



M I S T E R



Mostly Men's Matters. Monthly Networking Men's Groups and Communities in Australia (and beyond).



Book: The Father: Mythology and Changing Roles. (Arthur & Libby Colman.) "Exploring the role of father in mythology and history, a guide to fatherhood shows men how to find strength and identity through a bold new vision of manhood. Examines the changing role of the father in today's family and explores the impact of fatherhood on a man's life. The modern sky father faces the same potential conflicts as the legendary figures, in choosing to perform outside the home." Go to: amzn.to/3heSb8Q Click on:

Look inside to read sample pages. (I highly recommended this book for a deep understanding of being a father. Ed.) More sites: bit.ly/2OwgkXO



A Unique Safe Environment For Men To Share. "The first Men's Table began in 2011 with twelve men who meet once a month for dinner. They create a unique environment for men to share openly about their lives, their challenges, their highs and lows with a group of men who they learn to trust and respect. The 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. Men's Tables are a regular monthly meeting in a local venue & are capped at 12 members." More: themenstable.org

"Good relationships are a great healing mechanism for human beings." (Anon.)

"Try not to become a person of success, but rather a person of value." — Albert Einstein.

Don't change so people will like you. Be yourself and the right people will love you. (Anon.)



Why is there a Men's Mental Health Crisis in Rural Australia? "There's the physical dangers from road accidents and injuries from farm work and heavy industrial work but the mental health risks are just as dangerous. The state of mental health in rural Australian men has been described as a crisis for some time now. There are many factors that increase the mental health risks for the men who live there. Geographically, the distances between towns and even neighbours can be vast. This can make it hard to maintain a large network of extended family and friends to catch up with each week. Maintaining strong social connections is vital for good mental health so isolation and loneliness are serious problems." More: bit.ly/3xD7uOk



Inspiring Fathers - Encouraging Families. Our vision is to transform the nation by inspiring fathers to help their children be the best they can be. See the great newsletter topic for May, 2021: Dangers of the Digital World on: conta.cc/3uSLz4a An important topic for every one to read and to understand. See full site: dads4kids.org.au Check all links for extensive coverage. Further sites: bit.ly/3waY8YQ Click for: [Newsletter Signup](#)

See: thefatheringproject.org Resources, programs, events. This is another great Australian initiative for Dads and like. Steve Biddulph talks about raising boys. This national program is ever increasing. Ed.

For daily assistance I am frequently making references to my collection of booklets, such as the Elf-help booklets and booklets listed in my other website. They are great. Ed.

See the great variety of useful links: bit.ly/2VVrcT2



Men's health week 14-20 June 2021. Facilitators from Western Sydney University have chosen "**Connecting for Men's Health**" to spark discussion and develop ideas and events that: Connect and work together across genders, cultures and communities. Men's Health Week is a way of showing how services, policy-makers and funding bodies can connect the dots between these broader factors and the health of men and boys." **Be sure to play the descriptive video on:** bit.ly/3aDSxSt Find out more: bit.ly/2QCQFT3 Other sites: bit.ly/3gkTPp5 "We come together because we are called together." M. Beattie.



How to cope with divorce as a Man. "There's a lot of information online about how to cope with divorce but not much about how to cope with divorce as a man. We have put together some tips on how to cope with divorce - as a man. All divorce situations are unique and all men respond differently, so the healing time will vary with each individual. There will always be days when your emotions get the better of you and you will not cope so well. That is unavoidable and is part of the process. But remember too that, with each day, life will become easier and the pains of divorce will slowly begin to fade as your new life starts to become more meaningful. Rest assured you will emerge on the other side as a far stronger person." See lot more: bit.ly/2S4PEN3

For more depth in issues, check out this website with books in reference categories: www.ronsreflections.com.au

Editor: Ron Parnell. baronpar@hotmail.com



“Empowering young people to take control of their lives Youth Insearch is young people helping young people. Empowering young people aged 14 to 20 to turn their disadvantages into their advantages. *Youth Insearch* was founded in 1985 by a Youth Development Counsellor at the Riverstone Community Neighborhood Centre in North West Sydney. He believed that individual counselling was slow and had little impact on the community as a whole. He met with the young people he was counselling to discuss what would be more effective. Together they wrote the *Youth Insearch* program. “ Check the Overview sections and links for this great venture: youthinsearch.org.au



What is Mental Health?

