



Spring 2011
Volume XXIX, No. 2



IN THIS
ISSUE

Co-Chair
Corner
Pocket

3

AIDS: Past
Present and
Future

4

Q Health:
5 Steps
to Spring
Empowerment

6

Membership
News

8



P.O. Box 241968
 Milwaukee, WI 53224
 or (800) NA4-BWMT
 Email: nabwmt@nabwmt.org
 Website: www.nabwmt.org

The Quarterly, the official newsletter of the National Association of Black and White Men Together, is published four times per year and is a benefit of NABWMT membership.

Editor

Cornelius Mabin, Editor; nealix101@comcast.net

Editorial Staff

Kirk Reid
 Rick Creque

Newsletter Design

www.zebradesigns.net; Dan: dolds@zebradesigns.net

NABWMT Board Officers

Co-Chairs

Ken Baron, California; kbaron@nabwmt.org
 Mack Scott, California; mscott@nabwmt.org

Treasurer

D.A. Leonard, Wisconsin; da.leonard@att.net

Recording Secretary

Kirk Gile, California, kirkgile@yahoo.com

Corresponding Secretary

Mark Behar, Wisconsin; mpbehar@wisc.edu

Directors

Patrick Carron, Florida; pjccarron@aol.com
 Darryl Fore, Ohio; darrylfore@gmail.com
 Kirk Gile, California, kirkgile@yahoo.com
 Cornelius Mabin, Arkansas; nealix101@comcast.net
 Bruce Menapace, Ohio; bmenapace@aol.com
 Soda Nobuhle, Pennsylvania; soda_nobuhle@yahoo.com
 Wendell Reid, Washington DC; wg Reid@yahoo.com
 Al Santeler, Illinois; aesanteler@earthlink.net
 Ollie L. Taylor, Florida; infantmystics@yahoo.com



■ Editor's Q

Earlier this year, the big "O" as in Oprah bowed out her daily TV gig to move on to what she says is her next big thing. Of course, my next big thing won't compare to her network venture, but we all eventually find ourselves assessing, re-evaluating and taking stock of "where am I going and why?" As I prepare to edit my last two editions of Q-Visions, we will focus on the topics of getting from point A to point B, while exploring the many options along the way that may impact both the present and the future of NABWMT.

I recently reviewed an index of some the organizational items archived in San Francisco which demonstrated to me that historically NABWMT has had many committees, task forces, ad hoc groups and the proverbial "white papers," concerning the ultimate direction of this entity. Thumbing through a few of the itemized bullet points, it seems that many of those thought provoking discussions held then, appear to be very relevant today in operating this organization. Subjects such as "visibility," overall structure, national projects, fund raising initiatives, and rallying the membership were dully covered by an array of our internal intelligentsia set. Meanwhile, the convention 2011 theme again echos much of that body of work as we herald "Breaking Molds and Healing Hearts in NABWMT."

Ultimately, we must stop and ask our selves are we traveling in circles or is there a defined and pointed direction in which this organization is going? Its no secret that groups across the country are shuttering there operations due to low memberships, lack of funding sources and the expense of being beacons of social justice. As a volunteer organization we are not exempt to this scenario and our survival will rely on the more partnership energy, additional visibility, creative revenue commitments and input from the chapter network. Our growth is vital to these tenants especially as we seek to provide programming and activities that will be attractive to a younger demographic.

In this issue we hope to inspire, empower and sensitize you dear reader to the possibilities of forging a forward momentum that will embrace all the ground work that has been laid in the last 30 years while grasping a torch to light our path to new heights in the future.

Cornelius Mabin, Jr.
 Editor

■ Co-Chairs Corner Pocket



Ken Baron, Co-Chair



Mack Scott, Co-Chair

Come to the Convention and Experience our theme: “Breaking Molds and Healing Hearts”

SO, what are these molds, and whose hearts are we healing?

Well, first a little history. Our long time member and Convention Organizer Bob Williams felt that we needed to explore new avenues and also realized that the NA members have, for a variety of reasons, been less enthusiastic about the direction the NA was taking.

After assembling the Convention Planning Committee of Rudy Rudolph, Al Benvenuti, and Doug Reynolds they came up with this theme to exhort our members to move outside our comfort zone, reach out to each other, mend fences and make our family whole again.

