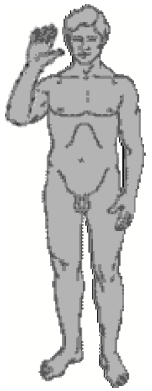




# Beach Areas Men



## Enjoying Naturism



### of Southern California



Issue 110 ▼ January 2016

#### Fireside Chat

##### Happy NUDE Year!

As BA-MEN begins our 14<sup>th</sup> year, we'd like to inform you that our web site is now hosted by [GNI \(Gay Naturists International\)](#), and you'll find a few items have returned that we once had, including a few nude images (which our last two web hosts prohibited), page counters, random "new" item images, and more.

Granted, it's not too much at the moment, but at least the feedback form is fully on our site now, and you don't have to do much to get back to where you were after using it.

On that note, if you have some ideas on things you think would improve our site for the average guy, please contact us via any method on the final page of this newsletter.



I also think it's time for some feedback on how we're doing as a club, and would not only like to call your attention to our email address and Yahoo Group forum (main or members only, whichever you are), but I'd like to solicit some additional help by asking if you'd like to either meet with myself alone (see other comments on that on this page), meet in a group like at one of our Taco Nights, or if you might be interested if our group offered a sort of "steering committee" or "business meeting" at the start of one of our events?

There's a new poll to quickly give us your opinion on such at:  
<http://www.misterpoll.com/polls/608941>

Or see our polling page:

<http://BA-MEN.Org/polls/>

We're also once again asking if any of you would like to offer a little of your time periodically for a club officer position in exchange for free membership and other perks, and if you are, please contact us via email ([BAMENClub@GMail.com](mailto:BAMENClub@GMail.com)) or use the feedback form on our site and let us know what sort of position you'd like to help us in.



If you have a pool and/or spa, or know of someone who does and might host for us, even if they're not really in our "home area", we'd love to talk! Just use the feedback form in the prior column or any of our contact methods on the last page of this newsletter.

One thing we'd really like to find is someone willing to host in another area, like Palm Springs, with hopefully a pool and maybe a BBQ and ideally some place several of us can spend the night, instead of resorting to a hotel (with an added cost for many), but we can discuss options if you're willing – Just contact us and we'll talk about it!



Want to meet 1-on-1 or in a small group to chat & socialize sometime, on your schedule?

- Option 1: Pool/hot tub at my mobile home complex (spa is nice, pool cold now). Can't be nude, but we can change in the men's room and get naked there while changing/drying. ☺
- Option 2: Imperial Spa in Garden Grove.
- Option 3: Clothed meet-up at the Del Taco near me.

All options are very close to Beach Bl. & Garden Grove Bl., on the Westminster, Stanton, and Garden Grove borders in Western Orange County. (If you don't know where this is, it's off the 22 Fwy. at Beach Bl./Hwy. 39, a few miles from the Long Beach/Seal Beach border where the 22, 405, & 605 meet.)

If you're interested, please use any contact method on the final page here, though keep in mind email is usually responded to faster.



Do you know anything of the "Hilltop Hot Spring" towards to Mammoth in the Owens Valley off Hwy. 395 or the "Hot Spring Canyons" in the Santa Ana Mountains?

Contact us at any method on the last page if you do, as we'd love some info on the places.



# BA-MEN Beach Areas Men Enjoying Naturism of So. California

Can you help us have less hotel events by hosting an event at your home sometime?

Keep in mind the following perks if you do help us out...

We have a **new offer for event hosts!**

We're now offering the following, per event:

\* **A guaranteed minimum of \$10 for indoor events, \$15 for spa/hot tub parties, and \$25 for pool parties.**

\* A virtual certificate for free admission at 2 other home-based event. (Or \$5 off the door fee of a hotel-based event when pre-paid only.)

\* \$2 per paid attendee and you pay no fee.

\* Free membership for up to an additional year beyond your current membership OR a second free admission cert. (as above).

