



The NABWMT is committed to fostering respect, honesty, and communication among people of different races and cultural backgrounds. We are a gay, multi-racial, multi-cultural organization for all people. We welcome people of all racial, ethnic and cultural backgrounds

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NABWMT Oral History Interviews Available

As many of you know, the NABWMT has an Archive lodged with the LGBT Historical Society of Northern California in San Francisco. That Archive includes, among many other document and videos, 33 oral history interviews of long-time NA members and participants. Up to now, these interviews have been accessible only by visiting the Archive in San Francisco. Now, thanks to the work of Ken Scott Baron of Long Beach, all of the 33 interviews are available to any of you by accessing the NABWMT Website. You can access the interviews at the following link: <http://nabwmt.org/archives/>



NABWMT's 34th Annual Convention Milwaukee,

July 8-12, 2014 will feature several exciting new programs that will complement the theme

Reflecting, Rekindling, Renewing! For the first time in several years, enlightenment sessions (workshops) will be consecutive, rather than concurrent, therefore you need not be concerned about choosing one session in favor of another. When you register, you will be asked to "weigh in" on a scale, and for those returning members to next year in Newark, if you demonstrate a 10% loss in your weight over the year, you will qualify for special recognition and a prize! A tribute to veterans featuring Veterans for Diversity Color Guard will be one of the highlights, another first for the convention. Several enlightenment sessions will deal with relationships. **(Cont. on p7)**

Black Fire on White Fire: Co-Chair Comments

by Mark P. Behar



The NABWMT Board of Directors met in Los Angeles in February, 2014 to continue our periodic quest to refine a vision statement for ourselves and to complete important business that is best done face-to-face, rather than by monthly telephone conference. The NA's Statement of Purpose (SOP) (our Mission Statement) remains unchanged, abiding by the wishes of our membership.

Our SOP/Mission Statement defines the present state or purpose of the NA, and addresses what we do, who we do it for, and how the NA does what it does. A vision is a one-sentence statement describing the clear and inspirational long-term desired change resulting from the NA's work

The process for developing a Vision began at the October, 2013 meeting in Ft. Lauderdale, with the outstanding and volunteer direction of Dr. Paul Hawkins, who guided us through several exercises whereby we identified several common and essential elements. **(Cont. on p6)**

The State of our Health By Patrick Carron

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MACT South Florida, NABWMT Health and HIV Committee

We recently conducted a survey to assess the general health of our membership. The survey, created by Patrick Carron, Bruce Platt, Jason Green, and Mark Behar was taken by over fifty responders via email invitations. In the 1980's and 1990's our membership was devastated by the ravages of AIDS. The Committee wondered if HIV infection was still a prominent concern or if other diseases are taking up a larger presence within our aging membership.

In asking what diseases people were diagnosed with, the responders anonymously reported that having high blood pressure was the most frequent ailment (42% of responders), followed closely in a three way tie for second with high cholesterol, obesity, and HIV(32% of responders). Having diabetes was listed fifth by 23% of responders.

The survey confirmed that HIV is still a major concern for our organization as it was early on. We need to continue our discussions on HIV, safe sex practices, and medical therapy updates. We also need to make screenings available at meetings when feasible. More than sixty (60%) percent of responders want HIV and STD screenings at our meetings.

