

Upcoming Events

05.18.14 - Beer Bash

Come out to The Chez and have a blast at the monthly fund raising event; Beer Bash. Draft and Drink Specials, Food & Jello Shots. Entertainment provided by Imperial Sovereign Court of All Connecticut.

05.23.14 - Bear Migration Starts

Hillside baby! This is it, one of the best weekends of the year in PA. Come and join in the fun filled weekend with your fellow Ursamen at Bear Migration.

06.22.14 - Beer Bash

Come out to The Chez and have a blast at the monthly fund raising event; Beer Bash. Draft and Drink Specials, Food & Jello Shots. Entertainment provided by Imperial Sovereign Court of All Connecticut.

06.28.14 - Pool Party

Bill and Jay will be hosting their famous pool party for MEMBERS ONLY on June 28th! Details are on the way!

08.01.14 - Mr. CT Bear

Join the NORTHEAST URSAMEN for a weekend of fun and excitement as bears from all over converge for the next Mr. Connecticut Bear Weekend!! The event will include bar parties, hospitality suite, Bear Dinner, and our next installment of the Mr. Connecticut Bear Contest!

08.24.14 – Beer Bash

Come out to The Chez and have a blast at the monthly fund raising event; Beer Bash. Draft and Drink Specials, Food & Jello Shots. Entertainment provided by Imperial Sovereign Court of All Connecticut.

09.21.14 – Beer Bash

Come out to The Chez and have a blast at the monthly fund raising event; Beer Bash. Draft and Drink Specials, Food & Jello Shots. Entertainment provided by Imperial Sovereign Court of All Connecticut.



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Bear Migration is almost here! May 23-26 2014

ABOUT THE EVENT:

Every Year a group of brave and hearty bears set off on a trek to the Endless Mountains of Pennsylvania, to a place where their most primal urges can be unleashed. That place is Hillside Campground and this year's annual trek begins Friday May, 23 and ends on Monday, May 26. Remember... anything can happen in the woods!

Hillside Campground is a private, member's only campground for adult, gay men. It is located about ½ hour north of Scranton, Pennsylvania off Rt. 81 in Gibson, PA. Amenities include 100+ camp-sites, a heated in ground swimming pool, "nature walk", and Friday/Saturday/Sunday bon-fires by the recreation hall. Clothing is optional.

THE PACKAGE:

ADVANCED
REGISTRATION
IS
REQUIRED!

Package includes:

- Your reservation with us on Site 60 (the community site)
- All your meals from Friday evening thru Monday morning
- Your annual membership to Hillside Campgrounds

DEADLINE: Make sure your registration is postmarked no later than Monday, May 12, 2014. The Ursamen cannot guarantee your registration will be accepted past the deadline.

Better yet ~ register online at the link listed at the bottom of the page and pay with paypal!

SEE ALSO Story on Page 3

To register online please visit www.ne-ursamen.org/hillside/register.html

Letter From The President Harry Walters



Dear Bear brothers, it gives me great pleasure to be able to say I found 2 awesome brothers who have put together our first newsletter in a year, we have struggled to find a newsletter editor and now we have 2. I like to say a

few things and let you know where we are and where we are heading over the next few months.

Our club has gone thru some ups and downs and we are now on the upswing of things, we can now renew our dues online, pay for club functions and all this can be done on our website. We have an awesome board who all work well together and we all have one goal and that goal is to make this a #1 club for us all.

Our club website is now updated on a Bi-weekly basis and thanks to Bionic Bear for all his work on our website, without him we would be truly lost.

We have a great spring and summer planned. Bear Migration, Mr. CT Bear 2015 Weekend and Spookybear are just a few of the events that will be so much fun, but we need your help, you all asked to bring this club back to basics, we need pot lucks where members invite us into their homes, join us for movie nights where we all go out for dinner and a movie, Dine with us for "Bears eat the world". These are just a small part of it all guys. There is more to come and I say let's get it done!!!

Thanks for giving me the honor and privilege to work for you

Harry L Walters Jr.

Your New Newsletter Editors

Welcome to the first newsletter that Paul Sagon and I (Bill Mokeler) are doing. We are proud to be able to contribute to such a wonderful group and help keep everyone informed about what has and will be happening with the group.

