

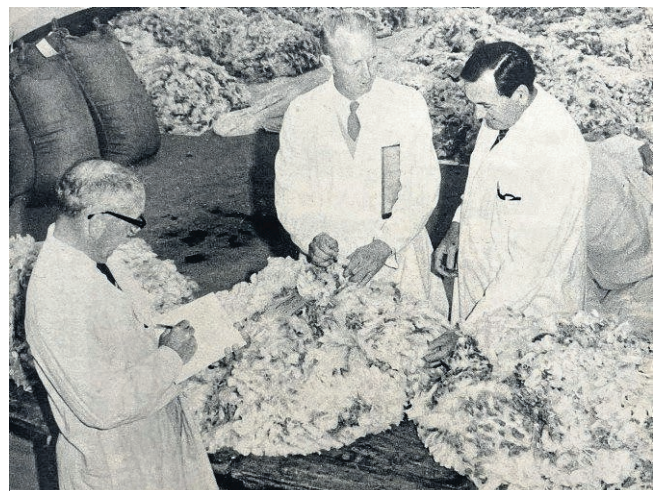
## OUR PEOPLE



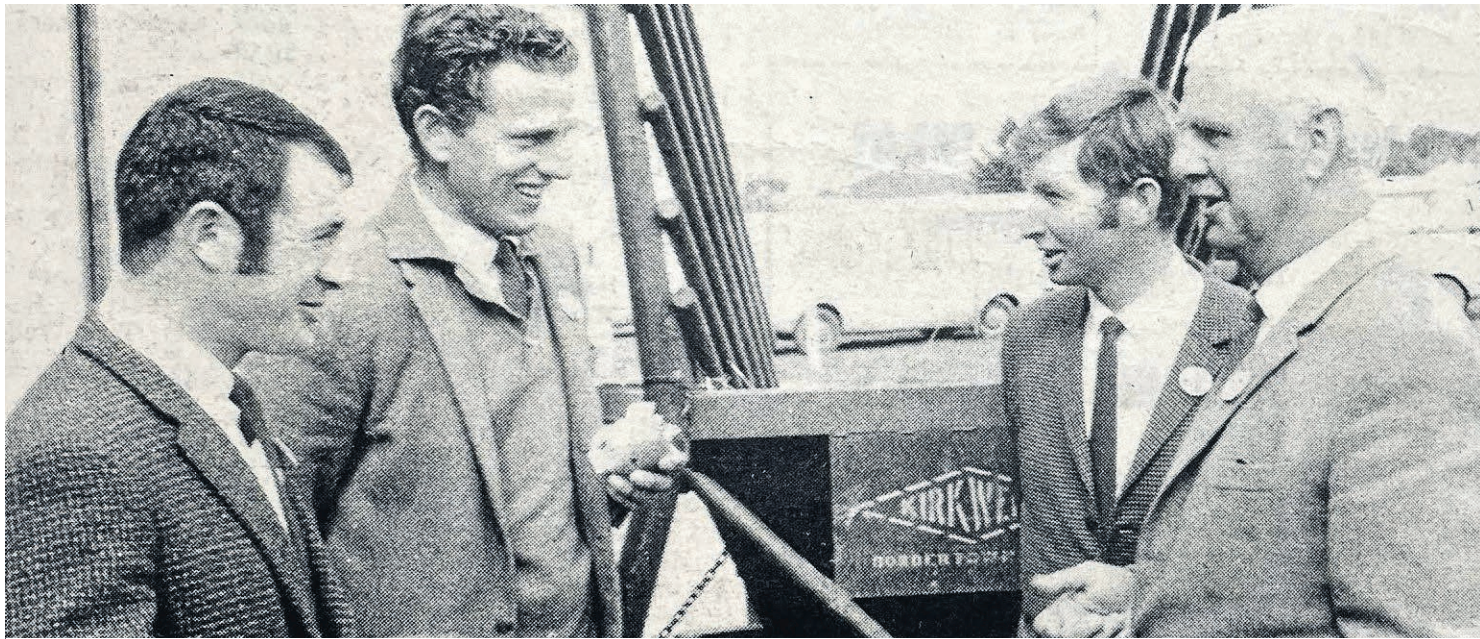
**SUPPORTING CHARITY:** Lucy Ann Humphrys buys a badge from Mrs Rex Wickes at the Naracoorte ram sales while Lucy's parents, Mr and Mrs Don Humphrys, Southern Farmers, Naracoorte, join in on the sale.



**CUTE CORGI:** Royal Australian Historical Society chairman, John Duncan held a four month old Cardigan Corgi, while Rodney Longmire talked about cattle on Henton Park, Birdwood.



**WOOL JUDGES:** Wayville wool judges Ken Cummings and Alf Plaisted with steward Cyril Smith ahead of the 1970 Royal Adelaide Show.



**SALE BANTER:** Bevan Tolly, Bordertown, and Ian Murch, Mundulla, talked to Deane Dinning, Olive Grove, and Jack Hay, Bordertown, before the Naracoorte ram sales.

