

CREAM BULLETIN

March 2012

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Newsletter...

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CREAMer Julie Viveiros



Fun Cow Facts

- A cow can climb up the stairs, but cannot climb down. This is because her knees cannot bend properly
- There are approximately 340-350 squirts in a gallon of milk.
- Milk is better for cooling your mouth after eating spicy food. Milk products contain casein, a protein that cleanses burning taste buds.

On March 8th the CREAM class welcomed a farmers panel for an in depth discussion of the nuts and bolts of running a commercial dairy farm. All farms were small to medium in size milking between 100 and 200 dairy cows. After snacks and introductions the questions started rolling, ranging from income over feed costs, calf mortality rates and the use of hormones for increased milk production. The evening was highlighted when each farmer was asked what they would do with a million dollars, to which most replied...not much, putting the substantial cost of running a dairy farm into reality.



On March 22nd Amy Hall visited our CREAM class to talk about media relations and how to deal with the public concerning certain agricultural related topics. Questions ranged from the differences between organic vs.

conventional milk, why we take calves away from their mothers, why aren't all cows on pasture, and the debate over raw milk. I think we have all encountered a situation where we didn't quite know how to answer someone's question, and thanks to Amy's visit hopefully we will be better prepared for future questions!

Upcoming Events:

- Visits to Ath-Mor and Stuart Farms (4/5+4/12)
- Clean Cow Contest (4/12)
- Barn Open House (4/14)
- Fundraiser at Blue Seal (4/21)
- Banquet (5/4)

CREAMer Bio's



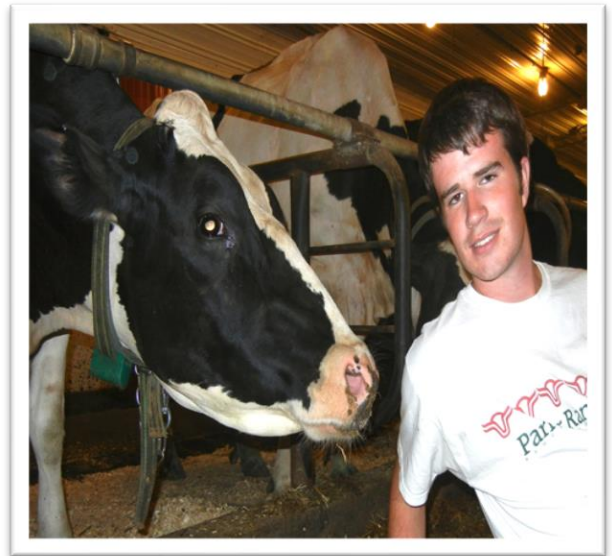
Barbara Heins

My name is Barbara Heins and I am a senior Dairy Management major. I grew up on my family's dairy farm in Westminster Ma. I will be returning home this summer to help run the farm. We are currently milking 120 Holsteins, Jerseys, and Holstein/Jersey crosses, but we are switching over to Guernsey's for their docile nature, and higher protein and butterfat (they also happen to be my favorite breed). Aside from the dairy animals I enjoy gardening. I run my own 2-acre vegetable garden, where I grow enough vegetables to supply 3 local farmer's markets as well as our farm stand. My goal is to diversify our farm even further. I would like to begin bottling our own milk and making farmstead cheeses, yogurt and ice cream. CREAM has been a great learning experience for me. I have been learning a lot about teamwork. My two research

cows are Rhythm and Lola. Rhythm loves to

Adam Crowther

My name is Adam Crowther and I am a Junior Animal Science/Pre-Veterinary major with a Minor in Dairy Management. My CREAM cow is Jessamee #496, who is currently the #1 producer in the barn cranking out 150lbs of milk a day! Between CREAM, living/working at the barn and helping to run a lysine study I have certainly gotten my fair share of barn time! At the age of nine I bought my first cow, and by twelve had started my own successful egg business. Currently I have a pair of Dutch Belted oxen named Paul and Dan. My goal is to go on to Vet school and become a Large/Food Animal Vet. Some day I hope to settle back in NH, but in the mean time I would like to travel the country/world. This past May I went on the Ireland trip and enjoyed every minute of it, and would not mind spending some more time there someday! When I do settle down I hope to have a small herd of Dutch Belt's as the breed has become near and dear to my heart. But no matter what I end up doing the experiences I gained in CREAM will come in to use, as for me the class has been more about learning to work with people rather than the cows!