Our goal is to bring you a newsletter that not only covers all of the Ursamen events but news and information that would be helpful or of direct interest to the group. We plan on having a health, cooking tips and recipe section in addition to the articles you know and love. We also hope to publish an electronic version every month between the quarterly printed issues; this will be available for download as well as we will offer it as a pdf through email for anyone interested. These mini editions will help keep everyone up to date between the print editions on events and what's going on so you don't miss anything. Also in the first electronic version will be an erotic short story to see how everyone likes this addition, we did a poll on Facebook and it was 2 to 1 in favor of trying it.

We need your Help! This is your newsletter too, help us fill it, offer to write up about an event you attended, do a member spotlight on yourself and tell your story, send us pics from events because without your input there is no newsletter and then you may miss that great weekend you wanted to do or the cookout a member is hosting etc you get the picture.

Paul and I have been involved in several different groups though the years, from starting to running them, board member to president, and newsletter editor of one as well. We have never really felt the quite as welcome as we have with the Ursamen and are really looking forward to future events.

Thank you,
Bill & Paul



Greetings from the Kitchen Bitch

Greeting from your Kitchen BitchHey there fellow campers,

As you may or may not know, I will be taking over Kitchen Bitch duties from Matt Kenny this year. I know I/we have big shoes to fill but we are going to try to make this year's food experience even better than last years. We've gone with the mantra of do it good but do it simple. We really want to strive for fresh and not prepackaged/pre made food where possible, simple good tasting food, with simple uncomplicated recipes. In years past we have enlisted the many many talents of others to help construct and design the Menu for camp. This year we have opted for a set menu. If you have concerns or allergies and you would like a copy of the menu for the weekend please contact me directly. We are hopeful this will keep us enjoying each other more outside of the Hope Lang Pavilion kitchen instead of slaving away for the whole weekend. By making things simpler we hope to not repeat what has been the case over the past few years of only 1 or 2 people doing 80% of the work. (ie Matt last year and John S. the year before).

As attendees of Hillside migration, you will all be asked to do KP duty in some form or another at some point during the weekend. Upon checking in with the Tent Nazi (John-Albert), you will be able to work with him to get your assignment/s for the weekend. KP Duty will mostly be in the form of assisting one of the mealtime chefs or me in preparing, cooking or cleaning up after the meal. We want to change the experience, this year from past years, from one of abject drudgery to absolute ecstasy. (This is where you all say collectively YAY!).

We have at our disposal for the first time in a very long time, new equipment. Earlier this spring, we were able to persuade the board for a much needed upgrade in cooking equipment. We have a brand new 3 burner camp chef portable range with separate griddle and Grill box attachments. No more creaking falling apart and unsafe backyard

BBQ grills. (again, YAY!) We also will have for the first time on demand hot water in the kitchen, courtesy of the boys from 61b. (And one last time YAY YAY!)

We are also looking to borrow from you our wonderful camping bears a couple of extra coolers. If you can bring one along with you to camp it would be most gratefully appreciated.

Right now we are looking to fill 2 cooking spots on our roster, one for a lead chef for the Dinner for Saturday night and another for the lead chef for Breakfast/Brunch Sunday morning. The persons taking on this will not have to worry about providing the food and or planning the meal as we have already nailed down all the food for both meals. As a head chef you be responsible for leading, managing executing all cooking, along with your sous chefs and prep cooks, for your assigned meal. Depending on the meal and its complexity there may more or less helpers for each meal. Cleaning will be a separate crew and managed by me. And as for Monday morning everyone helps in tear down. Leaving early is not an excuse to shirk tear down responsibilities. That being said, Monday teardown duties should be much quicker this year as we plan on doing most of the major pack up Sunday after dinner.

Thank you,
Buddy



Bear Tracks from Mr. CT Bear 2014.



Hello, My name is Trell Walters and I am Mr. CT Bear 2014. It has been an honor and pleasure serving as your ambassador representing the Bear Community of Connecticut.

I took on this Title not knowing what the future would hold or what to expect, but I can tell you it has been wonderful meeting so many friends from all over and learning more about the Bear Culture and what it takes to be a true role model.

