



MEN TALK

THE MEN'S CENTER NEWS

April/May 2006 VOL. 30 #2

John's Story

— © 2006 BY JOHN BLOOM

My name is John and I am a domestic abuse survivor. My partner's name was Jason. Jason Roerick. I can scarcely remember a day where he did not hit me. Many of my personal belongings were destroyed. If I was minutes late returning from work, it was on. Sometimes I would arrive at my job at the U of MN with bruises.

One day I thought I had finally found the courage to get out. A friend offered to help. He asked Jason to come over to his place so they could discuss something. While he was there, I called and told him I could not handle the things he did to me in the relationship. Since I had his keys to the apartment and thought I was safe from him. However, he left my friend's place eight blocks away, ran to the apartment building, waited for someone else to exit through the front doors, and came to my apartment demanding to be let inside. When I resisted he became infuriated. He broke through the door and assaulted me. He held a knife to my throat saying that I had better not pull a stunt like that again. I apologized, pleading and saying I would never try to leave him again.

I was scared beyond belief. I didn't know what to do. The following week I rented a pontoon boat on Lake Minnetonka. I thought I could scare him into leaving me alone. So I took him out on the lake. After stopping, I persuaded him to put a pair of handcuffs on his wrists. I didn't want him to hit me. I also put one on his ankle and attached it to the boat rail. Next, I told him that he had better leave me alone and get out of my life, or I would push him off the boat. Instantly he began yelling at me. He said, "get these f---ing handcuffs off." I removed the one from the railing. He continued to yell, saying "I am going to f--- you over and f--- up your life, you've messed with the wrong f---ing person." Emotions and fear rushed into my mind and overwhelmed me. All of the violent events that I had experienced raced through me like a slide show. It was as if I was experiencing all the abuse over again. I pushed him off the side of the boat. Once he was in the water he stayed afloat by treading water with his feet. He was fully clothed and wearing steel toe boots. Without giving much thought, I just drove the boat away and went home. I should have known he would drown. Jason Roerick died August 12, 1994.

Ten years have passed since my actions resulted in Jason's death. For ten years I have remained silent. Had I talked about the abuse, perhaps I could have broken free.

Over the years little attention has been brought to the issue of domestic abuse. This is especially true in gay relationships. Most often people hear of men abusing their spouse/girlfriend. Usually we read

about it in an article from the newspaper detailing some violent acts against her. Sometimes we hear about the spouse/girlfriend lashing back at the abuser. Every now and then there is a case where a man or woman abuses his/her gay partner. This is very taboo in that society pretty much ignores gay domestic abuse. However, abuse is abuse no matter if it is a man on woman, man on man, woman on man, or woman on woman.

What was going on? My partner was using every tool in his toolbox to have complete control over me. Physical and emotional abuse, destruction of my property, threats to kill me, intimidation. I didn't know how to escape. I thought leaving would make things worse. My partner was a master of manipulation. Often I question how I became trapped in this cycle. Several years after my incarcerations. One of Jason's best friends contacted me and shared with me his thoughts. He mentioned how he knew how Jason was and how he would never back down to anyone in a physical confrontation. Furthermore, he was of the opinion that he felt it was inevitable that a tragic outcome would have happened sooner or later concerning Jason except he felt that Jason would be the person to cause somebody else's death. Interestingly, a friend (who happens to be a priest) came to visit me shortly after my incarceration. I shared a few of the things concerning the abuse. One of the things I said during that visit was at least the abuse has stopped. A stunning statement in and by itself. Thanks to the help of counselors and friends, I have come to realize how helpless a person can be in such a relationship.

Why do I share my story? I share this simply for the reason that others may learn from my situation. If you're caught up in a violent, abusive relationship. GET OUT! If someone you care about is in an abusive relationship, help them get out of their predicament. People who love one another do not treat people that way. Since finding a way out can be extremely difficult and dangerous, get law enforcement to help, or utilize the services of the court. Establish a safety net for yourself. For example, find a safe place to stay. Take an extended leave of absence from work. Don't make the same mistake as I did. My actions that caused Jason's death resulted in the worst possible outcomes for Jason and his family as well as myself and my own family.

John Bloom is serving time in the Minnesota State prison at Moose Lake. He says he has shared his story with the hope that somehow he can make a positive impact in the community in a small way. "If just one person is able to break free from their own struggle with an abuser or is an abuse is able to seek help, then it makes sharing my story worthwhile."