Sam Rzasa

My name is Samantha and I am Junior Dairy Management major. My CREAM cow is Keilana who gave birth to Lilo in October. Prior to CREAM I did have some experience from high school. I felt that has really helped me throughout the class. I have also been working at the UNH Dairy for almost two years now, which helped me get used to the CREAM program before applying. It feels as though I've been a part of CREAM for almost two years too, since last year everyone thought I was in CREAM, but I wasn't. I really hope to someday own my own herd large or small or to still be working with cows. I love being around them and in the barn and though we never know where life takes us, I plan to put my dedication to this field to good use after graduation.

Interview with Julie Viveiros

Had you worked with cows before CREAM? What attracted you to the program?

Yes I had worked with cows prior to CREAM. My father is a Dairy Farmer in Dartmouth, Massachusetts, so I guess you can say that's what sparked my interest in dairy, the UNH dairy program, and CREAM. The great thing about CREAM was that you got to see and be involved in all aspects of managing a dairy herd. Managing the farm wasn't something I was a big part of at home, I just did what the boss said without asking too many questions (there was always so much to do and no time to discuss the hows and whys), so it was interesting to see how many decisions are being made and what goes into those decisions.

What part of CREAM did you enjoy the most? What did you find most challenging?

The part I probably enjoyed the most was working with the cows. I very much enjoy being around animals and to me that is the most rewarding part of dairy farming. They don't always make life easy, but I can't imagine life without a few cows around. I'm sure there were challenging parts, but when I think back about CREAM, I just remember it as a great experience and a lot of fun! I would say that getting so many people together with different backgrounds, it was probably challenging to get everyone to agree on the same things, but we had great leaders/teachers in the CREAM program to guide us. I consider myself very fortunate to have been a part of the CREAM experience. Oh, the morning shifts were probably a bit of a challenge too!!!

How has your experience with CREAM affected your career?

I think CREAM has affected my career in a positive way. By seeing and being part of all that goes into the management end of a dairy farm, I was able to communicate better with and relate to the producers I worked with as an Extension Educator and currently as a CED. When you understand what farmers are talking about because you have experienced it, your relationship with the producers you serve is much better. Also, CREAM puts a lot of people from all walks of life together and requires that you work together for a common goal. Any experience that does this prepares you for future jobs and working with all sorts of different people (producers, coworkers, employees, etc.) and as a part of a team.

A little more about Julie...

'02-'03 CREAM class
Dairy Management Major,
Spanish Minor

A little over a year ago there was a vacancy for a CED in the area that covered Bristol County, which is where my family's farm is. Around the same time the town of Dartmouth was selling a farm that it owned. The town bought the farm from the previous owners and put it into the APR program to make sure it stays in productive agriculture indefinitely. Lucky for me, the stars aligned I got the job as County Executive Director in the office that covers Bristol, Norfolk and Suffolk counties and my proposal was selected for purchasing the farm. Just a few months ago I finally closed on the farm (after some title issues) and I am now the proud owner of a 77.7 acres. About 30 of those acres are hay that will be harvested, some to sell and some to use on my father's dairy farm, which is less than 5 minutes down the road. There is also a one-acre orchard of Asian Pears that I will be learning about. There is a 2-acre house lot so I will be building a house and the rest of the acreage is mostly wooded, with a couple ponds here and there. This will be a big project, but I am very excited to get farming!



15 Years of CREAM at UNH

Contact Us!

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