“According to the [World Health Organization](http://www.who.int), (check it out) mental health is: “a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.” Research shows that high levels of mental health are associated with increased learning, creativity and productivity, more pro-social behaviour and positive social relationships, and with improved physical health and life expectancy. Ultimately, mental health is about being cognitively, emotionally and socially healthy – the way we think, feel and develop relationships.” See: bit.ly/3v96hNk
More sites: bit.ly/3wnUOJX

Sydney Hills Older Men’s Network (Hills OMNI) has recently been formed for men 55+. It is the third such group in the general area. The venture is supported by Nor-West Sunrise Rotary. It helps men to have a supportive life after retirement. It is one of many set up over some twenty+ years in Australia. The local Baulkham Hills community Radio, FM 90.5, are supportive in setting up this site about the group. Details here: bit.ly/34iSesN Check out the site.



I received this email recently from MENSGROUP (Ed.): “Hey, just wanted to say that we have put live a bunch of new articles on topics like: Relationship conflict; Breakups; Communicating better; Nice Guy Syndrome & Boundaries; Making guy friends; Loneliness; + lots more. Check it out: mensgroup.com/blog We’ve got book recommendations, media clips from leading male role models, podcasts with MensGroup founder Sean and a lot more. Enjoy and let us know what you think! MensGroup Team.” See this website again. Check links: bit.ly/3tUXiOs



Aussie males drinking at risky levels, says new report: “ Risk levels are typically higher in younger adult males and those who do engage in moderate-to-high-risk alcohol consumption do not transition to low patterns over time. **DOWNLOAD THE FULL REPORT** It reports that one-fifth of Australian boys aged 10-14 years have consumed alcohol and those aged between 15-17 who tasted alcohol underage are more likely to engage in frequent and riskier alcohol consumption patterns from the age of 18. “The use of alcohol is associated with copious personal and interpersonal harms, including a range of diverse health-related consequences,” say the authors. These include various types of cancer, infertility, dementia, violence, damage to organs (brain & liver) and injuries as a result of intoxication.” Site: bit.ly/3bNOx27 Check all links.

See older men’s and all men’s support groups in Australia here for a lot of useful information. A great selection: bit.ly/3fPWLso Well worth checking through. Ed.

Find your health age-range in **Spanner in the Works?** Website: malehealth.org.au

MISTER is monthly. Take time to blend what you find into your life with understanding, renewed awareness and support. (Ed.)

Sydney National Men’s Gathering 2021. The date is the **NSW June long weekend 11th to 14th June 2021.** “This date is dependent on the status of the corona virus pandemic at that time. In life’s journey, how do we know if we’re going the right way? Even if we keep following all the usual signs will the safe, comfortable, familiar path ever really satisfy? If we got lost would we find only fear or also help from strangers and from our own unexpected inner strengths. At “**Lost**” 2021, we will endeavour to get lost together, to find more of ourselves.” See: bit.ly/3xoZZKR
AND: nswmen.org.au Bamarang: www.bushretreat.com.au



“**André Rieu** is a Dutch violinist and conductor best known for creating the waltz-playing Johann Strauss Orchestra.” Check 3 of his performances : *You’ll Never Walk Alone* (Watch audience!): bit.ly/3bBL5rE
Waltzing Matilda: bit.ly/3uZBK4w
Amazing Grace: bit.ly/3eW16dY
See more there. Dance on ... !

“It is not a shortage of time that should worry us, but the tendency for majority of time to be spent in low-quality ways”. Richard Koch.

Booklet: As a Man Thinketh, by James Allen. “All that a man achieves and all that he fails to achieve is the direct result of his own thoughts. Only by much searching and mining, are gold and diamonds obtained, and man can find every truth connected with his being, if he will dig deep into the mine of his soul; and that he is the maker of his character, the moulder of his life, the builder of his destiny.” bit.ly/2M81vZQ
See long preview: bit.ly/2MJymrl

Great national/ international referral site for Men’s Health issues. Check out all of the links on the website for your selection: www.amhf.org.au/links/
AND: www.amhf.org.au/

Content from websites is for education and information purposes only. (Ed.)

www.misternewsletter.com.au Newsletters. Links.