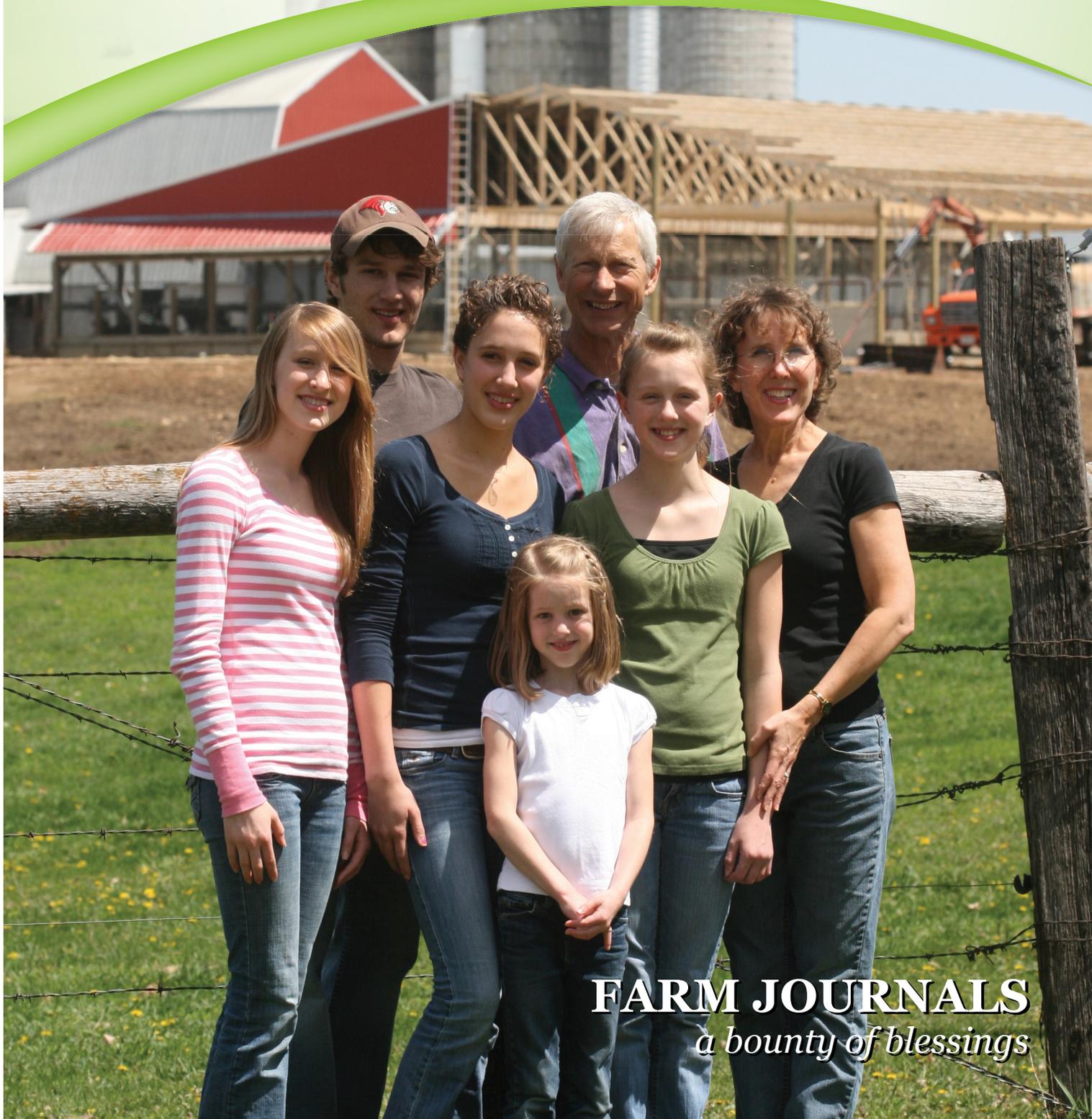


# Dairyman

JUNE 2009



**FARM JOURNALS**  
*a bounty of blessings*



Published Monthly by:  
**Swiss Valley Farms**  
**Cooperative**  
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Davenport IA 52808

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## June Dairy Month **GREAT DAIRY NEWS**

*by Don Boelens*

**D**ollar for dollar, dairy foods are one of the most economical sources of nutrition. June Dairy Month is the perfect time to focus on the excellent product our nation's dairy producers work so hard to bring to the consumers' tables.

It is unfortunate in this current economic downturn that cost often overshadows food value in the grocery store. The next time you hear someone say that milk and other dairy products cost too much and they are cutting back on their purchases to save money, use these facts to prove otherwise.

- Protein is one of the most expensive parts of the diet. Milk is one of the most economical sources of high-quality protein and calcium.
- An 8-oz. glass of milk costs about 25 cents, significantly less than the average sports drink.
- Cheese supplies 8 grams of protein per ounce.

Here's what you get for the money in an 8-ounce glass of milk:

**Calcium:** 30% -- Calcium helps build and maintain strong bones and teeth. This mineral also plays an important role in nerve function, muscle contraction and blood clotting. An 8-oz. glass of milk provides 300 mg or 30% of the Daily Recommended Value.

**Vitamin D:** 25% -- Vitamin D helps promote the absorption of calcium and enhances bone mineralization. Milk is one of the few dietary sources of vitamin D. An

8-ounce serving of milk provides about 25% of the Daily Value.

**Protein:** 16% -- The protein in milk is high quality, which means it contains all of the essential amino acids or the "building blocks" of protein. Protein builds and repairs muscle tissue, and serves as a source of energy during high-powered endurance exercise.

**Potassium:** 11% -- Potassium regulates the body's fluid balance and helps maintain normal blood pressure. It's also needed for muscle activity and contraction. Milk contains more potassium than the leading sports drink.

**Vitamin A:** 10% -- Vitamin A helps maintain normal vision and skin. It helps regulate cell growth and maintains the integrity of the immune system.

**Vitamin B12:** 13% -- Vitamin B12 helps build red blood cells that carry oxygen from the lungs to working muscles.

**Riboflavin:** 24% -- Riboflavin or vitamin B2 helps convert food into energy, a process crucial for exercising muscles.

