

Milgadara & YLAD - the complete Nuts, Bolts, Washers and Tools

James Leslie and his two sons Dominic and Ross, farm 6000 hectares in South Africa. They visited Milgadara, our farm, on the evening of Wednesday December 5. Below is James comment about their visit:



"I have listened to many of the "Biological Farming Gurus", done a few courses, and travelled thousands of kilometres to get new information.

What we saw on Wednesday at Milgadara I believe was a complete tour where the theory has been put into action. **Too often as farmers we get fed a lot of theory that lacks the nuts and bolts. Wednesday was the complete nuts, bolts, washers and tools.**

Since my visit to Milgadara in 2003 with Hennie Saaman I see that progress has been made. **I look forward to the YLAD book being published by ACRES!"**



Photos show James Leslie on his farm in South Africa and some of the Vermicompost he is producing for Tea Extraction

Recognising and Healing Depression – The Clouds will Clear

Rhonda Daly

As the drought in Eastern Australia worsens there is always the associated risk of depression setting in amongst farmers. I find that it is a time when we need to turn to our spouse, family members or neighbours to offer assistance. It is hard to remember that our wellbeing and contribution is more important than money in the bank or what we own.

A farmer dies by suicide every four days in Australia with data showing that farmers' suicide rates are elevated when compared to the general public, however the rates differ dramatically across regions.

Depression can hit anyone, young, old, rich, poor, you name it. And yes it's brutal when it comes knocking.

Over my lifetime I remember having times when I have been depressed and contemplating if life was worth living. These were generally times when I was suffering major illness, such as my meningitis and chronic fatigue syndrome. Feelings of loneliness, lack of sense of self and not been able to contribute overwhelmed me. This was despite having a loving husband, family and friends.

Some of the triggers that generally precede depression are things such as:

1. Replaying old thoughts and messages of negativity that may have been said from childhood or school days, stored in our subconscious.
2. Believing that our self-worth is determined by our possessions, bank account, or job.
3. Feelings of lack of self-worth and letting other people down.
4. Believing that we are our relationships and if they break down we are no one.
5. Life will always be like this and will never improve.

When continual negative thinking takes over our reality it is easy to see why there is only one way to afford the pain and suffering.

Admittedly there is no magic pill (some doctors may think otherwise) but with a holistic approach there is every possibility that you can come out of depression and live a lighter, happier existence.

Here are some steps that I took that helped me find my way and helped me through these times:

I believed I had a PhD in worry and stressing. I thought it was helpful, it kept my mind busy and also it felt that I was shouldering my share of the world's woes. Little did I know that it was creating darkness in my life. It was this recognition that allowed me to change and realise that I needed to **live in the present, not the future. All fears are projections into the future.**

I love this quote: **TODAY IS THE TOMORROW I WORRIED ABOUT YESTERDAY. It brings into perspective that worry is a waste of time**

I AM — Mindfulness As difficult as it was I simply learned to replace the 'monkey mind' negative thoughts with simple statements such as **I AM worthy, I AM love, I AM valuable.** Two things happen, while repeating these **I AM** affirmations there is no time for the negative thoughts to surface and the brain begins to release 'happy hormones'. There are so many great apps, and online programs or, find a qualified teacher who will take you through the steps of learning mindfulness to refocus your mind.

Open Up To Family and Friends - When I felt like withdrawing from the world it was important for me to find someone who I could open up to who would not judge but offer support for where I was at. Look for people who can offer words of support for where you presently are and gently show you your worth and that good times will return.

The "Clouds" will clear and there will be blue skies again. Believing that this is a particularly challenging time but blue skies will come again. (What an oxymoron, we need the clouds for rain!!! - being able to laugh is also very important)

Regular exercise, Yoga and stretching. Yoga and stretching will open up the body, calm the mind and realign the body back into a healthier space.

Get some natural supplements into you: I have always been a big believer in boosting my food intake with **vitamins, minerals and herbs.** The quality and nutritional value of our food lacks many of the necessary trace minerals for mental health.

Depression can not only take control of your life, but it can also affect many people around you. We can heal from depression, but it will require some action. Doing the same thing over and over again won't bring about a different result.