\* Ask and you'll receive any help you need with house cleaning before the event. (Though I'm sure anyone doing much would appreciate a shower afterward, before the event starts. He also will receive the same admission & membership perks noted for the co-host below.)

\* At the event, we'll try our best to have someone deal with cleaning things up and trash, as needed. (They will receive free admission to your event, plus free membership, as above OR free admission to a future event, as above.) -Events with over 12 guys or those when a co-host cannot stay the full time, we'll have a 2nd guy co-host. (And if we ever have a large pool party, we'll try to have a 3rd or more!) -You will not need to request such assistance - only if you need help with vacuuming, dusting, mopping, or whatever before the event.

Alternatively to all the above, you're welcome to request a specific fee for the use of your place, but you'll need to be a current member or the current basic membership fee will be deducted from said fee.

If you have any questions, comments, or concerns on this new policy, PLEASE ASK!

You're also welcome to offer any suggestions on this, if you think we can do better and/or are not offering at least the same as another SoCal brother club.



We're still very much looking for other opportunities for nude hiking, camping, and other hot spring trips!

If you know of a good place to hike, camp, or of a hot spring that is *preferably* less than 200 miles away, please let us know!

We're not only looking for places to do such, but for guys who can lead the way – and for such, esp. if you can also drive a carpool and give guys without the means to get there, we'll give you our host's current offer – free membership for up to a year! – Drop us a line (see last page for contact info) if you can help us out like this.

Keep in mind that most of the events currently scheduled are un-hosted, so if you would like to host an event on that date or near it, just let us know and we'll make any necessary changes! ▼

## Classified Ads:

### Member Looking for a Spare Room, Bed, or Even Just a Couch for Housekeeping, Cooking, & Other Services

John, your group's president, is currently in need of a new place, as where he is now, the mobile home owner's seriously (as in packing boxes but not talking to a real estate agent yet) wanting to sell the place and likely move into assisted living, and the place is in a very, very less than ideal living situation anyway, and is looking for a place he can live and help you out a bit as well. (BTW, he is not looking for someone to be any more than a friend, but isn't opposed to something more should it become mutually beneficial for us both.)

If you have a spare room or at least a bed or even a couch available, John needs a place to live for a while in exchange for services like cooking, cleaning, doing laundry, and some possible handyman services or yard work. He can even assist a disabled person in things like personal care, bathing, dressing, etc. He can also sweeten the deal by offering a good massage at least once a week and a body scrub as often as you wish. (Just like the spas do, only he doesn't ignore any body parts, unless you want something ignored.) ☺

He's a nice guy – the sort that can get along with anyone, unless you're trying not to get along. ;)

While his favorite music artist is Enya, my volume levels of music or TV never bother anyone, and if ever he's awake and you're not, you'll never know it! He can also use headphones as needed.

Privacy is also important with me, and whatever goes on in your home & life won't ever be mentioned elsewhere.

Said place must be within about a mile of OCTA, LBT, MTA or other bus stops, and can be nearly anywhere in Orange County or Southern Los Angeles County. (Other areas might work out, especially if you are going to and can regularly offer rides to BA-MEN events, but I really don't want to leave the state – thanks for the offers, though, guys!)

In exchange for your space, you'll also get a free membership in BA-MEN at least as long as he can stay there, and will need to do so at least until his SSD is granted. (At which point he may move and/or offer you money for rent & utilities (incl. for the time already past there to continue living there.)

He will be getting his own food & have his own cell phone, and can also offer a share of said food.

FYI: While I much prefer to be able to live nude, if possible, I'm certainly not opposed to wearing clothing. ☺

If you can help, please call John at 714-248-6833 24 hours & leave a message or e-mail [doctor34@gmail.com](mailto:doctor34@gmail.com)

BTW, if you know of a good disability lawyer, let me know, too!



### Need a Personal Assistant or Valet? House or Pet Sitter? Computer Work? House-Cleaning? Handyman? Or ???

If you're looking for someone to help a disabled/semi-disabled person, house-sit, and maybe tend to your plants or animals (for example, he loves dogs & knows how to deal with aquariums), or if you're looking for some sort of help or work on your computer or other electronics, or perhaps need a new light switch installed, please

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contact John before you spend 2-100 times the amount on someone who might cramp your lifestyle.