Shakespeare said “Best men are molded out of faults; and, for the most, become much more the better” So our convention will break the mold (for example) of traditional workshops and introduce new, shorter, interactive sessions with multimedia components and lively discussions. Most of our speakers have been molded by careful NA hands for up to 30 years, but will be asked to build a new connections in this turbulent world.

As our logo suggests, we visualize re connecting together to surround our hearts in a healing manner. As Maya Angelou said “If you find it in your heart to care for somebody else, you will have succeeded.”

So we will measure our success if all the convention attendees recast themselves with the spirit of connecting with new and old friends and reaching out to heal the rifts that have grown between us.

We look forward to seeing you all in Las Vegas at the end of July.

Mack and Ken Scott Baron
NA Co Chairs

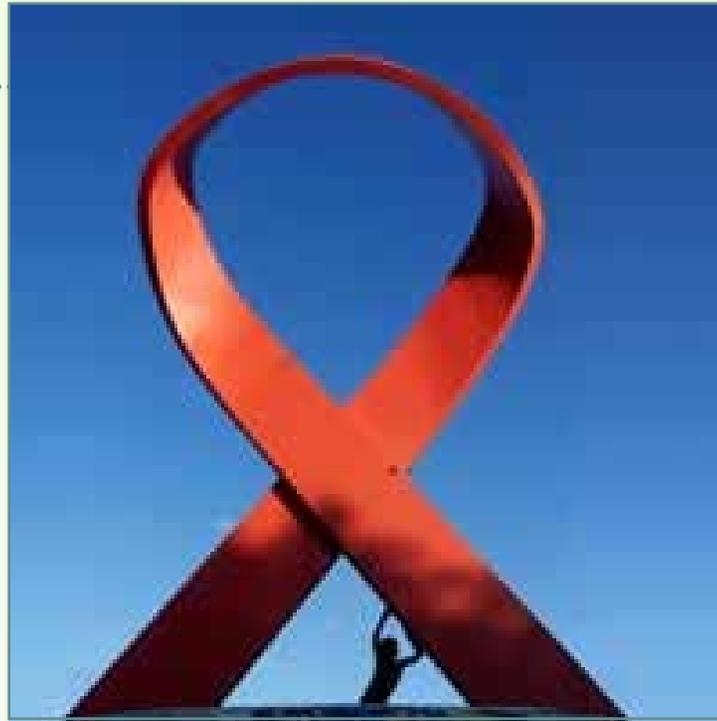


■ 30 Years and Counting

AIDS: Past, Present and the Future

30 years and counting of the pandemic known around the globe as AIDS is a sobering fact that summoned our attention in June 1981. At that time, it was a strange, unknown mystery disease with such ominous names as "GRID" and designations as the "gay cancer," that filled the airwaves and reverberated throughout the gay community. People were dying and more were dying and the government seemed paralyzed to act, meanwhile, gays formed "Act Up" and marched in the streets. But through those days of misinformation and hysterics we learned valuable lessons to realize that was then and this is now. At this point some 75 million people on the face to the earth are living affected or infected with the HIV virus. A 2009 World Health Organization/UNAIDS report cites that nearly 25 million have died in the last 27 years, with a 1.2 Million more people receiving treatment, a 30% increase from 2008. Yet, throughout the course of this disease, there have been numerous crossroads, landmarks and beacons of hope that have ushered this health crisis into the 21st Century. Even more alarmingly, its been 25 years since the number of new HIV infections among Blacks in the U.S. surpassed those among whites, making HIV/AIDS a serious determinant in the life expectancy of Black men having sex with men.

However despite early governmental barriers and cultural insensitivity's, of those beacons of hope that occurred in 2010, new drug formularies with additional combinations of antiretroviral therapies, protease inhibitors and single drug regimens that have been instrumental in reducing HIV related illness, other co-morbidity issues and death. At the epicenter of this dilemma was the first comprehensive national AIDS strategy mandated by President Obama and his subsequent health reform act that will allow more than 30 Million Americans to access quality medical care. These two initiatives within themselves plus the continuing technological breakthroughs, studies and other groundbreaking tools to thwart the spread of HIV infection have become the cornerstone of the fight. Throughout the country notable organizations such as Southern AIDS Coalition, Balm in Gilead,



