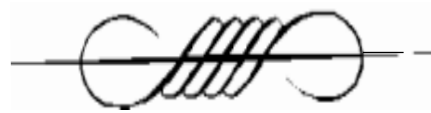


PACIFIC



CURRENTS

Winter 2004

Pacific Center – Berkeley, California – 510-548-8283

Mr. SEX at the Steamworks

In October of 2003, a new and innovative clinical outreach program began at the Steamworks, a gay men’s bathhouse in Berkeley, California. The Mr. SEX program is a collaborative effort between the Steamworks, Pacific Center for Human Growth, City of Berkeley Health Department, and Asian Health Services. The purpose of this program is to provide on-



site psychotherapy, counseling, and referrals to patrons of the Steamworks. Individuals may drop-in and speak to a trained psychotherapist on a wide range of issues including relationships, self-esteem, body image, substance abuse, as well as the topic on every patron’s mind: sex.

Pietro (Peter) Carnini is the Marriage & Family Therapist Intern who is available at the Steamworks

Do You Have An Opinion?

We’d like to know your ideas about how well Pacific Center is meeting your expectations.

Please help us out by filling in the survey on pages 5 and 6 of this newsletter. Surveys need to be returned to the Pacific Center before March 20th.

each Friday evening from 4:30 to 7:30 p.m. According to Peter, the response to the Mr. SEX Program from both patrons and individuals in the community has been very positive. Since early October, he has seen an average of two to three men a night. These individuals come in to talk about a wide variety of issues, ranging from difficulties in their personal relationships to concerns about STD/HIV transmission.

Frequently, he will conduct a therapy session with a man who has come to the Steamworks simply to connect with others and feel less isolated. The goal of the Mr. SEX program is to provide patrons of the Steamworks with a safe, nonjudgmental environment in which they can receive information, explore options, and make better decisions regarding life issues, and their sexual behavior.

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The Pacific Center receives its operating funds from private donations, corporate donations, The California Endowment, the City of Berkeley, County of Alameda, State of California, Evelyn & Walter Haas, Jr. Fund, San Francisco Foundation and the Horizons Foundation.

Crafts Afternoon

Everyone in the Pacific Center family is invited to join the Crafts Afternoon. It's a great way to explore your creativity, enjoy some socializing, and meet other people from the Pacific Center.

We meet on the fourth Monday of each month at the Pacific Center from 4:00 – 7:00 p.m. **Feel free to drop in anytime.**

Various craft materials will be available each month. Try one or try them all.

What are plans for future crafts?

- ·Magnets
- ·Mosaic flowerpots
- ·Beeswax candles
- ·Decoupage
- ·Tie-dye clothing

The group is also open to all craft projects: bring in whatever you are working on (or haven't been working on – someone else might inspire you to get started again!).

Next Crafts Afternoon will be Monday, March 22.

Remember:

It's Free!

No artistic talent is needed!

It's Fun!

Questions? Contact Saloma Clarence 510.336.3065 or email
samgyrl@mindspring.com

If only we had a real water cooler...

Until recently, the Pacific Center did not have a drinking water unit or even the funds to get one. One of our volunteers decided to do something about it. Thanks to a grant from The Sisters of Perpetual Indulgence, Inc. (San Francisco chapter) and the volunteer services of David Vásquez, the Pacific Center now has a water dispenser.

When it was installed the staff and visitors to PC were grateful to see the unit go in. While having hot and cold water might not seem like much to most people, it's a great help to all the people who have to bring in their own!

The Sisters grant provides us with filter replacements and disposable cups for a two-year period. If anyone would like to help out by donating more cups, a cup dispenser, or funds to keep the dispenser running, please contact David Vásquez at Pacific Center

510-548-8283 x519 or
DavidV@pacificcenter.org

**The Pacific Center for
Human Growth**
Serving the Community since 1973

510-548-8283

fax 510-548-2938

info@pacificcenter.org

www.pacificcenter.org

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The Pacific Center for
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Business and Professional Alliance
and the Gay/ Lesbian Therapist
Association.