Library Corner

—DON JENSEN,

LIBRARIAN



One of our most important resources is the Men's Center Library that is available to all members as a free privilege of a current membership. We have more than 1000 books on nearly every subject of interest to men. A moment spent browsing our library may bring into your hands a tool that can yield rich dividends for improving your life, your health, or healing your pain. Wherever you stand on the journey of life, there is a book here that can speak to the problems or challenges you are facing. Be sure to check it out on your next visit to the Men's Center! You won't be disappointed.

And while you are enjoying our many book resources, consider browsing our large and growing selection of periodicals.

- Men's Health
- Lavender
- Transitions
- Bi All Means
- Edge Life
- D.A.D.S #1
- Voice Male
- Men's Journal
- Rainbow Families
- Essential Wellness
- G.R.I.P.

And even more

Some of these books and periodicals have become so important in some of our member's lives that they seem to have been out a very long time. Please return them to make them available to others. Thanks!

Address Change Notifications

from the post office cost the Men's Center \$1.14 each. Please let us know in advance of mailings! Thanks!

Men Talk is a bi-monthly publication of the Twin Cities Men's Center, a non-profit organization. Call 612-822-5892 for subscriptions, or e-mail us at tcmc@tcmc.org

Editor

Bill Dobbs

Board of Directors

- Langford Dudley, Chair
- Len Zimney, Vice-Chair
- Norm Petrik, Secretary
- Gerry Obremski, Treasurer
- Tommy Jones
- Andy Mickel
- Bobby Schauerhamer
- Alternate: John Ruud
- Alternate: Malik Holt-Shabazz

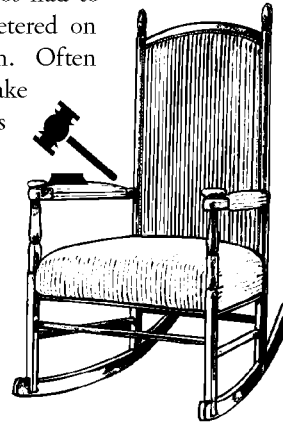
Greetings from the Board Chair

In Greek mythology, Tantalos had to push a large stone that teetered on the brink of falling on him. Often when you are attempting to make changes in your life, it feels almost like pushing a boulder up a hill.

Webster's American Dictionary defines persistence as steady and determined.

You could also say that persistence is a demonstration of hope put into action.

While we can not always control events in our life, we can choose how we respond to them. As we gain more skills and knowledge through learning new ways to respond, we have more choices in our responses to events in our life; we can build the strength to push our 'boulders'. The awareness of choices is empowering.



Like many members of the Men's Center- -myself included, we are learning how to respond to events in our lives. Making changes about ourselves takes effort, and sometimes it can seem cumbersome. When we make changes in our surroundings, in our behavior, in our thinking of how to respond, it is empowering. Change is something that is inevitable. However, when you are persistent, you'll find that you are able to make movements forwards, and you are able to move your 'boulder'.

**LIVE LONG AND PROSPER,
L. DUDLEY, BOARD CHAIR**

"The ultimate weakness of violence is that it is a descending spiral, begetting the very thing it seeks to destroy. Instead of diminishing evil, it multiplies it. Through violence you may murder the liar, but you cannot murder the lie, nor establish the truth. Through violence you may murder the hater, but you do not murder the hate. In fact, violence merely increase hate. So it goes. Returning violence for violence multiplies violence, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

— Martin Luther King, Jr. *Where Do We Go from Here: Chaos or Community?*, (1967)

Letter to the editor

Dear Men's Center,

Men, as Bobby Dylan wrote, "the times they are a changing." Thanks to a recent United States Supreme Court ruling, the next election of judges will undergo dramatic changes. Candidates for judge will have a free speech right to discuss their views on issues, the right to associate with political parties, and the right to raise money to campaign. It is likely there will be more contested elections for judgeships.

These contested elections will give Men's Rights Organizations the opportunity to decide which judge candidates to endorse, and to help candidates financially with contributions to the election. Appellate judge elections will be especially important.

The United States Supreme Court has ruled that sex discrimination violates the Equal Protection Clause of the Fourteenth Amendment of the United States Constitution. In the past, Minnesota judges have often given women "special protection," or acted as women's guardians at times of divorce. No man can understand the pain the Minnesota judges are putting men through at times of divorce, unless the man has been through a divorce himself. Men need to get organized to support judicial candidates who respect the concept that men and women come before the courts as equals, and that women should not be favored.

