



mens briefs

FALL EDITION 2007 ISSUE #7



INTERVIEW WITH JOSEPH KRAMER

CAPTAIN SNOWDON

CAPTAIN: Why do you get out of bed in the morning?

Joseph: Laughs. This morning I was up at 4 am. I like feeling; I like living; I like breathing; and I like my body. It traumatizes me to think that I won't be breathing one day. I am a sensualist. I like the sun on my face; I like walking; I like food and drink and touch. Every year has gotten better, deeper, and fun. I am sixty now and I did not think at 25 years old that every year would be getting better.

CAPTAIN: How did the connection between sex and spirituality come into your life?

JOSEPH: Well, it is a bit weird. I was a catholic boy and masturbation was a mortal sin and that means if you masturbate and die before you go to confession, you go to hell. To demonstrate that, some nun would pull out a lit match and put it on my skin and say "Just like that all over your body forever." So I had this thing. I loved to masturbate and then I would go to confession the next day. After I masturbated I was afraid I would go to hell. This was when I was thing when I was 13,14,15, 16 ,17. Whenever I had this good feeling of orgasm or self-pleasure God was involved, eternity was involved, and war was involved. Then I got over it. Religion was mixed with sex for me from the beginning. Yet that special place hooked together like operant conditioning. I remember thinking that when I ejaculated, that was a mortal sin, so I would try to prolong ejaculation for as long as I possibly could - go three or four times without stopping so that it was only one sin. Basically the Catholic Church taut me

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SEXUAL ENERGY

WHERE DOES IT GO?

CAPTAIN SNOWDON

Sexual energy, where does it go?

So maybe you found yourself having an amazing jack-off session with a beautiful fir tree on the Sunshine Coast this summer. Maybe you were rubbing up against folks at Victoria Pride and that put you into an erotic trance state.

Perhaps you had a great fling at the new Cumberland Music Festival, or maybe you met someone that you are

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Straight eye for the queer guy

COMPORTMENT & ETIQUETTE FROM INTERNATIONALLY ACCLAIMED MISS PRISS

DEAR MISS PRISS,

Recently I started dating this really hot guy. He's pretty amazing, really down-to-earth, but he also seems really chill on

the whole sex thing. When we make out or hook up, it's awesome – but he doesn't seem to be too eager. He says it's because he's into "tantric sex," and so doesn't "feel the need" to rush to the end. In fact, so far he hasn't even cum, and it's been two weeks! Is this an excuse, or for real? I'm worried he's just not that into me.

SIGNED, PASSIONATELY CONFUSED

DEAR CONFUSED,

OK. I've been in your shoes, where a guy doesn't cream his jeans automatically when he sees me, much less when we're doing it! I mean, I happen to believe that I'm an amazing package deal – smart, funny, sexy AND great in bed – so how could he not?

It can be disconcerting when all the messages around us tell us that if we're REALLY hot, we should be able to move our partners to orgasm with little effort or thought. But beware, dear friend, of feeding this powerful stereotype, because it will make a feeding frenzy of your self-esteem and his – not to mention totally spoil the hotness of the moment!

This is where the practice of Tantric Sex can come in handy. Now, I'm no expert, but all the reading, research and the odd attempt of this spiritual practice I've tried has taught me one thing: orgasm is not the goal. Connection with a higher consciousness, your partner, and yourself IS. Quite simply, Tantric Sex is one branch of practice within the spiritual path of practicing Tantra, which views sex as a meditative vehicle to access a higher level of consciousness and being. As a result, sex becomes steeped in spirituality. Each person is encouraged to make every touch, every

sensation, every breath an exercise in mindful connection with their own consciousness and with their partner. There is not meant to be an "end point" such as orgasm (though it can be a fantastic "by-product" of the practice), but rather an ongoing "buzz" of energy and spiritual enlightenment for each, fuelled by sexual intimacy and sharing.

It goes without saying that when you take western society's ideas of power, goals and performance expectations out of the equation, sex can become an incredibly sensual, almost magical experience. Imagine if we were all to just stop and feel ourselves, feel our partner, and focus on the moment and the connection rather than the end result or any sense of achievement. A lot of those toxic energies that always seem to weigh so heavily on us and rob our sexual experiences of the other-worldly physical and emotional sensation we actually seek from sex...well, they just seem to fade into the background, don't they? Suddenly – surprise! – we're back in our own skin, we don't feel like we have to measure up to anyone else, and things start to flow. The moment is king (or queen), and formerly "big things" become less intimidating and inhibiting, like how we look, using protection, or what happens next. We start to remember how intense the slow burn can feel, how much fun sex really can be, how calming and sensual communication can feel, how great it feels to carry that energy when you're not having sex, and how much healthy, consensual sex truly can feed our body and satisfy our soul. Wow. Sex is sexy again. Who knew?

