

The Men's Resource Centre Update

The Men's Resource Centre of Saskatoon is a Male Positive, Pro-Feminist, Gay Affirmative and Anti-Racist Not-For-Profit Society.

The Men's Resource Centre of Saskatoon www.saskatoonmenscenter.com
Telephone: 1-306-244-7950

Public Forums for Men



The Men's Resource Centre is sponsoring a series of "Public Forums for Men" starting in October 2005.

These sessions are free to the general public and reflect a wide range of issues that may be of interest to men, in particular.

This initial series of meetings and workshops is based on community responses to our on-line survey during the winter of 2004-2005.

We welcome all those who wish to attend and we are open to ideas and suggestions for further forum topics.

"Parenting Challenges for Men"

Monday, October 3rd, 2005

"Andropause "The Male Mid-life Crisis?"

Monday, November 7th, 2005

"Violence Against Women - An issue for all men"

Monday, December 5th, 2005

"Men's Experience With Depression"

Monday, January 9th, 2006

"Supporting Gay and Transgendered communities"

Monday, February 6th, 2006

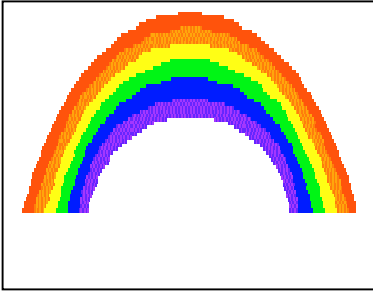
All Public Forums to be held at the Frances Morrison Public Library in Downtown Saskatoon starting at 7:00 p.m. There is no charge for these events.

Everyone is welcome to attend: Men, Women and Youth. All sessions are facilitated by local experts in the subject matter. For more information about the Men's Resource Centre or these forums please visit our website.

Individual Highlights:

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Gay and transgendered communities under attack



If the arsonists were hoping to intimidate gays, they most likely defeated their purpose.

The Gay and Lesbian communities across North America continue to be targets for hate crime.

On July 24th, 2005 the Heart Rock Club in Brownsville Texas was deliberately destroyed by fire. The club had only been open for two months

The owner of the club, which had a rainbow flag draped over its entrance, Sylvia Armente told the local press that the club had been vandalized before the arson took place.

Emiliano Diaz de Leon, Director of the Brownsville Men's Resource Centre stated that "if the arsonists torched the club to intimidate gays in Brownsville, they most

likely defeated their purpose. We hope to organize around this incident."

Here in Canada some community leaders continue to emphasize the connection between "verbal gay-bashing" by such political leaders as Premier Ralph Klein of Alberta and two recent incidents in that province.

In June of 2005 four men attacked a small group who were on their way to an Edmonton Gay Pride Week event injuring one of the group.

In a second attack in June a group of men approached two men who were walking hand-in hand. The group began to heckle the two men,

calling them "fags". The twosome was then swarmed by several of the men and were physically assaulted.

Following passage of the Canadian Same-Sex marriage law, Alberta Premier Ralph Klein announced that his province will continue to investigate ways of defeating the legislation including removing the province from the business of marriage altogether.

Sources: Houston Voice Online, July 29th, 2005 and Halifax Live.com June 30th, 2005



The White Ribbon campaign

The Men's Resource Centre of Saskatoon will be involved in organizing the local White Ribbon Campaign this November in Saskatoon.

The White Ribbon Campaign is an international campaign to raise awareness about the issue of violence against women. The campaign started in Canada in the aftermath of the Dec. 6th, 1989 killing of 14 women at Ecole Polytechnique in Montreal.

The primary focus of the campaign is to raise awareness among adult men about the issue of violence against women by men. Men are invited to participate through wearing a White Ribbon and through donating to support local women's shelters.

Representatives of the Men's Resource Centre will be involved in canvassing local businesses and services to raise awareness,

distribute white ribbons and raise funds.

This campaign in Saskatoon will end on the evening of December 5th with a public forum on male violence against women at the downtown public library.

For more information about the White Ribbon Campaign please visit our website and click on the link for White Ribbon.