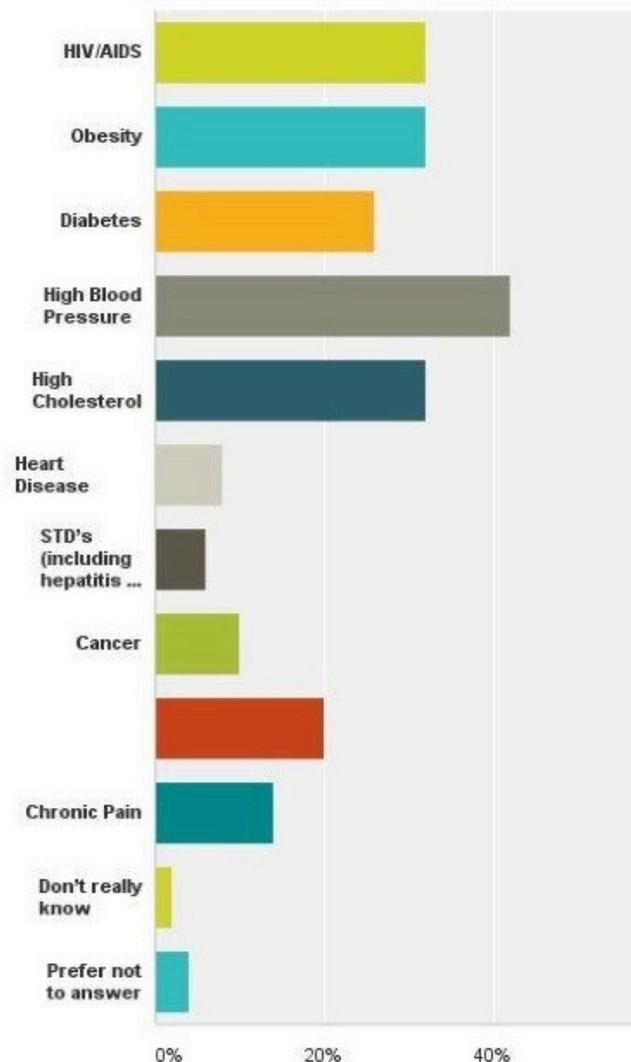
The survey also showed that the common illnesses of the Western way of life are impacting our members. Our fast food culture is leading to obesity, high blood pressure, high cholesterol and diabetes in significant numbers. The average American male gains one extra pound every year from age 30 to 60. At age 60, many of us are at least 30 pounds above our ideal weight. Published research has shown that if men lose just 5% or 10% of their total body weight, it leads to significant improvements in blood pressure, blood sugar levels and cholesterol.

The survey was not designed to tell us how many responders had several risk factors, like obesity, high blood pressure and diabetes. It is likely that many of our members do have multiple health issues. Each additional health concern exponentially increases the risk for heart disease or stroke. Our survey takers also let the Health and HIV Committee know what topics they want us to focus on. The subject matters are listed in order of popularity: 1. Aging, Keeping Healthy as we Age. 2. HIV and AIDS (breaking news, new therapies, etc) 3. Weight Loss and Obesity

We plan to focus on these topics in 2014 through workshops, newsletter articles and email blasts. Based on survey responses, it does not appear that many of our members have difficulty accessing health care in their place of living. Many people (81%) reported that their primary doctor knows they are gay. A large majority of responders (96%) have an annual checkup each year. Finally, the survey touched on Intimate Partner Violence (IPV). The question asked if non-consensual physical, sexual, emotional, or psychological harm has been inflicted on you by a current or former partner. Of the 54 responders, 10 (18.5%) said "Yes".

I look forward to seeing many of you in Milwaukee this July. The Committee will put on a workshop at the convention on "weight loss and health". To motivate those interested in losing weight, we will kick off a contest to see who can lose 10% of their body weight by the Newark convention (2015). There may be significant awards of value for those who qualify. I hope you partake with us!

In Brotherhood, Patrick





Africa News

As you may know, the President of Uganda signed a law last month, which would give life in prison for "aggravated homosexuality." It also includes years in prison for anyone who counsels or reaches out to homosexuals, a provision that would ensnare rights groups and others providing services to LGBT people.

The Reverend Mark Kiyimba, a minister in the Unitarian Universalist Church in Kampala, Uganda said: "Normally, people use scriptures to put gay people down. But I always tell them God is God. He continues to create all people with love and equality."

BWMTSC is launching a program, headed by NABWMT Director Kirk Gile, to provide information on the current status of Ugandans and possible asylum information.

We will keep you posted,
Ken Baron, BWMTSC



NA now "Podcasting"

The revamped NABWMT website now includes a series of commentaries and stories in the form of Podcast.

These include a tribute to Black History Month, and update on the last board meeting. You can subscribe to the podcasts at: <http://www.nabwmt.org/podcasts/> or on iTunes by searching for "NABWMT".

If you wish to contribute, you can set up an easy phone chat (we use the free Skype program) with our Podcaster email: kbaron@nabwmt.org

Creating Change Conference in Houston

Ollie Lee Taylor, NABWMT Program Advisor and Michael Petta, NABWMT Director attended on behalf of the National.

The conference began with day long events from the Anti-Racism Social Justice Institute with the following intentions:

- Define the level of authentic conversation across racial lines.
- Explore the dynamics of race and racism at the individual, group and systemic level.
- Give practice to skills of self awareness as a tool for effective change.
- Explore and heal interracial oppression and internal dominance.
- Consider the next steps for personal learning and action in order to become more effective in countering racism.
- Consider the next steps for personal action and learning to follow-up after the institute's session.