I've also had the pleasure of traveling and judging for different events and helping with different organizations in raising money for their causes. Here are some of the places I have been so far since my title year begun:

- Boots and boxers at his victory party*
- Big Bear Baskets*
- Naughty & Nice-was there even though weather*
- New Years Eve at Tommys*
- Beer Bashes with and without Ursamen dates*
- Nuts & Bolts*
- Care Bears 2
- Dorothy Awards
- Coronation with the court
- Disney madness with the court
- Mr. Boston Bear as a Judge
- Mr. Rhode Island bear as a judge
- Jingle Balls with the onyx(as judge)
- True Colors Conference Volunteer
- Victory Party for Mr. Boston Bear
- Spookybear *
- Bears in the woods
- Northampton Bear events
- Cruisers

TBRU to rep for Northeast Ursamen

MAL

Train & Play

Leather Cares Ribbons

Providence Bears slumber party meet and greet

Hudson Valley bears event(at triangles)

Governor Malloy Residence Reception by the HGLHC

Twilight Guard and Hudson Valley Bear event

Furplay Madness;

*******raised \$1051.00 for my charities*******

My upcoming events will include:

Chicago Bear Pride and IML-May 23-26

Carebears 4-May 31

Ashbury Park NJ Pride-June 1

Boston Pride-June 14

RI Pride-June 21

NYC Pride -June 28

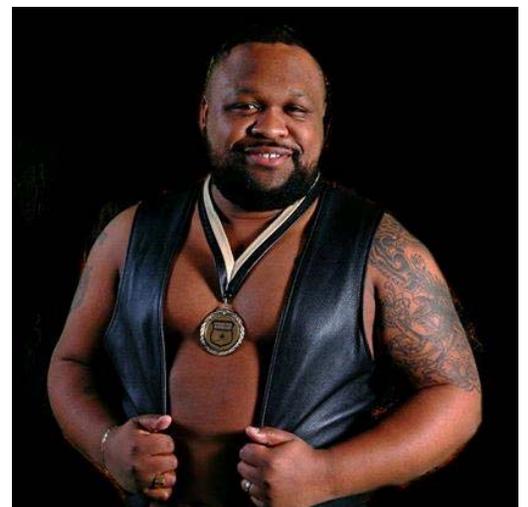
Bear Week 2014-July 17-20

Mr. CT Bear 2015-Aug 1-3@ Tommy's

If you see me out and about, and you will, please say hello. If I can be of any assistance, all you have to do is ask, I am here for you all.

God bless.

Trell



Cooking Tips & Recipe of the Month

Member Paul Sagon

As Co-Editor of the Ursamen newsletter, this will be my 1st contribution, and I thank you for giving me an opportunity to contribute. Bill Mokeler (Co-Editor/ and my husband) asked me to add a blurb about cooking. It's kind of natural for me to do this as I was born into a family that had much



experience in the culinary world. My dad was the head chef for The Boston Pops in Tanglewood

MA back in the day of Arthur Fiedler. My eldest brother worked in the food division of Marriott Catering for over 25 years. My other brother headed up a food commissary for a National Guard outfit. I personally catered my office Christmas Party in Boston for 105 people. If you want personal references, just ask Morgana de Luxe / Michael Morgan. He was a guest at my dinner table in Middletown CT many times and now at Bear Week.

Instead of talking about recipes or cooking tips, I would like to tell you one of my favorite (and cost saving) devices in my kitchen. My "FoodSaver" vacuum packing machine. This has saved hundreds, if not thousands of dollars in food expense. I grew up with freezer burned "Mystery meat" that was often excavated from the back of my mother's freezer. It was food and it had to be cooked and eaten (no matter what it looked like). My family was quite poor and could not afford to throw food away. I'm surprised none of us got food poisoning.

Besides cutting the cost of spoiled food, you can be creative with what you store. For instance, purchase a large package of boneless/skinless chicken

breasts; add some Italian salad dressing to the "FoodSaver" bag before sealing. Next time you fire up your charcoal/gas grill, you have something more flavorful to cook. Are you a steak lover? Try adding some Burgundy wine to your beef before sealing it. Be creative, as long as it's an oil based marinade. It seems to hold better.

So many grocery store marinated foods are vacuum packed in the same manner, but charge you up to twice the price for what you can create at home.