Pacific Currents is a publication of
the Pacific Center for Human
Growth. Questions, comments, or
suggestions about content should be
directed to the editor.

Email: ralph@pacificcenter.org

Winter 2004

About Our Mailing List

The Pacific Center does not lend, sell or give away its mailing list to any outside organization. However, the Pacific Center does allow organizations that are sponsored and operate under the Pacific Center umbrella to mail announcements to the Pacific Center mailing list. If you do not want to receive mailings from PC sponsored organizations please let us know. "Attention: Mailing List."

What is the Pacific Center to You?

By *Ralph Thomas*, Board President

There is a survey on pages five and six of this newsletter. We would like to know what you think about the Pacific Center. The survey attempts to help us answer two different questions. The first one, "How are we doing now?" This is to find out what your experience has been with our existing services. The second question, which is equally important, "What isn't the Pacific Center doing that you think is needed?"

If the Pacific Center is going to be able to upgrade to a new facility and offer relevant activities, we need to know more than we do now about what the LGBT community in the East Bay wants. After seeing the challenges facing the LGBT Center in San Francisco, it became obvious that we must start our planning at the grass roots. We need to understand what our community needs and is willing to support before we undertake any large effort toward a new facility.

Since the Pacific Center's founding in 1973 a lot has changed. The important things the Center did in the past may not be what our community needs now or in the future. For example, one of the longest running groups at the Pacific Center was the Monday Night Men's Rap group that had 30 - 70 men every Monday night. It was a social outlet that was the "alternative to the bars" for men. That group is now a shadow of what it used to be, with attendance hovering around 8-12 people. Did everyone just graduate from the Monday night Rap group and move on? Attendance in many of the peer groups is lower than in the past. Maybe peer groups are a thing of the past? Maybe the Pacific Center model doesn't match the times? If you've been to a peer group, I'm sure you have an opinion you'd like to share, right?

We have some successful new groups. For example, the Express 20s on Thursday nights have created a new model for their group. In some areas, like our Youth Program, the Pacific Center is still cutting edge, but in areas like LGBT Seniors and LGBT families there are few resources offered by the Pacific Center. So the question for you is: "As we make plans for the future, what future do you think we should be planning?"

What role do you think the Pacific Center ought have in the East Bay? What activities would you like to see? What do you think of the diversity at Pacific Center? What would you like to see changed?

Please take some time to fill out the survey on pages five and six of this newsletter and drop it off at the Pacific Center. If you want, you can mail it to: Survey, Pacific Center, 2712 Telegraph Ave, Berkeley, CA 94705.

If you want to share your thoughts on our current strategic planning work or the new facility planning effort send an email to me:

ralph @pacificcen.org

New Board Member

I am happy to announce that **Amy Wooldridge** has joined the Board of Directors. Welcome Amy!

—*Ralph*

Notary Service at Pacific Center

Contact Michael Drennan at 548-8283 x225 or

michael@pacificcen.org

Volunteer Gardner Goes for the Long Haul

In August, our volunteer gardener, David Vásquez, needed to bring 15 bags of mulch from a gardening supply provider in Emeryville to the Center for our garden. Since no one staff members have a large enough car to help haul the mulch, David contacted Pedal Express, a Berkeley bicycle messenger/delivery service for rental.

As it happens, they do rent their trailers out on the weekend and it was a very simple matter to hook up a trailer to his bicycle. It was also simple, he said, to maneuver the bicycle and trailer, even though pulling a 7-foot trailer made him feel like he was "piloting the Death Star!" The trailer was light and simple to load, and securing the load was easy as well. The difficult part came when he had to *pull* the load.

"I had fifteen bags of mulch to get to Pacific Center," David explained. "I was only able to carry eight at a time, and even that was like a ton. When I reached Berkeley Bowl, the climb slowed me down creeping along as though on foot the rest of the way."