So, I say – maybe it's time you take another look at your Romeo. I think he's got something, there. And it could be sheer bliss if you give it a chance. ♀

SINCERELY, MISS PRISS

P.S. For more info on Tantra and Tantric Sex, check out these links:
www.tantra.com/index.html
www.tantricmassage.com/the-history-of-tantric-massage.htm
www.outuk.com/index.php?http://www.outuk.com/content/features/tantra/index.html

SEXUAL ENERGY

WHERE DOES IT GO? CONTINUED FROM PAGE 1

developing a long-term adventure with. This is the theme of this quarter's Men's Briefs.

What I want to know is this: Where does all the sexual energy go once it is released from our bodies? Can we direct the energy like a prayer, an intention or a spell? Can we direct the energy to, say, help heal the planet? To help heal ourselves? To change global consciousness about war? These are questions I am asking myself, both in my studies in human sexuality and in my spiritual and personal life.

It was an absolute blessing to be able to interview Joseph Kramer for this issue. Joe Kramer was the founder of *Celebrate the Body Electric*—a series of bodywork workshops that have changed the lives of many men I know. Joe was open-hearted, inspiring and very articulate in the interview.

In the last issue, the first ever Walk Against Homophobia was in the planning stages in Campbell River. The event went off without a hitch! Over 100 people turned out to stand up against homophobia in this small, rural, resource-based town. Many thanks to the City of Campbell River and the Mayor for supporting this day and kudos to the small planning committee that did a lot of work. You all made Campbell River a bit of history.

We also had a great Queer Youth Pride Prom again this year in Victoria, with a turn out of over 120 youth. Folks dressed to the nines, were completely respectful about drug and alcohol use, and showed us their talents in "Queer Idol." AVI also had a great presence in the Victoria Pride Parade 2007, with over 60 people marching and dancing along with our Wizard of Love theme. If you missed it, we had Dorothy, the Tin Man, the Lion, and the Scarecrow asking folks challenging questions about sexual harm reduction from places of heart, mind, and courage.

The Men's Wellness Program was also part of a very

active and listened-to advisory committee for the M-Track Survey with the Vancouver Island Health Authority. M-Track was a survey of 330 men who have sex with men about emotional and physical well-being, sex, substance use, HIV and STIs. A

great team of men and women were hired from within our own community to get the work done. Congrats to Dana, Rick, Josephine, Murray, Alex and Jaden!

This summer, the Queer Youth Community Development worker and I had the pleasure of being asked to be keynote speakers at the Annual General Meeting of the Island Sexual Health Society. This was a fun night in which we got folks thinking about the inclusivity of queer folks in their services by doing challenging exercises with them.

This fall, we are partnering with the Women's Creative Network to co-host a queer youth Halloween Dance. The youth have been begging to have more than one dance per year at which they can be themselves and dance with their queer friends and lovers.

The coffee group in Victoria, the Chat and Chew in Courtenay, the LGBT group in Campbell River and the Chat and Chew in Ladysmith are all going great guns. I am meeting with a woman next week who is interesting in starting a support and social group in the Duncan and Cowichan Valley area.

We're also starting a Men's Health Action Group in Victoria. This exciting group will decide on and take action upon their own projects. So step up and fight that seasonal depression by helping others and having a rockin' time. 🍷

ENJOY THE HARVEST! QUEERLY, CAPTAIN

The skit involved a drag queen's lost wedding ring, a sexy transsexual plumber wearing elbow-length latex gloves, and Evie's tenderly exposed and well-greased anatomy. As if offering up this image as an oracle of deep wisdom, I peer into this black hole in hopes of seeing the Future of Gay. While many of my friends tell me they feel alienated by most of what is going

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LOVE, HEAL, LIBERATE DIRT ROAD DISPATCHES / THE FUTURE IS FLUID

ROBERT BIRCH REPRINTED WITH PERMISSION

He bent over and splayed his asshole in front of 200 hysterical men. He played the not-so-glamorous but high profile role of a sink.

Men in touch — yum!

BY DAVID MIELKE



One of the healthiest and most delectably fulfilling concoctions of sensuality and spirituality I've tasted is a workshop put on by Men In Touch called 'MMMM - Men's Magical Mystical Massage', facilitated by Sequoia Thom Lundy, MA.

Like a master chef of healing touch, Sequoia has been refining the recipe for these gourmet buffets of male to male massage and ritual for years. The result is an emotionally wholesome,

physically nutritious, and spiritually delicious chow line of comfort food for the Soul. The workshop feeds a deep hunger to connect with other gay men in ways that honour their hearts and spirits with the same gusto and lusty appetite as their bodies.