## THROWBACK THURSDAY

In August 1970, preparations were well under way for the start of the Royal Adelaide Show, while the Naracoorte ram sales were a hive of activity. More photos at [stockjournal.com.au](http://stockjournal.com.au)



**SHOW STUDS:** Chain of Ponds-based Heatherdale Pole Hereford stud's Royal Adelaide Show team being inspected by Shell Pre-Show tour members.

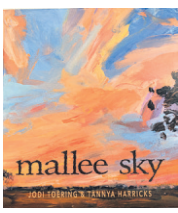
## CLEARANCE SALE

[ruralbookshop.com.au](http://ruralbookshop.com.au)

## MALLEE SKY

Jodi Toering & Tanya Harricks

The First people of the land called the Mallee "Nowie". It means sunset country. When the sun goes down the red heat of the day bleeds into the sky and sets it on fire. Drought and rain - life under the Mallee Sky.



**\$30.00** was ~~\$38.99~~

## HEARTWOOD - THE ART AND SCIENCE OF GROWING TREES FOR CONSERVATION AND PROFIT

Rowan Reid

Heartwood challenges the entrenched view that when it comes to forests, one is either a conservationist or a profiteer. Forest scientist Rowan Reid draws on over twenty years of experience and study to offer a third way: where growing trees for profit can have a positive environmental impact.



**\$40.00** was ~~\$59.95~~

## QUEEN CELINE

Matt Shanks

Celine Beaufort is queen, of what she is quite certain, is the most beautiful rock pool in the world. It's perfect. And to make sure nothing ever changes, she decides to build a wall around it. Unfortunately, that turns out to be a royal mistake.

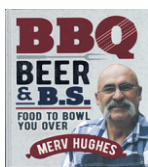


**\$25.00** was ~~\$36.99~~

## BBQ BEERS &amp; BS

Merv Hughes

Merv Hughes and barbecue — a summer match made in heaven. Big-hearted fast bowler and sporting legend, Merv cooks up a collection of his most wanted barbecue recipes along with a side of cricket anecdotes and beer adventures from the cricket star's career. Just like Merv ripped through batting line-ups all over the world, his recipes will bowl everyone over at your next barbecue.

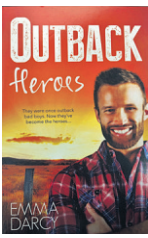


**\$35.00** was ~~\$49.95~~

## OUTBACK HEROES

Emma Darcy

Ric Donato, Mitch and Johnny Ellis, they were once outback bad boys. Now they're rich powerful men. Three stories in one book of love, ruthlessness and the outback.

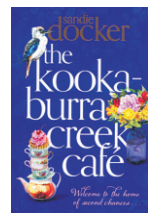


**\$25.00** was ~~\$29.99~~

## THE KOOKABURRA CREEK CAFE

Sandie Docker

Welcome to the Kookaburra Creek Café. For Hattie, the café has been her refuge for the last fifty years. For Alice, the café is her livelihood. For Becca, a teenager in trouble, the café could be the new start she yearns for. One small town. Three lost women. And a lifetime of secrets.



**\$26.00** was ~~\$40.99~~

## How to order

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# Reaching out to others may ease burden

## FARMERS TALK MENTAL HEALTH

BY AMY BAKER AND HELENA DE ANSTISS

University of SA's National Enterprise for Rural Community Wellbeing

JOE grew up on a farm that has been in the family for generations.

He is married to Jess, 50, and they have two children - Pete, 18, and Sarah, 14.

Joe, 55, is a sheep farmer and also grows wheat, barley and lupins.

Although Joe loves farming and couldn't imagine himself doing anything else, he wants a different life for his son, who is keen to follow in his footsteps.

The droughts, the financial pressures, the uncertainty - he wants better for Pete.

"What you've worked for, for your whole life, (can be) taken from you like that," Joe says.

He lives in a tight-knit community where people are always willing to lend a hand, but he doesn't want to bother anyone with his troubles.

"You try not to say too much," Joe says.

Jess has noticed a change in Joe; he often leaves the bed at night because he can't sleep. He's not hungry much these days either.

"He needs to go and see a psychiatrist or a GP," she says. "Otherwise ultimately, he'll end up in a mental health incident that will force his hand."

Joe's not sure what can help, if anything. He knows he is struggling, but he's not sure counselling will help.

"What can talking do about a drought?" he says.

"Out of all this angst, a lot of my own problems have had to be put aside for financial survival - especially now with the drought on, there is just no time."

Joe has a group of friends

that he regularly gets together with for mutual support.

"We just can talk about whatever and no one - nothing leaves the room," he says.

It wasn't until he heard others share their experiences that he realised he had been struggling for so long.

"For some stubborn reasons, I didn't even consider I had depression," he says. "It was only a chance discussion - all of a sudden the penny dropped and hit me and (I) thought, 'that's me'."

Joe acted quickly.

"(I) made a phone call to a GP that afternoon, went and saw him the next day and when I walked out of there it was like half the weight had been lifted off my shoulders," he says.

If you or someone you know might benefit from support for mental health and wellbeing, reach out to your GP or a community counsellor.

■ Lifeline: 13 11 14