

CEO's Message

March 2012

Welcome back everyone to the new year, this being our tenth anniversary.

Looking forward to 2012, our programs continue to thrive, as we hope to reach out to more young men across both our mentoring and counselling programs.

Our counselling service continues to see a range of young guys coming through and we are expanding our school outreach program to support young guys who may find getting across town to Griffith might be a bit hard.

In our mentoring program, we are looking to increase the number of mentors we take in each year and therefore the number of young people being mentored at any one time. Of course, we are always on the lookout for good men who can volunteer with us, so if you know anyone, please point them to our website for more info. We're also looking to run two annual camps this year instead of just the one, but more info on that later...

The major piece of news this year is that Bryan, after much reflection over the holidays, has decided to call it quits and move onto other opportunities. He has made an incredible contribution to our

mentoring program over the years, training each new round of mentors and providing opportunities for the young men in our community. However all good things must come to an end and we wish Bryan all the very best in his new career. On behalf of the Board, staff and our community I'd like to thank Bryan for his contribution to Menslink and our community.

While Bryan has left some big shoes to fill, it's my pleasure to announce that Garry has been promoted to mentoring program manager. Garry brings a unique combination of experience, enthusiasm, creative insight and a "can do" attitude which will set the program in good stead for many years to come. In the short term while we look for a new mentoring case manager to work for Garry, Scott Cassidy (Cass) has stepped in to help out, run Linkups and train new mentors over the next few months. Thanks also go to Graham Hannaford who has helped out for a short time as Garry adjusts to his new role.

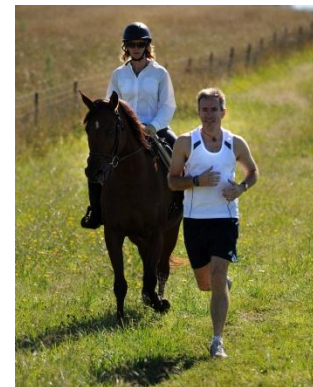
As I mentioned earlier, we are planning to hold two annual camps

In order to help raise money for the extra camp, I'm running in this year's Canberra marathon. I'm only doing the half marathon (my partner put her foot down for the extra training required for the full...) but already have reached over half of my fund-raising target. My partner

Sandra trains with me by riding her horse: there's something about a half-ton animal running behind you on a single bush track that makes you run just that little bit faster. Here's a picture of me, Sandra and my training buddy, Scooby.

All the best. I hope you had a great Easter.

Martin



January Link Up

Movie Night – Waking Ned Devine

We kicked off the 2012 Link Up season in fine style with a viewing of Waking Ned Devine.

The dudes assembled at the Menslink Indoor Cinema here at Link Central at 6 O'clock on a lovely January evening. Everyone jammed their cars into the compact parking lot, got out and said "where's the pizza?" Of course, it was here and there was plenty of it. So we got down to the first order of business

and ate a heap. Very nice it was too. For some reason, I reckon it tasted better than ever. Maybe Pizza Hut are lifting their game and putting some decent toppings on their 'zza's?

Anyway, with full stomachs we decided it was time to whack in the DVD, hit PLAY, and watch up a storm. What a bloody good movie. Waking Ned Devine. A pearler. Anyone who ain't seen it – SEE IT. Anyone who has seen it – SEE IT AGAIN. I know I will. It's a corker – absolutely worthy of its spot in the Menslink Cinema History of Great Movies.

We have had a great run of movies here at Link Central. Long may it continue.

It was great to see the dudes who turned up. Rik, Norman, Cass, Sarge, Connor, Bede, Mike, Yarra, GraHan, the Assassin, Rock and Kurtis OP – a big hello and I hope you enjoyed the movie as much as me. From all the laughter I reckon a YES is in order.

February Link Up

Kayaking the Dam

Saturday the twenty fifth of February will go down as the crackiest day of the wettest Summer in the history Canberra. It was a beautiful sunny day with the temp. in the high twenty's. Just perfect for grabbing a kayak and paddling our little arms off. So that's what we did.

After this everyone was chomping at the bit to get out on the water. So

Our good friends at AROC Adventure Sports – Tom, Alina, and young Archie brought a trailer load of kayaks out to the carpark at Googong where we all met up. We helped unpack the kayaks, donned our lifejackets, formed into pairs and away we went.

What a day to be out on the water. We had only paddled a little way when a couple of us decided to ditch the kayak and go for a swim. Man, the water was perfect, so perfect that Brett stayed in the water and swam quite a distance to the little island that was our first port of call.

It was only a little island and it was rather overgrown, so we didn't hang around. Instead, we paddled for the larger island. We all got to it safely, and some people explored while others swam and still others just hung and chatted.

Then we headed back to the launching site, packed up the kayaks and took a vote on where we should go for lunch. Kingsleys Chicken was the winner, so off we went to get a heap o' chicken and chips, which we consumed in the lovely Queanbeyan Park.

There was a little hiccup after the eating. Omar realised his engagement ring was not where it should be – which is on the ring finger. He said it was definitely there when he started eating, but gone when he finished. Hmmmmmm. We decided to get all our rubbish, split it open and search through it. And guess what – we found it. The grease on the chicken had insinuated itself into Omar's finger we suited up, life jacketed up, and sailed, sailed, sailed till our bellies told us to eat, eat, eat. So we did

and helped work that ring loose. Good ol' Lukey was the finder, so good on ya mate – you saved a marriage.

Anyway – what a great Link Up and thanks to everyone who attended.

March Link Up

The Menslink Sailing Regatta

There is a beautiful lake right in the middle of this beautiful city and the folk at Menslink just went and made fantastic use of said lake.

Yes, the Menslink Sailing Regatta was held on Lake Burley Griffin on Saturday 24th March 2012, and it was a rip-snorter of a success.

Our good mate Sarge had organised for us to turn up to the Yacht Club and sail away to our hearts content. But before we sailed, Denis' good mate Ian Ruff addressed the fellas and gave us a run down on his sailing experiences and the fact that he sailed all the way to the 76 Olympics in Montreal and won himself a Bronze Medal. His story is a great one, very inspiring, and a treat to listen to.



just that. Gaz and Kurtis went up to Yarralumla shops and found a Turkish Pide house. Some beautiful

Pide Pizzas were purchased and delivered to some very hungry tums.

With bellies filled, it was then time to get back out on the water and sail some more. The wind started getting up and the water was pretty choppy by mid arvo. One boat,

manned by someone or other actually capsized and had to be rescued by the motor boat/rescue dude. That's when the guy at the Yacht Club decided – enough – he cancelled the rest of the days sailing as it was too blowy for rank beginners like us.

So we all went in, got dry, had a nice warm cuppa and made up some tall stories about how good we were.

All in all, a cracking good day that we'll have to do again.



Menslink provides free mentoring and counselling services to young men in the Canberra region.

About Menslink

Incorporated in 2002, Menslink is a dynamic, non-profit community association that promotes the value, well-being and social participation of men, in particularly young men and boys, by providing appropriate and professional services with outreach activities

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