"I still have more mulch and materials to bring to Pacific Center," he said. "I hope that someone in the community will be able to help me out with a ride, at the very least!" He also thought it was too bad he won't be going back to Pedal Express – "The guys there were pretty cute." Thanks very much to Pedal Express (510-843-7339) for the equipment rental.

The mulch was paid for by a donation from Board member Scott Vachon.

If you can help David with work in the garden or with hauling materials, please email:

DavidV@PacificCenter.org
or call 510-548-8283 x519.

Thank You to Our Donors

Board Circle

(\$2,500 and above)

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Gary A. Dexter
Felix Smith
Scott Vachon

President's Circle

(\$1,000 – \$2,499)

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Jan Washburn
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Larry Wexler
Bruce Wile
Parkway Theater
Buffalo Exchange

**Donations for January 2003
through January 2004**

PACIFIC CENTER SURVEY

The Pacific Center is engaged in reviewing our current programs and activities and our space needs and assessing the value of our services to the community. Please return your completed survey to the Pacific Center by March 20. Or mail it to: Survey, Pacific Center, 2712 Telegraph Avenue, Berkeley, CA 94705.

Your answers are critical to helping us set a course for the future. *Thank you!!*

1. How long have you been coming to the Pacific Center?

- | | | |
|---|--|---|
| <input type="checkbox"/> Less than 6 months | <input type="checkbox"/> 10 – 15 years | <input type="checkbox"/> 3 – 5 years |
| <input type="checkbox"/> 5 – 10 years | <input type="checkbox"/> 1 – 2 years | <input type="checkbox"/> More than 20 years |
| <input type="checkbox"/> 6 months to 1 year | <input type="checkbox"/> 15 – 20 years | |

2. How frequently do you come to the Center?

- | | |
|--|---|
| <input type="checkbox"/> More than once a week | <input type="checkbox"/> Several times a year |
| <input type="checkbox"/> Once a week | <input type="checkbox"/> Once a year or less |
| <input type="checkbox"/> Once or twice a month | |

3. Why do you come the Pacific Center? (Please check all that apply)

- | | | |
|--|--|--|
| <input type="checkbox"/> Attend Peer Group(s) | <input type="checkbox"/> Individual Therapy | <input type="checkbox"/> Youth Program |
| <input type="checkbox"/> Check bulletin boards | <input type="checkbox"/> Group Therapy | <input type="checkbox"/> Special events |
| <input type="checkbox"/> Pick up Newspapers | <input type="checkbox"/> HIV Counseling | <input type="checkbox"/> Educational Workshops |
| <input type="checkbox"/> Social space to hang out | <input type="checkbox"/> HIV Support Group | <input type="checkbox"/> Volunteer |
| <input type="checkbox"/> LGBT Resource information | <input type="checkbox"/> HIV Prevention Education | <input type="checkbox"/> Counseling Internship |
| <input type="checkbox"/> Free Condoms | <input type="checkbox"/> HIV Social Events | |
| | <input type="checkbox"/> Other (Please specify): _____ | |

4. Which is the most important service or activity to you? _____

5. How could the services or activities in which you participate be improved?

6. Why do you use the Pacific Center (check ALL that apply)

- The services I use are only available at the Pacific Center
- The services I use are more affordable at the Pacific Center than at other places
- I prefer to go to an LGBT organization
- The location is convenient
- I like the Pacific Center
- Other: _____

The following three questions are to help assess how well Pacific Center is doing for the diverse members of our community.