**Niacin:** 10% -- Niacin is important for the normal function of many enzymes in the body, and is involved in the metabolism of sugars and fatty acids.

**Phosphorus:** 20% -- Phosphorus helps strengthen bones and generates energy in your body's cells.

**Magnesium:** 8% -- Magnesium plays a role in the production and transport of energy. It's also important for the contraction and relaxation of muscles.

**Water** -- Milk is about 90% water so it can help provide valuable fluids to keep you hydrated.

# Through Producer Checkoff DAIRY PRODUCERS DONATE \$65,000 to Iowa food banks



Even when the chips are down for the dairy industry all over the country, Iowa dairy producers are still willing to lend a helping hand to people who are less fortunate.

A few months ago, G. Joe Lyon, Toledo, Iowa, a longtime Swiss Valley Farms Board member and president of the Iowa Division Midwest Dairy Association, had an idea he thought worthy of pursuing. In these stressful economic times, Lyon knows that more and more people are having a difficult time putting a nutritious meal on the table for their families. He also knows it is important for everyone to get their daily intake of healthy dairy products. According to the United States Department of Agriculture, every day more than one out of 10 Iowans go without the food they need to be healthy.

Lyon got the idea that Iowa dairy producers could use some of their milk promotion checkoff dollars to see that dairy products get into the hands of Iowans who needed them the most. A few phone calls later and

Lyon's idea was well on its way.

"During these tough economic times, Iowa dairy farmers are embracing family and community now more than ever and thinking about how we can help others," said Lyon. "We worked with the Iowa Department of Agriculture, Iowa dairy farmers and processors to make this donation possible so those in need have access to a variety of nutrient-rich dairy products," he said.

On May 13th, a cold, rainy day in Des Moines, the Midwest Dairy Association, dairy farmers and processors throughout Iowa donated \$65,000 to six Iowa food banks to provide dairy products to those seeking community assistance. In conjunction with this, Midwest Dairy Association will provide educational materials to food banks for clients, highlighting the nutritional benefits of consuming three servings of milk, cheese and yogurt per day.

Iowa's six food banks - Food Bank of Iowa, Food Bank of Southern

Iowa, HACAP, Nebraska Food Bank, Northeast Iowa Food Bank and Riverbend Food Bank - will purchase dairy products from Iowa dairy processors as needed during the next 12 months, with the money donated through the Iowa milk promotion checkoff. Dairy processor partners participating in this venture include Swiss Valley Farms, Anderson Erickson, Associated Milk Producers Inc., Dean Foods and Land O'Lakes Milk, Foremost Farms and Roberts Dairy. Swiss Valley Farms will be selling Swiss cheese loaves to these food banks.

"At times it can be difficult to supply the many non-profit agencies we serve with dairy products," said Carey Miller, executive director of the Food Bank of Iowa. "It is a welcome surprise and very satisfying to know we'll have more opportunities to provide Iowans with local, nutritious dairy products and the education materials to encourage healthy habits. Thank you, Iowa dairy producers!"



Top Left: G. Joe Lyon and Carey Miller laugh about the oversized check. Above: Carey Miller accepts the donation from dairy producers Lyon and Jason Brockhus.

member profile

# ROLFES' BARN FIRE IS TOTAL LOSS

by Nancy Feeney

**I**t was the call every dairy producer dreads. "Your barn is on fire! Get here quick!"

Robert Rolfes, Swiss Valley Farms member from Earlville, Iowa, got this call from Josh Wendling, his hired man, at 4 p.m. on April 21.

"I was in Dubuque when Josh called. I made it home in 35 minutes," Robert said.

In fact, he was driving so hard and fast that he blew out the engine on his truck. Amazingly, he was spotted stranded on the roadside by one of the semi drivers who works for his trucking company.

Even though Robert arrived on the scene in under an hour, his entire dairy set up was destroyed.

April 21 was a very windy day.

Josh was getting ready for the evening milking when he noticed smoke coming out of the back wall of the cattle shed. He called 9-1-1 to alert the fire departments, who arrived within minutes along with scores of neighbors who had spotted the smoke and flames for themselves. Within 10 minutes, the barns were consumed in flames.

By the time Robert got there, everything had fallen in. All together, seven fire departments were on the scene. Everyone feared that on such a windy spring day, the Rolfes' home and machine shed might catch fire, too. But the wind didn't blow in that direction. "The surrounding ground had recently been worked up and was wet and had little flammable mate-

rials to help spread the fire," Robert says. He said it was probably a good thing his wife Amy was not at home at the time of the fire. She was working her evening shift as a nurse at Finley Hospital in Dubuque.

The fire was believed to have started when the electrical wires on the back wall of the cattle shed were repeatedly blown against each other in the high winds until they created a spark. In just 10 minutes, everything was engulfed in flames, Josh said. The fire burned so hot and so fast, only tin and steel were left behind. The 40 by 76 foot barn, built in 1981, was full of large square bales of hay. Some of these bales were still smoldering a week later. The 40 by 120 foot freestall barn and the 4 by 4 milking



Robert Rolfes, left, and Josh Wendling survey the damage in the aftermath of the devastating barn fire.

parlor, both built in 1972, also went up along with the loafing area.

The neighbors who rushed to the scene helped Josh get the cattle out of the flaming barn and into the pasture, which was no easy task. “The cows would circle around and try to get back into the barn,” Josh said. All told, 15 Holsteins and 17 calves died in the fire. Escaping the flames were 54 Holsteins and 12 heifer calves. The next day, the milking cows were rounded up and sent five miles down the road to the Eldon Ries dairy in Earlville. Gary Willenborg, New Vienna, took in the dry cows and heifers. Quick action by Josh and the neighbors saved most of the farm equipment. The family beagle and her puppies were not as fortunate.

The Colesburg Fire Department was the first on the scene. Other fire departments who responded were New Vienna, Luxemburg, Greeley, Earlville, Delaware and Dyersville.

“The Colesburg Department stayed all night long to make sure the fire didn’t flare up again,” Robert said.

Robert grew up on this farm helping his father Marvin with the milking. Twelve years ago, Robert started his own trucking business, Rolfes Transport. He now owns a fleet of seven freight liners that haul grain and fertilizer for local farmers and elevators. Robert took the farm over from his father four years ago when Marvin retired. “Milking cows has always been a stress reliever for me from my trucking job.” Now, with the fire destroying his entire milking setup, Robert says he will be selling his herd.



