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## The Cave Men Vision

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## CAVE MEN

**Dear ASPI Member,**

Over the years, ASPI has brought you well-prepared, insightful, and highly informative presentations. These monthly lectures have attracted up to 200 attendees, including a growing international audience. While these lectures provide invaluable education, they have one limitation – they do not foster personal connections or allow everyone the opportunity to express themselves.

To address this, we introduced **Cave Men**, an initiative designed to create small, supportive discussion groups for men dealing with the challenges of PC and AS. In my nearly 20 years of working with PC men in Iceland, I have witnessed a deep need for a space where men can talk openly, share experiences, and support one another. **Cave Men groups**—each consisting of 10 to 15 members—offer a unique opportunity for meaningful conversations in a confidential setting.

**Our vision for Cave Men remains strong:**

- **A safe and supportive environment** where men can discuss difficult issues such as PC and AS.
- **A place to share news, articles, and personal stories** that matter to our members.
- **An international network** that connects members across different countries, forming lasting friendships.

Although our Cave Men group has seen fluctuations in size, we believe there are many men within ASPI who would greatly benefit from and appreciate being part of a discussion group like this. **We just need to find them!** More importantly, we need **torchbearers**—leaders who are willing to take initiative and help build these groups into a thriving support network.

## How You Can Get Involved

**We are currently seeking:**

✓ **Participants** – If you are interested in joining a Cave Men group, we welcome you!

✓ **Leaders** – If you are willing to take the lead and organize meetings, we need your leadership to bring these groups to life.

Cave Men groups meet **four times a year (September, November, February, and April)**, providing a structured yet flexible format for members to engage in meaningful discussions. The meetings last one and a half hour.

If you are interested in joining or leading a Cave Men group, **please reach out to me directly** at **[tthorvaldsson@aspatients.org](mailto:tthorvaldsson@aspatients.org)**.

Being over 80 years old, I recognize the importance of passing the torch to the next generation of ASPI members who can carry this initiative forward. Your participation and leadership will shape the future of Cave Men and make a lasting impact in the lives of many.

I look forward to hearing from you and working together to build a strong, supportive community.

**Best ASPI wishes and greetings,**

**Thrainn Thorvaldsson**  
ASPI Board Member  
Iceland  
**[tthorvaldsson@aspatients.org](mailto:tthorvaldsson@aspatients.org)**

Reach out about the Cave Men

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