The first time I attended one of Sequoia's succulent smorgasbords, the only thing I knew was that there would be massage lessons and nudity. When I met the other men who would be participating, I thought things like "Whew, I hope I get partnered with him!" and "Eeww, I hope I don't get stuck with him!"

It was the usual superficial categorizing and sorting into degrees of physical attractiveness that keeps so many gay men feeling isolated and disconnected from each other and, ultimately, themselves. In the introductory circle Sequoia said, "Take a good look at the men gathered here; by the end of the workshop they are all going to look beautiful to you."

"Ya, right!" I thought, in my usual junky wounded fear-dieted way. However, as I breathed in the wise aroma of Sequoia's wafting words, I felt some deeply malnourished part of my spiritual stomach start to rumble and growl with anticipation. My emaciated

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LOVE, HEAL, LIBERATE DIRT ROAD DISPATCHES / THE FUTURE IS FLUID

CONTINUED FROM PAGE 1

on around them and gain little solace looking toward the gay community, Evie Erdman walks a different path. He left a gorgeous partner, a well paying career and the luxuries of San Diego to travel from one queer event to the next. To find his tribe, he surrendered all his illusions of security.

At 36, he's young for a mid-life crisis. A year ago he had a meltdown after many months on the road. Today he credits the crisis with waking him up, helping him shake off his former self. He's determined to live as a consciously liberated, playful and free loving man. He's discovered a new kind of success. The fascinating thing? He no longer considers himself gay.

All over North America, Australia and Europe queer people are gathering and recreating their own edge-walking vision of life. Short Mountain Sanctuary is a 200-acre farm southeast of Nashville. Twenty-full time residents build houses run on solar power, tend organic gardens and raise dairy goats and chickens. Several times a year, week long gatherings draw hundreds of queer folk from different corners of the world.

Then there's New Orleans which hosts the Brigit's Ball, Wolf Creek which applied for a state-sanctioned Faery religion, Naraya's two-spirited Ghost Dance, the annual queer shaman gatherings at Zuni Mountain, and the latest addition, Vancouver's own GreenBody Gathering.

Alternative community spaces have emerged over the past 30 years as places where queer people meet, love, learn and heal from who they once were-or had to be. At each of these sanctuaries, men and women

LOVE, HEAL, LIBERATE

CONTINUED FROM PAGE 4



shake off the expected and recover from the wreckage of having survived a dead, fear-based culture that despises or, at best, ignores them.

Evie's been on the road for two years since his first gathering. But he's been far from homeless. From one side of the continent to the next he is welcomed into people's homes and hearts. He lives off some savings but finds many creative ways to supplement his income. He's attended 12 queer events over this time. It hasn't all been sex and puppy piles, but most of it has.

"I now live in a world where I can fully be with people, where I can open up," he says. "I am able to hear them and have empathy for who they are. I see the beauty of people, which allows me to live the beauty of who I am.

"I have compassion to rise up into being a queer person," he continues. "It means so much. I can love and be loved by everybody, I don't have to fit in to

any category or fit any label."

When large groups of people heal, love and are openly sexual together, that energy, says Evie, brings about profound changes. "Conversations come together; it's the cupid in me. My magic is really about bringing people together. Doing this in the queer community is unique because we are so spread out and often hidden."

Is he the new flower child? "Whatever you want to label it, there is a different way of being in the world."

Sex is a vital part of this lifestyle. When I called Evie he had just landed in SF. "I'm lining up. Making all my connections while I'm here," he says.

When asked whether these queer events have altered his sexual identity he's emphatic.

"Gosh, yes. My sexuality has changed so much now. Vaginal intercourse? I'm all for it. I even fantasize about women now. It's all about the person, not the parts. An F to M trans lover said to me last week: 'Thank you for making trans men beautiful. By loving us you have shown others that it is okay. Others find us sexy. We're making love and others now see that.'"

Evie has spent his time thawing out from mainstream gay culture. Living as a white male in a world dominated by the same, he felt the only part of him that was different was being gay. It wasn't enough.

The gay community's ideal of beauty is no longer attractive to him. Shaved, clean, muscle bunnies? Not a chance. He sees it all as a lie.

"I am so different and am finally celebrating that. Gay people are going the same route as the heterosexual community. Trying to live socialized norms. I am not that. I am loving who I am. Goddammit, I am different. I am not lost in the American dream anymore."

He feels little allegiance to 'gay.' While he honours the right to marry, to be treated equally, he's only marginally part of the gay community now. "I've learned you can live a different way. Lots of people are doing it. When I'm with my people," he says with authority, "I can be myself. My gay friends are aware they can't always be that real with me. They just worry for me, they want to fix me, give me a job, make me more like themselves. There is so much more out there. I never know what I'm stepping into. That's the beauty of it. You don't have to have everything planned out. It doesn't have to be a clear path." 🏳️

INTERVIEW WITH JOSEPH KRAMER (CONT'D. FROM COVER)

multiple orgasm – so I learned all this good stuff from the church

CAPTAIN: How do you define spirituality?

