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<http://damaras.com/newsletters/sr-140517-auction-May14.pdf>

All you need to know about meat and health:

*Red meat is not bad for you.
Fuzzy green meat is bad for you.*

The links below will take you to good sites to find out more about modern health myths. If you want to get fat, eat mainly grain and sugar products. If you want to be healthy, eat good meats, fats, fruit and vegies. You can improve your health with beautiful grass-fed Damara meat (providing you eat the tasty fat, gristle and organ meats too):

<http://www.westonaprice.org/basics/principles-of-healthy-diets>
<http://peo-solution.com/>

And, by the way, we are having a Sheep Auction next Monday. Why not start producing your own pasture-perfect meat?

Sale-O, Sale-O Gatton Saleyards Monday 19th May 2014, 11am sharp.

Sheep are sold first, so do not be late or you will miss the bargains.

We had our first auction for 2014 at Gatton a fortnight ago. All sheep were sold but prices were the worst ever for sellers – prices for 15 proven ewes probably pregnant were in the range \$25-\$35 per head. Buyers were very pleased, but Mother-of-All-Things was very unhappy - “not even enough to buy one load of hay”.

This was a record low price for us - bad for us, but good for the lucky bidders. But we have had a huge lambing and bought new Meatmaster ewes, so more sheep must go.

At next auction we will be selling ewes and probably some wethers – 15 sheep in total.

The wethers are still lambs, ewes varying ages. All ewes have been running with a ram and all could be in various stages of pregnancy (pregnancy not guaranteed).

For more information about these auctions see:
<http://www.damaras.com/newsletters/sh-120110-our-periodic-sheep-auctions.pdf>

Please feel free to ask about rams and other top class ewes which we reserve for on-farm sales and do not sell at the Gatton auction. We have very good Damara and Meatmaster rams now, and will find some good ewes to go to people who buy rams. We also have a few of our best pure dorper ewes left. (Or buy some cheap ewes at the auction and a good ram from us.)

See pictures of Rams at:
<http://www.damaras.com/album/rams.html>

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