For further discussion, go to *Men's Advisory: The Truth About the Division of Property at Divorce* and *The Enforcement of Antenuptial Agreements* at www.menprenuptialanddivorce.com

Very truly yours,

John P Mazzitelli, Attorney at Law



MEN'S CENTER EVENTS

The mission of the Men's Center is to provide resources for men seeking to grow in body, mind, and spirit; and from that foundation to advocate for healthier family and community relationships.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

The Men's Center number is 612 / 822-5892. Call us about Anger Management classes.

Apr/May 06

SUPPORT GROUPS
Healthy Sexual Boundaries
10:00a.m.

1

	SUPPORT GROUPS General Issues 12:30p.m. Anger Management Alumni 7:00p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m.	PRESENTATION Collaborative Practice Divorce 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
2	3	4	5	6	7	8
MEN'S RETIREMENT 5:30 p.m.	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m.	PRESENTATION A Circle of Warriors 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
9	10	11	12	13	14	15
EASTER HOLIDAY BRUNCH 10:00 a.m.	SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m.	PRESENTATION Sexual Compulsivity 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
16	17	18	19	20	21	22
	SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m.	PRESENTATION Embracing Change after Divorce 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
23	24	25	26	27	28	29
	SUPPORT GROUPS General Issues 12:30p.m. Anger Management Alumni 7:00p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m.	PRESENTATION The Real Estate Bubble 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	MT ARTICLE DEADLINE SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
30	1	2	3	4	5	6
	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m.	PRESENTATION A Circle of Warriors 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	MT FINAL DEADLINE SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
7	8	9	10	11	12	13
	SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m.	PRESENTATION Growing Up Male in America 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	MT MAILING 9:00 am SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
14	15	16	17	18	19	20
BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.m.	SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m.	PRESENTATION Embracing Change after Divorce 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
21	22	23	24	25	26	27
	MEMORIAL DAY HOLIDAY	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m.	PRESENTATION No Presentation 7-9 p.m. Transition 7:30 p.m.	1976 - In Our 30th Year - 2006 of Public Service		
28	29	30	31	Check out our web site: www.tcmc.org email: tcmc@tcmc.org phone: 612 / 822-5892		

PRESENTATIONS

Nearly every Wednesday evening, the Men's Center is proud to offer a presentation on a wide range of subjects of interest to men as well as to our community. This tradition has been part of the Men's Center offering since it's founding 30 years ago. These drop-in meetings require no pre-registration, and volunteer experts in the respective subjects conduct them all. Because of our primary mission, all presentations are for men only unless it is otherwise indicated in the individual descriptions

Please read through these various descriptions to determine which is of interest to you, and consider bringing a friend. This could be an excellent introduction to the Men's Center for them. Each presentation is intended to foster personal growth and to stimulate interest in the topic.

Our presenters include: Andy Busser, Weston Edwards, John Jacobsen, Jim Lovestar, Andy Mickel, Ron Perrier, and Linda Wray.

A small fee is collected at the door for each person attending:

Non-Members of TMC – \$5.

Regular Members (\$20 level) – \$3

Sustaining Members – FREE

All presentations meet at The Men's Center, 3249 Hennepin Ave. So, Suite 55 Minneapolis, MN 55408

We welcome your suggestions for new topics and presenters. Please call Randy at 612-822-5892 with your ideas.

The Men's Center does not endorse, takes no specific position, nor does it hold any opinion on the presentations, or of any information imparted, or of the presenter(s) themselves. Presentations are the sole product and responsibility of the presenter(s).

DESCRIPTIONS

Collaborative Practice Divorce: A Dignified, Comprehensive, and Cost-Effective Process for Divorce

Presenter: Linda Wray
When: Apr. 5, 7:00-9:00 p.m.

Open to Men and Women

Collaborative Practice is a voluntary process in which parties, their attorneys, and other professionals retained by the parties, sign a Participation Agreement stating they will use their best efforts to resolve the issues in the parties' divorce with dignity and without resort to court intervention. Linda K. Wray, an attorney and mediator, will describe the history of

this non-adversarial settlement oriented process, the fundamental principles of this process and the basic steps through a Collaborative divorce case.

Linda K. Wray, Attorney and Mediator: Previously a public school teacher with an undergraduate degree in psychology, Linda has had her own client-centered family law practice for the past 11 years. She is a currently the President of the Collaborative Law Institute.

A Circle of Warriors

Presenter: Andy Mickel

When: Apr. 12, 7:00-9:00 p.m.

The Mankind Project is an organization of men working together to improve their lives and help other men. As New Warriors "We are an order of men called to reclaim the sacred masculine provides a model for men to generate and maintain a world in such a way as to include and yet rise above one's own issues for the betterment of one's self, one's own family, tribe, nation and race."