An aerial photo of the Rolfes farm taken before fire destroyed the entire dairy operation on the left side of the family home.

Amazingly, the Sunday after his Tuesday fire, tornadoes and high winds went through the area along with 6 inches of rain. Robert said, “I thought to myself, ‘Well, here goes the machine shed now!’”



Robert Rolfes stands beside a freight liner from his trucking business.

dairy journals

# A BOUNTY OF BLESSINGS

by Carol "Cubby" Gerdes

June is Dairy Month and we wanted to celebrate this year with a new project. We wanted to share dairy stories in a new way. So we are rolling out the "Dairy Journals." The first in this series is a journal kept by Carol Gerdes of Caledonia, MN. Life on a dairy farm is a unique American experience and we wanted to document that experience. The following are excerpts from a month long journal kept by Carol documenting the Gerdes farm life.

Will and Carol Gerdes were married in 1980 and came back to Will's home farm to dairy and raise a family on this hilltop farm. Their children are: Nathan, 26; Jonathan, 24; Joy, 22; Noah, 18; twins Mary and Jeana, 16; Sarah, 12 and Grace, 7. The Gerdes family milks 65 Holsteins with a rolling herd average of 27,500, 950 pounds BF and 830 pounds protein.

● WEDNESDAY: APRIL 1, 2009

Noah and Sarah were up this morning with Will at 5:30 a.m. to do the milking and the morning chores. Milkers go on at 6. After the milking was done, they sorted calves and moved some of the bigger calves into a bigger pen.

It's windy and cold this morning. There are 15-30 mph winds. That makes for a cold, hard morning!

I drove up town this morning to bring Mary to her Driver's Education Behind-the-Wheel session. Today she is driving to LaCrosse. This will be her final time to drive with Mr. Hollatz. I pray for her to learn the important things she needs to know to be a safe driver.

Back home I put breakfast on before

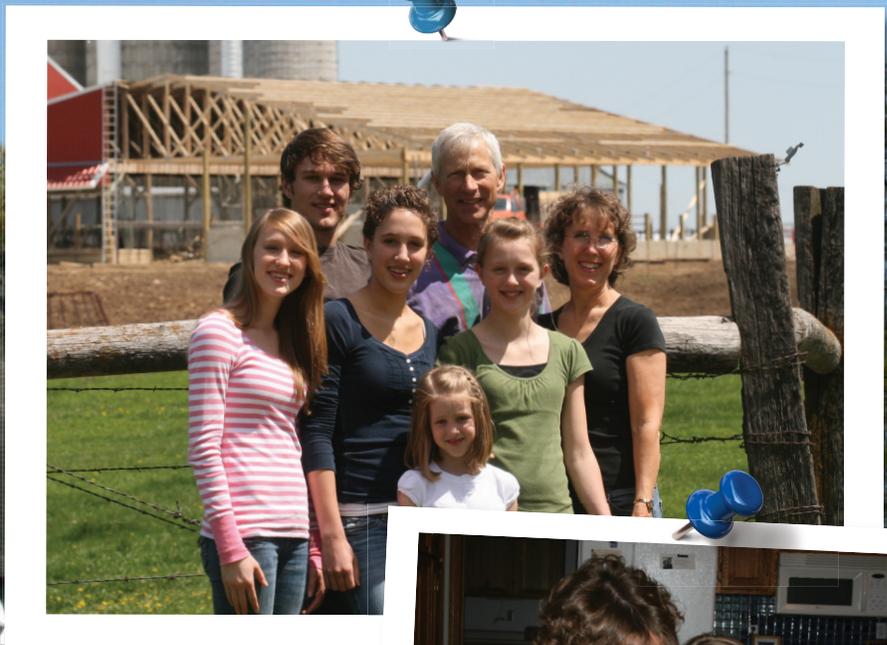
they get in from chores.

Everybody in their desks for school. I sit beside Grace and work with her. She's just learning to read—what fun to teach a child to read! That's my favorite job as a home school mom!

Will is having trouble with cow #24. She is in the pasture so it's a cold job. He and Noah are giving her an I.V. of dextrose plus he needs some other things. He gives me a list and when I'm back in town picking Mary up from her dentist appointment, I stop in the vet's office to pick up what he needs to treat her.

Jeana made lunch while I practice piano lessons with Grace. Meals are always a good time to hear what's been happening with Will and to hear about

At Right: Will and Carol Gerdes pose with their children who still live on the farm: Mary, Noah, Jeana, Grace and Sarah. Below & Right: Carol in her teaching role with their youngest child Grace.



what each of the kids is learning today.

After lunch, any school work needing to be done gets done. I look at piano music with Mary.

Jeana is in the barn tonight with Noah and Will. It's Wednesday today so it's pretty much a race to get done in time to leave for youth group at church. Will and I are youth leaders for the senior high age kids. I put supper in the oven, we leave at 7 p.m.

After youth group we get home about 9:30 p.m. and eat supper before heading to bed. Bed feels SO good after a long, busy day!

● **MONDAY: APRIL 6, 2009**

5 p.m. chores. Jeana and Mary went over to help Will and Noah. Grace is just learning how to do chores. Now that Noah is get-

ting ready to leave home to join the military, it's time for Grace to learn how to really help. This was her third time of actually DOING chores. They say she is doing fine.