Language of the sessions asked: Have you experienced these terms in your life? (**Cont. on next page.**)

(Cont. from p3) Creating Change Conference in Houston)

Race and racism

White privilege

Internalized dominance and oppression

Intersectionality

Individual Group Oppression

Insights by participants at the end of the day included:

- The idea of race, where it came from and not spreading it to future generations
- Trying not to be purposely obtuse to things; not willing to deal with it fails to help you grow
- A need to develop cultural competency; building real relationships
- A need to develop more Queer Person of Color relationships for my own health.
- Learn how to reach out to people of color, approaching them as equals building real relationships

A closing statement included a goal of healing, unlearned internalized racism. "The work will not start or end with us. We can commit to leaving the world better than we found it."

Extensive reporting is available from Ollie or Mike please email:infantmystics@yahoo.com.

Ten Things Gay Men Must Discuss with Their Health Care Provider

*by Robert J Winn, MD AAHIVMS. Medical Director, Mazzone Center. Philadelphia, PA.
Revised May 2012, and updated March, 2014 by Mark P. Behar, PA-C*



The Gay and Lesbian Medical Association's (www.glma.org) members and health care providers have identified ten major topics that should be topics of discussion for their gay, bisexual, lesbian, and transgender patients. Here is a summary for gay men. Do you discuss these with your doctor? If not, why? Check out their web site for further discussions!

1. Coming Out to your Health Care Provider-- In order to provide you with the best care possible, your clinician should know you are gay. It should prompt him/her to ask specific questions about you and offer appropriate testing. This is not just for testing for sexually transmitted conditions! If your provider does not seem comfortable with you as a gay man, find another provider.

2. HIV/AIDS, Safe Sex-- Many men who have sex with men are at an increased risk of HIV infection, but the effectiveness of safe sex in reducing the rate of HIV infection is one of the gay community's great success stories. If you are HIV positive, you need to be in care with a good HIV provider. Safe sex isn't just about using condoms! It includes the concept of "sero positioning" to help reduce your risks to help reduce the risk of receiving or transmitting any sexually transmitted conditions, including HIV, herpes, hepatitis, wart virus, syphilis, and a bunch others. You should also discuss and be aware of what to do in the event that you are exposed to HIV (Post-Exposure- Prophylaxis)—contacting your provider IMMEDIATELY following an exposure to explore your options. If you are in a relationship where one of you is positive, you should discuss options for prevention with your provider as well.

3. Hepatitis Immunization and Screening-- Men who have sex with men are at an increased risk of sexually transmitted infection with the viruses that cause the serious condition of the liver known as hepatitis. These infections can be potentially fatal, and can lead to very serious long-term issues such as liver failure and liver cancer. Immunizations are available to prevent two of the three most serious viruses.

(Cont. on p5)

(Cont. from p4 Ten Things Gay Men) Universal immunization for Hepatitis A Virus and Hepatitis B Virus is recommended for all men who have sex with men, and may have already happened, if your school immunizations included these, or if you are a health care worker. Safe sex is effective at reducing the risk of viral hepatitis, and is currently the only means of prevention for the very serious Hepatitis C Virus, which can infrequently be spread through sex. If you have Hepatitis C there are new, more effective treatments for that infection.

4. Fitness (Diet and Exercise)-- Problems with body image are more common among gay men, and gay men are much more likely to experience eating disorders. While regular exercise is very good for your health too much of a good thing can be harmful. The use of substances such as anabolic steroids and certain supplements can be dangerous. Obesity also affects many gay men and can lead a number of health problems, including diabetes, high blood pressure and cholesterol, and heart disease.

5. Substance Use/Alcohol-- Gay men use substances at a higher rate than the general population, and not just in larger cities. These include a number of substances ranging from amyl nitrate ("poppers"), to marijuana, Ecstasy, and amphetamines. The long-term effects of many of these substances are unknown; however current wisdom suggests potentially serious consequences as we age. If your drug use is interfering with work, school or relationships, your healthcare provider can connect you to help.