Since I'm "one of you", I don't care if you have gay porn laying around, live with your boyfriend, or like to walk around the house nude! -In fact, if you do like to be nude at home, I will likely join you in doing so while there.

You don't have to worry about your liquor or food if you're looking for a house-sitter, as I don't drink, and will obtain my own food. -And you don't have to worry about someone maybe hosting wild parties or whatever... I'll respect your wishes, whatever they might be.

If you are interested, please call John anytime at 714-248-6833 & leave a message or e-mail him at [doctor34@gmail.com](mailto:doctor34@gmail.com).

★

## Need a Massage?

John is trying to get back into the "swing of it", and while he's feeling a little "rusty", he's offering you a good discount!

1 hour (plus) of massage at your place (out-call), using your bed, with Swedish & Tantric techniques for only \$25.

A body scrub is also available with a massage for only \$5 more! (Or, free if he can use your shower and not have to bother bringing towels. But he will bring bodywash!)

**Sorry, but in-calls are not available at this time – it must be at your place.**

If you'd like a different amount of time or have a partner or roommate who wants to relax as well, please ask him about other rates.

Service is offered in most of Orange County & the greater Long Beach area (\$5-\$7 more in L.A. County other than some select areas of Long Beach), but will consider other areas depending on the amount offered if payment is made in advance online.

(Note this is not an offer for sex of any kind, so please don't ask. Also if it matters what your massage artist looks like, please don't contact him either.)

Please contact him at (714) 248-NUDE [(714) 248-6833] or [doctor34@gmail.com](mailto:doctor34@gmail.com).

-And *please* speak-up if you leave a voice message, as several guys have called for one reason or another, but he could not understand the message or number to call you back at.

▼

**Your Ad Could Be Here !!!**

▼

## Want to Submit a Classified Ad?

We feature *free* ads from members (or those paid for by others for a small fee that we accept for print).

If you wish like to feature an item for sale, a room for rent, your services to offer, etc, please get in touch with us via any method listed on the last page of this newsletter. ▼

## Who is this Celebrity Guy?

In the last issue the celebrities was [Daniel Radcliffe](#) from a promo for the play "Equus".

The answer to who the guy shown here is will be in the next issue.



A hint: These guys are members of an actual sports team. ▼

## Happy Birthday Wishes To:

Steven J. on 12/01, David R. on 12/03, John Y. on 12/21, Julian V. on 12/22, Buddy H.

on 01/01, Laurie C. on 01/05, David R. on 01/06, & Gary S. on 02/26.

Become a member and get your birthday listed here too! ▼

## Calendar of Events

(All Events Are *Tentative - An RSVP for all is required!*)

To RSVP for any event, please click the following link or send email to that address, or call us via any hotline on the last page if you have no email. You may also contact us at this address if you have questions about the event that are not answered here.

[BAMENRSVP@GMail.com](mailto:BAMENRSVP@GMail.com)

You can best RSVP for an event via our new RSVP forms:

For non-hotel or trip events, use:

<http://BAMEN.wufoo.com/forms/bamen-rsvp-form/>

Or, if you need to type the link, use:

<http://bit.ly/bamen-rsvp>

For hotel-based parties, click:

<https://bamen.wufoo.com/forms/bamen-hotel-party-rsvp-form/>

Or type: <http://bit.ly/rsvp-hotel>

And for trip events, click:

<https://bamen.wufoo.com/forms/bamen-trip-rsvp-form/>

Or type: <http://bit.ly/rsvp-trip>

Also, please take a moment to view our current polls online and help us shape the future of your club and our events:

<http://BA-MEN.Org/polls/>

**Our pre-payment policy** for any event is if you cancel by the event's RSVP deadline or if we should have to cancel the event, you will get your money back in full via the same online payment service, or via a bank issued check by mail after your payment has fully cleared. Late cancellations may still receive a refund if others pay to attend in your stead.

