five years of running Charollais Sheep Genetics NZ. It was moved and seconded that Murray Smith will take up the reins as President.



Murray Smith

The meeting was followed by drinks and a superb meal at Nelly's Restaurant.

Day 2 started with a visit to local sheep shearing museum, followed by morning tea and viewing of Cara and Steve McCall's Charollais flock. This flock is a great example of what can be achieved from grading up by using a strict selection and culling policy. In Steve's words "It's not all about figures!"



Photo: I McCall

50 & 75 % Charollais one shear ewes of Steven & Cara McCall's Castlerock stud.

The group then made their way to Annabelle and Chris Hampton's property where we were shown the recent development that has taken place, which was followed by lunch and then viewing of the *Waterton* Charollais flock.

The Hamptons have used both ET and grading up methods to establish their very fine Charollais flock.



Mixed aged Charollais ewes from the Hampton families Waterton stud
Photo: I McCall

The day was finished of with a demonstration of Prattley and Tru test weighing products.

Thank you to our hosts for the time taken in presenting/sorting sheep into varies grades & the fantastic meals & hospitality!



FROM THE SPEAKER

“On a recent trip to Scotland The Rt Hon David Carter, Speaker of the House of Representatives, was honoured to be invited to lunch with HRH Prince of Wales at his Birkhall residence.



The Speaker, a long-time supporter of CFW and having previously welcomed HRH to New Zealand for our CFW Shear Brilliance event in Auckland during the Prince’s Jubilee trip, thanked the Prince for his continued enthusiasm for the wool industry.

His Royal Highness acknowledged his commitment as Patron of the Campaign for at least the next 5 years.

It is his wish that participating countries continue their support to this global campaign, championing wool as the fibre of choice.”



THE CAMPAIGN FOR WOOL DECLARATION HAS GLOBAL SIGN OFF

...TO CONTINUE TO COMMIT TIME, EFFORTS AND TALENTS TO PROMOTE, EDUCATE AND ENFORCE WOOL’S NATURAL ATTRIBUTES...

The Campaign for Wool New Zealand Trust (CFWNZT) joined forces with its global partners AWI, BWMB and Cape Wools South Africa at the recent Dumfries House Wool Conference, UK, to declare their commitment to drive this ‘goodwill’ campaign to greater heights, building on the momentum it has gained since it was launched in 2010.



“Fostering the improvement of all sheep breeds and providing a unified body whose collective voice has a beneficial effect on the total New Zealand sheep industry.”



Photo: I W McCall

It does rain in Central Otago. *Egilshay* ewes of Alistair & Karen McLeod, Wanaka

TEXEL NZ CONFERENCE, 2017

contributed by Garry Latta of *Redwood* Texels

The 2017 Texel Conference was held in Central Otago, based at Cromwell. Two days of activities were organized by the Otago Texel Breeders, for the forty-five attendees.

As well as the usual Annual General Meeting and the Texel Across Flock Meeting; activities included a tour of the Clyde dam, a winery tour, a tour of a distillery and a couple of farm visits to view Texel sheep. enjoyed was a visit to Queensberry Ridges, between Cromwell and Luggate, where the farm operation and development was outlined by the owner and staff.

Guest Speaker at the Annual Dinner was John Lee, "a snow farmer"; who developed a Ski-field and a Snow Park in the Cardrona Valley.

All in all, two well organized and sociable days, enjoyed by all those who attended.



Photo: I W McCall

A very wise Texel Breeder pointing out the attributes of the *Golden Terrace* ram hogget's of Mac & Mary Wright during the Texel conference at Cromwell.



Photo: I W McCall

Bill & Judy Everett's *View Hill* Texel ewes at Galloway, Central Otago.

"Fostering the improvement of all sheep breeds and providing a unified body whose collective voice has a beneficial effect on the total New Zealand sheep industry."

Add some mental health days!

July 27, 2017

By Nathan Scott

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There is one topic that no one in society, but particularly agriculture, ever talks about enough. Often until things have progressed further than they needed too. That is mental health. I think part of the reason for this, is that as a society we look at mental health as something that we need to categorise. Is it depression? Is it anxiety? Is it 'just' stress?

I am certainly in no way downplaying the need for diagnosis if you are experiencing difficulty, that is a given. But like everything else that I tend to talk about within your farm business, I want you to be more proactive. All of us are guilty of spending so much time managing everything else that we forget about managing ourselves.

Whether it is simply managing your time, managing the state of your workshop or office desk, your physical health or your mental health, it should be a priority for all of us. And I can talk about it from plenty of experience, because often I am very guilty of focussing on EVERYTHING else.

So, what are WE all going to do about it? How can we manage ourselves better?

