

## Techgrow breaking new ground

### Advertising Promotion

IT'S become apparent to many growers their traffic-induced or naturally occurring layers with high soil compaction need attention in the pursuit of productivity and yield.

By deep ripping, roots can penetrate the soil faster and deeper to unlock previously unattainable soil moisture and nutrients, ultimately improving soil health and crop yield.

Techgrow's HE-VA unit can help you achieve your goals.

"One of the key benefits of the HE-VA unit is the v-profile roller mounted on the back of the machine which is adjusted hydraulically to meet the desired levelling and packing finish," a Techgrow spokesperson said.

"The roller leaves an unbeatable one-pass finish, crushing clods whilst leaving majority of the stubble still

standing.

"This makes the paddock much easier to drive over and assists in avoiding drift."

The heavy-duty Danish built machines have the ability to rip to depths of up to 700mm and come in both linkage and trailed models.

"The linkage machines come in 3m, 4m, and 5m models," the spokesperson said.

"This range is extremely cost effective and delivers excellent results for farmers lacking the power of a larger tractor.

"The new linkage to trailing hitch conversion option is suitable for some soil types and available for farmers without three-point linkage capability."

Trailed subsoilers – in 5m, 6m, and 7m models – cater for larger broadacre ripping needs.

"HE-VA deep rippers are fitted with a hydraulic tine break-out connected to two gas accumulating tanks which ensure

an automatic backward swing of the tine if it hits unmovable stones," the spokesperson said.

"This system performs magnificently as a shock absorber in stony soils, making it suitable to most soil types regardless of how many rocks are present.

"The units come standard with either 120mm (5-inch) or 200mm (8-inch) points with tungsten tip, with other tine options also available.

"Clay lift and inclusion plates are also available, giving the ability to bring clay to the surface from depth and mix the soil effectively.

"We have seen some great results with these options in non-wetting soils.

"The benefits will obviously vary with soil type and any soil chemical restraints need to be respected."

To find out more and secure your ripper for the season, call Techgrow on 8842 1384.



**DEEP RIPPING...** Techgrow's HE-VA units can help unlock previously unattainable soil moisture and nutrients, ultimately improving soil health and crop yield.



SOS Yorke and the National Enterprise for Rural and Community and Wellbeing have been working together to help local farmers. The organisations have co-designed a series of stories addressing some of the issues, taken from 50-plus interviews with farmers from across South Australia, New South Wales and Victoria.

Recurring themes include recognising distress and anxiety; economic, weather and other downturns and distress; marital stress and needing to talk to someone; help seeking and the road to recovery.

Once a month, the Yorke Peninsula Country Times will run the latest story, as well as contact details for support services. This is the final story for this series.

## On the Road to Recovery

JOE has always lived on his family's farm on Yorke Peninsula.

He remembers the day his father retired and he took hold of the reins. He and his wife Jessica were excited to build up the property.

They introduced lupins while continuing to grow wheat and sheep for the meat industry. When their kids Pete and Sarah were little they especially loved visits from their city cousins, showing them how the farm had changed.

Joe has found farming hasn't always been easy.

"Farming is like a snowball, it just keeps rolling and you can't stop it," he said.

Joe has developed a strategy which has given him a chance to speak up about his mental health.

"I have found people are confident to talk about things when you're not looking at them," he said.

"So you are shoeing a horse, you've got your head down and your bum up and you can talk about a lot of stuff."

It really made an impression on Joe when he went to a community event and a farmer stood up and said "I have a mental illness."

"I thought, 'Oh shit don't say that', but then I realised I can do the same thing, it helps other blokes," he said.

"I can point out to my mate I am feeling sad and it's depression.

"The chances are the mate's going to say I feel the same way."

Joe believes speaking about depression is normalising and validating.

For Joe, being open about when his mental health feels rocky has helped him during the harder times.

"You don't have to be best mates or anything ... but it helps to acknowledge publicly that we've had issues and this also helps others in the community," he said.

Joe has regained the pleasure of doing new things on the farm and wonders what ideas his kids will bring to developing the property.

Recently, he has been connecting more with agricultural groups in the region, swapping stories about paddock selection and rotation for crops.

With community connection Joe feels the snowball has eased and farming has begun to feel rejuvenating.

By Lia Bryant

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

### For immediate assistance, contact:

**Mensline:** 1300 789 978    **Regional Access:** 1300 032 186 (for rural SA)    **Lifeline:** 13 11 14  
**Beyond Blue:** 1300 224 636    **Suicide call back service:** 1300 659 467



**DEEP RIPPER EARLY ORDER DISCOUNTS OUT NOW**

3m-7m in linkage and trailing models

Hydraulic Breakout Tines

Inclusion & Clay Lift Plates

V-Profile Roller–One Pass ripping *Where the professional farmer shops*



**Contact:** Nick Pearce 0498 773 887    Derek Upton 0428 377 117    408 Main North Road, Clare    www.techgrow.com.au