At this time, for all events that request pre-payment, you may pay via check or money order (by mail), Square, Bluebird, PayPal, & PopMoney online, plus we also can directly charge your VISA, MasterCard, AmEx, or Discover credit or debit cards, or you can

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pay in person in cash. (Email or call to get our payment address or a location to meet us if using cash or want to swipe your card in person.)

All pre-payments are due no later than Noon on the Friday the week before the event for online payments & U.S. Postal Money Orders, and all other checks & money orders are due by noon the Friday 2 weeks prior to the event. Payments in person or via Square *may* be accepted as late as Noon the Thursday prior to the event.

BA-MEN provides a **drug-free environment**, and even things like "poppers" & "420" are not permitted at any time.

Also, **unless otherwise noted, smoking (even cloves & e-cigs) are not permitted.** ★



## Need a Haircut?

At each of our scheduled hotel events (which is all but the meet & greet, pool party, & Imperial Spa events in the events here), we'd like to offer you a free crew cut.

If you're interested, bring an large towel or sheet to capture the hair (and dump it in the trash carefully when you're done), and we'll be glad to give you a good buzz-cut.

The gent offering the haircuts (yours truly, the group President) is not professionally trained and is not asking for a cent (a tip would not be refused), but I can do a nice, even crew.

I can *try* to do other lengths, but I have never done so before, so there's no guarantees at all on how it might turn out. If you want to be a guinea pig and try something other than a crew, please bring a personal comb as well.

You will need to make your cut request (especially if not a crew!) known fully when you RSVP, as I will not bring the clippers if no one asks for one.

You're welcome to look at my own cut for an example of my work (and hopefully I've done it recently and it's not gotten shaggy).

★

**Tuesday, January 5,  
6:00pm-7:00pm**

**Meet 'n Greet**

**Clothed, at the Beach Bl &  
Garden Grove Bl. (or Acacia)  
Del Taco**

**(Tuesday is 3 orig. tacos, hard or soft  
shell, \$1.29+tax at Del Taco)**

Google Map/directions:

<http://goo.gl/caAdFA>

You **MUST** RSVP if you want to attend! If you don't we won't know you will be there, and if no one RSVP's, your President will not be there either.

Please RSVP by 9pm 1/4.

This is an event to meet & get to know a few of the group members ahead of time, as well as talk over things related to the group, and perhaps talk about new things to do or maybe find someone willing to host an event.

We'll plan to be at one of the outdoor tables (with umbrella) in front of the restaurant, this way others there won't hear us talking of naked parties or whatever. (If it rains or is cool, I will go inside near one of the front corners of the restaurant.)

You're welcome to order something from inside (or not) and join us, but you'll be responsible for your own bill and we're not asking for a cent for the event, but as always no donation will be refused should you wish to make one.

This event is non-smoking.

RSVP at: <http://bit.ly/bamen-rsvp>

★



**Saturday, January 9, 3pm-7pm**

**Imperial Health Spa (in  
Garden Grove)**

**\*\*\* Your RSVP is REQUIRED if you are  
attending with the group! \*\*\***

(You won't know where to find us or hear about any changes/cancellation in plans if you don't RSVP.)

Please **DO NOT FORGET TO RSVP** if you intend to attend! –Our last few Imperial Spa events have had few "for sure" RSVP's, especially any that would confirm they would attend.

If you plan to attend, please RSVP no later than 9pm on 1/8.

The Imperial Spa is located at:  
8251 Garden Grove Bl.  
Garden Grove, CA 92844  
Phone: 714-530-0055

Google map/directions:

<https://goo.gl/gYbZea>

(Please call only for location or services info, and do not mention BA-MEN when calling.)

Cost: \$15 entry due to the spa at arrival, plus any optional services.

Come and enjoy the many amenities of this Korean-style day spa, where virtually everyone goes nude. (Keep in mind this is an all ages spa, not a gay bath house, so it's not a place for sexual activity.)