Keep trying new things, see what works for you. If you are suffering depression, it is recommended that you seek professional help, find someone to talk with.

You don't need to do this on your own, please reach out to someone for help

Congratulations to the newest members of the Aeromaster Club:

Dino Boratto Vic—PT-130
Adam Thomson Vic —TE-250
William Broun WA—TE-500
Darren Tremlett WA—TE-500



YLAD Living Soils News

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Issue 23
December 2018

From Rhonda's Desk—2018



Well 2018 is done and dusted, literally. What a year, with all our Eastern customers experiencing a year of weather unpredictability and uncertainty. Unfortunately if predictions are right this is going

to become the norm.

The one thing we have to cope with these events is good decision making but remember decisions made yesterday may not be the best one when looked at in the future. Do not dwell on the past, make plans for the future and live in the present. (read my article on how I dealt with my depression in the past)

After returning from Chile with some sort of bug I decided to treat myself to a 5 day detox retreat in Bryon Bay in February to set myself up for what has turned out to be a very busy year. The link between soil health and human health is so clear and it seems our past is coming back to bite us with record increases in disease, there is a direct collation between the increase in Neurological diseases and Glysophate use.

Despite the drought many customers reported

above average livestock weight gains and harvest yields. This, I believe is due to incorporating microbiology into their regime and building organic carbon in the soils and understanding the nine aspects of the soil. (see article below). After 16 years of running YLAD Living Soils it has become very evident that if we are going to build resilience into our farming systems we need to address the nine aspects of the soil. How many farmers get approached each week to buy a product that is the so called magic silver bullet, only to be disappointed that it doesn't show results. If there was a magic silver bullet, trust me, I would have found it by now!!!

Learning: Increasing your knowledge through reading and study; **Life Choices:** Make your choice to take comprehensive soil tests to understand your soils and observing in the paddock will help. **Legacy:** What legacy are you wanting to leave?

Make sure you question things that you hear, build your toolbox with advice and knowledge. Having knowledgeable well informed customers is my passion. You own your soil, not me. Enjoy the Newsletter while relaxing over the Christmas, New Year holiday and I so look forward to speaking to you and helping you build soil, plant, animal and human health in 2019. Merry Merry Christmas and a safe and happy New Year.

Mark Twain: 'Never argue with stupid people, they will drag you down to their level and then beat you with experience.'

Inside this issue: Page

Nine Aspects of the Soil 1

Australian Biological Farming Conference 2

Granular Down the Tube Fertiliser 3

Vale— Lachlan Hughes 3

Testimonial—Milgadara visit the Complete Nuts, Bolts, Washers & 4

Recognising and Healing Depression 4

New Aeromaster Club Members 4

Testimonial: In this; the driest year we've experienced, our plants are growing an abundance of healthy flowers. **YLAD Humus Compost** has given health and balance to our soil, resulting in increased quality of our blooms and a reduction in pest damage.



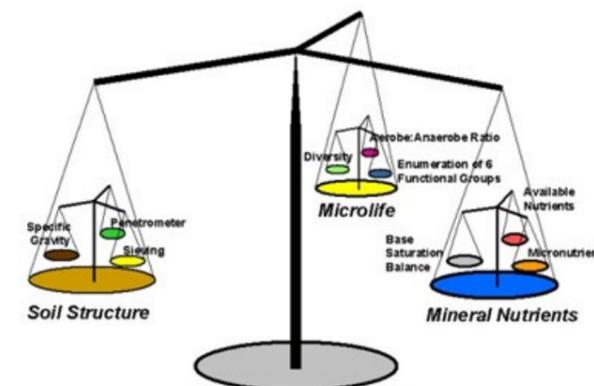
Brenda Lavender—Good Hope Blooms – Good Hope NSW

Nine Aspects of the Soil—Not just Three!

The Burning Question – What Fertiliser and When?

One of the most confusing problems for most producers is to know and understand what product is going to give the greatest results. Many biological fertilisers and inoculants on the market today are being sold as the magic silver bullet.

I can tell you that after 16 years in this industry there is no one product that is going to give you all the results for soil/plant health.



