

What Happens at the Gathering?

The inaugural Man Alive South Coast will be held at Berry, NSW, with great facilities and space to relax, swim, and enjoy the many activities and workshops. We have planned it so you choose what you do, and how you would like to make your weekend work.

Central to the weekend is the opportunity to explore a diverse range of workshops. We have brought together a wide-ranging selection of facilitators to inform, engage, challenge and entertain - men who between them have literally hundreds of years of experience in the domain of men's work.

Some of the themes to be explored include:

- men's health and mental well-being;
- cross-cultural exploration;
- men in the family and the community; and
- building support groups within men's communities.

Very importantly, there will be opportunities to play and create with community building modalities. Workshops are scheduled in such a way, that you can just pick and choose those that hold most interest for you. The idea is to explore these themes in the spirit of self-exploration. This is not a seminar! The pace is relaxed and will leave you plenty of time to chill out, if that is your choice.

The Gathering is also about having fun! Laughter and music are welcome. Bring an instrument. Bring several! There will be ample opportunity to hang out, jam, sing, or just spend some time around the fire.

Accommodation is in shared bunkrooms at the venue. You may prefer however to pitch a tent - your choice. There is plenty of space. All meals are supplied during the weekend. You will not go hungry! Also, snacks and refreshments are available throughout the day.

SO COME JOIN US

To register, hop on-line at

menswellbeing.org/manalive or post/fax the attached form. We really look forward to seeing you!

Man Alive CONTACTS

EMAIL: manalive@menswellbeing.org.au

PHONE: Graeme Ross 0418 250 899
Ron Beard 0428 642 140

WEB & BOOKINGS: menswellbeing.org/manalive

The Venue

Berry Sport and Rec is located approximately 2 km south-east of Berry on the South Coast of NSW. Berry is situated 140 km south of Sydney Airport on the Princes Highway, and 20 km north of Nowra. The accommodation is comfortable dormitory style. Or you can camp in your own tent. Sorry no van camping is permitted.

Directions to the Venue from Berry

As you enter Berry (going south), turn first left at Prince Alfred Street (after bridge and bowling club on left). Drive 2.2 kms. along Prince Alfred Street which becomes Wharf Road, then Coolangatta Road. Berry Sport & Rec is on your left.

We can arrange transport to the venue from Berry Train station. Please inform us well in advance if you need this facility.



MAN ALIVE
SOUTH COAST

An Open Ground
Men's Gathering



We have the privilege of announcing the inaugural South Coast Men's Gathering to be held at BERRY NSW on the weekend September 17th - 19th, 2010

Throughout Australia as well as internationally, the Men's Gathering has become an enduring and very important forum where men from a wide range of backgrounds come together to connect, explore and have fun in a non-threatening, non judgemental and safe environment.

The men of the South Coast of NSW have decided the time has arrived for us to build on this tradition by organising this first ever such event in this region.

Who attends a Men's Gathering?

There is no 'type' of man who comes to these events. The men who come are of all ages and at all stages of life; they come from all socio economic groups, cultures, creeds and nationalities. If there is anything that they do have in common it is the desire to see the growth of authentic and responsible communities, and their belief that the first step towards this goal is for them to take responsibility for their own growth. Their desire therefore is to learn, share and connect with other men who share this vision, and from this platform invite real change for themselves as well as for their 'community' - be it local, national or planetary.

What to Bring

- Bed linen or sleeping bag
- Towel and toiletries
- Comfortable clothing for day and night
- Sunscreen
- Cushion to sit on
- Insect repellent
- Water bottle
- Pen and writing materials
- Hat

- An open mind and heart
- Something special representing this stage of your life
- Musical instruments
- Torch

Please do not bring any recreational drugs, alcohol, mobile phones or pets

**OUR THEME FOR 2010
MAN and his MASC (sic)**

"...As human beings we are actually the only corner of creation which can refuse to be itself. We can actually not only refuse to be ourselves but we can then hang a mask over our face and pretend to be something that we're not. And we can even take another virtuosic second step and forget that we're wearing a mask and become the thing we were actually pretending to be in the beginning".

David Whyte

What if we were to ask ourselves these very basic questions: What works in my life? What doesn't work in my life? When it's not working, how do I deal with it? Is it by 'masking' my real passions and talents from the world? And if it is, what lies at the base of the fear of my authentic self being seen and celebrated?

We invite you to come and explore the MAN behind the MASC! (sic)



We focus on developing the wellbeing of men to foster healthy relationships, families and communities. As a community, we provide innovative nationwide experiential programs that enable men to support men through groups, gatherings and online resources.

Mens Wellbeing Inc. is a Not for Profit Community Organisation.

MAN ALIVE

September 17th - 19th

SAVE! BOOK & BECOME A MEMBER* ONLINE
menswellbeing.org/manalive just \$39/yr

YOUR DETAILS - PLEASE USE BLOCK LETTERS

NAME: _____
 ADDRESS: _____
 SUBURB: _____ PCode: _____
 PHONE: _____
 EMAIL: _____

PLEASE TICK ONE BOX

	MEMBERS	NON-MEMBERS
BOOK ONLINE & SAVE \$10		
EARLY BLOKES (BEFORE 13 AUGUST)	<input type="checkbox"/> \$250	<input type="checkbox"/> \$310
FULL PRICE	<input type="checkbox"/> \$295	<input type="checkbox"/> \$355
OVER 65	<input type="checkbox"/> \$250	<input type="checkbox"/> \$310
FATHER & SON (DAD'S REGO)	<input type="checkbox"/> \$250	<input type="checkbox"/> \$310
FATHER & SON (SON'S REGO; MUST BE AT LEAST 16)	<input type="checkbox"/> \$150	<input type="checkbox"/> \$210

DONATE to sponsor another man in financial difficulty \$ _____

TOTAL PAYABLE \$ _____

I plan to stay in my own tent (please tick one) Y N

PAYMENT DETAILS

VISA Mastercard Cheque or Money order (attached)
 Card Number _____ Payable to Mens Wellbeing

 Cardholder's Name _____ Expiry Date _____
 _____ / _____
 Signature _____ Today's Date ____ / ____ / 2010

SPECIAL DIETARY NEEDS: _____

EMAIL TO: admin@menswellbeing.org
POST TO: PO BOX 1633, COORPAROO QLD 4151 **FAX:** 07 3009 0436
FOR MORE INFORMATION PLEASE VISIT menswellbeing.org/manalive
CONTACT GRAEME ROSS ON 0418 250 899
OR RON BAARD 0428 642 140
 MAN ALIVE IS A PROUD INITIATIVE OF LOCAL MEN & MENS WELLBEING INC.