The men's wet area features a dry sauna (on the hot side, but move away from the IR lamps to be a little cooler), steam room (fairly hot w/Eucalyptus), "Live Mineral" steam room (warm to mildly hot), a cold plunge, & fairly hot Jacuzzi.

Body scrubs (\$25 extra) are given in an alcove off the wet area by a male attendant wearing shorts only - you are nude.

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Relaxation area has warm to rather warmly heated Jade & Salt Rooms, as well as a darkened recliner nap/TV room, and cold, filtered water is on tap.

Spa provides all soap, shampoo, conditioner, & even shaving cream & disp. razors if wanted, as well as small towels (sized to cover the sauna & steam room benches), and robes, t-shirts, & shorts for the common/co-ed areas.

Note that massages or acupressure treatments are given by women in the common area.

They do have a juice & snack bar w/sodas, juices, & Asian soups & goodies for an extra fee, and a robe is needed here.

Please RSVP so we know you plan to attend, but feel free to go anytime they are open, 8am-10pm.

Be sure to RSVP so we can tell you who to look for in the men's area, otherwise we'll never know you were there if you don't come over and say "Hi!"

RSVP at: <http://bit.ly/bamen-rsvp>



## **Saturday, January 23, 5-10pm** **Beginning Massage Workshop** **(Swedish & Tantric techniques)**

In Long Beach, on PCH near Cherry, and not far from the 405 or 710.

If you plan to attend, please RSVP & pre-pay no later than Noon 1/19.

Looking to learn the basics of Swedish (AKA Essalen) and Tantric massage techniques? If so, join us for an evening to do just that!

If you have a massage table and/or know the basics well enough to teach said workshop, we'll let you in for free, but you must RSVP ASAP and let us know that you have a table we can use and/or feel you can impart your skills to others, and if you follow thru with one or both we'll not only let you in the event for free, but give you free membership for 6 months for doing either – or a year if you can do both! –We will have room for a maximum of 2 tables & 2 instructors.

Assuming we get no volunteers to teach and/or a table, we'll have a bed available for massage training & practice, and will plan to use a massage video along with an instructor to guide the class.

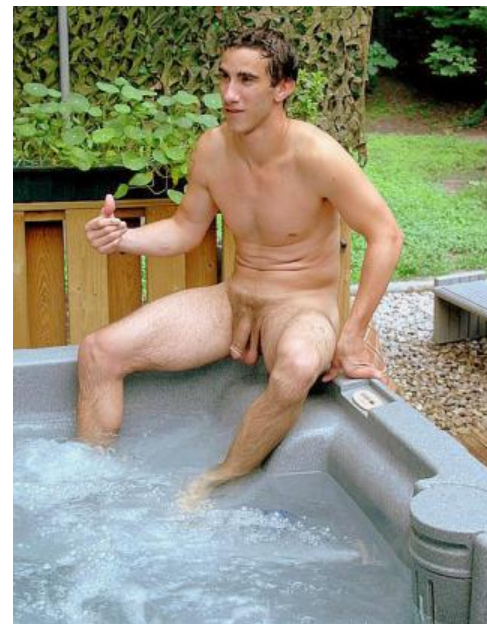
Please do understand that those getting a massage, either during the training, or during the practice time, may very likely get an erection, especially if you're getting Tantric massage (which in fact is somewhat necessary for)... We're all guys and know that an erection only means you're enjoying something, and that it's not a sign that you want sex. –That said, please do not offer to be demonstrated on if you object to other guys seeing you erect, especially if you are receiving Tantric massage.

Basic Swedish/Essalen massage is easy to learn, and anyone can do it! On the other hand, Tantric massage is a bit more complicated, as there are a number of techniques that one can perform. (Not that it's more difficult, it just means there's more to remember!)

(Speaking of which, if you feel you can teach Swedish but not Tantric, that is fine... Just let us know!)

