Dear Parent / Caregiver

*Kia ora Katou*

KEY DATES

**Thurs 3 August**

Rangatahi Summit

Learning Matters

**Careers Corner**

Parent Page

**Hauraki Plains Motors**  
 Phone: 07 867 7021

**Hauraki Vets**  
 Phone: 07 867 7056

Sporting

**Insight Legal**  
 Phone: 07 867 7014

**Ngatea Milking Machines**  
 Phone: 07 867 7360

Guidance

Life Skills





THE RESILIANT FARMER (by Doug Avery)

Doug was recently honoured in the Queen’s Birthday Honours List for service to Agriculture and Mental Health.

Not normally a non-fiction reader, but as Paper Plus is hosting Doug and his wife at a speaking event at the end of August, and as a fellow Marlburian I was interested to find out more about this good man who has suffered depression, learnt how to deal with it, recovered to a “good place” and has devoted much of his time to help raise awareness for depression and mental health issues, speaking of his experiences and providing nurturing and support to others.

“The Resilient Farmer” is Doug’s powerful example of how to get life back on track. With candour and wisdom he tells his story of turning desperation into determination, embracing risk, navigating change and, on top of everything, enduring monumental earthquakes.

This compelling and very easy read could make a difference and/or change lives. The story is sprinkled with great anecdotes and examples of how he created a simple tool box to help him cope through adversity.

Doug found his path through some very dark times by turning his thinking around. The book also includes a very powerful chapter from Wendy, his wonderful wife. She reflects on how she simply didn’t see the warning signs to Doug’s suffering and talks about the sorts of things she would have done differently with the benefit of hindsight.

Farming is at the centre of this book but all of the themes are universal – managing change, working through business challenges, conquering health challenges and the importance of relationships.

Doug and Wendy Avery have featured on Country Calendar and he can be heard on Radio NZ where he often reports on farming struggles. An extremely important read for all who wish to better understand!

Debra Rodgerson

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