We are all familiar with a man's physical tools (a hammer, a sword, a plow....) Is this enough? What about integrity, commitment, action and clarity? I know that most men want and need these tools. The New Warrior Training Adventure can help. Join a circle of warriors to ask questions and hear how the adventure has changed men's lives.

"The initiation of men is the hope of the world." - Don Jones, former chairman, ManKind Project.

Sexual Compulsivity and Men's Sexuality

Presenter: Weston M. Edwards, PhD
When: Apr. 19, 8:00-9:30 p.m.

Please note the 8:00 p.m. starting time!

How much sex is too much sex? Am I sexually compulsive? This discussion will help you figure out if you may be sexually compulsive or just darn lucky. We will also help you answer the question What are healthy sexual behaviors for me? The discussion will include looking at the compulsive sexual behavior cycle, and provide basic strategies for early intervention. The opportunity to ask questions will be provided.

Dr. Weston M. Edwards is a licensed psychologist practicing at the Sexual Health Institute in Minneapolis, MN.

Embracing Change after Divorce

Presenter: Andy Besser

Date: April 26, 7:00-9:00 p.m.

Embracing Change after Divorce will give the participants tools which they can use in their everyday life to help them deal with new and potentially uncomfortable

situations. Learning how to Embrace Change and take advantage of these opportunities will strengthen your self esteem while building self confidence.

I am NOT a psychotherapist, a physician, or someone who has only read about divorce, or someone who has merely talked to others about their experience with divorce. I AM someone who has been divorced. I have experienced the separation of my children. I had to learn and deal with the feelings my children had towards me and my ex-spouse. I had to learn how to manage my life all over again and find that place that I was comfortable with. I found that in order to move forward, I needed to Embrace the Change that came with being on my own again and starting over. I had to learn how to develop friends aside from "joint" friends I had during my marriage. Now, I enjoy sharing my experiences with others and I will assist you in taking advantage of the opportunity to start over.

The Real Estate Bubble: Separating Fact from Fiction

Presenter: John Jacobsen

When: May 3, 7:00-9:00 p.m.

This presentation discusses the facts, whether the Twin Cities is an overheated market as claimed in some media outlets, and the cultural phenomena that have led to the current market with a view to the current trends. This presentation gives the attendees a safe environment in which to ask real estate questions and address their concerns. The presentation lasts about an hour.

John Jacobsen is a Twin Cities realtor. He can be reached at mnrealtyguy@msn.com

A Circle of Warriors

Presenter: Andy Mickel

When: May 10, 7:00-9:00 p.m.

The Mankind Project is an organization of men working together to improve their lives and help other men. As New Warriors "We are an order of men called to reclaim the sacred masculine provides a model for men to generate and maintain a world in such a way as to include and yet rise above one's own issues for the betterment of one's self, one's own family, tribe, nation and race."

We are all familiar with a man's physical tools (a hammer, a sword, a plow....) Is this enough? What about integrity, commitment, action and clarity? I know that most men want and need these tools. The New Warrior Training Adventure can help. Join a circle of warriors to ask questions and hear how the adventure has changed men's lives.

"The initiation of men is the hope of the world." - Don Jones, former chairman, ManKind Project.



A MEN'S ANGER MANAGEMENT CLASS

For men who feel that their verbal and emotional expression of anger is out of control.

For men who desire to significantly improve their relationships at home and at work.

Presented by:



The Men's Center
3249 Hennepin Ave. S
Minneapolis, MN 55408

A 501-C3 nonprofit organization serving men for 25 years
612-822-5892
www.tcmc.org

Elements of Effective Communications

Anger management is about more than learning how to manage stress and intervene in escalations, more than learning how to re-frame your self-talk and break the shame cycle; it is about developing the positive skills that address the needs fueling your anger issues. The following is adapted from the Men Helping Men with Anger Workbook, copyright 1994, 1997 by David J. Decker.

Communicating with others can be a difficult proposition. We all have our own values, beliefs and experiences that can influence what we hear from others and how we interpret and react to their messages. The following elements, however, can be helpful in "keeping the door open" to those around us.

ACTIVE LISTENING is a commitment, a compliment and a gift to those around you. It is giving the other person your full attention and clearly demonstrates that you are truly interested in others for who they are, not what you want them to be. It means working hard to tune into both the verbal and non-verbal messages and then attempting to truly understand what they want to communicate. This requires temporarily suspending the preoccupied, distracted, reactive or defensive "static" in your own mind, e.g. your thoughts, interpretations, and judgments. It means listening with empathy, openness, genuineness and respect. It is different from passive listening because it is more than silence; it is motivated by a conscious intention to stop the wheels of your own mind – how am I going to make my point, how am I going to win the argument – and to understand the other person on his or her own terms.

