



THE TIDE

Rotary
Club of Frankston



A0012719N

Chartered 17th May 1950

Volume No. 73 – Issue No. 31, 2 February 2023

SUBJECT: Joy Street Community Gardens

CHAIR: Pres Suzanne Caldwell

SPEAKER: Rotarian Lee Anne Smith

For ZOOM, when available, at normal meetings the link is:

<https://us04web.zoom.us/j/703546388>

IMPORTANT REMINDER

**MAKE SURE YOU APOLOGISE IF YOU ARE NOT ATTENDING PHYSICAL MEETINGS,
OR TO ADVISE DETAILS OF GUESTS FOR NEXT THURSDAY'S MEETING, EMAIL
attendancercf@gmail.com BY NOON ON THE MONDAY PRECEDING THE MEETING.**

The President's Report



Dear Rotarians, Partners, and Friends

Rotary Club of Frankston

President: Suzanne Caldwell
Secretary: Trish Anderson
PO Box 278 Frankston 3199
www.rotaryfrankston.org.au



<https://www.facebook.com/RotaryClubofFrankston>

Meeting Apologies and
guest notifications to David
Cross by noon on Monday
by email to
attendancercf@gmail.com

The TIDE

Editor: Bob Tanner
rwttanner@bigpond.net.au
<mailto:rwttanner@bigpond.net.au> Copy
for the TIDE must be received by 7pm
Monday.

**Meeting Venue: Mt Eliza Bowling
Club**
90 Canadian Bay Rd, Mt Eliza
Phone (03) 9787 3047

The Four-Way Test

The Four-Way Test is a non-partisan and non-sectarian ethical guide for Rotarians to use for their personal and professional relationships.

Of the things we think, say or do:

Is it the TRUTH?

Is it FAIR to all concerned?

Will it build GOODWILL and BETTER FRIENDSHIPS?

Will it be BENEFICIAL to all concerned?

Let me start with some wonderful and well-deserved thanks!

Joy Street Garden working bee:

To our members and partners who attended the working bee at the Joy Street Community Garden on Sunday 22 January, thank you! The team achieved a lot at the garden with loads of weeding, mowing, moving of many metres of mulch and a general tidy up. You will be able to enjoy the work at our meeting this week at the Garden. A big thank you to: John Crowder, Greg Morgan, Ken and Sue Rowe, Graham Bryans and Trish Grant, Graham and Ann Henderson, Luke Provis, Nellie Tinga, Marie Hardwick, Jenny Cuddihy, Peter Dusting and of course, Lee Anne Smith for her great organisation and preparation for the working bee.

Art Show working bee:

It was a great show of support for the working bee at Neil's factory to complete the Art Show stands. Many thanks to our members, partners and friends who assisted on Saturday 28 January. A big thank you to: Neil and Kaye Black, Greg Morgan, Wayne Gillan, Keith and Margot Kimpton, David and Anita Cross, Max Lane, Peter and Lynn Mackenzie, Lyn Leigh, Ken and Sue Rowe, Lee Anne Smith, Ann Enno, Kay Barrow, Nellie Tinga, David and Dorz Flanders (friends of Nellie's) and Richard Parker. The stands are almost complete. Some of us stayed on for lunch so that we could have an Art Show meeting. Many thanks to Neil and Kaye Black, Max Lane and Lee Anne Smith who are leading the Art Show and to Kay Barrow, Peter Cecil and Luke Provis for their support. Please make sure you have the date in your diary as we will need the support of Rotarians, partners and friends at the Art Show's open days.

This week:

We are meeting at the Joy Street Community Gardens. Please check for details in The Tide. Our guest speaker is Tricia Keating and Chair is Lee Anne Smith. Many thanks to Lee Anne and Ken and Sue Rowe for organising and managing this event and catering and to Rotarians and partners who are assisting with set up, pack up and catering.

Last meeting:

We welcomed back PP John Wright who has now recovered from his surgery. Great to see you back John.