● **TUESDAY: APRIL 7, 2009**

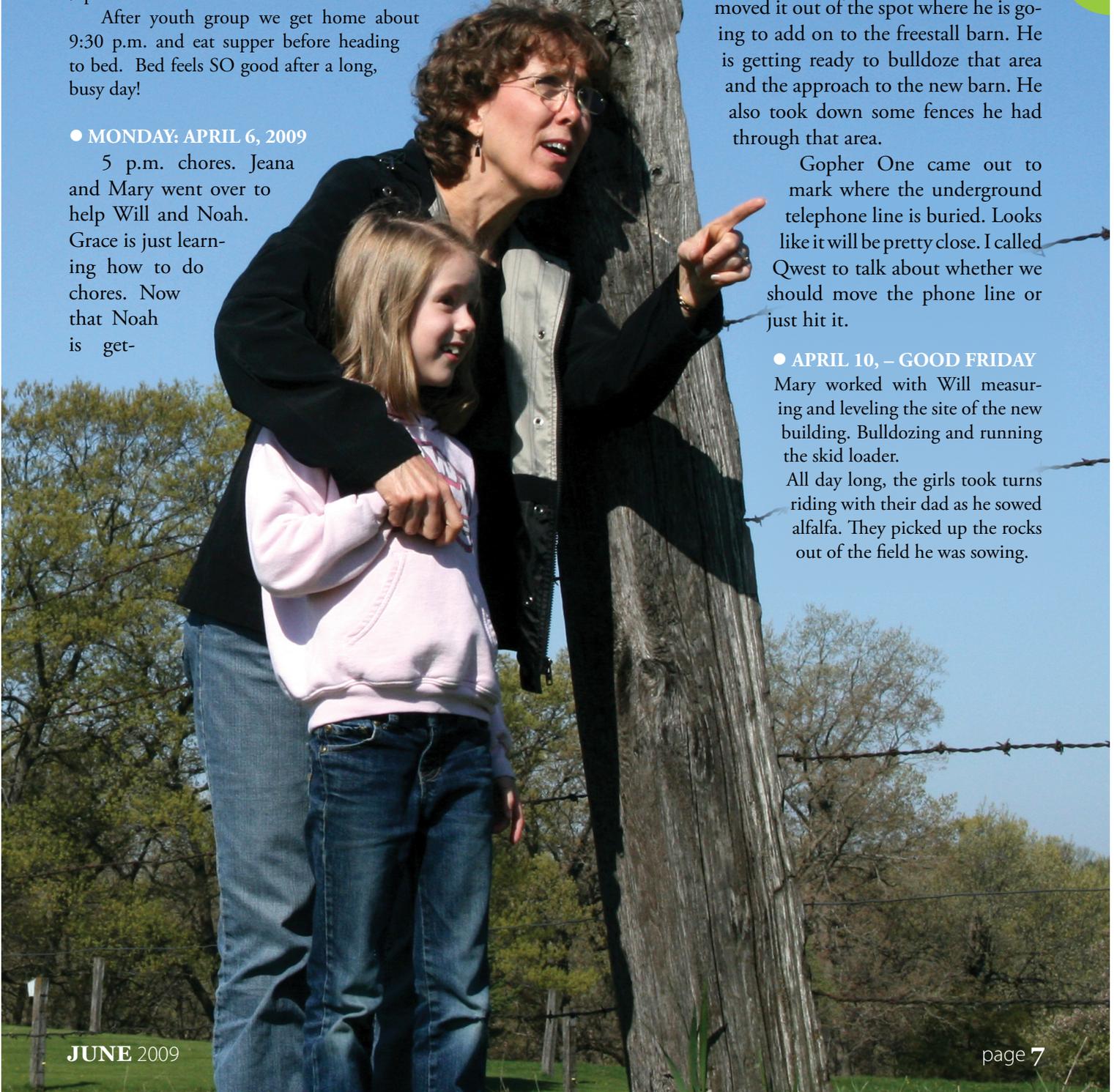
Will Sawed a concrete slab and moved it out of the spot where he is going to add on to the freestall barn. He is getting ready to bulldoze that area and the approach to the new barn. He also took down some fences he had through that area.

Gopher One came out to mark where the underground telephone line is buried. Looks like it will be pretty close. I called Qwest to talk about whether we should move the phone line or just hit it.

● **APRIL 10, – GOOD FRIDAY**

Mary worked with Will measuring and leveling the site of the new building. Bulldozing and running the skid loader.

All day long, the girls took turns riding with their dad as he sowed alfalfa. They picked up the rocks out of the field he was sowing.



● **SATURDAY: APRIL 11, 2009**

Noah and Sarah up with Will. Home from morning milking at 10 a.m.

I got Jonathan, who is visiting, up at 6:30 a.m. to help in the barn. He is always willing to help.

Will wanted extra cleaning done in the barn because visitors from Tennessee are going to watch milking this evening. Also hauled manure.

Breakfast together at 10 a.m. Will and Noah headed off to finish sowing and picking rock. I headed to town to get one more bag of alfalfa to finish up.

While up town I got the things I needed to change the bulletin board decorations at church. I am in charge for the

ing and laughter. What a blessing it is to have a big family. God is so good! We enjoy each other so much!

After supper the little ones ran upstairs while everyone else hid jellybeans and candy eggs all over the downstairs. When we called the little ones down, the squeals of excitement and big eyes and smiles were precious! What a delightful time – watching them fill their containers and their mouths with all the treats they could find. Jonathan kept sneaking candy from their baskets and re-hiding it. We laughed a lot. The kids had a ball! Off to tooth brushing and bed.

● **WEDNESDAY: APRIL 15, 2009**

Noah and Sarah milking with Will in the barn.

All of us over to the barn by 8 a.m. We helped Will move that 80 ft. curtain away from the building site to a safe location until it's needed again on the new addition.

Moved the rolled up chain link fence with the skid loader.

**WHAT A BEAUTIFUL DAY!**

I went up town, paid Farmer's Coop Elevator, picked up feed. Mary was driving, practicing for her driver's road test. We drove all over town and practiced parallel parking, corner backing and everything she'll be asked to do

*What a table! There were 17 of us around the table. Lots of **talking and laughter.***  
*What a blessing it is to have a big family.*  
**WE ENJOY EACH OTHER SO MUCH!**

whole 2009 year. Dropped off the alfalfa to Will. Headed to church with Joy and Kristin and took the winter scene down and put up a flowery spring look.

Home by 1:30 – ate lunch with the family. Enchiladas – the girls at home had it all prepared when we got home.

Nathan, our oldest son, and his wife, Theresa arrived with their three children, Dylan, Josiah and 7 week old Hannah. Oh, it is great to see them!

All the big kids colored eggs with the little kids after lunch. Lots of eggs – Lots of fun! Lots of pictures! Oops, a few cracked eggs!

