



CLUB NUMBER - 18437

# THE BULLETIN

80<sup>TH</sup> YEAR - No 33– FEBRUARY 28<sup>TH</sup> 2022



**SERVE TO CHANGE LIVES**

President – Themba Bulle

Secretary - George Austin

Treasurer - David Bennett

Bulletin Editor – Allan Jamieson

## INVOCATION

For good food, for good fellowship, may the giver of all our blessings make us truly thankful.

## ROTARY MONTH: MARCH – WATER & SANITATION

**Apologies: please call before 1:00 pm Monday**

**Dr Themba Bulle on 03 6432 2222 or George Austin on 0438 450 801**

**Duty Roster: Graeme MUIR & Dilani WIJESORIYA**

**Club website: <http://www.burnierotary.org.au>**

Date	Event or Speaker/Topic	Venue
MARCH 7	Brielle Gardam National Science Forum nominee + Int'l Women's Day segment	RSL --
MARCH 14	NO meeting (public holiday)	RSL
MARCH 21	Allan Jamieson "Value Proposition"	RSL
<b>Ideas for speakers? Contact George Austin</b>		

### BIRTHDAYS AND ANNIVERSARIES – MARCH 2022

	Birthdays		Wedding Anniversary		Club Anniversary
5	Dr Dilani WIJESORIYA			16	George Austin
21	Douglas FORREST				
28	John PEASE				
30	Amy BARTLETT				
31	Marie CLARK				

<b>RAFFLE WINNER</b>	Roopa (wine) ... Kayden (chocolates)
----------------------	--------------------------------------

<b>ATTENDANCE</b>	<b>15 (60%)</b>
-------------------	-----------------

#### **Pres. Themba:**

- Several guests are with us tonight: Nina Huang (for last time), Mike Patten (DG Nominee, former Pres. of Lindisfarne RC), Leanne Cullen (Somerset RC), Yvette Radford & Kayden Cooper (organisers of the *Family Slime Challenge* community event), Ben Hughes (Guest Speaker)

#### **Yvette & Kayden:**

The 2 km course is laid out in the grounds of the Romaine Primary School and Parklands High School. There are several challenges (climbing walls, tunnels, etc.), plus plenty of spots where the participants will be squirted with – apparently – healthy slime. The event is being held on Sunday March 20 and all proceeds will go to the Burnie Rotary Club. Some of us Rotarians will be needed on the Saturday to help set up parts of the course and also on the Sunday to do some squirting, etc., and to provide the BBQ.

#### **Roopa:**

- At our next meeting on 7<sup>th</sup> March, we will have a segment to recognise the importance of International Women's Day, which is held annually on 8<sup>th</sup>

March. There will be three brief talks about famous women, so invite your women friends, and also wear something with a **purple** colour.

**Pres. Themba:**

Themba invited Nina Huang to come forward, whereupon he announced that she is now a member of Burnie RC. Nina had been a member of Sorell RC, but her employment required her to move to Burnie.

We look forward to hearing more about her life to-date.



**PP John Pease:**

John opened his 'fines' session by posing the question all of us have been asking: *If* the cost of a meal at the Bowls Club event last week was \$25 per person, how come the total proceeds amounted to \$1151? Treasurer David was justifiably fined – despite explaining that “someone donated money” – because it is a requirement that money transactions must be fully documented (in modern accounting jargon, these must be ‘transparent’).

**Guest Speaker: Ben Hughes**

Ben Hughes is one of a small group of men in Sydney who started the “Men’s Table” movement in Australia. The first Men’s Table in Sydney began in 2011 with twelve men; except for a few such as Ben who have moved away from Sydney, the others are still meeting once a month for dinner at that Table. Ben came to Launceston six months ago and has already helped establish four Men’s Tables in that city. Other Tables are close to opening in the Georgetown and Scottsdale regions, after which Ben will turn his attention to the North-West Coast.

A Men’s Table (see <https://themenstable.org/>) creates a unique environment for men to share openly about their lives, their challenges, their highs and lows with a group of men whom they learn to trust and respect.

The **Vision**: Healthy Men, Healthy Masculinities, Healthy Communities.

A Men’s Table creates a sense of belonging, community, peer support and camaraderie that is lacking for many men; even for some who already have a group of mates. A Men’s Table begins with two or more men wanting to meet. Membership of any and every Table is capped at twelve; there can be several Tables in any one town if demand warrants.



There are only a few simple rules:

- There is one meeting a month
- You only need to bring your ears
- No man is required to speak
- When any one man speaks, everybody else remains silent and listens
- The only cost is the price of a meal
- We run to a set of guidelines that ensures no politics, religion or business talk and no alpha male behaviour.

Belonging to a Men's Table contributes to mental, emotional and social wellbeing whilst being a powerful support to individual members travelling their life journeys.

The Men's Table survey *From Couch to Community* in 2021 was completed by 98 men across 12 Tables. Men were asked two questions about their experience of mental health and suicidality in *the past 12 months*:

- Have you experienced mental health issues or been concerned about your mental health?
- Have you had times when you've felt life isn't worth living?

53% of respondents had experienced a mental health issue and 19% had experienced a feeling that life was not worth living.

Ben continued: We are a national registered charity with a simple, local approach to community building. We have been commissioned twice by The National Mental Health Commission.

Anecdotally, men are more reticent than women to ask for help when they need it, and in fact, we have found that women are big supporters; men often find themselves being urged by a woman to join a Men's Table.

Ben will be starting Tables on the North West Coast and would love to hear from any men who are interested in helping themselves but equally important helping other men.

**Ben can be contacted at [ben.hughes@themenstable.org](mailto:ben.hughes@themenstable.org) or 0424 99 33 66**

Close 7:38 pm