Our speaker, PP David Hanlon, District 9820 Youth Protection Officer explained to members the importance of the Rotary District and Rotary Clubs complying with the new Child Safe Standards issued by the Victorian Government.

In summary, the Standards asks members and partners to hold a valid Working With Children Card and complete a Form 3 where you supply the names of three referees who can answer four questions. These questions are listed on the Form 3. The Form 3 is required under the Standards as organisations must ensure, beyond the WWCC card, that people are suitable to work with youth. I would ask that members remember that these requirements are aimed at protecting our youth. The Royal Commission into Institutional Responses to Child Sexual Abuse told us that Institutions and people failed to protect children. We can and must do better!

If you need assistance in accessing the WWCC requirements, which are online, please let PP Rob Stewart, (the Club's Youth Protection Officer), know so we can help. It would be greatly appreciated if as many members and partners as possible were screened. Please complete the process asap.

If you choose not to meet the screening requirements, then you will not be able to participate in any Youth Programs of Rotary at either Club or District level. This also means that if we invite any youth to attend our Club meetings you will not be able to sit with or mix with these young people.

Next week Thursday 9 February Golf Day Sponsors' Appreciation Dinner:

At our meeting we will have 21 sponsors attending so that the Club can thank them for sponsoring our Golf Day. We will also have Steve Phillips from Community Support Frankston speaking so that the sponsors and members understand how the Club's donation of \$20K from the Golf Day has assisted the disadvantaged and homeless of Frankston. We will be launching the 2023 Golf Day.

Please ensure that we welcome and engage with our sponsors during the evening and thank them for supporting our Golf Day. This is our chance to also let our sponsors know what Rotary does on the local, national and international stage.

Inspire Rotary:

I have been invited to attend a two-day conference this weekend with Rotarians from District 9810 and 9820. Inspire Rotary is a 2-day leadership training event and a fresh way to invigorate and inspire Rotarians. A unique training session modelled on the successful RYLA leadership seminar.

It will provide Rotarians with invaluable leadership training and tools to create positive effective teams as well as nurture and create sustainable connections within our clubs, with Rotaract and our community. Subjects covered will include - Leading from Within, Effective Communication, Goal Setting, Diversity, Equity and Inclusion plus much more. I look forward to reporting back to Club members on the conference.

Catering for our meetings:

Our new caterers, Margie and her daughter Angela will return to us next week on 9 February. A reminder that the cost for our dinner meeting **each week is now \$35**.

Art Show: Easter 2023:

The Art Show will be held from **Thursday 6 – Monday 10 April**. The Gala Night will be held on Thursday 6 April.

Sponsors: Lee Anne Smith is coordinating sponsors but needs your input and support. Who do you know? What businesses are you connected with? We need sponsors for the Art Show and Lee Anne cannot do this on her own. **She needs your help!**

Rotary International:

Second woman nominated as Rotary International President

EVANSTON, Ill. (January 24, 2023) — Stephanie Urchick, member of the Rotary Club of McMurray, PA, USA, will become the second woman to take office as President of Rotary International on 1 July 2024.

About Stephanie Urchick: Urchick holds a doctorate in leadership studies from Indiana University of Pennsylvania. A Rotary member since 1991, Stephanie has served Rotary in many roles and capacities. Her service includes building a primary school in Vietnam; installing water filters in the Dominican Republic; mentoring new Rotary members in Ukraine; and coordinating a Rotary Foundation grant project in Poland.

Rotary District 9820 Conference and Rotary International Convention:

I would encourage you to register for District Conference and the International Convention. There are currently six Club members attending the District Conference and we are attending only on Saturday 25 which reduces our costs as we do not need to pay for accommodation. Please join us! There are currently eight members attending the International Convention. Both events will be outstanding and a great way to learn about Rotary and share the wonderful activities and achievements of our organisation. The Convention is still looking for volunteers. You can volunteer even if you are not registered for the Convention.

As you know I attended the 2014 RI Convention in Sydney. It was, and remains, one of the highlights of my Rotary membership.