Evening chores were especially fun with visitors who were interested in EVERYTHING! Lots of questions – Trying their hand at milking – trying out the bulldozer. The camera was flashing – wanting to take memories back to TN. It's always fun to have interested people to watch and learn about the processes of a dairy farm.

After chores – Supper together about 8 p.m. What a table! There were 17 of us around the table. Lots of talk-

● **EASTER SUNDAY: APRIL 12**

Christ is risen!

The twins were up with Will for milking. I had caramel-pecan sticky rolls out of the oven and on the counter for breakfast by 8 a.m. Off to the Easter service at church by 9 a.m.

I taught Grace's 1-2nd grade Sunday school class this morning. What an opportunity to review again the facts of our Lord's resurrection with these young ones.

After church – home to Easter dinner. Will's mom was already here when we got home.

We had a great dinner together!

Family time after dinner. Living room full of groups talking and little groups all over the house together. Everyone taking turns holding new baby, Hannah. Little boys racing around playing with uncles and aunties.

Oh what fun! Joy is staying another day. After evening milking we ate leftovers from dinner and spent more time talking and catching up on Joy's life.

tomorrow. Funny thing, when we were practicing parallel parking, who should drive by on his bicycle but her driver's education teacher. He stopped and said, "I didn't know who that was, but I thought, 'They'll pass!' Nice job, Mary! Good luck tomorrow!"

10 a.m. The Cement crew showed up – started forming and cementing for the freestall barn project. As they were digging holes for the posts, we were looking for the delivery truck – delivering those posts.....finally Will called. "Yes, they are on the way."

Still no truck...WAITING...at 12:30 the driver called me. "This is trouble! I can't deliver because of bans on your road." I ran over to talk with Will. We drove over together to the Township board member – our neighbor. He said, "He can drive on the township roads, but you have to talk to the county about the highway." OK! Will called the County Engineer ... I can't give you permission. Bans come off on Monday."

So Will met the driver outside of town and as they were transferring the

load of posts onto our trailer, the county highway man showed up and looked at the load and said that it was not too big. He tried to convince the driver to take the load out, but the driver said he wouldn't. So Will took the posts on our trailer. He got back just as the crew needed to start putting the posts in. Whew! Time counts when you are paying the crew by the hour.

Worked all day on this project.

Today is our grandson Josiah's 2nd birthday. Talked to him by phone – sang "Happy Birthday!" to him.

5 p.m. Crew left.

God sustains them and gives them the strength and vitality they need for the work they do!

I have lunch all ready for whenever they feel they can dash away to catch a bite to eat.

They usually work hard while the crew is gone on their lunch break so they can get things done that will move the project along quickly once the crew gets back.

Today it is very windy and cold. That takes its toll on these guys.

We leave at 2:30 to take the girls to piano lessons. Jeana will be here to make

time to take care of them. Our hive from last year didn't make it through the winter. We enjoy the honey so much! Noah is the main one doing the beekeeping chores.

#### ● WEDNESDAY: APRIL 22, 2009

Twins up with Will. They go out the door early in the morning pretty sleepy, but when they come back in the house after milking, they are FULL of giggles and talking; very animated and excited for the day.

School progressing like normal. Mary, Jeana and Sarah are in their desks



From Left to Right: Mary puts milkers on at morning chores. Jeana feeds calves on a crisp spring morning. Noah puts stringers on the roof of the addition to the free stall barn.

#### ● TUESDAY: APRIL 21, 2009

Sarah and Noah- choring with Will this morning.

Everything is centered around this building project right now. When you have a crew here and you are paying them by the hour, every moment that they are here needs to be used well.

Will and Noah were in by 10 a.m. for breakfast. Sarah and Jeana had made peach pancakes. We fried some up fresh when they came in. Will headed straight back over. Noah collapsed on the sofa for a couple minutes – then he headed over, too. These have been pretty intense days for Will and Noah. I am so proud of them. It's amazing to see them at work with that crew. They are really hardworking, strong men. They are up working for hours before the crew comes. Then they work alongside the crew all day – and keep working for hours after the crew leaves. I pray every day that

sure Will and Noah get their lunch.

We'll be back at 5 p.m. – just in time for two girls to head over to do evening milking.

Thankfully there is nothing on the calendar tonight to run to. Hopefully Will and Noah can rest.

Piano lessons went well. I always love that hour to sit with nothing to do but enjoy hearing the girls make beautiful music.

After lessons, we ran a few errands and make our weekly stop at the library to load up on lots of good reading material. It amazes me every time we go what a privilege it is to have a library that just loans us whatever we want to read.

The evening was relaxing hearing all about the guys' day of pouring cement and working with the crew. We also heard about the new hive of honeybees that came today. We relocated them closer to the house so it won't take so much

or at the table by me. I work side by side with Grace. She is almost finished with everything we set out to do this year. We have a few pages left in her math book and are working through letter clusters in her reading curriculum. She is doing well and enjoying being able to read better every day. Noah is working on math skills and is finishing up his Science. Graduation is coming quickly for him.

Meals are a challenge lately. Everyone is fine with whatever I fix, but I get tired of making the same old menu. I've been checking out cook books from the library and getting new ideas. I love being creative in making meals. I do have to confess, though, that everybody doesn't like these new recipes. I find such satisfaction in creating a new dish—but most of the time everyone, including Will, likes the old recipe. I have found a few gems, though, that everybody likes!

This is the last day of cementing.

One more really full day of cement work. The crew left at 5 p.m. Off to chores. Milking done – we jump in the car and head to youth group.

On the way home from youth group we stop at Kwik Trip for gas and run in and get bananas and a pizza. How's that for creative meal planning?!



#### ● SATURDAY: APRIL 25, 2009

With Noah, Mary and Jeana gone all weekend, Sarah is the chosen helper for chores with Will until they get back Sunday night.

It's raining today – what will we do? Will and I snuggled up and studied our lesson for our Bible study. Grace and Sarah watched a kid's video. What a nice relaxing day – no rush to do anything.

About 4:30 p.m., Will and Sarah head toward the barn.

The phone rang... it's Joy. She's on her way home from the Twin Cities. Her car is "sounding terrible! Can I talk to Daddy?"