Living-Affected Corp, Black AIDS Institute, and Blacks Educating Blacks about Sexual Health have all led the charge in the effort to stay at the forefront while urging their constituencies to the importance of their sexual health. Black and White Men Together, Inc has been apart of this legacy as the first national organization to deal with HIV/AIDS in the people of color communities. Our then, The National Task Force on AIDS Prevention worked vigorously including mounting protest in Washington, D.C in 1989 calling for increased federal funding for research and practical assistance of housing and sustenance. We applaud all organization still in the fight, slaute those survivors and their families while fervently encouraging more dollars and sense in ending this crisis. ■

■ News and Comments

Hands Off Our Penises

by D. A. Leonard

"A group based out of San Francisco has collected 12,000 signatures to get a ban on male circumcision placed on the ballot for elections next November. This exceeds the 7,200 signatures required to get a proposal on ballots. San Francisco's Department of Elections has 30 days to verify the petition. If the ban were passed it would apply to the San Francisco Bay Area. There would be no exemptions for religious beliefs, and violation of the law could result in a \$1,000.00 fine and a year in jail. The proposal does make an exception for those who medically need to have a circumcision. Even if passed, legal experts are not sure the law would hold up upon challenge in court."

There is nothing more beautiful than the glans (head of the penis) peaking out from under a foreskin. After speaking with three different urologists this past year, I was informed that some urologists consider the near universal male circumcision shortly after birth, practiced in most urban centers in the United States since the 1930's, as genital mutilation. According to the urologists, circumcision usually is not medically required, and the foreskin serves the purpose of protecting the sensitive glans (head of the penis.) The urologists further stated that if an issue becomes apparent with an uncircumcised male it is usually after puberty when the individual, with medical advice, can make the choice of full circumcision or a partial cutting of the foreskin to preserve the protective qualities of the foreskin. ■



COME CELEBRATE

**"Breaking Molds and
Healing Hearts" in
Las Vegas, July 25-31,
2011**
during
The 31st Annual
Convention of Black and White
Men Together, Inc.

Online registration available
at www.nabwmt.org
Travel Partners
Stratosphere Hotel & Resort
1.800.998.6937 mention our code: C-BWMT
American Airlines at www.aa.com
(code: A6471BI) and AVIS (code: D005280)



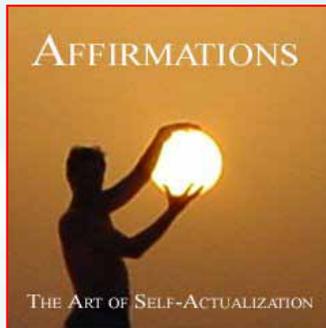
1.800.331.1600



5 Steps to Spring Empowerment

by: Herndon Davis

Spring is a beautiful season of rebirth, renewal and rejuvenation. And our lives correspondingly should reflect these qualities in everything we do, say and eventually will become. Here are 5 ways to get your spring groove on and to assist you in your own evolution.



1. Recite Spiritual Affirmations –

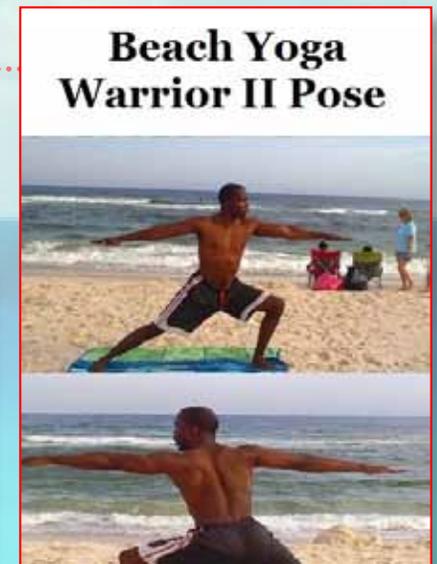
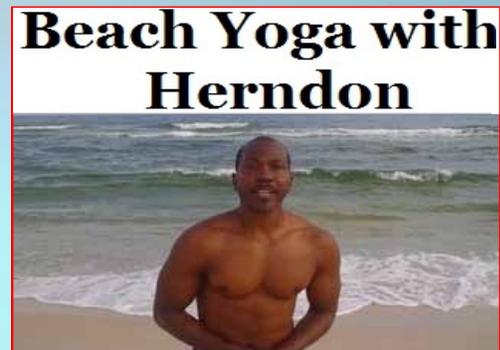
Do not be fooled by the power of affirmations. Spiritually, affirmations are powerful statements of truth and intimate confessions of faith as they are the conduit by which your life will take powerful form, fashion and shape. You should wake up each morning and affirm a new quality of life you wish to achieve. Then repeat it throughout the day, not as a memorization exercise but as an act of power-building confidence of what you really are, not what you are trying to become.