These machines can be purchased for as little as \$79, or there are more complex machines upwards of \$200.

So, Happy Cooking and Bon Appétit

Mr. CT Bear 2015

Join the Northeast Ursamen for a weekend of fun and excitement as bears from all over converge for the next Mr. Connecticut Bear Weekend! The event will include bar parties, hospitality suite, Bear Dinner, and our next installment of the Mr. Connecticut Bear Contest!!

Dates: August 1 - 3, 2014

Host Bar/Contest Location: Aug 2: Tommy's Bar

Host Hotel: Super 8 Cromwell/Middletown

Run Packages are on sale!

Reservations are NOW being accepted for the host hotel.

Visit www.ne-ursamen.org/mrctbear for links and more information.

Member Spotlight

Scott Pritchard

Hello Fellow Ursamen!

If we haven't met yet I'm Scott Pritchard. A little background info on myself. I "officially" "came out" in January of 2011 after 23 years of a "straight" marriage. It was a huge "Rebirth" "if you will. I am on a path of rediscovering who I truly am along with learning what I like along with many new



aspects unknown to me of the "Gay" world. Things such as Subcultures, Fetishes, Acceptance, and Support. Through this I have learned a lot, along with where I feel comfortable and other activities and interests.

I was in a very controlled marriage and simple things as exploring hobbies, interests and even building friendships was a very difficult task to accomplish.

So all that said I have found at least four activities or interests so far that I have explored and embraced and enjoy. They are Bears, Leather, Cigars, and Motorcycles. If you think about it they all tend to run hand in hand yet to enjoy one you don't have to necessarily enjoy or participate in the others. My first interest was the Bear crowd. In trying to feel where I may fit in, and I tried many flavors, I found Bears to be real, accepting, comfortable in their skin, and very giving to their community and outside charities. I was raised with exceptional values and giving back ideals from a hardworking single Mom of 5 who passed WAY too early in life. Of course I physically am a Bear which also helped. In going to Bear clubs and events I also noticed physical attraction to this look I inquired about to many Bears wearing Leather and along with my others about it. I discovered there was SOO much more than I imagined. My curiosity continues to

this day as I have discovered that Wearing Leather was MUCH more than just "Dress Up". It includes Trust, Leadership, Respect, and Brotherhood. I am very interested in pursuing a Leather "Journey". I attend both Bear and Leather events and enjoy doing both.

While attending these events and also seeing pictures I noticed that cigar smoking was very popular and along with the wearing of leather I found quite erotic. I went to a small local cigar shop and spoke with a clerk who gave me a short education of cigars and I have been experimenting ever since. I do smoke a few cheap cigars during the week and have a couple of finer cigars on weekends. I find the time I take to smoke them as relaxing and a good time to reflect and think.

And last but not least, motorcycles. They were a VERY taboo subject and just speaking or observing a parked one was such a hassle. I had always admired them though. Last year I scraped up enough money to take a weekend riders course that would net me my motorcycle license at the conclusion. I successfully completed the course and purchased an older motorcycle the next weekend with what money I had left. Like having a cigar, riding my motorcycle is very Zen like for me and has tremendous relaxing powers for me.

So I am so happy with where I am today. The great people and communities I have found, along with the activities that have helped me answer my internal question of "WHO is the REAL Scott Pritchard?" I have always given back and told it like it is but yet now know so much more about myself, and life continues to get better and I'm so glad to have you guys in my life!



Health Spot

12 Easy Beard Care Tips

Growing a beard can be an expression of freedom, but it's also a commitment. Beards don't take care of themselves any more than your lawn or your nails. They need some upkeep.

"If you don't pay any attention to your beard, pretty soon, you're going to look like a wanderer from the Alaskan wild," says Sandy Poirier, celebrity stylist and owner of Shag, a salon in Boston.

Whether you're just past the stubble stage or trying to tame a 2-foot mass, here are some beard care tips.

Grow It Better

Fight through the itch. This is the point where the faint-hearted give up. If you stick with it, it gets better after a few weeks, Poirier says.

Let it grow. Wait a few months before trying to shape a beard. That's even if you plan to keep it short and close to the face in the long run, Poirier says. Shaping and trimming a beard too early is a common rookie mistake -- a mistake that can take weeks or months to fix. "Let it get a little wild at first," Poirier says. "Once you have about an inch or an inch and a half, then you can start shaping it."