International Convention: Saturday 27 – Wednesday 31 May 2023

[Register | Rotary Convention](#)

[Volunteer \(rotarymelbourne2023.org\)](http://rotarymelbourne2023.org)

District Conference: Friday 24 – Sunday 26 February 2023, Cape Schanck

[District 9820 Conference 2023 | District 9820 \(rotary9820.org.au\)](#)

“Imagine, a world that deserves our best, where we get up each day knowing that we can make a difference.” Jennifer Jones, RI President 2022-23

Let us **Imagine** what will make this Rotary year extraordinary.

Suzanne Caldwell
President 2022/23

FACEBOOK

For those that are not on Facebook or are having trouble viewing our Club page or our Seaford Farmers Market page this is how!

In your Browser address bar type in:

www.facebook.com/RotaryClubOfFrankston or

www.facebook.com/SeafordFarmersMarket

The Club website is www.rotaryfrankston.org.au

FEBRUARY IS PEACE AND CONFLICT PREVENTION/RESOLUTION MONTH



ANNIVERSARIES

Members: Birthdays: Luke Provis (7/2).

Partners Birthdays: Hsui Ying (5/2), Kaye Black (7/2).

Wedding Anniversaries: Nil.

Induction Anniversary: Nil.

ATTENDANCE

Present: Kay Barrow, Neil Black, Graham Bryans, Suzanne Caldwell, David Cross, John Crowder, Jenny Cuddihy, Peter Disting, Wayne Gillan, Graham Henderson, Marie Hardwick, Brian Ivey, Campbell Johns, Keith Kimpton, Max Lane, John Latham, David Lee, Lyn Leigh, Peter MacKenzie, Quinn McCormack, Lou Monteret, Greg Morgan. Richard Parker, Geoff Pritchard, Luke Provis, Geoff Raukawa, Ken Rowe, Chris Sayers, Lee Anne Smith, Nellie Tinga, Chris Van Der Laan, Grant Wishnowsky, John Wright.

Partners/Guests: Nil.

Apologies: Campbell Bolwell, Ken Broadbent, Peter Cecil, Chris Crewther, Alan Daniel, Nina DeSilva, Ann Enno, Norm Farmer, Grahame Gordon, Gerry Harrison, Terry Jones, Audrey Mutton, Idris Olatjunji, Shane O'Neill, Bill Redfern, Terry Schneider, Bob Seiffert, Ken Stallard, Robin Stewart, Bob Tanner, Barry Thomas, Dennis Viner, Greg Waterland.

Zoom: Alan Daniel, Robin Stewart, Bob Tanner, Bob Seiffert, Greg Waterland.



THIS WEEK

Our annual 🌻 Joy St Community Garden Dinner 🌻 will be held on Thursday February 2nd at 6.00pm for a 6.30pm start.

Could you please pay \$30.00 for the cost of the dinner into the General Account 147471700 prior to attending? Bank details are:

Rotary Club of Frankston

BSB. 733 000

Acc 147 471 700

Please make sure that you attach your name.

There will be a raffle, you will be given a free ticket as you come through the gate. Donations of prizes would be very welcome.

We are aiming to take a group photo at 6:00pm so please wear your Rotary Shirts so that we look like a team!. If you haven't got a shirt Anita will have some available for sale. 😊

Drinks will be available at cost price from the bar. Cash only.

Thank you to the many people who have worked so hard towards making this lovely annual night a success.

BOTANICAL GARDENS WALK AND PICNIC

Due to the first half of the year being busy with Rotary functions, it has been decided to postpone the Botanical Gardens picnic, scheduled for March 8, until later in the year.

Margot and Susan



Thursday 6th April – Monday 11th April 2023

Frankston Rotary Art Show - Check out the website
www.frankstonrotaryartshow.com.au





Blackies ART SHOW Working Bee



NEWS FLASH From Fort Grey

Bec and Reese are pleased to announce the arrival of Edwin Daniel Pedlar on 25th January 2023. The important stat is 3.6kg.