7. When you come to the Pacific Center, do you feel:

- | | |
|--|--|
| <input type="checkbox"/> Always unwelcome | <input type="checkbox"/> Welcomed |
| <input type="checkbox"/> Sometimes unwelcome | <input type="checkbox"/> Very welcomed |

8. What makes you feel most comfortable and welcome at the Pacific Center? _____

9. What makes you feel NOT comfortable at the Pacific Center? _____

10. What do you think is most important to improve or change about the Pacific Center?

11. Are you a financial supporter (donor) to the Pacific Center? (Circle one) YES NO

If you answered YES to the above question, please respond to the following:

- | | |
|--|--|
| <input type="checkbox"/> I have donated for a specific event or at my peer group | <input type="checkbox"/> I am a annual donor to the Pacific Center |
| <input type="checkbox"/> I have donated to the Pacific Center in the past but not recently | |

12. If you answered NO to question #11, please respond to the following.

I have not donated to the Pacific Center, because:

- | | |
|--|---|
| <input type="checkbox"/> I don't know why the Pacific Center needs my donation | <input type="checkbox"/> I cannot afford to |
| <input type="checkbox"/> I have not been asked | |
| <input type="checkbox"/> I do not think the Pacific Center needs it or others need it more | |
| <input type="checkbox"/> I am not well enough informed about how my money would be used | |

Pacific Center Survey

13. If the Center were to move to a new facility or expand, please circle your preferences for the following:

	Definitely Not	Prefer Not	No Preference	Would be nice	Very much want
LGBT library	1	2	3	4	5
With books	1	2	3	4	5
With video	1	2	3	4	5
Outdoor space	1	2	3	4	5
Porch	1	2	3	4	5
Plaza	1	2	3	4	5
“Meditation garden”	1	2	3	4	5
Walkways only	1	2	3	4	5
Small amphitheater	1	2	3	4	5
Vending machines	1	2	3	4	5
Multi-purpose studio (dance, yoga, etc.)	1	2	3	4	5
Kitchen	1	2	3	4	5
Gallery	1	2	3	4	5
Spaces for organizations with little money	1	2	3	4	5
Weight room/fitness	1	2	3	4	5
Child/day-care space	1	2	3	4	5
Mini-movie theater	1	2	3	4	5
Stage or small auditorium	1	2	3	4	5

14. Are there any other building features you would like to see? _____

15. If the Pacific Center were to consider relocating to a different location, how important would the following be to you?

	Definitely Not Important	Not Very Important	No Preference	Would be nice	Very important
Gay-friendly businesses nearby	1	2	3	4	5
Near BART	1	2	3	4	5
Near Regular Bus Lines	1	2	3	4	5
Available Car Parking	1	2	3	4	5
Bicycle parking	1	2	3	4	5
In residential area	1	2	3	4	5
Near active business (school, retail, etc.)	1	2	3	4	5
Security	1	2	3	4	5

16. What suggestions do you have for NEW services or activities you would like the Pacific Center to offer?

17. Overall, what do you like most about the Pacific Center? _____

THESE ITEMS ARE ABOUT YOU:

I am ___ Under 25 ___ 25 – 34 ___ 35 – 44 ___ 45 – 54 ___ Over 55

I describe myself racially/ethnically as _____

I describe my gender as _____

I describe my sexual orientation as _____

Do you have any needs for special accommodations? _____

THANK YOU VERY MUCH!

Please return your completed survey to the box on the bench inside the front door **no later than March 20**. Or mail it to: Survey, Pacific Center, 2712 Telegraph Ave, Berkeley, CA 94705.

Volunteer HELP WANTED

Administrative Support – Volunteers are needed to assist and support staff members in a variety of office duties such as data entry, copying, letter writing, mailing preparation, word processing and filing. Computer experience with Windows is helpful, but not required.

Building Care – Volunteers are needed with experience in building repair, landscaping, plumbing, electrical, and/or carpentry to assist in the general maintenance and upkeep of the Center.

Mailing – The Center frequently organizes mailing projects. Volunteers work to prepare and mail materials to community members. This is an as-needed volunteer position and does not require a consistent shift commitment.

Housekeeping – The Pacific Center is home to more than 25 regularly scheduled groups and provides meeting space for the LGBT community. Creating a consistently maintained, clean and welcoming space requires the assistance of volunteers willing to help with light cleaning, trash emptying, polishing, vacuuming and sweeping.