I called the barn and told Will to call Joy. Will decided her car needed to be seen by a serviceman. So with some quick calling and the help of her GPS, she found a service station open with a guy willing to help her...at 4:50 p.m. Thank you, Lord! The wheel bearing

went out. He couldn't fix it until Monday so we had to go pick Joy up.

I jumped into the truck (our car is in Duluth with the 3 bigger kids). Grace and I headed up to Pine Island, 2 hours away, to pick up Joy. I grabbed a bag of Fritos to help me keep awake while I was driving. It was raining when we left

and the windshield wiper kept working it's way off the arm. I wasn't too tired – I was scared we were going to lose the wiper completely. Of course it was the wiper on the driver's side. We stopped three times as we drove – we kept putting it back on – praying the whole time that we'd make it OK. When we reached the freeway it cleared up and we didn't have rain at all. We were so thankful! We reached Joy just before 8 p.m. The station owner had stayed around to make sure Joy was safely with me before he headed home. Wow! I'm impressed with such nice people!

We headed back home. We had a few more adventures with the windshield wiper as we were getting closer to home!! At last – home at 9:45 p.m. Will and Sarah had just gotten home from the barn. I fixed everybody something to eat – then we headed to bed. I guess it was a full day after all!

#### ● SUNDAY: APRIL 26, 2009

Will and Sarah carried off milking and chores successfully and in a timely fashion!! They were home from the farm by 8 a.m. Quickly got ready ... Off to church by 8:30!

9 a.m. We practiced the music for the worship time at church. Sunday school started at 9:30. After a wonderful church service we headed to the local Chinese buffet restaurant.

We visited quite a while at the restaurant with our friends. Got home – changed – relaxed a bit. Then chore time. Tonight Joy is helping milk so we can get to our Bible study on time. Some last minute silo unloader trouble got us to Bible study about 10 minutes late. Not too bad – considering all the work that got done so quickly before we had to leave.

When we got home about 10 p.m., the kids were back from Duluth at the youth conference. We sat up and talked to them while we ate a little bit. It was fun to hear all about their weekend and all that they learned.

#### ● MONDAY: May 4, 2009

Noah and Sarah up to help Will.

At about 8:30 a.m., Will called us all to come over to the farm to help move calves. All winter he keeps them together so they have shelter. Come spring, he put a small group in a pasture near our house. So it's always an event each spring to get the calves down to the pasture without having to chase them all over the farm. Successful job! Those calves are pretty happy! They are kicking up their heels and running back and forth! It makes us all smile to see it.

After breakfast, I grabbed a book and Grace and we headed to town to pick up that last bit of fertilizer Will needs. Grace read to me all the way in the truck. When we got home, we finished up her school.

Will hauled manure while we ran to town.

When the fertilizer arrived, he took off to finish that last bit of planting that he needed to do.

It's a gorgeous day – sunny 70 de-

grees. Fed Noah lunch – he's off to help the neighbor plant his garden. I made a lunch for Will and drove down to the field to find him. We sat in the grass and had such a nice picnic together. It doesn't get any better than this!

The girls mowed lawn for the first time today. Jeana sprayed thistles and dandelions all over the building site and along the driveway.

Grace and I took another trip to town to return the fertilizer that Will didn't need.

Will power sprayed the planting equipment and tractors and put the equipment away in the sheds.

Jeana did all the milking tonight. Mary made supper while she did evening chores with Grace and I. I folded the clothes off of the line and put them away. Wow! What a beautiful day!

Noah and the twins stayed up later than the rest of us making a group on FACEBOOK of the people he wants to invite to his graduation party.

● **TUESDAY: May 5, 2009**

Woke up to rain – the twins were up this morning with Will. The trusses are

coming today for the new building.

At 10 a.m. a little girl, Ansley, arrives to spend a few hours with us. The piano music is floating up the stairs. Today is piano lessons day. We'll hear more beautiful music than usual with all three girls finishing up their practice before lessons.

**CAROL GERDES' CREAMY FETTUCINI ALFREDO**

**Ingredients:**

8 oz Cream Cheese (cubed)  
3/4 cup Parmesan Cheese  
1/2 cup Butter  
1/2 cup Milk  
1 box Fettucini Noodles

Grilled Chicken (3 breasts cubed)  
1/2 cup sliced carrots  
1/2 cup broccoli crowns  
1/2 cup cauliflower crowns

**Directions:**

In a medium sauce pan combine cream cheese, Parmesan cheese, butter and milk. Stir over low heat until smooth. Prepare Fettucini according to package instructions. Steam vegetables until tender. Toss pasta, Alfredo sauce, steamed vegetables and chicken until pasta is well coated with Alfredo sauce.

Serve on a large platter.



**Previous Page:** Will and Noah install a truss with the help of their neighbor's boom truck.

**Above:** The Gerdes Family spends a little time at the table together with some "Daily Bread."

**Right:** Will and Carol with their calves in the pasture.

# Milk Income Loss Contract DISSECTING THE MILC PROGRAM

Now that some of our members will be receiving their first MILC payments, let's review what this program is all about. The Milk Income Loss Contract (MILC) program began with the 2002 Farm Bill. It was designed to replace the money lost to New England farmers when Congress declined to renew authorization for the Northeast Dairy Compact.

Payments are triggered when the Class I price in Boston has fallen below \$16.94 per cwt. (the old Compact Class I price). Currently, the base payment rate is any positive difference between \$16.94 and the Class I milk price at Boston, times 45%. (This 45% is the share of Class I milk in the New England market that lost the Compact premium.)

There is also a "feed cost adjustor," which can only increase the payment. When the price of a cwt. of dairy feed rises, say, 10% above its target of \$7.35/cwt., the \$16.94 target for Boston's Class I price is adjusted up by 10% x 45% = 4.5%. (This 45% is feed's rough share of milk costs.) This raised the target in earlier months, but is not now projected to increase any actual payments.

Payments under the program are limited by production: currently, producers are eligible to receive payments on up to 2.985 million pounds per fiscal year. Larger producers can choose the month for which they want to start receiving payments; after that they receive payments for all months until they reach their cap. Months with no payment don't count.

The MILC program will begin paying out to farmers for their February milk production. The March payment rate will be higher and, ac-

ording to the futures markets on February 20, will be the highest rate during this fiscal year. The average for the last 8 months of the fiscal year is projected to be about \$1.15.