WEEKS AND WEEKENDS AWAY 2022/23

WANGARATTA 2023 **Painters Island Caravan Park**

Wangaratta Week Away

Please check the latest booking sheet, see pages 21 - 23, and let me know of any further changes ASAP.

I'm still holding one cabin if anyone is interested in joining us.

Ken Rowe

Friday 24- Thursday 30 March 2023

PHILLIP ISLAND 20203

COWES – NRMA PHILLIP ISLAND BEACHFRONT HOLIDAY PARK

WEEKEND AWAY -FRIDAY 10 NOVEMBER – TUESDAY 14 NOVEMBER 2023

THE CLUB'S BANK ACCOUNTS EXPLAINED

The CLUB has Three Bank Accounts:

GENERAL: Account No: 147 471 700 – All Club matters,

SERVICE: Account No: 147 486 880 – Anything with Donations & Fund Raising.

SOCIAL: Account No: 162 387 666 – All Club Social Functions

ALL have the same: BSB: 633 000

SPEAKERS PROGRAMME – A LOOK FORWARD

Date	Venue	Speaker	Subject	Chair
9 Feb	MEBC	Golf Day Sponsors Appreciation Steve Phillips	Community Support Frankston	PP Bob Seiffert
16 Feb	MEBC	Maurie Hutchinson	WW2 Jap aircraft over Melbourne	Campbell Johns
23 Feb	MEBC	Various	Club Assembly	PE David Cross
2 Mar	MEBC	Partners Night Liz Barraclough	Balcombe Estuary Reserve Story	PP Robin Stewart
9 Mar	MEBC	Michael Dillon	Star of the South Wind Farm Project	PP Max Lane
16 Mar	MEBC	PDG Tim Moore	Rotary International Conference Melbourne	PP Keith Kimpton
23 Mar	MEBC	Nellie Tinga	NG & Bougainville Visit & History	Jenny Cuddihy
30 Mar	MEBC			
6 Apr	No Meeting – ART SHOW GALA NIGHT			
13 Apr	MEBC			
20 Apr	MEBC			
27 Apr	MEBC	Various	Club Assembly	PE David Cross
4 May	MEBC	Partners Night		
11 May	MEBC			
18 May	MEBC			
25 May	MEBC			
1 Jun	MEBC	Partners Night		
8 Jun	TBA	Partners Night	Changeover	PE David Cross

Other Activities

DATE	CONTACT - LOCATION	SUBJECT	CHAIR
Sun 19 Feb 2023	Seaford	Seaford Farmers Market	
Fri 24 – Sun 26 Feb 2023	RACV Cape Schanck	District 9820 Conference	
Fri Mar 24 – Thu 30 Mar 2023	Wangaratta	Club Week Away	Ken Rowe
Sun 16 Apr 2023	Seaford	Seaford Farmers Market	
Sat 29 Apr 2023	Rotary Districts 9810 and 9820 Combined Gala Night Dinner to raise money for the Rotary Foundation		
Sat 6 May 2023		Guess Who's Coming to Dinner	Susan Schneider
Sun 21 May 2023	Seaford	Seaford Farmers Market	
Sat 27 – Wed 31 May 2023	Rotary International Convention – Rod Laver Arena and Melbourne Convention and Exhibition Centre.		

MEETING DUTY ROTA – 2022/23

Month	Welcome	Cashier	Clean-up at end of meeting	
January	Jenny Cuddihy	David Cross	David Cross	Jenny Cuddihy
February	Geoff Raukawa	Lee Anne Smith	Lee Anne Smith	Geoff Raukawa
March	Marie Hardwick	Nellie Tinga	Nellie Tinga	Marie Hardwick
April	Dennis Viner	Max Lane	Max Lane	Dennis Viner
May	Peter Cecil	Chris Sayers	Chris Sayers	Peter Dusting
June	Peter Dusting	Norm Farmer	Norm Farmer	Peter Cecil

Bar Duty Rota – 2023

January 12	January 19	January 26		
Susan Schneider	Richard Parker *	No meeting		

* in training

If you are absent from a meeting where you are rostered on, please find a replacement and inform PE David Cross.

