

years and saw the opportunity to address one symptom of my depression, isolation, and at the same time be with a group of gay men who understood what I was going through," he says.

In February 2005, Q-LAND joined with the group LoveTribe to hold a men's pajama party. The snuggle party includes games, massage circles and "puppy piles" to create heartfelt connections between men. LoveTribe founder Jas Davis has identified with different terms such as straight, queer and poly bisexual heteroflexible male. He experienced his first "puppy pile" or snuggle at Burning Man. "I felt this is what we need to do to become more sustainable as a people, to create a sense of visceral well-being from which it becomes more natural to share," he says.

LoveTribe refers to touch-positive communities that provide healthy, caring and communal opportunities to meet people's needs for authentic connection, affection and play. Davis started the group in Portland five years ago, and it now has thousands of members in more than 300 cities. After the success of the first pajama party, a team of nine men got together from LoveTribe and Q-LAND to create MenSpirit, which Church describes as a group of straight and gay men who come together around healing and nurturing touch and play.

He is particularly excited about a recent




A recent MenSpirit event called ShadowQuest used meditation and other methods to help participants "develop their innate courage and safety in dealing with repressed, shunned parts of themselves."

A more recent addition to the MenSpirit family is the nonprofit organization SpiritHawk. Jerry Jensen began SpiritHawk in 2004 after meeting some Native American artists through contacts with the Grand Ronde tribe. According to Jensen, SpiritHawk's original goal was to provide economic opportunities for Native Americans through educational, social, cultural, artistic and retail developments.

"I had property, the art background as a teacher at Linfield College and the business expertise," Jensen says. "The whole concept expanded when I met Bart Church."

The owner of a large estate in the mountains near McMinnville and a beach house in Lincoln City, Jensen was impressed by Church's efforts with men's wellness and decided to offer use of his properties to support MenSpirit events. "I found out about his

background as an attorney and what he's doing in Portland, and I decided to personally assist in his projects," Jensen says. "Ultimately, I see the estate being utilized toward the gay, etc. communities in Portland through SpiritHawk and Q-LAND's supervision upon my death," he explains. "Out of that, we will have a good formula for others in the community who wish to do same."

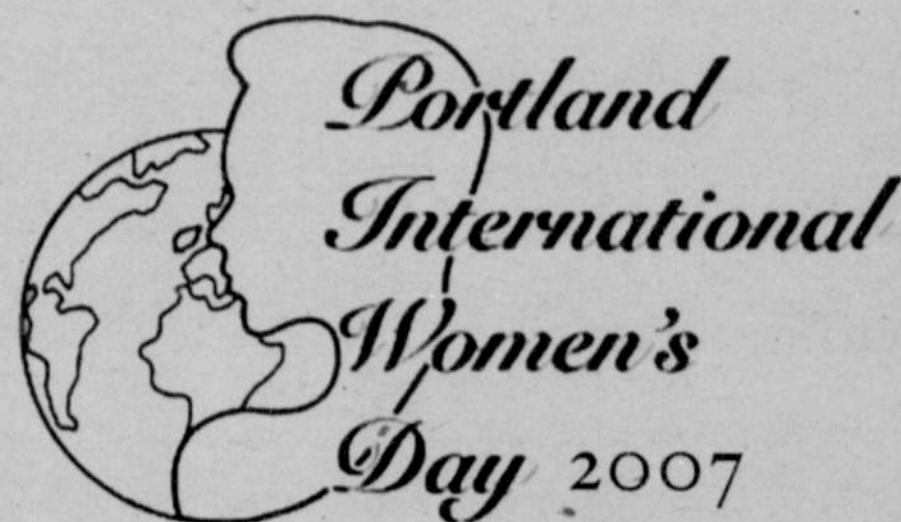
As he ages, Jensen has begun to see the need for people who are dedicated to the concept of wellness in the community. "As part of the baby boomer population, those of us in the gay community who don't have children and family to help us when our health begins to fail, ask what we should do," he says. "Therefore, when I talked with Bart about his program of mutual support and network of people focusing on wellness, it was extremely relevant." 

For more information about MENSPIRIT visit www.qland.org and www.lovetribe.org/menspirit.



Q-LAND teaches core strength and therapeutic yoga classes.

MenSpirit event called ShadowQuest. "Shadow refers to the parts of our lives or our natural gifts we put aside because people didn't like them," he says. The facilitators were a diverse group of men—including a body-centered psychotherapist, a massage therapist and an artist—who presented simple, practical methods for connecting with and engaging the shadow, such as breathing and meditation, expressive movement, painting and drawing as well as ritual and sound. The event encouraged men to "develop their innate courage and safety in dealing with repressed, shunned parts of themselves," Church says.



Portland International Women's Day 2007

SUNDAY MARCH 4TH 2007
10AM - 4PM

Keynote by Winona LaDuke

Main event free, keynote \$3

PORTLAND STATE UNIVERSITY
SMITH MEMORIAL, 3RD FLOOR
1825 SW BROADWAY

Take TriMet! www.trimet.org

For more info: www.piwd.org

Portland International Women's Day features educational workshops designed by women for women, women owned and/or operated businesses, organizations that focus on women within our community and globally, a women's health fair, children's events and activities, and the work of female artists and performers.

As Program Director for Honor the Earth Fund, Winona LaDuke works on a national level to raise public support and to create funding for frontline native environmental groups. She is also the founding director of White Earth Land Recovery Project.

Sponsored by PIWD, Inc., The Women's Resource Center at PSU, & TriMet.

hip
CHICKS



WINE

Official Wine Sponsor for Pride Northwest

We are pleased to be the official wine sponsor
for Pride Northwest for the 2nd year.

Come check out Out and Proud White, Loud and Proud Red,
Sappho's Sweet Delight and our other groovy wines.
Pride Wines are available for purchase at the winery.

• Winery and Tasting Room Open Daily 11am - 6pm

• 4510 SE 23RD AVE. PORTLAND • 503-234-3790

• www.hipchicksdowine.com

(see our website for directions & events)