JOSEPH: An easy way to describe spirituality in my adult life is that spirituality is about what I value - a way of valuing things. For some people it is money, so their spirituality is money. For some it is car; for a lot of people it is their kids. I really value sex, so sex is a place of spirituality for me.

CAPTAIN: What about your history or your life has brought you to become who you are today?

JOSEPH: I believe in the wounded healer-kind of a Robert Bly concept - wounds are where your goldens are. I was a really wounded kid about sexuality. So I focused around that to heal that and learn to love and wake up my body. Then I began to teach and work with others to "Turn shit into gold". This also comes out of shamanic traditions - out of your wound comes your power. Also Jack Morin's book *The Erotic Mind*. This what we try to do in Sexological bodywork

CAPTAIN: Did you have mentors or strong folks that made a big impact on your life?

JOSEPH: I had eight mentors in my teens and early 20's. One trans woman, one bio woman and six men. These people loved me into being and I learned more from them than all the schooling I had. I will give one example. As a catholic boy I had a love affair with a priest- and he loved me, loved me, loved me. I am not suing the church for any money. I feel that being queer was ok for me because we had a sexual relationship. It lasted five years into my early 20's. That was a great mentorship.

CAPTAIN: How about mentors now?

JOSEPH: I feel that anybody who works with other people intensely - life coaches, supervisors, and therapists. I have always had someone I could do truth telling with. Jack Morin, he was the smartest guy I ran into at the institute for the Advanced Study of Human Sexuality. I contracted with him to meet every week for 5 years and we could do psychotherapy. I wanted guidance in getting through this school and getting my PhD. Right

now I have someone that I pay whose speciality is breaking habits.

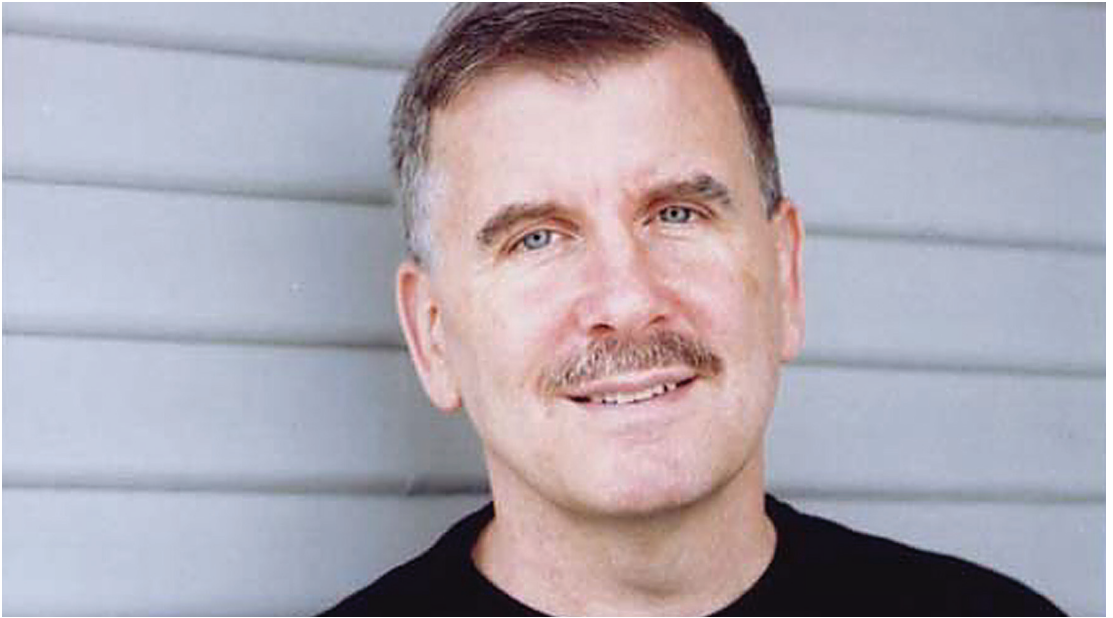
CAPTAIN: Can you tell us more about your work at IASHS and the sexological body work certificate program.

JOSEPH: My PhD took me over 2 years to do. It was all this neck up stuff and I was so used to the somatic body stuff. Writing my doctoral dissertation, Ted and Howard thought that incorporating bodywork was a great idea. In the state of California, it is now a professional occupation that involves erotic trance states and states of arousal. There has never been a profession quite as radical and out there on the cutting edge.

CAPTAIN: Can you tell me about Celebrating the Body Electric?