- A producer with 2.985 million pounds of milk production per month would get the maximum payment - \$57,222 for March - but that would be less than 16¢ per hundredweight spread over 12 months. Any larger producer would receive the same total and proportionately less per cwt.
- There were no payments for the first 4 months of FY 2009; so a producer with 2.985 million pounds over the last 8 months of FY 2009 was projected (as of February 20) to receive \$34,466, for an average of 77¢ per cwt for the entire year. Any producer smaller than this would receive the same rate per cwt., but a proportionately smaller total.

No payments are projected for FY 2010, based on futures market projections of a milk price recovery this fall.

## MILC PAYMENT RATES & PROJECTIONS

Year	Boston Class I		Payment Rate
	Actual	Target	
<b>FY 2009</b>			
Jan '09	18.99	17.98	0.00
Feb	13.97	17.33	1.51
Mar	12.68	17.14	2.01
Apr	13.61	17.17	1.60
May	14.22	17.20	1.34
June	13.67	17.30	1.63
July	14.02	17.30	1.47
Aug	14.95	17.40	1.10
Sept	16.18	17.36	0.53
<b>FY 2010</b>			
Oct '09	17.02	17.49	0.22
Nov	17.71	17.49	0.00
Dec	17.94	17.50	0.00
Jan '10	18.01	17.67	0.00
Feb	18.13	17.67	0.00
Mar	18.15	17.67	0.00
Apr	18.32	17.79	0.00
May	18.64	17.79	0.00
June	18.81	17.90	0.00
July	18.99	17.90	0.00
Aug	19.57	17.79	0.00
Sept	20.09	17.77	0.00

Italicized print indicates projections.  
Projections based on futures as of 5/07/09

### Boston Cl. I Price & MILC Target



## Cooperatives Working Together CWT TO REMOVE OVER 100,000 COWS

Cooperatives Working Together (CWT) announced in May that it has tentatively accepted 388 bids representing 102,898 cows and 2 billion pounds of milk production capacity in the first of a series of herd retirements planned over the next twelve months. The number of cows and pounds of milk represent the largest single herd retirement carried out in the six-year history of CWT.

Dairy farmers in 41 states submitted a total of 538 herd retirement bids by the May 1 deadline. The 388 bids tentatively accepted represent 72 percent of the total bids received by CWT. The number of cows now scheduled to be removed account for 64 percent of the total number of cows offered and the 2 billion pounds of milk account for 67 percent of the milk production offered. "The high percentage of bids CWT selected this time around is an indication that producers understood that CWT would only be able to accept reasonable bids per hundred pounds of milk in order to adjust the nation's dairy herd and better align

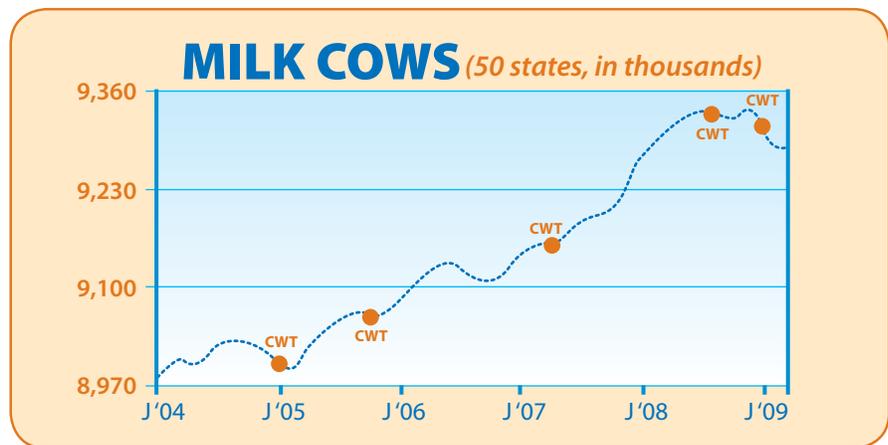
supply and demand," said Jerry Kozak, President and CEO of the National Milk Producers Federation (NMPF), which administers CWT.

CWT field auditors are now visiting the 388 farms whose bids were accepted, checking their milk production records, inspecting their herds, and tagging each cow for processing. All farms should be audited by early July and cows began moving off dairies in early June. All bidders will be notified no later than June

12, 2009, as to whether their bid was among those accepted.

"The bids selected ranged from farms with fewer than 50 cows to dairies with over 5,000, demonstrating that farms of all sizes in all areas are facing a very difficult year in 2009," Kozak said.

Once CWT's field auditors inspect and accept the herds offered as part of the bidding process, farmers will have 15 days in which to send their animals to a processing plant.



## National Milk Producers Federation PROMOTION CHECKOFF ON IMPORTS

The National Milk Producers Federation hailed the recent announcement by the U.S. Department of Agriculture that it will finally apply the dairy promotion checkoff to imported dairy products, 25 years after the national 15-cent checkoff was first applied to U.S.-produced milk. Jerry Kozak, President and CEO of NMPF praised Agriculture Secretary Tom Vilsack for moving quickly to implement the assessment.

On May 18th, the USDA published a proposed rule spelling out how it will calculate and assess the checkoff on imports. Interested parties have 30 days to submit comments. The proposal will assess the equivalent of 7.5 cent per hundredweight on all dairy-based imports, including cheese and butter products, as

well as dry ingredients such as casein and milk protein concentrates. The money will be collected by the National Dairy Board to be used for nutrition research, consumer education, issues management, and other programs that build demand for dairy consumption.

"At a time when most of the news about the dairy economy is bad, it's heartening to see that we have finally prevailed in a decade-long battle to ensure a level playing field between U.S.-made dairy products, and imports," said Kozak. "All that America's dairy farmers have ever asked is that dairy importers, who benefit from the world's largest dairy market, pay their fair share to help expand that market, the same way that our farmers do."