Bunnings BBQs for 2023

The Rotary Club of Frankston has been allocated the following Bunnings BBQ dates for 2023.

Saturday 25th February 2023

Sunday 4th June 2023

Saturday 30th September 2023

A board seeking volunteers for shifts on these BBQs will be circulated at meetings at least 3 weeks prior to the date.

HOW TO FILL IN A WEEK WITHOUT A ROTARY MEETING.

Some Rotarians, former Rotarians and partners journeyed to Wentworth to help celebrate the 95th Birthday of former Rotarian Don Williamson PHF.



Present were Hon Member PP Greg Brown OAM PHF, Hon Member Rob Harding and Deirdre, PP Bob Tanner PHF+ and Heather, PP David Lee PHF and Barbara, and former Rotarian Geoff Williamson and Tammi. Interestingly Don and David were presented with their PHF on the same night.

About 40 family and friends of Don helped him celebrate and many later went to Don's fantastic home on the bank of the Darling River for further refreshments.



Barry Thomas was part of the team that produced the Rotary Australia Day telecast around Australia



FARMERS MARKET ROSTERS

SET UP SHIFT	Sunday 19 February 2023	Sunday 19 March 2023
6am -10am (Set up + gate duty)	1 Quinn McCormack Supervisor 2 Peter MacKenzie Trailer 3 Idris Olatunji 4 Graham Bryans → BBQ at 7.15	1 Peter Cecil Supervisor + Trailer 2 Lou Monteret 3 Chris Crewther 4 Graham Henderson →BBQ at 7.15

PACK UP SHIFT		
10am -2pm (Gate duty + pack up)	1 Max Lane Supervisor + Trailer 2 Ken Rowe BBQ trailer 3 Ros Walsh	1 John Wright Supervisor + Trailer 2 Lee Anne Smith 3 Lyn Leigh
12pm – 2pm	4 TBA Sign Pickup & Pack up	4 Bob Seiffert Sign Pickup & Pack up

MARKET BBQ ROSTERS

SET UP SHIFT	Sunday 19 February 2023	Sunday 19 March 2023
Supply Officer	Trish Anderson	Dennis Viner
6.30am - 10am (Starting from shed with Supply Officer)	1 Sue Gillan Supervisor 2 Wayne Gillan + Pick up Trailer with Supply officer	1 Peter Disting Supervisor + Pick up Trailer with Supply officer
7am -10am 7.15am-10am	3 Ann Enno 4 Graham Bryans	2 Bill Redfern 3 John Crowder 4 Graham Henderson
PACK UP SHIFT		
10am -2pm	1 Suzanne Caldwell Supervisor 2 Sue Rowe 3 Nina DeSilva 4 Upali DeSilva 5 Marie Hardwick	1 Susan Schneider Supervisor 2 Terry Schneider Trailer 3 Norm Farmer 4 Campbell Johns 5 Jenny Cuddihy
Washing Up	Marie Hardwick	Jenny Cuddihy

Any person who is ill, has Covid-19 or has any COVID-19 symptoms is requested not to attend as rostered and arrange a suitable replacement to carry out the role for which you were rostered, e.g. if you were rostered to tow a trailer your replacement needs to cover this role. If you arrange a replacement please notify your shift supervisor and Max Lane 0428 332 001



JOIN US
MARCH 17, 2022
\$160 PER PLAYER
SPONSORSHIP
OPPORTUNITIES
AVAILABLE

ANNUAL

MOUNT ELIZA ROTARY CLUB
CHARITY GOLF TOURNAMENT

FRANKSTON GOLF CLUB
123 GOLF LINKS ROAD, FRANKSTON, VIC 3199
Includes lunch, green fees, putting-green practices, gift bag and post-tournament awards reception

PROCEEDS BENEFIT

THE CODE9
FOUNDATION
SUPPORTING THE ELIZABETH YOUTH TRUST
#YOU ARE NEVER ALONE

Interplast
Repairing bodies & rebuilding lives in the Asia Pacific region

TO REGISTER: EVENTS.HUMANITIX.COM/ROTARY-CLUB-OF-MT-ELIZA-ANNUAL-GOLF-DAY
TO SPONSOR PLEASE CALL: DAVID REW 0418 553 691
 ROSS SCHWEITZER 0407 010 644



Rotary Club of Mount Eliza INC.
 Rotary International District 9620
www.rotarymteeliza.org.au

Rotary
 Club of Mount Eliza



NOTE: This year the actual date is March 17, 2023.



