



GrainCorp

# GRAINCORP VIC NEWS

## Welcome to Harvest 2015,

This year has had its challenges for farmers across the board in Victoria, with the season transitioning from winter to summer placing pressure on both production and quality. In recognising this, GrainCorp across the majority of sites has made modifications to our segregations to support a wider range of grades. By working closely with growers, we believe that we have a segregation plan that will support the majority of the grades produced this season.

I have been fortunate enough to attend 16 pre harvest grower meetings this season with representatives from GrainCorp Marketing, GrainCorp Traders and operational staff. I am happy to say that CROPTIMISER was received in a positive light as growers appreciated and saw great value in it being able to utilise their "quality equity" to upgrade wheat deliveries that have been tested slightly below a higher grade to the next higher grade. This transparent, equitable and value creating service I believe will drive real economic benefits to farmers and the grain industry as a whole. For more information go to [www.croptimiser.com.au](http://www.croptimiser.com.au)

I hope that you have a safe and rewarding harvest.

Peter Johnston, Regional Manager



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## Footy Tipping a Winner in Vic

A successful community-focused AFL Footy Tipping Competition run by GrainCorp has contributed more than \$20,000 to local sporting clubs across eastern Australia.

The free tipping competition open to registered GrainCorp customers was launched this year and had over 140 participants across the East coast with a third of these from Victoria.

The three Victorian winners shared in a total of \$5,000 prize money and elected to donate their winnings to:

- Minyip Murtoa Football and Netball Club
- Lubeck Murtoa Cricket Club
- Nangiloc Football Club
- Ballarat Swans Football Club

The clubs will be spending their donations on new equipment and upgrading facilities.

Pictured to the right is: Mal Schier, Graeme Maher (Vic Footy Tipping Competition Winner), David Drum Murtoa Site Manager, Hamish Gawith, Jason Keel Murtoa Grain Handler.



## Recognising and responding to stress in challenging times

Living in rural Australia can be very rewarding. However, farming in particular can be a stressful occupation. Keeping yourself in a fit state to enjoy the good times is important. Keeping yourself in a fit state to weather the difficult times is even more important. After all, the most important asset on any farm is the people.

Article provided by National Centre for Farmer Health.

### Key tips for tough times

- Eat healthy, nutritious food (avoid sugary, high salt and fatty foods)
- Get adequate sleep (7-8 hours per night)
- Keep physically active
- Make time to get off the farm (even for a couple of days)
- Find things to laugh about
- Allow yourself time to do something you enjoy. A short walk, sitting with a cup of tea, a hit of golf, or some deep breaths—these can change the path of the day.

### Resources for support

- Rural Financial Counselling Services 1800 686 175
- Mensline 1300 78 99 78
- Parentline 1300 30 1300
- Kids Helpline 1800 55 1800
- BeyondBlue 1300 22 4636
- Find a mental health professional in your area through the beyondblue website: [www.beyondblue.org.au/get-support/find-a-professional](http://www.beyondblue.org.au/get-support/find-a-professional) or through your local GP.

More support services can be accessed on the Farmer Health drought page via [www.farmerhealth.org.au](http://www.farmerhealth.org.au)

**Remember your best farm asset is you. Act smart, act early and recognize when stress is doing you harm.**