JOSEPH: In the 1970's, I was a high school English teacher and I got interested in massage and body work. I went to six different massage schools in the late 70's and early 80's. At every one, they paired us up men with women, even here in San Francisco. Everyone was closeted in the classes, so I decided to open up a LGTBTA school - gay folks and their supporters. This was just around the time when AIDS was hitting us hard and we got into hospice massage work with Irene Smith. They still have this class in Body Electric, giving massage and touch to folks with life threatening illnesses. I began in the AIDS crisis to think: I know a no risk way of being erotic with each other. These were the days when men died in a week or a couple days. I began to talk about Erotic Massage as a fun way to give and receive pleasure that can be added to anyone's repertoire. I sold the business in the early 90's and then it was sold again recently. They seem to be doing many of the same classes. I guess I wished we had gone to some more expansive and explorative places; some wild places. We played some gender and dress-up, and I wish that we played more with power and surrender, pain and intimacy.

I think that there are communal erotic states, large group sexual states. I am not necessarily talking about orgies, but way more communal states. I think it is a waste for two people to go into a



JOSEPH KRAMER (CONT'D. FROM PAGE 6)

bedroom – we really have cordoned off sexual energy from everywhere else. I would like to see sex monasteries- erotic aphasia -

Tantric in the Buddhist way. I am interested in something that people can take into their lives... not just a vacation or a weekend retreat. An embodiment of the communal fire.

CAPTAIN: What about this fabulous New School of Erotic Touch I am hearing so much about?

JOSEPH: I got together the best teachers and videotaped them all teaching female and male genital massage, anal massage, and much more. We have streaming video and DVD's, stuff you can do at home wherever you live. We get the most hits on our site from Saudi Arabia and Hungary. It is our goal for erotic massage to be more central in people's everyday lives. We are working now on producing a DVD called Transformational Massage. This can be for trans folks and others who can learn a great deal from the various experiences of trans folks. Wherever you are, you may not be comfortable with you body in the present moment but you deserve to be touched well even if you are heading somewhere else with your body.

CAPTAIN: Why do you think that this work is important for queer men?

JOSEPH: So I am going to go out on a limb here. I think fucking, yes there is an instinctual mounting

behaviour, but fucking is not the most pleasurable state. In their research, Masters and Johnson found that fucking was behind oral and self-manual, based on intensity for people. I think that as queer men, we need to find the ways for us that work and not just fucking. My god, there are at least ten other things to do with my genitals that are fun and to just be an adventurer and explorer and erotic massage; there are a lot of possibilities.

CAPTAIN: Right now, what are you passionate about?

JOSEPH: Teaching teachers. And edgy places - peak erotic trance states when we are highly stimulated, Eros is there, this is an untapped resource. Like paraphillias. Say you were a paedophile, you could learn another way to reach a trace state to have an erotic experience.

I am interested in how to chronicle and how to use these states to heal abuse, to enhance creativity, to play with these peak states.

We are about to launch as Sexological Body work home study year long course. Check out www.sexologicalbodywork.com

Both DVD and streaming video are available at the New School of Erotic Touch www.eroticmassage.com

CAPTAIN: Thank you so much for being so open hearted and sharing your life and learning with us. 🍆

Celebrating the body erotic

WALTER QUAN

I have always had a connection to energy work (I teach Reiki), to the spiritual (I regularly sit modern-day séances), and I love sex (there, I said it!). So much of how we can gift ourselves great experiences is finding the right moment or container where the intention of the space and time and the people therein can make an opening where healing comes, where spirit comes, and where ecstatic sex indeed, comes.

Buddhist teachings offer us the opportunity to focus, to let the wanderings of the mind be recognized, in order to find a still point of intention. “The Secret”, the current flavour of the month, implores us to find a clear and uncluttered intention about what we want and to put our clear energy toward that intention. It also promises that we can make it manifest. On a Sex Magick audio program, Joseph Kramer points out that we are never so focused, never so uncluttered in our intent as when we are having sex. He proposes that these are moments to make intentions clear and “magick” manifest.

I’d seen the Celebrating the Body Erotic ads for years and after much cogitation and a friend saying “just do it” (thanks to Michael MacLennan!), nearly ten years later I find myself a part of a community of men who share and experience the erotic, sex, and spirituality. I have even ended up helping to coordinate the experience for the next-comers to the program.

Celebrating the Body Erotic is a weekend experience/program which offers opportunities for individual experience, for community building, and indeed, for magic. Its origins come from the early days of the AIDS crisis, where men were even afraid to touch one another and where HIV positive people were shunned. Additionally, Joseph Kramer noticed that gay men didn’t know how to touch each other erotically and that touch between men was associated only with sex. He also noted that being gay doesn’t come with an instruction manual, and although society condones straight youth ‘sowing their oats’ or meeting their “Mrs. Robinson,” there



are no models for men who wish to touch other men to follow – porn doesn’t count!

