

OUR PEOPLE



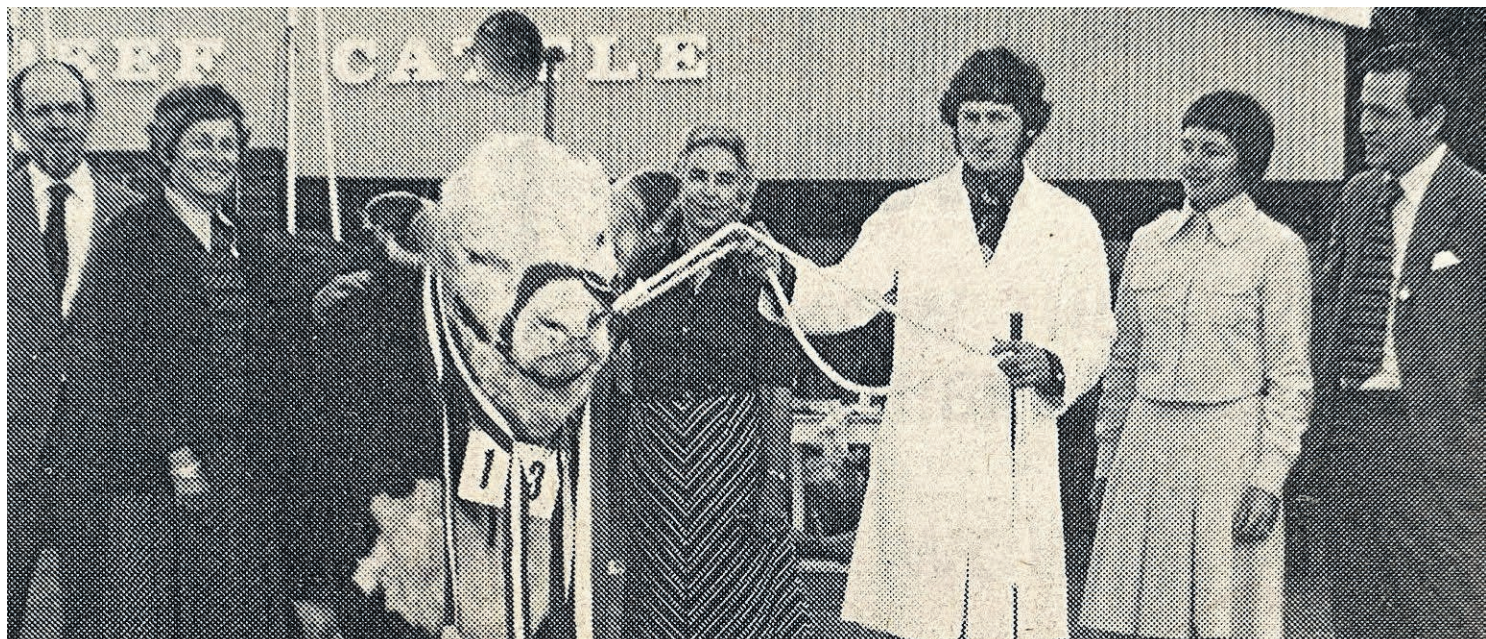
YOUNG HELPERS: Kylie and Mandy Roenfeldt, Wasleys, helped moved sheep around the Merino shed with their pet ewe Helen, at the Royal Adelaide Show.



MACHINE AUCTION: Elders-GM auctioneer Jeff Howie selling a Massey Ferguson 585 SP combine harvester in the first major tractor and machinery auction in Murray Bridge.



SPECIAL SUFFOLK: The Perth Show champion Suffolk ram shown by DW&PM Barkley, Newbold, Gawler River.



BEST BULL: Senior and grand champion Hereford bull held by Warrensville studmaster Chris Steer. Also pictured is federal Hereford Society president Jock Nivison and his wife: iudae Mrs Gunn and SA president Willie Lintvelt and his wife.

THROWBACK THURSDAY

In September 1977, it was all go for many shows, including Adelaide, Melbourne, Perth, Gawler and Wudinna; the drought was one of the "worst this century"; and ram sales and field days were also on. More photos at stockjournal.com.au



NO RAIN: Crops were failing due to drought.