The diagram shows the nine aspects of the soil, being:

Soil Structure – Specific Gravity, Penetrometer, Sieving
Chemical – Base Saturation Balance, Available Nutrients and Micronutrients

Biological – Diversity, Aerobic:Anaerobic Ratio and Enumeration of 6 Functional Groups

By thorough soil testing, observation and consultation you will identify which of these areas are in or out of balance. Once you have a good understanding of your soil you can then make a more informed choice.

But the best rule of thumb I go by is:

If five out of nine of these aspects are not in alignment –

NO ONE PRODUCT WILL WORK

If five out of nine are in alignment –

ANY ONE PRODUCT WILL WORK

Testimonial:

I just wanted to thank you and Bill for hosting the group from the NQ Dry Tropics at YLAD Living Soils, the trip has exceeded their expectations and they were blown away with what they learned. Carolyn Hall General Manager Mulloon Creek

Australian Biological Farming Conference & Expo

November 2018



Bill and I travelled to the Gold Coast to attend the Australian Biological Farming Conference at the Southern Cross University Campus.

Attending the conference was reconfirmation that the systems and products we have been promoting for the last 16 years have been right. Not that I needed it, from April 2001 when I had my epiphany I never doubted that this was the change that needed to take agriculture forward.



Rhonda Daly & Jeff Moyer

Listening to international speakers such as **Jeff Moyer, Michael Phillips, and Carlos Leifert** was enlightening, such brilliant minds!

I am always open to hearing new ideas that I can pass on to all my customers. We took in the full program from the Field Trip on Friday to Jeff Moyer's workshop on Monday.

Jeff Moyer, head of the Rodale Institute in USA said that organic farming is **modern agriculture, using modern tools, modern science, state of the art biology, agricultural engineering, seed breeding, and allowed material inputs**

On the bus trip on Friday we visited **Robert Hinrichsen's** Kalfresh broadacre vegetable operation. Three years ago Robert started to question the way he was producing his vegetables and how he could reduce artificial fertilisers and chemicals, as well as improve soil health. What success Robert is having, well on the way to achieving his goals. In March 2017 Robert purchased an **Aeromaster PT-130** Compost Turner from YLAD, enabling him to produce a quality compost where he could

monitor the inputs and the process.

Throughout the Conference **Compost** was the word that was on the lips of every speaker.

Why you may ask?

High quality Humus Compost is beneficial to the three aspects of the soil due to:

1. It pushes soil particles apart allowing for more oxygen and water to enter the soil, improving soil structure.
2. It provides balanced minerals complexed in Humus and the bodies of microbiology, providing nutrients that are available but not leachable. Humus hangs on to both positive (cations) and negative (anions) reducing leaching and erosion.
3. Humus Compost contains a diverse range of microbiology which restores and enhances the biological activity in the soil and nutrient recycling.

Did you know??

Ahem measured soil organic matter in Australia in the **1840's at 11 to 37 percent Organic Matter**

This has to explain a lot of things:

Alarm Bells should be ringing!

With most of the 2000 soil tests I read each year the OM levels are 2.5% and lower.

What does this mean for the future of Australian Agriculture?

- Tighter more compacted soils – organic matter decays to humus, the humus molecule cements particles of sand, silt, clay and organic matter into aggregates which will not break down in water. This cementing effect, together with the weaving and binding effect of roots and fungal strands in the decomposing organic matter, makes the soil aggregates stable in water.
- Less water holding capacity - less resilience to droughts
- Less nutrient holding capacity - the need to purchase more fertilisers
- Less microbial food—deader soils
- **Is this the future you are looking for??**



Rhonda Daly & Julie Sutherland from NTS

Catching up with customers and suppliers was another highlight of the Conference.

Julie Sutherland from Nutri-Tech Solutions was the first person I ever spoke to 17 years ago when just starting to learn about Biological Farming. What an encyclopaedia of knowledge, just love discussing different aspects of soil and plant fertility with her still today.



