

Mainely Men has held semi-annual men's conferences since May 1982. Through workshops, discussion groups, activities and play, we explore the traditional and changing views of masculinity as well as other issues we face as men. Mainely Men strives to provide a safe and open environment where men can make new friends, share experiences, develop trust, and gain a better awareness and understanding of ourselves and others. At Mainely Men you can laugh, cry, work, play, nurture and be nurtured, heal and be healed, teach and be taught, expand your limits and take risks; a place to recognize and celebrate our diversity as men and our uniqueness as individuals in a supportive atmosphere.

Mainely Men 58 Conference Times

Friday Oct 8th, 6 pm –Monday Oct 11th, 2 pm

You are welcome to arrive on Friday anytime after 3 pm

Facilities: Pilgrim Lodge offers a beautiful, secluded and rustic 100-acre setting on Lake Cobbosseecontee. Cabins sleeping 6-12 people extend along a boardwalk by the lakeshore on either side of the main lodge. They have screened porches, bunks with mattresses, a woodstove, a toilet, sink and shower. The main lodge has a large meeting room with a wood stove and piano, dining hall, kitchen and office. There are hiking trails, volleyball, basketball, ping-pong, canoeing and swimming. Pilgrim Lodge in not totally barrier free.

Contacts for Mainely Men:

Board Member: Don Chimera- 207.622.9164

Board Member: Joe Minott- 207.443.9596

Board Member: Rudy Narvaez-207.838.0886

Board Member: Vincent Dufort-207.251.2218

Board Member : Carl Albright – 207. 882.6765

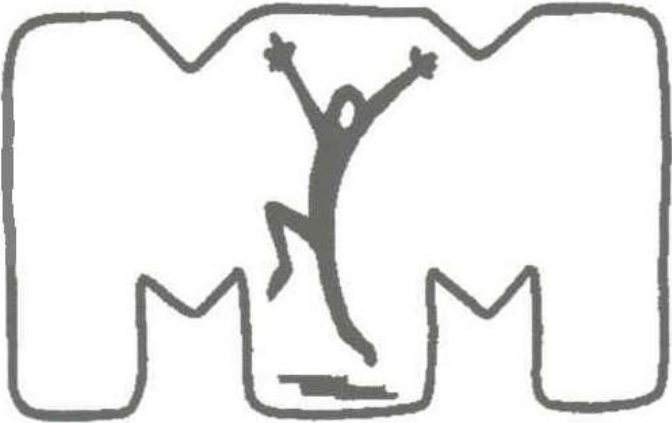
Registrar: Guy Cousins – 207.737.4108

Treasurer: Jack Weinstein- 207.285. 3692

Pinkee: Robert San Giovanni– 207.408.3997

MAINELY MEN 58

October 8-11, 2010



**Self Reliance:
Reclaiming Our
Power As Men**

*Celebrating the Community
of men for over 28 years*

MAINELY MEN
247 NEW ROAD
RICHMOND ME 04357

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
RICHMOND, ME 04357
PERMIT # 2

Visit us at our website: www.mainelymen.org

What to Bring: Warm sleeping bag or bedding, a pillow, warm clothing, toilet articles, towels, swimwear, musical instruments, sheet music (there is a piano), tapes & CD's, material related to men's issues, other items of interest to share.

What not to Bring: Alcohol, drugs, animals or children. We are not able to provide child care. We hope this brochure reaches you early enough so that you may make suitable arrangements.

Registration: Enrollment is on a first come, first served basis. You are encouraged to complete the registration & mail it with your fees as soon as possible to assist us in our planning. Conference fees cover the cost of everything we do. Each participant is also responsible for two work details (food prep, fire wood fetching, clean-up). Sign up sheets are posted at check-in. If you cannot attend the entire weekend, contact the Registrar to discuss what options exist for you.

Schedule: An overview of the weekend's schedule will be posted on the website prior to the conference. A schedule will be posted at the gathering.

Workshops: All workshops are led by MM participants and we encourage the involvement of any participant as a facilitator. If you would like to lead a workshop, please indicate on the registration form with a short description. If there is a workshop you would like to have offered, but don't want to lead it, indicate that and we'll see what we can do.

In addition to scheduled workshops, there are always opportunities to create affinity groups (meet where ever/when ever you like discussion groups about a particular topic like 12-step, male survivors of abuse, divorced dads, etc). A sampling of a few of the workshops being offered at the upcoming retreat can be found on the MM website.

Be gentle with each other; challenge ideas, not people. Respect others and expect it in return. Try to remember that all of us hurt in ways not always readily apparent to others or even ourselves

Opening/Closing Circle: Opening Circle is an opportunity for participants to introduce themselves: who they are, why they're here, their goals, issues of importance, etc. Closing Circle is a time to share what the weekend has meant to you, what you've experienced and/or learned, and for closure.

Meals: Vegetarian style meals are served starting with a meal on Friday evening at approximately 6:30 pm through Sunday lunch.

Entertainment: Sunday evening we hold our "Cultural Event". You may perform/entertain with song, dance, story-telling, skits, poetry reading, etc. If you've never performed, and have wanted to, here's your chance. You are not likely to have a more receptive, appreciative and supportive audience. A great opportunity to put yourself out there.

Music Jam/Dance: Right after the Cultural Event, we create space for the musically inclined to come and jam until their hands fall off. There is music and space for those who like to dance and move.

MM Website: Please consult the MM website for updates to the weekend at www.mainelymen.org

Attendance Fees for MM 58 are as follows:

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|-----------------------------------|----------|
| Annual income under \$20,000..... | \$85.00 |
| 20,000-30,000 | \$140.00 |
| 30,000-or more..... | \$195.00 |
| Saturday festivities only:..... | \$30.00 |

Special Feature for First Timer MM Attendees

50% off your registration if this is your first time attending Mainely Men. Contact the Registrar for more information. A member of Mainely Men will be available to assist you during your first weekend attending MM.

REGISTRATION FORM (make a copy & give to a friend)
Please return this form with your fee (checks payable to **Mainely Men**).

| |
|--|
| Name _____ |
| Address _____ |
| City _____ State _____ Zip _____ Phone _____ |
| email _____ |

I am enclosing my fee \$ _____. I would also like to make a donation of \$_____ to the Dodd Roberts Memorial Fund to help defray the cost for others. MM is a 503C non-profit organization. Your participation is importance to us. **Scholarships are available. Inquire with the Registrar when registering in advance.**

Refund Policy: Your conference fee will be refunded, if we receive notice at least 7 days prior to the event. After that time a \$25 handling fee will be charged.

"By my signature on this application, I agree to assume all responsibility for all risk of damage or injury that may occur to me as a participant in this event. In consideration of being accepted as a participant in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge Mainely Men, Pilgrim Lodge, and all persons associated with this events from all claims, damages, causes of action, present or future, known or unknown, anticipated or unanticipated, which result from or arise out of, or are incident to, my participation in this event."

Signature _____ Date ___/___/___

Needs check list:

- I need a ride to MM
- I can take _____ riders to MM
- Special medical/safety needs _____
- I'm interesting in doing a workshop _____

Mail completed form & check to:

Mainely Men
247 New Road,
Richmond, ME 04357