REFLECTING BACK/MIRRORING is a process that accompanies active listening

and involves re-phrasing or paraphrasing, in your own words, what the other person has just said. This includes the content of what is being said, the feelings behind that content and your understanding of the person's intention in communicating with you. Reflecting back shows that you are really hearing what is being said, clarifies what was communicated, checks out your interpretations and assumptions and helps promote further self-disclosure by the other person. A good paraphrase conveys the same meaning (usually with somewhat different words) and is clear and to-the-point. It is tentative (checks out rather than assumes you know what the person is saying) and in effect says to the other person, "I am with you." For example: "In other words, it sounds like you're pretty angry about what your boss said to you yesterday," "So you're thinking that your company might be starting to lay people off and you might be one of them," "What I hear you saying is you're feeling scared about what might happen to your job in the future."

SELF-DISCLOSING. Allowing others to know you and being assertive means taking the risk to be open and honest by sharing the important parts of who you are as a person. This includes your thoughts, feelings, wants, needs, goals, values, dreams, aspirations, interests, preferences, desires, expectations, likes/dislikes, character defects, "shadow side," shortcomings, fears, insecurities and vulnerabilities. This requires tuning into who you really are inside and then taking the risk to share this directly with the people who are important to you. It means using "I-language" and taking clear and full responsibility and ownership for what you say. Self-disclosing serves as a means to be honest with others about how you really see yourself.

INQUIRING ABOUT THE OTHER PERSON means actively asking open-ended questions about and being truly interested in the other person's thoughts, feelings, needs, fears, insecurities, etc., without using any of this information as "weapons" in times of conflict. Asking questions helps you gain an understanding of how others view themselves and their world, which can assist you in realizing and accepting that you are separate and different people.

STAYING TUNED TO NON-VERBAL SIGNALS. Non-verbals are a powerful and critical part of the communication process and can include: facial expression; vocal tone, volume and inflection; eye contact and posture. Be aware of your non-verbal messages and make them as congruent as possible with the words you are saying; also be mindful of others' non-verbals and take the risk to point out conflicting messages that you receive in order to find out what was actually intended.

OFFERING FEEDBACK. Take the risk to tell other people what you hear them saying and see them doing and be honest about how you are reacting to them (in a non-shaming way). Use descriptive rather than judgmental terms and specifics language rather than generalization. For example: NOT: "You're a controlling jerk" but : "I get uncomfortable when you raise your voice, get up from your chair and come at me to stand over me ." Remember that the other person doesn't have to accept your feedback or even do anything with it. Be sure to use "I-language" and take clear responsibility for what you are communicating.

ACCEPTING FEEDBACK. Be open to and interested in others' ideas, suggestions, descriptions of and reactions to your behavior, and use others as a helpful "reality test." Use active listening and paraphrasing to understand the feedback and remember that the other person's feedback is their perspective and not the "gospel truth." Try to listen, think about the suggestions/feedback, take what fits

for you and learn from it. Watch out for getting defensive or argumentative.

STAYING IN THE PRESENT. Focus on what's going on "right now" vs. what has happened in the past. Address hurts and resentments as they arise so they don't interfere with your current communication

BEING AWARE OF THE EMOTIONAL PROCESS. Stay tuned to the "emotional climate" between the two of you, how you're relating, as well as the words and content of your communication. For example, notice when you or others are escalating, becoming frustrated and impatient, or shutting down and withdrawing.

AGREEING TO DISAGREE." You need to accept that you and those close to you come from different backgrounds and may have different values and world views. There is nothing "wrong" or "bad" about disagreement and conflict; they are a natural and important part of being close to other people.

MAKING COMMUNICATION A COOPERATIVE EFFORT. Learn to look at your partner and those you choose to have in your life as friends and supporters, not as enemies or adversaries. View the communication process with a spirit of caring and love vs. control, hostility and "winning at any cost."

BEING COMPLETE. Work hard to develop and practice all these skills. Learning effective communication strategies and knowing what to do is the easy part; being willing to actually USE them in your relationships with others is the real challenge.

We Need A Few Good Men!

We learned in the Anger Management Classes that it is OK to ask for help when we can't do it alone. Well, I can't do it alone. I'm asking for your help to build up our Anger Management Facilitator Training Program. The volunteers are the heart and soul of the classes. They need ongoing support and new volunteers need training to join this special group of men "who are doing well by doing good works". Please donate to help build this unique program and contribute to a more peaceful world. Your contributions are tax deductible!