First thing first is to get away from the day to day. We simply cannot spend every minute of every day immersed in our business. It is not healthy, and while it sometimes sneaks up on us, being aware of it happening and actively working to release ourselves from it is critical.

We all get busy, and sometimes it becomes overwhelming. You have to free yourself. Maybe it used to be footy or netball training and retirement has taken that away. Remember when you used to go fishing? When you used to play golf with your mates? Or even just have a quiet drink with a couple of friends (not for a special occasion, but because you just wanted to catch up).

We all, but blokes in particular, are notorious for never ever organising anything socially. We are socially lazy, and that results in spending all of our time working or at least

thinking about work. We can even be guilty of using family as an excuse. Life is too busy. It isn't!

It's like working weekends... Sometimes you actually need to, and sometimes you just do it out of habit. Don't! If you don't need to, don't! Give yourself and your mind some clear air. Some freedom from what consumes you the rest of the week.

And how many holidays do you have a year? Real ones, where you free yourself from the day to day and allow yourself to stop thinking about work? In my opinion, it should be at least two. Forget the bullshit you hear from others about "always being on holidays" or "do you ever do any work". Holidays are literally good for your health. Particularly, your mental health.

Sure, there are different challenges. Day 1 with little kids is an eye opener when you aren't used to 24/7 exposure to the whinging, fighting, and your overuse of the words "no" and "stop it". But I have just made it through day two and it definitely gets better. I don't know if it is them, or me, or general compromise, but there is no doubt that it improves towards the end of day two.

There is research that shows that some of our most innovative and productive thinking happens when we aren't "trying" to do work. That is the reason that Google introduced their version of "free time" where workers can do whatever they like. It is where some of their best product development has happened, when staff aren't actually "working".

When was the last time you simply had a day where no one was expecting anything of you? Not your family, not the farm, not any type of work? Give yourself a mental health day every now and then. And while you are at it, give your partner one too if they are a stay at home mum or dad (they don't get days off unless you give them one). Give yourselves days where you can do whatever the hell you like without the expectations of others.

So, do yourself and your business a favour, and add managing yourself to your list of things to do each week, and strategically throughout the year. Don't feel guilty about doing things just for you. You are important. Actually, you are the most important part of your job or business. Don't stuff it up unnecessarily.

If you are under the pump, tell someone. If you are stressed tell someone. If it feels like everything is getting on top of you, tell someone. Simply uttering the words to someone else is often the circuit breaker required to reset your thinking and allow you to put some perspective around your current mindset.

And if at any stage you feel things are getting beyond your control, then immediately seek professional help. What is the worst that can happen? You speak to a professional and come to the realisation that you were too proactive? Perfect.

Have some fun. Have a holiday with the family. Add mental health days to your annual plan. And finally, but most importantly, talk about it.

Note:

CLASSIFIED ADVERTISEMENTS

Free advertisements are available for member breeders with surplus stud ewes for sale.

Let others know that you have spare ewes. Maybe enable a new flock or two to start.

Remember the "Sheep NewZ" goes up on the website, available to be read by anyone with an interest in sheep!!!

Email adverts to the Editor or nzsheep@clear.net.nz

CLASSIFIED ADVERTISEMENTS

MT TULLOCH SUFFOLK STUD
Stud breeding rams now available.

MA Stud rams now available (\$350-\$500 + GST). They would be suitable to go from now on.

We also have 2th Stud rams available (\$350 – \$600 + GST).

All Vet checked this year.

Contact details:-

F & S Hooper (Flock #735)

c/o Sandy Hooper (Marketing) ☎ (06) 874 7701



RYELAND FLOCK DISPERSAL

Bushy Downs Ryeland Flock #240, owned by Robert & Marion Port, is available for sale. Established 1969.

On the market because of vendors' retirement to town.

Flock consists of 22 ewes, their lambs and 7 ewe hoggets. Also 2 stud sires. The ewes are well on in lambing and lambs doing very well.

Preferred sale as an entire flock but part purchases may be considered.

Contact: Robert Port, ☎ (07) 872 2715

Right now, I am practising what I preach. One of our two holidays we have each year. With every hour of not working, my mind becomes clearer, and the fog of the last 6 months starts to lift. A few more days of this, and I will be ready to take on another 6 months.



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NEW ZEALAND

Wallplanners & Sheep Breeds posters are available at the Office.

Contact: greg@nzsheep.co.nz

The **closing date** for next issue of the newsletter will be **20th November** for the **December 2017** Newsletter.

NEXT "FEATURE BREED" WILL BE SUFFOLKS

If you would like to be part of this section, **photos and stud histories of all breeds are accepted at any time.**

Email or post to the Editor – see front page for address details.

Published by NZ Sheepbreeders' Association

Email: admin@nzsheep.co.nz

Phone: (03) 358 9412

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