I AM _____ (joyful, peaceful, productive, healthy, prosperous, forgiving, etc)

Whatever quality in life you wish to become, fill in the blank and start affirming it today!

2. Start /Change your Gym Workout or Yoga Routine –

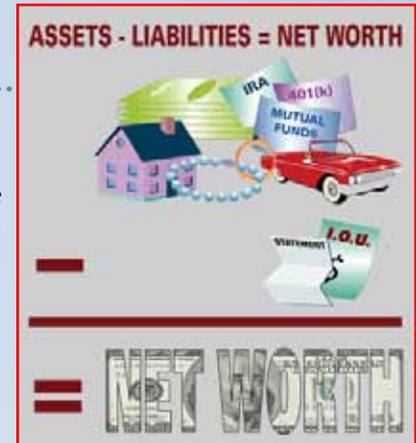
Both the body and mind are easy to adapt to the status quo, so shake things up! Incorporate new exercise routines, exercise times, and locations. Get out of the gym and do your cardio or yoga at the park or on the beach. Use different exercise machines and greatly vary the number of reps, weights per exercise in order to shock your body into responding to the new birth inside of you!



(continued on the top of the next page)

3. Review Your Financial Health –

Use the spring to calculate your annual net worth. Just take the value of all your investments, cash on hand plus the market value of your physical assets such as your car, house, furniture and jewelry. Now add up the total amount of all your bills (car, credit cards, mortgage, student loan, loan from parents, etc). Take the difference between the value of your total assets and what you owe in total. If the difference is a negative amount, don't freak out. Just be aware of your spending habits. Ask yourself how much more could you save if you didn't spend it on eating out 3 nights a week or if you started shopping at discount stores or simply gave up certain luxuries so that you could either pay down your debt faster or take the extra money and reinvest it in your savings.



4. Start/Increase Meditation –

There's an old saying that prayer is talking to God while mediation is listening to God. Mediation is an act of quieting the mind long enough and deeply enough to hear a message from the Divine. All the answers and roadmaps of life lie within, but we must learn how to access it through the act of meditation.

5. Facilitate Changes in Your Life –

Let's be honest. We all know when it's time to move on. Whether it's from a job, a relationship, from one house-of-worship to another, a new home, city or car. Whatever changes are needed in your life, you must learn how to facilitate it versus fighting against it. When we fight change we injure ourselves, we hurt ourselves emotionally by not letting go when we should so that we can salvage and brighten our lives. So don't be afraid to listen to the nudge from within that says it's time for change!



Herndon Davis
is a media analyst,
speaker, and author of
the book,
"Repackaged
Common Sense."
He can be reached
at
herndonDavis@aol.com
and
www.herndonDavis.com

■ Membership News

Detroit's 30th Anniversary/ Midland Weekend

The weekend in Saugatuck/Douglas, MI began with a Welcome Reception with hot and cold Appetizers and cocktails in the Dunes Bar/Game Room from 7 to 10 PM on Friday, May 13th where the 53 weekend registrants gathered for fun and fellowship. It was good to see so many friends from years past. Attendees came from West-Central Florida, Atlanta, GA, Youngstown, Cleveland, Columbus, & Toledo, Ohio, Chicago, & Harvard, IL, Milwaukee, WI and Kansas City, MO. While the weather was cool and rainy the men were hot and steaming. Some men went back to the trails behind the resort when the sun went down, those who did and those who didn't all enjoyed their evening. Saturday, began with the Midland Meeting and a Continental Breakfast in the Dunes Cabaret Room. The Midland is seeking candidates for the positions of Black Co-Chair and Treasurer, while the White Co-Chair and Secretary have another year to their terms. The Midland voted again to sponsor a Reception at this year's convention (possibly in conjunction with BWMT-So Cal).