Mail your checks to The Men's Center, or call in a pledge to 612-822-5892. These are the categories:

BE A GOOD SPORT:	\$25.00 - \$50.00
BE A GOOD GUY OR GAL:	\$50.00 - \$100.00
BE A PAL:	\$100.00 - \$200.00
BE A PARTNER:	\$250.00 - \$500.00
BE AN ANGEL:	\$500.00 and UP!

Note: *The Men Helping Men With Anger Program is supported entirely by private contributions and class fees. We do not get government funding. You are our support!*

Attending to Important Words

- **Use "I" to take clear ownership of your thoughts, feelings, wants and needs.**
...Saying "you" can easily become blaming. e.g. "You're the real problem in this relationship." "You're a jerk."
... "They," "it" and "that" are often used to avoid taking clear responsibility for what you are saying to others.
e.g. "You know what they say."
"That's not a very good idea."
- **Clear "yes" and "no" answers are important.**
... "No" is often hard to say but it is critical to setting limits, maintaining healthy personal boundaries and experiencing self-respect and self-esteem.
... "But" generally allows you to say both "yes" and "no" in the same sentence. e.g. "I'd really like to do that but it's just too hard for me."
- **"Always/never/no one/ everyone/anyone" and other similar generalizations are very rarely accurate reflections of reality and tend to contribute to a defensive reaction in others.**
e.g. "I can never count on anyone else." "No one has ever really been there for me."
- **"Should/ought to/have to" tend to be shaming and judgmental.**
e.g. "How could you do something like that?" "You should have known better."
- **Use "I don't want to ...," "I'd prefer not to..." or "I won't" rather than "I can't" to take clear responsibility for the choices you are making.**
e.g. not "I really can't do that for you this afternoon." but "I'd prefer not to do that today."

Listening – a Wise Passiveness

– BY BOB ANDERSON

Listening is a gift, and it's my experience that women are often better at it than men. They have a passivity that allows them to take in the full spectrum of what's being said, not just the content or words, but the feeling- or soul-level of the conversation. Don't get me wrong. Men can listen this way too. Some of my best listeners are men, and there are times when only a man will do for listening. But the default setting for most of us is problem-solving. We're functionally oriented in conversation. How many times have you heard a guy say, "I'm not comfortable with small talk." I know one retired professor of mechanical engineering whose common comment when presented with a nebulous statement about feelings or life is: "What's the operational significance of this?" It's not that he doesn't have empathy; he just wants to get to the bottom of the problem, break it down into its components, find the faulty wiring or assembly and fix it.

This attitude drives women nuts, and as a man I too have found it dissatisfying. I can appreciate the concern, generosity, intelligence, judgment and practical wisdom brought to bear on my "problem," if that is indeed what it is, but if I'm pouring out my heart and expressing some deep sadness or confusion, I don't want to be fixed, I want to be heard.

Sometimes, just in uttering pain or confusion, there comes a consolation or clarity. Sometimes, in being given the permission to stumble our way into what we need to say, we "solve" our own problems.

There's a healing that happens in the act of expression. It's an interesting word. At its most basic level – the functional, operational level – it means getting the data out there. At its deepest level, it has overtones of healing, creativity and transformation. We get the poison out of our body when we "express" the infection from a wound; when artists paint pictures or composers write music, they express the deepest truths of their souls, their vision of the world.

A lot of communication is not about getting information across. It is about expression – getting our truth out and healing. Throughout our lives we struggle to utter our painful secret. We strive to be known, to be understood and accepted, in the depths of our aloneness and strangeness. Peculiar creatures we are – immensely gregarious and social, and yet at the core profoundly alone and strange. The most wonderful thing that

can happen to any of us is to be heard, truly heard, in all our reality

One reason we tell stories over and over, come at them from this angle and that, in many contexts, is that just once in our lives we want to get it right. We want the full truth of the matter known. We will tell certain stories repeatedly until that transaction is complete. Then we can move on to other stories, other truths.

It is the rare individual who can listen to us in this way. I had such a friend once, a man, a big burly hulk of a man, 6-6, 250 pounds, sturdy and sheltering as an oak tree. I said at a small memorial service held for family and friends, as we gathered in a circle near his body, that when you told Gregory a story, he listened with his whole being, with full and rapt attention. He listened without judgment or opinion, with an attitude of full acceptance. He listened with serenity and calmness, taking you and your story in, registering with true pitch every nuance and undertone, the feelings and history behind the words, the hopes and expectations impelling them forward, taking all of this in with a pure passivity. He didn't interrupt or try to direct the flow of information. He didn't try to show how smart he was or how much he understood. He didn't short-circuit the process, get past the pain and confusion, to a quick understanding and possible solution. He didn't even comfort, if that would have aborted the process of feeling what you needed to feel. He simply listened.