CBE is a carefully structured container where participants are led through component processes learning to be able to give (with coaching) a Taoist Erotic Massage. Participants learn to receive that massage as well. Along the way, we learn about being more comfortable in our own bodies, and more comfortable in our own bodies within the group. We learn a common language around touch – specifically genital touch – so that if we happen to encounter a fellow CBE-alumnus, we can say “remember that, well I like it, please do more. And remember that, well, it doesn’t work for me, so please don’t do it” – this is part of the instruction manual that we never received.

I have been blessed to witness the magic of healing, spirit, and sex come together. In fact, I often describe the CBE workshop as the one place where my lives as healer, spiritualist, and gay man all come together in one room at the same time. There are a number of men in Victoria who’ve taken the workshop; ask around and you may well find someone who can share of their experience. However, the program is experiential so it’s different for every participant. The next workshop is in Vancouver, November 17 and 18 ; tuition is \$350 USD. Feel free to call me if you want more information. 🍀

WALTER QUAN 595-0070

HOW TO RESPECT A TRANS PERSON

“How” was made for those who have recently learned of a transgendered person in their lives, and are unsure of how to act around them without offending or hurting their feelings. The term “transgendered person” in this article means a person born into the body opposite of the gender they feel they truly are.

Steps...

1. Thank them. It is very hard to come out to people as transgendered. They trust and/or respect you very much to have come out to you. Thank them for trusting you; it will mean a lot to them, because YOU mean a lot to them.
2. Respect their gender identity. Think of them as the gender they refer to themselves as and refer to them with their chosen name and gender pronoun (regardless of their physical appearance) from now on. (Unless they are not out, or tell you otherwise. Ask to be sure if or when there are times it is not okay.)
3. Watch your past tense. When talking of the past don't use phrases like “when you were a previous gender”, because to them they have always been the gender they have come out to you as, but had to hide it for whatever reasons. If you have to use this, say “before you came out as current gender.”
4. Use the proper terms. Use words for their proper gender, not the one they were. If they were born male (MtF - male-to-female), use feminine words like she, her, actress, waitress, etc. If they were born female (FtM - female-to-male), use masculine terms like he, his, etc. (Unless they say otherwise.)
5. Don't be afraid to ask. If you have a question that isn't too personal (based upon what type of person they are and the relationship you share), ask them. They will be happy to answer most questions, and glad you are taking an interest in their life.
6. Respect their need for privacy. Do not out them. Telling people you are transgendered is a very difficult decision, not made lightly. “Outing” them without their permission is a betrayal of trust and could possibly cost you your relationship with them. It may also put them at risk, depending on the situation, of losing a lot - or even being harmed. They will tell who they want, if or when they are ready.



7. Recognize the difference between gender identity and sexuality. Do not assume that their gender has anything to do with sexuality. It doesn't. Their sexuality is the exact same and has nothing at all to do with their gender identity. Terms may change, but that is it. To clarify: A transman who identified as straight before will now identify as gay; a transwoman who was straight will be a lesbian. A transman who was lesbian is now straight; and a transwoman who was gay is now straight. Bisexuals will remain the same. The sexual preference does not change, only the term in relation to their gender.

Tips...

- If the person was born a man, she is a transwoman, MtF, or simply a female/woman. If the person was born a woman, he is a transman, FtM, or simply a male/man.
- Asking about peoples' genitals and how they have sex is not appropriate, in the same way that asking a cisgendered people how they have sex is not appropriate.
- Everyone is different and most transgendered people will be glad to answer any questions - but if they are uncomfortable answering, or don't want to, then let it go. If you need to know, use the resources below.
- Not all transgendered people get a sex change (SRS, or Sexual Reassignment Surgery), so don't automatically think that is the plan.
- If you slip up early on and say “she” or “he” when you meant the other, don't apologize too much, just follow the mistake with the right term and continue what you were saying.

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TRANSGENDERED RESPECT

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- There is no “cure” for being transgendered, except to correct the physical appearance to match the mental gender identity. There is a problem with the body, not the mind.
- Web sites like PlanetOut or MySpace have transgender groups, or other sections for transgendered people; go to them to talk to people or learn more.

Warnings...

- Do not call their transsexuality or transgenderedness a “choice”. It is not. The only choice is to

try to ignore it and be miserable, or accept it and make any changes that feel necessary to live a happier life.