NMPF first worked with Congress

to include a provision in the 2002 Farm Bill to expand the promotion checkoff to imports, but the expansion was blocked due to objections that the domestic checkoff was not applied to farmers in all 50 states, only the continental 48. So, NMPF again worked with Congress as it wrote last year's Farm Bill to ensure that the checkoff was applied in every state, removing the potential stumbling block importers had raised about the equal treatment of all domestic and imported milk production. Kozak noted that imports of dairy products have grown in the past two decades. In the past 10 years alone, the value of dairy imports sold in the U.S. has expanded from \$800 million to nearly \$3 billion.

swiss valley farms

# FIELD PERSONNEL & STATS

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During the Month of April,  
these Swiss Valley Farms  
Members averaged below  
**100,000** for their  
Somatic Cell count.

Roger Aldinger	86,000
Cary & Jennifer Bierschenk	71,000
Chad Breuckman	87,000
Kevin & Donna Carolan	60,000
Steven & Cheryl Chapman	99,000
Don Damrow	95,000
Randy Dreier	47,000
Loren Duwe	61,000
Michael Elmhorst	92,000
Ward & Janell Friederich	87,000
Sammie Gingerich	87,000
Brent Hellenbrand	84,000
Hendel Farms	65,000
Hodson-Dirksen Farms LLC	85,000
Dallas & Pat Hofmeister	85,000
James Kabara	74,000
Robert & Terri Ketchum	81,000
Rich & Sandy Klosterman	81,000
Neil Landt	99,000
Koty Laufenberg	97,000
Albert & Arlene Martin	72,000
Brian Meier	74,000
Cheryl Meier	74,000
Mike Meier	74,000
Oat Hill	94,000
David & Linda Rego	61,000
Jeffrey Schaefer	96,000
Kurt Schaefer	96,000
Susan Schaefer	96,000
Kenneth & Marlus Schmitz	74,000
Sam Schneider	61,000
Walter Selke	82,000
William Selke	82,000
Kevin Statz	84,000
Titus Stauffer	81,000
Strief Farms Inc	95,000
Larry & Liane Thompson	55,000
Jeff & Melinda Walz	66,000
Harry Weier	46,000
Leighton Yoder	91,000

Somatic Cell Range % of **A** Farms

0 - 100,000.....	5%
100,001 - 200,000.....	23%
200,001 - 300,000.....	27%
300,001 - 400,000.....	20%
400,001 - 500,000.....	13%
500,001 and above.....	12%

Somatic Cell Range % of **B** Farms

0 - 100,000.....	5%
100,001 - 200,000.....	21%
200,001 - 300,000.....	10%
300,001 - 400,000.....	18%
400,001 - 500,000.....	5%
500,001 and above.....	41%

# COUNTRY STORE

REFERENCE



50 YEARS OF FARMING



**50th Logo Swiss Valley T-shirt** These t-shirts available in most sizes in navy and light blue in both long and short sleeves.

S – 3XL ~~\$14~~ **NOW \$11**

**Brown Hooded Sweatshirt** with SVF name across front L **\$22** XL **\$23**

**Junior T-Shirt in Two-Tone Brown and Teal with 3/4 sleeves.** Great for the young ladies. These ladies' sizes run small.

M – XL ~~\$14~~ **REDUCED! NOW \$9**

**Bonnie Mohr Note cards** a package of 8 note cards, that feature the Swiss Valley sunset.

Pack of eight **\$5**

**White Plastic Cheese Wire** with two cutting sizes. SVF logo on the handle. **Price: \$2**

**White Plastic Cutting Boards** 9 by 7 inches plus 5-inch handle. **Price: \$5**

**SVF Stocking Cap** warm, knit stocking caps, navy blue with red stripes & SVF name woven into cuff.

**Price: \$5**

**T-Shirt in Two-Tone Brown.**

M – XL & 2XL ~~\$14~~ **NOW \$9 REDUCED!**

**Junior T-Shirts in Two-Tone Blue with capped sleeves.** Great for the young ladies. These sizes run VERY small.

S - XL ~~\$9~~ **NOW \$5** 2XL ~~\$10~~ **NOW \$6**

ITEM	QTY	SIZE	PRICE	TOTAL
Two-Tone Brown				
50th Logo T-shirt				
Navy Short				
Light Blue Short				
Navy Long				
Light Blue Long				
Hooded Sweatshirt				
Round Cheese Bd				
Wire cheese cutters				
Stocking Hat				
Bonnie Mohr Notecards				
Swiss Valley Farms Cutting Board				
TOTAL AMOUNT ORDERED				
ADD SHIPPING CHARGES				
TOTAL AMOUNT DUE				

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

**SEND CHECK OR MONEY ORDER TO:**

Swiss Valley Farms, Sales Items  
P.O. Box 4493, Davenport, IA 52808  
All prices include tax. Allow 3 weeks for delivery.

**Shipping Charges**

Purchase Amount	Add
Up to \$20	\$5
\$20.01 to \$40	\$7
\$40.01 to \$60	\$8
\$60.01 to \$80	\$9
Over \$80	\$10

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**Dairyman** SWISS VALLEY FARMS COOPERATIVE



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## swiss valley farms **SCHOLARSHIP AVAILABLE**

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**S**wiss Valley Farms Cooperative is pleased to again offer four agriculture scholarships in addition to one scholarship for a non-ag major.

Co-op members who are studying agriculture-related majors can compete for four scholarships . . . two for \$1,000 and two for \$500. These four scholarships are designed to promote the study of agriculture beyond the high school level. There is also offered a \$500 scholarship for students studying in any field.

To be eligible for any of these scholarships, an applicant must be a co-op member or a son or daughter of a co-op member, or the manager or operator of a farm for a Swiss Valley Farms Cooperative member, or a student whose family manages or operates a farm for a Swiss Valley Farms Cooperative member at the time of

submitting the scholarship application and when the cash awards are made.

Any high school graduate or any 2009 college student who meets these qualifications is eligible to apply for a scholarship. However, if you have won a Swiss Valley Farms scholarship in the past, you are ineligible to win another.

The applicant must be enrolled full-time in an accredited university, college or vocational-technical institution for a degree program or short-course program. Applications can be downloaded from [http://www.swissvalley.com/pdfs/2009\\_SVF\\_Scholarship\\_Form.pdf](http://www.swissvalley.com/pdfs/2009_SVF_Scholarship_Form.pdf) or by calling Nancy Feeney at 563.468.6600.

Hurry! All applications must be mailed back to Swiss Valley Farms by July 15th, 2009.