Interplast sends teams of volunteer plastic and reconstructive surgeons, anaesthetists, nurses and allied health professionals to provide life-changing surgery and medical training in 17 countries across the Asia Pacific region.

The Code 9 Foundation provides immediate emergency welfare to serving and veteran first responders and families. The Foundation provides a range of support services to address the needs of these vital community members.



Sponsorship Packages

Sponsorship opportunities are approved on a first paid, first serve basis. Payment must be received by February 15, 2023 so that appropriate preparations can be made.

GOLD - \$3,000 (Includes 1 foursome) << Only 1 Sponsorship Available

Sponsor-provided signage positioned in multiple locations on site. Company name and logo on MERC website as Gold Sponsor. Speaking opportunity at awards ceremony and luncheon.

BALL - \$2,000 (Includes 1 twosome) << Only 1 Sponsorship Available

One sleeve of golf balls imprinted with your company name/logo will be included for each player. Company name/logo printed on all general tournament signage positioned in multiple locations on site. Company name announced as a sponsor upon commencement of awards ceremony.

HOLE - \$1,000 (Includes 1 player registration) << Nine Sponsorships Available

Your signage placed on sponsored hole. Company name announced as a sponsor upon commencement of awards ceremony.

STRAIGHTEST DRIVE - \$750 << Only 1 Sponsorship Available

Company name announced as a sponsor upon commencement of awards ceremony.

CLOSEST TO THE PIN - \$750 < Only 1 Sponsorship Available

Company name announced as a sponsor upon commencement of awards ceremony.

RAFFLE PRIZES - DONATE

Company name announced as a sponsor upon commencement of awards ceremony.

THANK YOU FOR YOUR SUPPORT

Rotary Club of Mount Eliza: rotarymteliza.org.au

Code 9 Foundation: code9ptsd.org.au

Interplast: interplast.org.au

THE DAY INCLUDES AN ON — SITE SPIT ROASTED BUFFET LUNCH, WINE AND SOFT DRINKS, COFFEE AND TEA AND CAKES. NUMEROUS PRIZES ARE OFFERED, PLUS PRE — ROUND COFFEE AND MUFFINS. EACH PLAYER RECEIVES A WELCOME PACK THAT CONTAINS 3 CALLAWAY BALLS, A HAT CLIP AND BALL MARKER AND A SILVER KEY FOB AMONG OTHER THINGS [ALL COURTESY OF SOME OF OUR SPONSORS].

INDIVIDUAL PLAYERS ARE REQUIRED TO PROVIDE THEIR NAME, PHONE NUMBER GOLF LINK NUMBER. ONCE RECEIVED AND CONFIRMED AS BEING ACCEPTED, PAYMENT WILL BE REQUIRED TO OUR NOMINATED ACCOUNT [THE NUMBER OF WHICH IS PROVIDED BY RETURN AS CONFIRMATION OF THE PLAYERS' ACCEPTANCE].

I CAN OFFER 4 SPACES MAXIMUM. REGISTRATION DETAILS HEREWITH.

ROSS W SCHWEITZER
ROTARY CLUB OF MT ELIZA
T: 0407 010 644

Humour

How my dog sees himself when the doorbell rings



Today my daughter called me 'Birth Person.' I replied, 'Yes Financial Drain.'

Our wireless doorbells sitting on their chargers....