6. Depression/Anxiety-- Depression and anxiety appear to affect gay men at a higher rate than in the general population. The likelihood of depression or anxiety may be greater, and the problem may be more severe for those men who remain in the closet or who do not have adequate social supports. Adolescents and young adults may be at particularly high risk of suicide because of these concerns. Culturally sensitive mental health services targeted specifically at gay men may be more effective in the prevention, early detection, and treatment of these conditions. Loneliness in pursuit of relationships may also be a factor in depression and the inevitable consequences of body image and STDs.

7. STDs-- Sexually transmitted diseases (STDs) occur in sexually active gay men at a high rate. These include STD infections for which effective treatment is available (syphilis, gonorrhea, chlamydia, pubic lice, and others), and for which no cure is available (HIV, Hepatitis, Human Papilloma Virus, herpes, etc.). There is absolutely no doubt that strategies promoting safe sex and "sero-positioning" reduce risks of sexually transmitted infections. The more partners you have in a year, the more often you should be screened. You can have an STD without symptoms, but are still able to give it to others.

8. Prostate, Testicular, and Colon Cancer-- Gay men may be at risk for death by prostate, testicular, or colon cancer. Screening for these cancers occurs at different times across the life cycle, and access to screening services may be harder for gay men because of not getting culturally sensitive care. All gay men should undergo these screenings routinely as recommended for the general population.

9. Tobacco-- Gay men use tobacco at much higher rates than straight men, reaching nearly 50 percent in several studies. Tobacco-related health problems include lung disease and lung cancer, heart disease, high blood pressure, and a whole host of other serious problems. All gay men should be screened for and offered culturally sensitive prevention and cessation programs for tobacco use.

10. HPV (virus that causes warts and can lead to anal and throat/neck cancers)-- Of all the sexually transmitted infections gay men are at risk for, human papilloma virus (HPV) — which cause anal and genital warts — is often thought to be little more than an unsightly inconvenience. However, these infections may play a role in the increased rates of anal cancers in gay men. Some health professionals now recommend routine screening with anal Pap Smears, similar to the test done for women to detect early cancers. Safe sex should be emphasized. Treatments for HPV do exist, but recurrences of the warts are very common, and the rate at which the infection can be spread between partners is very high.

(Cont. from p1 Black Fire on White Fire: Co-Chair Comments) Former national co-chair and Lifetime Achievement Award Recipient Charles Stewart, volunteered to join us in Los Angeles to help us continue on that project.

We were reminded that we may very well be considered a “legacy” organization that provided a safe place for people of different races to promote relationships of all kinds. We were the first gay organization to publicly engage famous gay Black men such as James Baldwin and Bayard Rustin. We incited, inspired, and nurtured national leaders in HIV care and advocacy and political activism including Phill Wilson, Gavin Morrow Hall, Charles Stewart, James Credle, Billy S. Jones, Reggie Williams, and others. We initiated antiracism advocacy yielding legislation in Atlanta, West Hollywood, Milwaukee, and elsewhere. We’ve created bodies of work on Resisting Racism, manuals on organizing and chapter development and convention planning, and a formative “white and black paper” on selecting convention sites. We have a Facebook site with over 2,500 members, and have encouraged personal commitments and plans of action on pan-African and Russian homophobia, marriage equality, and Michael Sam as an out professional football player.

The work is continuing, and the Board hopes to have a vision statement that will complement our Statement of Purpose. Watch for it!

Other important discussions during our meetings in Los Angeles, included:

·Ugandan, Nigerian, and other African national homophobic legislation (Pat C, Kirk G-C), promoted by American Evangelists. We hope to investigate which organizations may be doing something, and investigate collaborating with them, as well as circulating petitions, letters, and other official statements urging US officials to relax asylum guidelines for LGBT people in African nations, as well as to be sensitive to the potential ramifications of American “interference” in the affairs of these countries.

Bayard Rustin Postage Stamp (Ollie T) Will consider collaboration with NLGTF’s Creating Change and the National Black Justice Coalition’s support of the Rustin postage stamp

Health & HIV Committee (Pat C & Bruce P) discussed their recent SurveyMonkey, and how it will impact the Milwaukee convention program session focusing on weight management

BMISJ Committee (Kevin E) reported that the committee will be collaborating with former board member Cornelius Mabin on a book project, “Reflections on a Shattered Mirror,” with plans for a report during the Milwaukee Convention, and with preliminary plans for it’s publication by the end of this year.