This event is planned for a private hotel room with an in-room Jacuzzi tub, as well as a separate shower that you can use to freshen-up with at any time. (Don't worry,

this hotel is not a really small one that watches everyone coming and going... We've never had an issue here.)



We'll plan to have about 2 hours for instruction, a break for pizza (chip-in around \$8 if you want some), and then about 2 more hours of practice time where you can try your techniques on others there, and the one being worked on as well as the instructors can offer feedback on your work to improve it, if needed.

Cost: If pre-paid by the deadline, a MAXIMUM of \$25 for paid members, first or second timers, & brother club members, \$35 for non-members; and a student or limited income discount is avail. with membership, or free membership for non-members.

At the door, the rate will be a fixed at \$40 for members, or \$50 for all others with no discounts, assuming the event is a go and space is still available.

You must pre-pay to guarantee your admission and the lowest door fee. And if pre-paid, you may get in for as little as \$15, depending on attendance & your membership status.

Those that RSVP will be given the basic address, but we'll need to call you (or you can call us) with the room # we're renting, so BE SURE to GIVE YOUR PHONE number when RSVP'ing for this event.

For this event, please plan to bring a total of 3 towels – 1 to sit on at all times, 1 to dry off with after showering or using the Jacuzzi,

# **BAMEN** Beach Areas Men Enjoying Naturism of So. California

and another that's either a large beach towel, bath sheet, or even a flat bed sheet to use for massage, as well as a non-staining massage oil, lotion, or gel.

Please also bring your own beverages, snacks to share (if you want any), pizza chip-in (if you want pizza), and your door fee, if not pre-paid.

An "after-hours party" will be available for 2 hours following the event.

RSVP at: <http://bit.ly/rsvp-hotel>



**Thursday, January 28,  
6:00pm-7:00pm**  
**Meet 'n Greet**  
**Clothed, at the Beach Bl &  
Garden Grove Bl. (or Acacia)  
Del Taco**

**(Thursday is 3 chicken soft tacos, \$2.29 +  
9% tax at Del Taco)**

Google Map/directions:

<http://goo.gl/caAdFA>

You MUST RSVP if you want to attend! If you don't we won't know you will be there, and if no one RSVP's, your President will not be there either.

Please RSVP by 9pm 1/27.

This is an event to meet & get to know a few of the group members ahead of time, as well as talk over things related to the group, and perhaps talk about new things to do or maybe find someone willing to host an event.

We'll plan to be at one of the outdoor tables (with umbrella) in front of the restaurant, this way others there won't hear us talking of naked parties or whatever. (If it rains or is cool, I will go inside near one of the front corners of the restaurant.)

You're welcome to order something from inside (or not) and join us, but you'll be responsible for your own bill and we're not asking for a cent for the event, but as always no donation will be refused should you wish to make one.

This event is non-smoking.

RSVP at: <http://bit.ly/bamen-rsvp>



## **Upcoming Events:**

**Looking ahead long-term:**

Late July/Early Aug. 2016: Clothed movie theater event in Huntington Beach or Garden Grove to see "*Star Trek: Beyond*".

Fri. 8/12/2016 & Sat. 8/12/2017: Annual President's Birthday trip to Catalina Island (Maybe rent a room on the island for a party and get naked?!?)

Plus more to be announced!



(No, it's not who you might think it is below.)



# BA-MEN Beach Areas Men Enjoying Naturism of So. California

To become a member and receive our monthly newsletter, see our web site, or please send the amount below, preferably via Money Order or cashier's check, to the address in contact methods, and make it payable to John E.

## Membership Form

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

E-Mail \_\_\_\_\_

Birthday Month & Day \_\_\_\_\_

Please check as appropriate:

Is this a:  New Membership  Renewal

Membership Options:

1 Year - Electronic Newsletter (e-mail/download): \$10/year

Partners or Roommates add \$5 for each to the above.

Lifetime - Electronic Newsletter \$50 sgl./\$75 cpl.

College Student or Limited/Fixed Income - Electronic Newsletter \$5/year (Contact us first!).

Would you like your:

Name & last initial on our members' contact list?