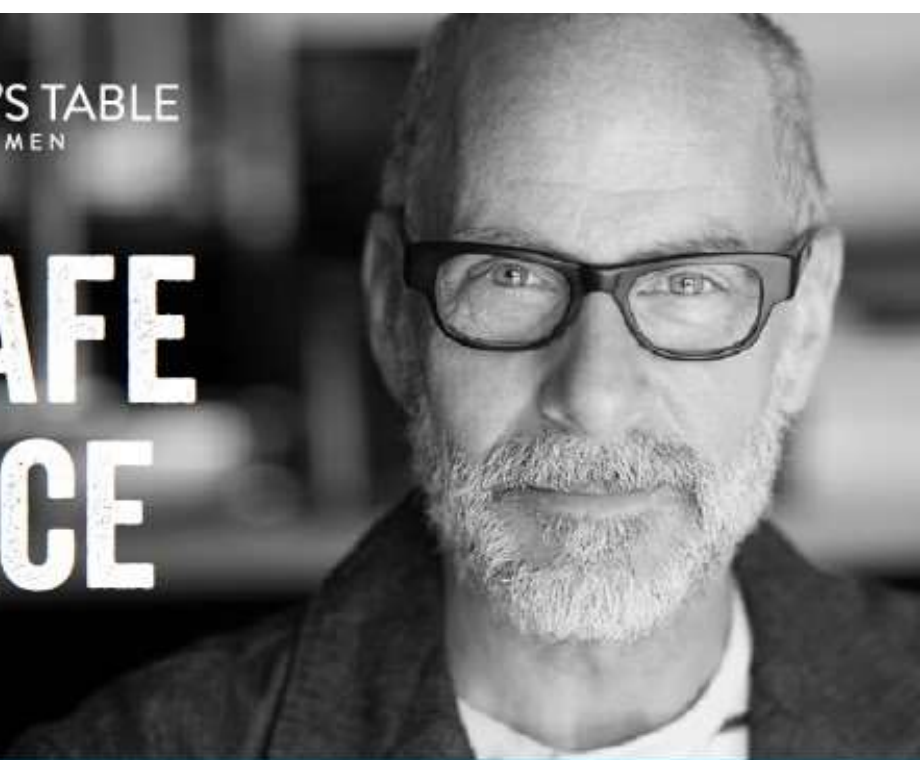
**I need everyone to
wish me luck. I have
a meeting at the
bank later and if all
goes well, I will be
out of debt. I'm so
excited I can barely
put on my ski mask.**





THE MEN'S TABLE
MEN SERVING MEN

A SAFE SPACE



HEALTHY MEN, HEALTHY MASCULINITIES, HEALTHY COMMUNITIES

The Men's Table is a preventative men's mental health and community-building initiative, providing a simple, low-cost, grassroots approach. It helps men build meaningful male friendships by creating safe places to share, overcoming the stigma that "men don't talk".

What we are about

Our vision is Healthy Men, Healthy Masculinities, Healthy Communities. The Men's Table enables adult men to meet on a monthly basis with the same group of men to share a meal and talk openly about their feelings, and the highs and lows that are impacting their lives and well-being.

It's healthy to show emotions and share feelings. When men have an opportunity to do this, they build relationships which can strengthen the resilience of the whole community.

Why we exist

The Men's Table hypothesis is that fostering social connection through participation in a Table is a preventative enabler of men's mental health and emotional wellbeing. The simple model is based on regular interaction between men in an environment in which meaningful conversation and mutual support are expected and role-modelled among members.

How and Where we operate

The Kitchen is The Men's Table's central office serving the Tables and providing a coordinating, developmental and governance role to support the growth and fidelity of our model. We have Tables in communities in several states and are working to continually expand our presence across Australia.

The Men's Table model is introduced with a proven local community activation and outreach process and then receives ongoing mentorship and assistance to maintain a healthy Table using the guidelines learned from other groups.

Impact and Outcomes

Our anonymous annual Table survey invites men to share, among other things, their reasons for joining a Table; why they stay; and the impact of the Table on their life. Some of the benefits reported are outlined:

84% felt a stronger sense of community belonging

73% felt better social connection

95% felt it was a safe place to share

85% felt it was a place to share feelings, vulnerability

80% reported a benefit to their mental health and wellbeing

61% reported an improvement to their communication skills



“This is a safe space to speak openly without judgement with a like-minded group of good men.”

