



The Honourable Keith Colwell, Minister of Agriculture and Minister of Fisheries and Aquaculture, presents Remo and Heather Luten, of Fort Lands Farm Limited with a 5 Year DFNS Milestone Excellence Award.

## DFNS Annual Awards Presented

By Linda Harrington

The Honourable Keith Colwell was a guest speaker at the 18th Annual DFNS Banquet and Awards evening on January 16th at the Best Western Glengarry, Truro. The NS Minister of Agriculture offered words of support to the industry, recognizing the tough year producers have faced with the Canada, US, Mexico Trade Agreement causing serious concern for the industry, along with additional access to Canadian markets by foreign dairy

producers, limits on exports and the removal of class 7.

He said the Department is working hard, with a very strong voice in Ottawa, to get these things changed and offers his full support of supply management the way it was. On the positive side he mentioned the growth of markets, new young farmers getting into the industry and the fact Canada has one of the most efficient dairy operations in the world.

The Minister presented a

10 Year DFNS Milestone Excellence Award to James H. Lamb Farms Limited, along with a 5 Year Award to Fort Lands Farm Limited. Other 2017-2018 Excellence Award winners included A&J Bent Farms Ltd., K & J Farms Ltd., Lone Willow Farm Inc., Harry & Joanne Van der Linden, Amber Hill Farm, Bacon Farms Ltd., Sunny Point Farms Ltd., Mark & Randy Keddy and Windcrest Farm Ltd.

A presentation was made to retiring Board Member Derick Canning. Derick was elected to the Board in 2009 and has served 3 successful three year terms.

Bob Adams was presented with an Honourary DFNS

Membership for his work as independent chair on the Advisory Committee for Milk and the Advisory Committee for Transportation, a total of 17 years, beginning in 2001.

Nathalie Roy received special recognition for her work with Dairy Farmers of Canada, out of the Moncton office, as Assistant Director, retiring from this position after 18 years. Nathalie will be opening her own private consulting practice.

Dwane Mellish received special recognition for his work for the past 16 years as Operations Officer with DFNS. Dwane retired in June, 2018.



Heather Boyd, DFNS Systems & Data Analyst, presented Dwane Mellish a token of appreciation following his recent retirement from DFNS. On the right is Paul Risebrough, Dairy Farmers Ontario, who had words of congratulations for Dwane prior to the award presentation.



Heather Boyd, DFNS Systems & Data Analyst, congratulates Dwane Mellish and his wife Debbie on Dwane's recent retirement as Operations Manager at DFNS.



The Honourable Keith Colwell, Minister of Agriculture and Minister of Fisheries and Aquaculture, presents Byron Lamb of James H. Lamb Farms Limited with a 10 Year DFNS Milestone Excellence Award.

## This Thief Steals a Little from You Each Day

By Linda Harrington

A retiring director with DFNS made a very emotional and heartfelt speech at the Annual DFNS Banquet. His words took an immense amount of courage to say in front of a room full of his peers. The message was powerful and worth sharing.

After nine years, and despite accolades from fellow Board members, he told fellow dairy producers he felt he hadn't been the Board member he should have been. "It wasn't the only thing where I wasn't able to be all I should have been. I probably wasn't the friend I should have been, I probably wasn't the father or the husband or even the farmer that I should have been," he spoke with a shaky voice as he revealed the reason why he couldn't be his best at all these things.

"I had a companion, not a friend, but a thief...and he stole a little bit from me each day and I didn't know this was taking place." He then asked if anyone in the room knew what he was talking about adding, "No one is going to yell it out, because no one really wants to talk about it."

"The thief was DEPRESSION, and I have never really said this word out loud to anyone but my closest friends."

Looking back, he could see he had been dealing with depression for the past ten years. He compared these years to watching a child grow but in reverse. "You don't grow and gain like a child does, you shrink and you lose, and you don't notice it until something happens."

There are a number of symptoms he experienced, including lack of focus and lack of short-term memory which he says made being on the Board difficult. He found it was easier to not say anything at meetings, "as

you have no idea what they have been talking about and you might say something embarrassing."

Dealing with a whole range of emotions is another symptom hard to deal with every day. He found himself using anger to cover up emotions he didn't want to surface.

"The number one reason people leave our industry as dairy producers is mental health and it is a very serious thing that is taking place. There is a stigma around mental health and depression, and I know this because I was that guy." He went on to say he was that guy who said, "I need to suck it up, get over it, move on." This is why he feels it took so long to realize he had a real problem and get help.

He eventually realized he didn't have the skills to deal with everything that was going on and finally decided to reach out for help. The symptoms of depression include pessimism, irritability, restlessness, loss of interest, fatigue, and often sadness. He was thankful he never had suicidal thoughts or actions, which is another symptom.

Even after a psychologist told him he had severe depression, he couldn't really accept it. It took an accident on the way home and an hour waiting for a tow truck, to give his situation personal reflection and the realization he was actually suffering from depression.

He says the statistical rate of depression in male farmers is 4 times the national rate and he feels this has something to do with the way they have been raised, growing up farms where everyone worked hard and learn to "suck it up" when things got bad. He feels men are particularly vulnerable because of the

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### Truro Sport Heritage Society

proudly presents the

# 35<sup>th</sup> Annual Sport Awards Dinner

**Sunday, March 3, 2019**

**Doors open at 6:00pm • Dinner starts at 6:30pm**

**Best Western Glengarry, 150 Willow Street, Truro**

To purchase tickets contact: Sara McKenna at 902-957-0084, or email: sara\_mckenna@hotmail.com

**Adult \$40<sup>00</sup> • Student \$25<sup>00</sup>**

The dinner will feature Emcee and Guest Speaker Bruce Rainnie, President and CEO of the Nova Scotia Sport Hall of Fame.

There will be a grand prize draw as well as draws for door prizes throughout the evening.

The dinner acknowledges the sport accomplishments of local athletes from the Town of Truro and Colchester County for the year 2018. There are a total of 22 awards to be handed out at the dinner with categories ranging from under 15 to over 50.

If anyone has any questions about the event contact Sara McKenna 902-957-0084, or email [sara\\_mckenna@hotmail.com](mailto:sara_mckenna@hotmail.com)

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