Know when to give up. It's a hard truth, but not all guys can grow a beard. It's just a matter of genetics, Poirier says. "If it's been two or three months, and it's still patchy and scraggly, it's not going to get better," Poirier says. "Let it go, shave it off, and move on."

Good Grooming

Now you've got your beard. How do you take care of it?

Shampoo. Lots of guys don't wash their beards -- or if they do, they use the bar soap they'd use on their armpits. Bad idea. You'll dry out your beard and the skin beneath. Instead, shampoo at least a few times a week, Poirier says. Use a moisturizing shampoo to prevent the hair from getting brittle.

Condition. Poirier recommends a thick, heavy-duty conditioner to keep your beard from getting too wiry.

"Let the conditioner sit there," Poirier says. Consider the leave-in kind that you don't have to rinse out.

Use products (if you want). Whatever you rub into your beard is bound to get on your skin, too. Use products that are noncomedogenic, says Seemal R. Desai, MD, a dermatologist at the University of Texas Southwestern Medical Center. That means they won't clog your pores.

Trim it. Even if you grow your beard long, Poirier recommends a trim every two months. It's like getting rid of split ends in your hair. If you're keeping it short, trim your beard every few weeks or so.

Have the right tools. Poirier says an electric trimmer is fine for the edge of your beard on your face. But for shaping the bulk, he recommends scissors and a comb. "If you're using scissors, you're not as likely to cut off too much by accident," Poirier says.

Keep It Healthy

What else can help your beard look and feel good?

Eat a healthy diet. There are no special foods that will improve beard growth, Desai says. But he says a balanced, healthy diet is good in general for hair and skin. What about supplements? Some people say that biotin, a B complex vitamin, strengthens hair. However, there's no strong evidence showing it helps. Always check with a doctor before starting any daily supplement.

Sleep. One study found that losing sleep could slow down beard growth. So if you want a healthy, full beard, take care to get your ZZZs.

Eat with care. How do you keep your lunch out of your beard? Poirier recommends taking small bites, wiping your face after each one. "Always ask for extra napkins at restaurants," he says.

Of course, some of this beard-grooming advice might seem too fussy. Maybe the very idea of beard care contradicts your manly man ideal?

Poirier, who has an impressively long beard, disagrees. "You have to take care of your beard," he says. "Beards have a strong presence. They're the first thing that any person you meet will see. Grooming is worth the effort."

TBRU

What does this stand for you may ask? Well it takes place every St Patrick's weekend in Dallas, Texas. It was my second time going to such an amazing Bear event and it was Trell Walters first time. We arrived in Dallas on Thursday and then the amazing party started, there were 1735 guys from 8 different countries and when you put that many guys together, well you know what can and will happen.

This was the 19th edition for TBRU and it was called Cowboys & Bears and as the President of the Dallas Bears said "Cowboy butts drive us nuts and bears make us wild". So what did this weekend bring? Well \$105.00 registration got you a tee shirt, run pin, entry into the hospitality which all beer and special drinks were free all night long, free bus and shuttle service to all bars and hotel which there were 5 hotels and 2 were the host, a dinner and a true Texas BBQ, so if you do get the chance next year to attend, it will be an event you will not want to miss and one you will always remember. Also this event raised so much money for their charities and this is what we do as members of all bear clubs around the nation.

Thanks to the Dallas Bears for all their hard work, we all do appreciate it.

Harry Walters and Trell Walters

Treasurer's Report

Balances as of April 15, 2014

Checking Balance:	\$11,552.80
Income Y-T-D:	\$14,166.08
Expenses Y-T-D:	\$14,515.56
Donations Y-T-D:	\$2,440.00



Don Conant	May	2
Michael Kane		5
Frankie Otero		11
Robert Tabor Jr		11
Paul Martire		14
David Garcia		14
Scott Newton		15
Bill Smith		17
John Zaccagnino		18
Paul Sagon		20
Scott Ferland		22
Scott LaGreca		23
Al Cave	June	19
Harry Walters Jr		22
Jim Potter	July	2
John Nazarian		12
Trell Walters		17
Michael Stenko		21
David Arzuaga		21