- Do not call a non-transgendered person a “real” girl/boy etc. What makes a man a “real” man or a woman a “real” woman is their mind/brain, not their body. A transman is no less a real man and a transwoman is no less a real woman; the ONLY difference is that their body does not match their gender. That’s it. A good word to use when referring to non-transgendered people is “cisgendered.”
- NEVER tell them that people will not understand or love them because they were not born the right gender outside. It hurts very badly, and is not true. Many transgendered people are understood, accepted and loved. 🏳️‍⚧️

MEN IN TOUCH

CONTINUED FROM PAGE 4

hope for more spirit nourishing interactions and compassionate ways of seeing started to salivate. I bellied up to his massage tables, forgoing a bib and cutlery, and feasted directly with my fingers on the juicy joys of nurturing and being nurtured by other men until I felt fed and satisfied in a physical and metaphysical way I never had before.

At the end of the workshop I looked around at my comrades in that closing circle. These shining men had served as my fathers, my sons, my brothers, my lovers, my friends; and they had allowed me to serve as theirs as well. My massage mates who, for two days, had gently touched my body with their hands and my emotions with their words and my spirit with their hearts...I looked around and realized Sequoia was right! All ages, shapes, and sizes; my type or not my type; all were indeed beautiful – radiant even. Even me. Sequoia had given me a feeding of the truth: We gay men are all beautiful. We all deserve to be seen and heard and touched and appreciated. We all need to take care of one another. I never wanted to dish out or dine on anything else again.

What ingredients did Sequoia use to whip up such a magically transformative banquet of sexy spirituality?



Well, a heaping heartfelt mixture of tantric, yogic, and erotic massage; a tad of dance, a smidgeon of chants, a slathering of gently heated oil, some freshly peeled nudity, a dash of tai-chi, a spoonful of stretching, a big cup of talking, a bigger cup of listening, a soupcon of slowly melted eye-gazing, a hint of hand-holding, a sprig of music, a ladle of laughter, a few freshly squeezed tears, a sprinkling of visualizations, liberal spicing from different belief systems, and a generously dripping dollop of his loving intentions. All these ingredients were used to bake up a space where men can celebrate one another physically, emotionally, and spiritually. This was mouth-wateringly served in a sensually sacred circle garnished with tender kindness, respect for boundaries, and the most flavourful support you can imagine. Yum, indeed! 🏳️‍⚧️

To learn more about tasting this healing treat for yourself, visit the MMMM - Men’s Magical Mystical Massage site here: www.growinghealthier.com/men/MMMM-Oct07early.htm

Spirit of the great outdoors

BY STEPHEN DAVIS

I thought I'd share a few stories with you regarding my summer in hopes that maybe a few of you might want to 'Kamp' next season and if so, I'll be here for you. We may not have a lot of fun things out there for gays to do. But for the few things we do have, perhaps we can add camping to the list. For those of you who don't know, camping = a way of life.

First, we have to say goodbye to AJ's Woodland Resort in BC's Okanagan. There is a possibility that something new may arise for the next season. I wish them well and hope that they can find a new location and bring something fresh to the scene. They were the only the campsite that allowed children, and yes some of us do have kids and want to spend time with our kids in a gay family environment.

I did have a chance to visit the boys at Anthony's Court and RV Kampsite in Long Beach, WA. It was just great! I normally camp, but this year I decided to pamper myself and stay in one of their cute cabins. It was just what the doctor ordered. There is a sense of family there.

I also had the chance to hit another US site, the TRC near Granite Falls. I went to the 2nd annual Foam Party. What a blast! It was warm foam in an enclosed dance floor. All you wear is underwear and footwear. It was like being in a large bathtub. The tunes were great. Everything from Abba to Nellie. I also hit this place at a unique time. It happened to be meteor shower time. A bunch of us went down to the beach at night and lay on blankets and just gazed into the

blue yet dark skies. It was outta this world.

I then headed up the coast into the Harrison Mills area and stopped at Shadow Falls. There I was greeted by Jay, the camp host. That weekend was a PCAN weekend (Pacific Canadian Association for Nudists). The fire pit was full of people at night. Bryan and Justin (the owners) have done major reno's and it shows. They've built a swimming area, and an outdoor but covered bar. Many of the guests went hiking but I stayed and just enjoyed the sights at the site.

And finally Ric and Owen at RnO's. What can I say about these boys; they're wonderful. Every weekend had something special. The boys just keep adding more stuff and do more reno's. Rumor has it that there may be a pool next season. But for now, the TV, Karaoke, dancing and pool table will have to do. They have added more sites, and have purchased more Campers. I would have to say that my most memorable weekend would have to be the Fruit Float. Nearly 80 guys turned out for this event. The weather was just perfect. I am sure next year will be even better.

All good things must come to an end. As with camping, so must my story. I hope you enjoyed reading my summer 2007 adventures. For those of you who wish to chat about Kamping in any form, please feel free to contact me. 🍷

justin_tillicum@hotmail.com



COOK'S CORNER BY BILL

PEANUT BUTTER MARSHMELLOW BARS

1/4 Cup Margarine or Butter

1/2 Cup Peanut Butter

1 Cup Chocolate or Butterscotch chips

1/2 bag of marshmallows

- Melt and mix the first 3 items, let cool. While in cool liquid form add marshmallows and mix until well coated.
- Pour into pan lined with wax paper. Place into fridge for an hour or 2 when it has become firm.