“We share our own stories, confident that no one will try to fix or advise us, knowing that our open listening is valuable and welcomed.”

“This level of connection goes beyond the superficial level common in most male banter, and intentionally dives deeper.”

Partner with us to get a man off the couch and to a Table of men



hello@themenstable.org



1800 636 782

themenstable.org

Wangaratta 2023 Friday 24 – Thursday 30 March

Draft 3

Powered Sites

Nights Staying

	Dep		T	F	S	S	M	T	W	TH	F		
		NAME	23	24	25	26	27	28	29	30	31	PHONE	EMAIL
	35	Ken Rowe Sue Rowe		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		0408 109 769 0428 829 082	kenandsuerowe@hotmail.com
	35	David Lee Barbara Lee	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		9775 5309	bjdwlee@gmail.com
	35	Richard Parker Deb Parker	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓			0419 533 202 9783 5164	richard@richardparkerfinance.com
	35	Geoff Pritchard Gail Pritchard		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓			0438 638 600 5974 4457	geoff.gail.pritchard@gmail.com
	35	Keith Kimpton Margot Kimpton		✓ ✓	✓ ✓	✓ ✓	✓ ✓					9775 2131 0411 148 130	keith@canadianbaydental.com.au
	35	Campbell Johns Sandra Johns		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		0424 229 073 5978 5379	camsan.j@bigpond.com
	35	David Cross Anita Cross		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		0427 545 490 9789 5664	david@atmanuals.com.au
	35	Bill Redfern Beverly Redfern		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		0419 544 077	bill.redfern@outlook.com

Powered Sites													
Nights Staying													
	Dep		T	F	S	S	M	T	W	TH	F		
	35	Terry Jones Barb Jones		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓			0408 336 626	terry.barb.jones@gmail.com
	35	Robin Stewart Jenny Stewart		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓			0419 383 160	stewart@surf.net.au
	35	Gerry Harrison Cath Harrison			✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓			0418 350 478	home@cartridgesplus.com.au
	35	John Wright Jan Wright		✓ ✓	✓ ✓	✓ ✓						0428 601 516	wright090548@yahoo.com.au
		Rotary Marquee		✓	✓	✓	✓	✓	✓	✓			
	35	Wayne Gillan Sue Gillan		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		0410 658 921	wayne@exelbiz.com.au

Cabins		Nights Staying											
No			T	F	S	S	M	T	W	TH	F		
		NAME	23	24	25	26	27	28	29	30		PHONE	EMAIL
2	169	Kay Barrow Audrey Mutton Jenny Cuddihy		✓ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓	✓ ✓					0418 571 030 0411 952 379 5971 1767	kaybarrow@bigpond.com jennycuddihy@hotmail.com audreymutton@hotmail.com
17	125	Graham Bryans Trish Grant		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓			0409 795120	geembee92@gmail.com
13	125	Ken Broadbent Halina Broadbent		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓			0417 551 873 9787 6671	kenbroadbent@ozemail.com.au
19	165	Peter Dusting Elaine Dusting	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓			0421 732 355 5973 8928	peterdusting@bigpond.com
12	139	Graham Henderson Ann Henderson		✓ ✓	✓ ✓	✓ ✓						0413 879 895 9787 8266	aghendo@bigpond.net.au
4	98	Marie Hardwick		✓	✓	✓	✓					0412 601 402	eiram@iprimus.com.au
18	169	Bob Tanner Heather Tanner	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		0419 336 766 5971 6922	rwtanner@bigpond.net.au
11	139	Chris Sayers Sharon Sayers		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		0488 738 558 0400 165 166	chris.sayers558@gmail.com
5	98	Greg Morgan Barbara Boyle		✓ ✓	✓ ✓	✓ ✓						0419 373 431 0417 957 133	Morgs.47@outlook.com
14	125	Hold Keep		✓	✓	✓	✓	✓	✓				