Event Volunteers – The Center often holds special community and fund raising events that require additional volunteer assistance. Volunteers who might wish to participate in events and other smaller projects would enjoy this volunteer opportunity.

Front Desk Services – Responsibilities of the front desk team include welcoming visitors, clients, and callers, and providing information, resources and referrals. The ability to work well in a professional environment is a must. Shifts are 3 hours each week and we especially need weekend volunteers! Additional training is required.

Newsletter Editor – Be responsible for getting the Pacific Center newsletter, Pacific Currents, published each quarter. Includes working with the board, staff and the community on content, scheduling, folding and mailing. Proficiency with Email, Microsoft Word, and with people necessary.

Library – The Center maintains a collection of LGBT related books available for temporary loan. Volunteers are needed for collection development, cataloging and maintaining the library. Volunteers who appreciate books and work well independently will enjoy this position.

Contact Board Member Amy Wooldridge:
amy_wool@yahoo.com or call
510-548-8283 x521

Sprucing up B-5

For those who may not be up on PC lingo, B-5 is the name used for the large, all-purpose room on the second floor.

This room is so well loved it needs some TLC! We need *your* help to improve it.

Donations of gently-used or even new items are so appreciated.

- End tables** – Are you tired of holding your coffee on your lap?
- Artificial flowers/plants** – This is, after all, home away from home.
- Chairs** – Comfortable, stacking style.
- Blinds** – Four 71" wide x 37" long white blinds.
- Couches** – Sturdy construction, durable/patterned fabric.
- Rug** – Large area rug.
- Disco ball** – Just trying to see if you read the whole list! 😊

The following colors are especially desirable: *peach, green, rust, burgundy*.

Please contact **Saloma Clarence:**
samgyrl@mindspring.com
or **510.336.3065**

Board Committees: Connection and Fun

Volunteer committees contribute great skill and energy to the Center's work in the community. **These committees are continually seeking members to bring new expertise and enthusiasm to a wide range of projects.** These committees meet monthly and report to the Board of Directors. They provide a chance for individuals who may not have time for Board membership to become meaningfully involved.

Critical to responsible fiscal management is the **Finance Committee** – an independent group of community members who meet monthly to review income, expenditures, and project budgets, and to ensure that The Center uses the resources provided to it wisely.

The development of public, private, and business donors is necessary for The Center to thrive and grow. Those interested in this effort are invited to join the **Development Committee** – which includes not only critical fundraising, but also the special events that engage the public, raise awareness and build support for the Pacific Center.

Email: ralph@pacificcenter.org

United Way Planned Giving

You can use the **code 3473** for your United Way payroll donations to **The Pacific Center**. If your employer participates in payroll deduction donations to the United Way, you may designate that your personal donations go to The Pacific Center. Your donation will help ensure that the Center is able to continue offering support, information and services to your community.

Your support is crucial to enable the *Pacific Center* to continue its role as a vital resource to our community. Please take a moment and send your donation today.

Friend of the Pacific Center (up to \$99)

Benefactor (\$500 – \$999)

Contributor (\$100 – \$249)

President's Circle (\$1000 and above)

Associate (\$250 – \$499)

Board Circle (\$2500 and above)

Credit Card donations accepted at: www.pacificcenter.org

Name _____

Please make checks payable to
The **Pacific Center** and mail to:
Pacific Center
2712 Telegraph Ave.
Berkeley, CA 94705

Address _____

City _____ State _____ Zip Code _____

Home Telephone _____

Email address _____

Thank you for your generosity!

This newsletter is available as a download for Adobe Acrobat Reader at our Website: www.pacificcenter.org

THE PACIFIC CENTER FOR HUMAN GROWTH

2712 Telegraph Avenue
Berkeley, CA 94705

PLEASE SHARE WITH A FRIEND!