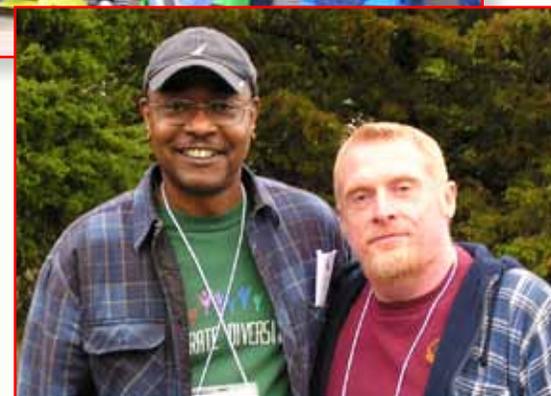
The fall Midland will be in Little Rock, AR, the weekend of October 14-16 and registration will be available online approximately June 1st. Early registration rate is pegged at this time at \$35.00 and there will be a room rate of \$76.50 per night at the LaQuinta Inn and Suites in Downtown Little Rock.

After the conclusion of the Midland Spring meeting most of the weekend attendees went to lunch at Pumpernickels in downtown Saugatuck. The establishment provided refreshing drinks, alcoholic and not, along with a great sandwich selection, plus salads. After lunch, the Gay Campgrounds, CAMPIT, approximately ten miles from Saugatuck/



Douglas hosted us for an Ice Cream Social and provided tours of the grounds.

Afterward the rest of the afternoon was free for touring the Lake Michigan Dunes, and the shops of Saugatuck/ Douglas, the very gay friendly artistic communities on the Eastern shore of Lake Michigan.



At 6 PM BWMT-Detroit provided an open bar for over an hour along with hot and cold appetizers and they presented a number of awards to their chapter members. At 8 PM the Anniversary Dinner Party commenced at a lovely restaurant: Wicks Park Bar and Grill, on the waterfront of Saugatuck, The dinner

(continued on the next page)

■ Membership News



included: salad, selection of: Filet of Beef, Stuffed Chicken Breast, Fresh Catch of the Day (Salmon), and dessert of Key Lime Pie. At 11 PM the party time continued with drinks and strippers in the Dunes Resort main bar until bar close. Again some BWMTers found time to visit the trails behind the resort for some special R & R before retiring for the night.



Sunday morning there was a full breakfast buffet, prior to everyone's farewells and wishes to see everyone again in Las Vegas for Convention or in Little Rock for the next Midland Meeting. Everyone had a "Gay Old Time." ■

Fall Midland Regional

The Fall 2011 Midland Regional slated for Little Rock, Arkansas, (pictured) October 14-16 is in full planning mode complete with a Friday night, "Welcome to Little Rock" mixer featuring a cocktail buffet, Saturday AM board meeting and Mid-day Free tours with complimentary box lunch served on the grounds of the Clinton Presidential Complex, Saturday evening reception and banquet with the presentation of the 2011 Don Moses Award and concluding with Sunday departure activities. \$35 Early Bird registration will began June 15, utilizing an automated on-line registration platform that will allow registrants to complete the process digitally, meanwhile streamlining the flow of information.

Host hotel is the LaQuinta Downtown Conference Center, call 1.800.531.5900 using the code: NABWMT to reserve your \$76.50 value priced reservation. The LaQuinta will offer free airport pick-ups, wi-fi, hot breakfast bar and on-site parking. This pricing will be available until Friday, September 23, 2011.

If you are not on the mailing list, please forward you contact info to: nealix101@comcast.net Please subscribe to the QVExpress blog (www.qvexpress.wordpress.com) for the latest breaking updates and news on all important national and regional events. ■



■ Membership Application

This application is also available as a fillable PDF file on the national web page at www.nabwmt.org and payment can be made there on-line.

Name:

Date:

Address:

City:

State: Zip: Country:

Phone: Fax:

Email:

Local Chapter Affiliation¹:

This Application is: New Renewal

Membership Amount²: \$30 annual renewal
 \$30 new member dues,
if joining between October 1 and March 31
 \$15 new member dues,
if joining between April 1 and September 30

Additional Gift Amount³:

Total Amount Enclosed:

1. If not affiliated with a local chapter, you will be identified as an "at-large" member.

2. Annual memberships are from October 1 to September 30 of the following year.

3. You can enclose an additional amount to support the NABWMT (tax deductible)

Mail forms with check or money order to: NABWMT, P.O. Bx 241968, Milwaukee, WI 53224-1968