Robert Hinrichsen & Bill Daly & the Aeromaster PT-130



John Jashar, Guano Australia & Rhonda Daly

Testimonial

August 11 2018: Hugh Lovel, Co-Founder of Quantum Agriculture

'My visit to Milgadara with Les was the highlight of my whole trip, and I think Les felt the same way. Seeing **proper compost** is so much more informative than just talking about it. Also the **roots and vigour** of Bill's field crops was very special. It was the **best soil biology and most impressive soil I saw the whole trip**. After all I've been seeing elsewhere, you folks are the greatest.'



Germinate, Germinate Plus and Legume Plus - outstanding results in drought conditions

The 2018 sowing season saw the popularity of the three sowing blends grow substantially. As we all know roots are the stomach of the plant and supplying nutrients in a form that don't leach or lock up ensures full season nutrient supply. Why pay for NPK fertilisers that lock up or volatilise??? The idea is to ensure that the plant has all its nutritional needs supplied by microbial, root and soil interaction, when they are needed, rather than just in soil water. The supplying of trace minerals in these blends allows for quick germination and early vigour and uptake of other nutrients.



Germinate is a granular fertiliser for cereal sowing, a microbe friendly, carbon based blend, supplying soluble and slow release nutrients to improve soil, root, and plant dynamics for greater yields and quality. Benefits include reduced leaching and lock up, less fertiliser root burn associated with all acid based fertilisers and the development of **greater root mass** and **'dreadlock'** roots.

Germinate Plus is a granular down the tube fertiliser for canola and grazing crops sowing. Germinate Plus contains more nitrogen and sulphur in a buffered form to ensure quick germinate and early plant growth. A microbe friendly, carbon based blend, supplying soluble and slow release nutrients to improve soil, root, and plant dynamics for greater yields and quality. Benefits include reduced leaching and lock up, less fertiliser root burn associated with all acid based fertilisers and the development of **greater root mass** and **'dreadlock'** roots.

Legume Plus is a granular down the tube fertiliser ideal for sowing lupins, lucerne, pastures and clover or any crop symbiotic with rhizobium. Legume Plus contains more calcium than any of our other blends to ensure excellent **nodulation** and **active nitrogen fixing**. A microbe friendly, carbon based blend supplying large amounts of slow release nutrients to encourage active roots growth.



Vale - Lachlan Hughes



Lachlan Hughes Miles Queensland
March 28 1982 – October 31 2018

On October 31 Lachlan was tragically killed as a result of an accident, falling from a silo.

A farmer, horseman, family man, friend and entrepreneur.

Lachlan, his Dad Philip and his Mum Adele came to visit Bill and I on June 17 2015 to talk about what YLAD Living Soils were doing and work out how they could regenerate their soils on their Queensland properties.

Dulacca Downs was soil tested and the first YLAD Compost Mineral Blends were delivered in April 2016. Extraordinary results were achieved with Lachlan phoning me to tell me of the fantastic improvements. After experiencing these results they decided to apply for MLA Trial funding to continue on with the work of regenerating their farms as well as documenting the results.

Over the next three years I attended meetings with Lachlan and Philip and later with the MLA representative in Brisbane to discuss the format for the MLA project:

The aims of the project are:

1. Create a system that strikes a balance between known grazing systems and known soil improvement systems, which will help build a user friendly, cost efficient and measurable approach to business sustainability in a changing climate.
2. Help give more data and rigour to the argument that by improving soil health (increased carbon levels within soils) and increasing production we as farmers can have a bigger impact on reducing total carbon emissions not increasing them.
3. Formulating an expert team comprising a scientist, agronomist and an innovator. This group will help advise and report on each project, which will demonstrate to other producers the real benefit on drawing upon known knowledge from within industry experts.

The project was approved and Lachlan put his heart and soul into learning and administering new tools that would ultimately benefit all properties in Queensland.

The legacy that Lachlan has left will be not forgotten as a Foundation has been set up in memory of Lachlan.

Donations to the foundation set up in Lachlan's honour are appreciated:

Lachlan Hughes Foundation

Westpac Bowral

BSB: 032 716 ACC: 4444842

A great loss has been felt by the family and friends but Lachlan's legacy will live on forever.

STOP PRESS:

Order Germinate, Germinate Plus and Legume Plus now to ensure timely delivery.

All blends are available in bulk, bulka bags and 25 kg bags.