Yes  No

Phone # listed also?  Yes  No

E-Mail Address also?  Yes  No

Would you permit your photo to be used in:

Our newsletter & online members only areas?

Yes  No

Our public web site?  Yes  No

Other club's newsletters?  Yes  No

Can you offer or do you need a ride or wish to car-pool to events?

I can offer a ride.  I need a ride.

I wish to car-pool.

For ride-sharing purposes, what area do you live in?

Nearest **Major** Intersection - N/S Street first, please:

\_\_\_\_\_

\_\_\_\_\_

City \_\_\_\_\_

Zip \_\_\_\_\_

How did you first learn about our group? (Be specific!)

\_\_\_\_\_

If you are interested in joining via **credit/debit card or electronic check**, please check our website, e-mail us, or call us at one of the numbers below for more information. You can join our club online at:

<http://BA-MEN.Org/signup>

## Our Group's Purpose

(Southern California) Beach Areas Men Enjoying Naturism (AKA **BA-MEN**) is a men's naturist/nudist social group. **Our focus is as a loosely organized social club, not a sex/adult activity club.** (Any sexual activities are at the discretion of the event's host, and we support only safe sex activities.)

**Fees:** In addition to our membership fees (see left column), we may collect a donation of anywhere from \$0 to \$10 per member, first time guest, or brother club member (with proof, please) per event, and \$5-\$15 per other non-member per event. -This does not take into consideration any additional donation for the host's or venue expenses. If you cannot afford the posted door fee, please let us know when you RSVP and we'll see if we can't help you out!

**People:** We are not a clothing-optional club, instead we **require nudity.**

We are a **private, not-for-profit** club that accepts males of all ages (as long as you are at least age 18), nationalities/race, sexual orientations, and religions.

**It does not matter your body-type:** Fat, skinny, tall, short, or whatever your penis size, you're always welcome at **BA-MEN!**

Guests, visitors from other clubs, and new members are **always** welcome!

## Contact Methods:

• **E-Mail:** [BAMENclub@GMail.com](mailto:BAMENclub@GMail.com)

Please also be sure to have the above addresses added to your "White" or "Approved" lists and check your spam or bulk mail folders to make sure it did not get caught there. (We've been having problems with Yahoo & AOL either trashing or deleting mail to or from us, so you might try another free service like [GMail.com](http://GMail.com), a great free service from Google.

Feel free to also contact us at our secondary address:

[BA-MEN@BA-MEN.Org](mailto:BA-MEN@BA-MEN.Org)

• **24 Hour VoiceMail Phone Numbers:**

**Long Beach** area: (562) 507-1-BA-MEN [(562) 507-1226]

**Compton** area: (424) 785-4-BA-MEN [(424) 785-4226]

**Garden Grove** area: (714) 643-BA-MEN [(714) 643-2263]

**Laguna Beach** area: (949) 436-9-BA-MEN [(949) 436-9226]

All of our hotline numbers support incoming text (SMS) messages from cell phones, as well as voice messages.

• **US Mail:**

If you need to send us U.S. Mail, please e-mail or call us for a temporary mailing address.

For the **fastest** response, please contact us via e-mail.

• **Web Site:**

<http://BA-MEN.Org>

• **Yahoo Group Forums & Mailing Lists:**

<http://groups.yahoo.com/neo/groups/BA-MEN/info>

And for members only:

<http://groups.yahoo.com/neo/groups/BAMEN-Members/info>

Announcements only:

<http://groups.yahoo.com/neo/groups/BAMEN-Announcements/info>

Event Details only:

<http://groups.yahoo.com/neo/groups/BAMEN-Calendar/info>

Newsletters only:

<http://groups.yahoo.com/neo/groups/BAMEN-Newsletters/info>

• **We are on Tumblr at:**

<http://BA-MEN.Tumblr.com>

**Newsletter:** The deadline for submission of items is the 15<sup>th</sup> of the month prior to publication, or the 20<sup>th</sup> of the prior month if submitting online.

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