As a result, on at least two occasions, I told the assembled mourners, I had the experience of telling Gregory one of those stories I had been telling for years, trying for once to get it just right. "He listened to me in that way of his, and I was delivered of my story." They knew exactly what I meant.

Too many men, including me on many occasions, listen with the best of intentions but with an inordinate sense of responsibility for addressing the problem. We are conditioned this way, and it is an invaluable social trait, but sometimes we end up sacrificing an essential part of ourselves, our feelings, our vulnerability, in order to be strong and responsible and get the job done.

There are times when only advice and counsel are sought. There are times when a problem is ripe for solution. Then a masculine kind of intelligence is just what is needed. But there are times when something else altogether is called for – a "wise passiveness" – and then nothing less than the gift of listening will do.

Bob Anderson is retired, a writer and a long-time facilitator in the Anger Management program.

Edith Ann on Anger

**"YOUR FACE GETS JUST
LIKE A FIST, AND THEN
YOUR HEART GETS LIKE
A BUNCH OF BEES AND
FLIES UP AND STINGS
YOUR BRAIN."**

— LILY TOMLIN AS

6-YEAR-OLD KNOW-IT-ALL

EDITH ANN

Men's Tears

BY FREYA MANFRED

Every day since school began
our ten year old son bursts into tears:
'My bike is scratched! My cat is hurt!'
He pushes away our hugs, and weeps,
standing, sitting, lying in the leaves,
the great head with zinnia-petaled hair
bowed over the heaving chest.
Helpless, hopeless, wave after wave,
he weeps until he's done.
It's hard for us to listen,
But we say to each other,
'Why shouldn't a boy cry?'
Please God, why shouldn't a man?
Why shouldn't all the men in the world
lie down and cry, feet dangling,
knuckles rubbing their wet faces.
Let them stop working, stop traveling, stop talking,
and sit, in the daylight, in the dark,
in the woods and cities and deserts,
and cry, sobs filling the sky,
inhalations flooding their lungs
with other men's exhalations,
connecting them together,
their bodies becoming one with rivers, lakes and seas;
while we sisters, mothers, and grandmothers
crouch down beside them, praying,
our bodies feeling their pain
as we do when our small sons cry:
sweet and strong, these men and nations,
bold enough to weep men's tears.

Reprinted with permission from the author,
from "My Only Home" (Red Dragonfly Press, 2003)

Anger Training Offered

David Decker will offer anger management training to all facilitators, those interested in becoming facilitators and any men who have taken the Men's Center's anger management class and are interested in refreshing their knowledge and practice. Anyone who has experienced David's teaching knows the gifts of experience, wisdom and clarity he brings to his presentations. Starting April 29, these sessions are offered free of charge by the Men's Center's Men Helping Men with Anger program.

The schedule is as follows, with location and other specifics to be announced later in a letter or by e-mail. If you want to be notified and are uncertain of whether you are on the contact list, leave your name, address and/or e-mail address on the anger phone, 612-229-3102.

Saturday, April 29, 9:00 a.m.-noon, kickoff event,
to be followed by five consecutive sessions,
May 4, 11, 18, 25, June 1:
Thursday evenings, 6:30-8:30 p.m.

CLASS STRUCTURE

The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger.

Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

DETAILS

Length of Class:

12 consecutive weeks

Number of Participants:

Space is limited to 12 participants with 2 facilitators per class

Cost:

\$185 for Men Center Members

\$195 for Non-Members

Starting Dates and Times:

Classes will be scheduled as the waiting list fills. Please call TMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred day of the week, and available starting date. Other questions, call John Hesch 612-229-3102.

REGISTRATION FORM

Name _____

Address _____

City/State/Zip _____

Phone Home _____

Work _____

Register me for the class starting*:

*Call 612-229-3102 for class schedule.

Member of Twin Cities Men's Center? Yes No

Complete this form and send along with payment to:

**Men Helping Men With Anger
The Men's Center
3249 Hennepin Ave. So., Suite 55
Minneapolis, MN 55408
612-822-5892**

Growing Up Male in America

Presenter: Ron Perrier

Date: May 17, 7:00-9:00 p.m.