Men's Health – Prostate and Testicular Cancer:

What Can Men Do?

There are many good reasons for men to take charge of their health. As we grow older the risk of developing a chronic disease like cancer increases. Men need to get to know their bodies, learn the warning signs of cancer and follow a healthy lifestyle.

Prostate cancer

Prostate cancer is the most frequently diagnosed cancer in Canadian Men. It is a tumour of the prostate gland, a gland located just below the bladder where the fluid of semen is produced.

Risk factors

Factors which increase the risk of prostate cancer include:

- Age (particularly + 65)
- Family history
- High levels of testosterone
- Using cadmium at work

What can men do?

- If you are over 50 years of age talk to your doctor about the risks and benefits of screening for prostate cancer.
- If you have a higher than average risk for prostate cancer, you may wish to discuss the possibility of starting screening at a younger age.

What to watch for

- Frequent, difficult or painful urination
- Dribbling urination
- Urine that contains blood or pus.
- Pain in the lower back, pelvic area or upper thighs
- Pain during ejaculation

Testicular Cancer

Although testicular cancer is quite rare, it is the most common cancer in men between the ages of 20 and 45. But it can almost always be treated successfully.

The testicles are located behind the penis in a sac called the scrotum. Testicular cancer may cause one or both of the testicles to enlarge or it may cause a lump in the scrotum.

What can men do?

- All men aged 15 or over should check their testicles regularly.
- Become familiar with your testicles so you can detect any changes early; report any changes to your doctor.
- Have regular medical check-ups by your doctor that include testicular examination.

What to watch for

- Any change in size, shape, consistency, swelling or sensation of your testicles or scrotum.
- Pain in the testicles or scrotum
- A dull ache or heaviness in your lower abdomen.
- Unusual and persistent backache
- Unexplained weight loss

Reducing your risk of cancer

Research continues to show that some cancers can be prevented. Start with these steps and begin to reduce your risk of developing cancer.

1. Get to know your body!
2. Don't shrug off the warning signs!
3. Follow a healthy lifestyle!

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Testicular cancer is the most common form of cancer diagnosed in men between the ages of 20 and 45.

Welcome to our partners with the Leadership Advantage program at the University of Saskatchewan

Centre to work with Leadership Advantage Program once again

The Men's Resource Centre will benefit, once again, from the energy and expertise of students at the University of Saskatchewan.

In the winter of 2004-2005 a group of student volunteers with the Leadership Advantage program at the UofS

worked with Bruce Wood to help get the MRC off the ground.

Now, in our first real year of providing service to men in Saskatoon we will have the opportunity to work with another group of student volunteers.

Among the possible projects that the student team may be involved with are:

- Organizing and promoting our first-ever AGM and conference, and
- Assisting with the White Ribbon campaign.

Welcome to our student partners!

Fundraising expertise/ Donations sought

As we enter our first year of providing services to men in Saskatoon the need for fundraising expertise grows with us.

To date all activities and efforts of the MRC including the website, our public survey, the newsletter and the public forums have been provided through out-of-pocket support by Board members.

The Men's Resource

centre has no paid staff and no outside source of funding.

We have submitted an application to the Federal Government regarding receiving Charitable status but have been told that this process will take some time.

In the meantime the MRC, which is a registered non-profit society, is seeking individuals with Fund raising experience to join

our Board of Directors.

We are also open to donations from supportive community members. All donated funds will go to our operating costs or the MRC "building fund" to be used in obtaining office space.

Please contact us at 1-306-244-7950 or through our website if you can help.

Your Feedback is Welcome

This newsletter is a quarterly publication that is distributed through paper copy in the City of Saskatoon and electronically to a variety of contacts and interested individuals across Canada and the United States.

We are interested in your feedback and welcome receiving any articles of information for submission provided that they meet the criteria established in our Mission Statement.

If you wish to be removed from our electronic mailing list please send us a message through our website at www.saskatoonmenscenter.com and we will meet your request.

Bruce Wood, Chairperson and Editor.