Chapter Development & Membership (Stevie M-C, Pat C) reported on the new chapter in Charlotte, NC, San Diego, and their plans for proactive advertng in local gay press in several cities to collect names of people wanting to assist in formation of chapters.

B. Chambers Student Scholarship (Preston S) has plans to outreach to academic programs in the convention host city, this year in greater Milwaukee (and maybe Chicago), and next year in Newark/NYC.

Archives (DA L, Doug N) reported that all of our video archives have been transferred to DVDs, and are now online our web site. This needs to be widely publicized, as it reflects a valuable history recorded in the 1980s and thereafter.

Web page/Q-Visions Newsletter (Bruce P, Kirk G-C, and Shelton W.) reported the newly revised national website which is much easier to view, upload, and access abundant information. Improvements and changes occur regularly. Photographs are being solicited from local chapters on member participation of fun activities. The archival videos are available herein.

CPC 2014 (Mark B, DA L) reported on CPC plans

Proposal for a professional photographer (Mark B) to take portraits of Milwaukee conventioners for display and a later exhibition. See web page: ThomasHellstrom.net, and look at the “Xeno:MKE” to get a sense of what he wishes to do. It would represent an excellent opportunity to examine the people attending our conventions, and provide excellent opportunity for future marketing use. **(Cont. on p7)**

(Cont. from p6 Black Fire on White Fire: Co-Chair Comments) In addition to the above work, the Board visited the LA LGBT Center and The One Institute Archives at the University of Southern California, and enjoyed the company of our cordial hosts from the Southern California BWMT during their Saturday evening potluck.

(Cont. from p1) Thursday through Sunday nights features one of the largest celebrations of French culture in the country, just a few blocks from the convention, all for free. The celebration is half a block from one of Milwaukee's oldest gay bars, *This Is It!*, and features inexpensive food, free music and performances at several stages, and of course, a mock up of the Eiffel Tower. Not quite Las Vegas or Paris, but pretty cool! And so many other great things to see: Milwaukee Art Museum with the world renown Calitrava addition; Harley Davidson Museum, The Lakefront and Riverwalk, Potawatomi Casino, and countless other attractions. The weather during the convention will be delightful. Stay tuned for more announcements about the Convention!

Here's a brief run down of the fun!

Tuesday, July 8th--Usual Board business and sight-seeing for the meetings-adverse, with an evening cook-out hosted by Board members DA Leonard and Michael Ross at their suburban residence.

Wednesday, July 9th--Annual membership meeting with the Board, with several sessions during the day. Midland's Meet and Greet will take place 2 blocks east of the hotel at the convention's triple first: Ayzha Art Gallery and the NA's first Art Invitational, featuring professional portrait photograph of convention goers at no cost by world renown Thomas Hellstrom of NY and Milwaukee!

Thursday, July 10th--Abundant enlightenment sessions, with a Black and White Caucus, with the topic to be determined this summer. Madam X Talent/No Talent Show will be held at the incredible riverfront Warehouse, a great bar with stage, sound system, professional stage and spot lighting, and an outdoor patio on the water. Transportation to and from the Warehouse is planned, as it is about 2 miles from the hotel. Photographer Hellstrom will shoot more portraits.

Friday, July 11th--More enlightenment sessions with a lunch and our Board's Candidate Forum in the afternoon. A featured guest from Baltimore's Jacque Initiative will be providing a special presentation at the invitation of Gilead Pharmaceuticals, who will also be sponsoring one of our meal activities. The evening will feature special programming at the Milwaukee LGBT Community Center, including a 45 minute film on interracial relationships and discussion by the filmmaker, followed by a discussion with a group of gay young people and adult mentors. Photographer Hellstrom will shoot more portraits.

Saturday, July 12th--Announcement of newly elected Board members and Board Meeting will begin the day, with a Health Fair to check your blood sugar, blood pressure, talk about chronic conditions, among other things. The final banquet will feature awards and a special presentation about 2015 in Newark. Photographer Hellstrom will display the photographs taken.

Check out the NABWMT web site for registration information, and if you've never attended before, you qualify for a 10% discount! Convention hotel is the downtown Doubletree Hilton, one block from Amtrak and the Greyhound terminals, and a short shuttle from the Airport (MKE).

Interested in the Art Invitational? Serving on the Board as a director? Nominating someone for an award? Send us an e-mail! Mark Behar <mpbehar@wisc.edu>, or Darryl Fore fore@lycos.com