Snuggle up!
ruralbookshop.com.au

LITTLE FARMERS
Kim Storey
From the Author of What Does A Farmer Look Like? Comes Kim's second book, Little Farmers. Focusing on farm life as told by kids. Some of these amazing kids will take on leadership roles in agriculture in the future, some kids already have their own farm business and some kids just love farm life & are bursting at the seams to tell you all about it!

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SLOW COOKER CENTRAL - SUPER SAVERS
Paulene Christie
Slow Cooker Central is back with 200 delicious new recipes that won't break the bank! Raising a family can be a challenge financially but SUPER SAVERS is packed with easy, tasty and inexpensive meals for anyone on a budget. Organised into dishes costing under \$5, \$10, \$15 and \$20, these all-new recipes are sure to hit the mark.

\$33.99

THE BIG BOOK OF GREAT AUSTRALIAN BUSH YARNS
Graham Seal
This bumper collection of yarns from the bush gathers some of our best stories since colonial times, retold in Graham's warm style. It takes a certain character to make a living in the Australian bush. In the most difficult situations, laughter often comes to the rescue. Here are pioneers and battlers, convicts and settler's children, and a land that tests them with fire, flood and drought, in stories resonant with Australia's distinctive wry humour.

\$42.99

AGGUIDE: MANAGING FOR HEALTHY SOILS
David Brouwer
This book explores the secrets of soil, our most basic agricultural resource. And for what purpose? We need to manage soil better in order to keep agriculture productive, profitable and sustainable. We will only do it by knowing its qualities, capabilities and limitations.

\$46.00

THE AUSTRALIAN BEEKEEPING MANUAL - SECOND EDITION
Robert Owen
The book is aimed at both the novice and experienced beekeeper in Australia and explains in detail the steps required to manage colonies of bees. Supported by over 350 photographs and drawings, each action to be performed is explained in detail with photographs showing the steps as well as the final result. Many potential beekeepers are unclear about the equipment they need to buy and how to obtain their first colony of bees.

\$71.99

THE KELPIE DOG SELECTING & TRAINING (DVD)
Gordon McMaster, Joe Spicer and John Gedye
Never before has three eminent Kelpie people such as Gordon McMaster, Joe Spicer and John Gedye come together in one training program. These three outstanding Kelpie trainers and breeders have combined experience and knowledge base of 125 years!

\$55.00

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Seek support to help tackle tough topics

FARMERS TALK MENTAL HEALTH
BY DOREEN DONOVAN AND ROSIE ROBERTS

University of SA's National Enterprise for Rural Community Wellbeing

JOE has spent his whole life on the land where he lives with his wife Jess.

Jess and Joe have been married for 20 years and have two children - Pete, who is in his first year of university studying agriculture, and Sarah, who attends the local high school.

Joe talks about the importance of making time for family, especially when the farm demands so much of his time.

He feels that it is very hard "to balance work and time with family", especially with his wife.

Joe and Jess experience ups and downs in their relationship.

Joe knows that as their children start to grow up, he and Jess will have to work on getting to know each other.

"At the end of the day, the kids go away to school or leave school and all of a sudden the stress between us is terrible," he said.

Joe talks about how he and Jess just can't seem to get on and how hard it has become living together.

He says he doesn't know who to reach out and talk to, because "other people either think you're a whinger, or they don't understand the depth of emotion" when relationships break down.

Men on the farm, especially, feel like they need to solve all their problems on their own, or believe they have to hide how they feel about separating from their wives, he says.

There are some emotions it is OK to talk about.

For example, as a farmer, Joe says, "I can talk about

the impact of drought and the stress that it causes, but I can't talk about the stress and anxiety I feel about our marriage not working".

"The reasons it is hard to talk to people in the community is because Jess and I share friends, but even more so, as a man it is hard to talk about my feelings to others," Joe said.

The relationship breakdown has led to distress and depression for Joe.

Joe's experiences make it clear that it is important to be able to talk to someone about distress and marital breakdown.

■ Details: To access mental health and wellbeing support, reach out to your GP or a community counsellor or contact Regional Access on 1300 032 186 or Lifeline on 13 11 14. Support is also available through Beyond Blue on 1300 224 636 or Mensline on 1300 789 978.