CUT INTO BITE SIZE BARS

Calendar

events on vancouver island

COURTENAY

MEN'S WELLNESS DISCUSSION GROUP at AVI Courtenay
5:30PM - 6:30PM, Thursdays
(October 4 and 18; November 1 and 15; December 6; January 3 and 17)

THE CHAT AND CHEW at Union Street Grill's "The Grotto," 7PM on Thursdays
(October 18; November 15; December 20; January 17)

NANAIMO

KAMP R' N O'S: "A Very Gay Thanksgiving" on October 13th; Owen will cook the turkey, please bring a dish to share. For Kamp Family Christmas for contact Kamprnos@telus.net

NANAIMO POSITIVE MEN'S SUPPORT GROUP: Contact Anita for more information 753-2437

CAMPBELL RIVER

ARE YOU GAY, LESBIAN, BI, TRANS, OR QUESTIONING? Interested in talking with other peers? For more information please call Leanne at: 830-0787. Confidentiality respected; new members welcome

VICTORIA

WE ARE LOOKING FOR VOLUNTEERS for the exciting Queer youth Halloween dance. We can have shifts so folks would not have to be there all night. We will be the Harm Reduction Crew! Please let me know if you can help up on November 2 at Saturday. We are doing this in partnership with the Women's creative network. Thanks, captain

POT LUCK DINNERS: Independent from Prime Timers, one of our members, Mac Elrod hosts the Gay Men's Pot-Luck. Dates are Last Saturday of January, April, July and October. Men bring one dish of something they enjoy cooking (or find at a delicatessen), a bottle of wine if they wish, and share. Attendance has ranged from 6 to 60 and ages from 18 to 80. The Pot-Lucks are held in the log house at 4493 Lindholm Road, upper house, in Metchosin. No reservation is required. Contact Mac at (250) 474-3361 or mac@slc.bc.ca for driving directions. Gay men of all ages are welcome.

PRIME TIMERS VICTORIA (BC Canada) is an organization that exists to meet the social, educational and recreational needs of mature gay and bi-sexual men, 40 years and older. Telephone: PLEASE, only call these numbers for information regarding Prime Timer activities:
Len B. - Phone (250) 380-9038
Galen L. - Phone (250) 381-4686
Postal address: PO Box 5188 STN B Victoria BC Canada V8R 6N4



BIVICTORIA IS A VICTORIA-BASED COMMUNITY GROUP that strives to provide a supportive space for bisexual, Two Spirit, questioning and bi-friendly individuals (e.g. transgender, intersex, lesbian, gay, allies). We offer a peer-run support group that meets once a month as well as social events about once every two months. Support group meetings and social events are open to anyone who is bi-friendly. We welcome people of all genders, races, cultures, sexual orientations, ages, religions, etc. and individuals with disabilities. To join our listserv, email the listserv owner at asevers@shaw.ca

GAY/LESBIAN PARENTING GROUP: sponsoring or presenting organization, Victoria Queer Parents. 2nd & 4th Sundays at 10:30 a.m. commencing January 8 /2006

Location: visit website for details of location
<http://ca.geocities.com/victoriaqueerparents/>
victoriaqueerparents@yahoo.ca
STAY TUNED FOR CHINESE NEW YEAR'S DINNER ...the year of the RAT Feb.9th /2008

HELLO SPORTSMEN! Gay runner, bicyclist, kayaker and hiker interested in forming outdoor recreation group/groups. If interested, please contact Andrew at adbeck@shaw.ca.

ATTENTION, ARTISTS! Artists are invited to submit work in any medium that celebrates kink, fetish, and alternative lifestyles. Deadline to submit is October 15, 2007. E-mail Rod Hood art@sagacitygroup.net for submission guidelines.

Sagacity of Victoria is now accepting submissions for their forthcoming Birthday Bash Art show on November 9 and 10th, 2007 to be held at the Harbour Towers Hotel in Victoria, British Columbia. Visit website: www.sagacitygroup.net/main/events/birthday/

FERRY RIDERS MOTORCYCLE CLUB
Ongoing: Meet and Greet Pub Nights: 8:00 pm - First Thursday of every month at The Prism Lounge, Victoria

Day Runs: Every Sunday the club meets in Victoria for day runs to exotic locations such as Sooke, Jordan River, Duncan, Cowichan River, etc. Contact: frmc@shaw.ca

Two Days for Gay Health

November 1 & 2, 2007
UBC Robson Square, Vancouver
www.gaysummit.ca