Ron Perrier authored *Growing Up Male in America*: a collection of 16 anonymous, candid interviews with varied, young men. Reading excerpts, he'll reveal his motivation, subject choice, and answer questions.

Many feel alienated entering their manhood in a world without heroes. Learn how they surmount contradictory messages about: sexuality, maleness, male bonding and relationships with women.

Born in 1940, on a Stillwater farm, he earned a UofM Ph.D. He taught more than 50,000 students at Senior High through University levels over 40 years. He is Professor Emeritus of Theatre & Film Studies at St. Cloud State, and author or editor of nine books. His previous publication is A Sense of Honor: Remembrances of WWII Veterans.

Growing Up in America will be available at a special price of \$20.

Embracing Change after Divorce

Presenter: Andy Besser

Date: May 24, 7:00-9:00 p.m.

Open to Men and Women

Embracing Change after Divorce will give the participants tools which they can use in their everyday life to help them deal with new and potentially uncomfortable situations. Learning how to Embrace Change and take advantage of these opportunities will strengthen your self esteem while building self confidence.

I am NOT a psychotherapist, a physician, or someone who has only read about divorce, or someone who has merely talked to others about their experience with divorce. I AM someone who has been divorced. I have experienced the separation of my children. I had to learn and deal with the feelings my children had towards me and my ex-spouse. I had to learn how to manage my life all over again and find that place that I was comfortable with. I found that in order to move forward, I needed to Embrace the Change that came with being on my own again and starting over. I had to learn how to develop friends aside from "joint" friends I had during my marriage. Now, I enjoy sharing my experiences with others and I will assist you in taking advantage of the opportunity to start over.

No Presentation

Date: May 31, 7:00-9:00 p.m.

Weight-Management for Men:

A Commonsense Approach

Presenter: Jim Lovestar

When: June 7, 7:00-9:00 p.m.

Few men live without weight and appearance related issues. Jim will cover the research and offer coaching on simple and effective techniques to manage your weight. You will learn basic nutrition, how to make peace with food, and tools to maintain the weight you desire.

Jim Lovestar is the founder and president of the Institute for Men's Health and Well-Being. He has worked with men individually and in groups for over 25 years.

SUPPORT GROUPS

"The mission of the Men's Center Support Groups is to create a safe place, in times of personal and social challenge, for any men and women to receive and give support to one another and share feelings and experiences to facilitate SELF-ACCEPTANCE and PERSONAL GROWTH."

The Men's Center support groups are hosted by a trained facilitator. Although each group has a specific focus, all groups are Open to general discussions and attended as a Drop-In basis. Support groups begin promptly at 7:30, so arrive early such that you can browse the many resources and library materials. A donation of \$3-9 helps keep TMC operational. Liquid refreshments are available at a separate donation rate. All groups are men only, except where listed for women and men.

- **Minneapolis Location**
3249 Hennepin Ave. S. Suite 55

Twenty-Something GLBT

Open to Men and Women

A discussion/support/social group for Twentysomething GLBT persons. Any GLBT in her/his 20s is welcome to attend. GLBT topics and issues are discussed in an open, affirming and supportive environment. Ideas for discussion topics or social events are welcome!

- Mondays (Mpls) 7:30 - 9:30 pm

Addiction Busters

Open to Men and Women

Struggling with chemical or behavioral addiction? AA not helping you? Frustrated with twelve-step programs? Don't like feeling powerless? Want to bust your addiction rather than being busted FOR your addiction? Would you like to talk about Rational Recovery, SMART Recovery, the works of Stanton Peele, Ann Fletcher, James Prochaska and others in a supportive, confidential, comfortable atmosphere? Come to Addiction Busters support group and discuss alternative, cognitive approaches that may help you battle your addiction in new and different ways!

- Tuesdays (Mpls) 7:30- 9:30 pm

General Men's Issues/Divorce/ Uncoupling/Family of Origin/Workplace

Men express feelings about separation, divorce, breaking up with a lover, and topics such as child custody/legal hassles. Men can express what it means to be a man in our culture and other issues in their lives.

- Mondays (Mpls) 12:30 - 2:30 pm
- Thursdays (Mpls) 7:30 - 9:30 pm

Gay Issues

Men express feelings about life's challenges and experiences, and what it means to be gay and male (you don't have to be gay to attend.)

- Tuesdays (Mpls) 7:30 - 9:30 pm

Transitions

This group is intended to focus on the difficulties persons face when leaving a prison environment and reentering the community, where a former prisoner can go for emotional support when he returns to the community, and where he can be openly honest about his discouragements, frustrations, temptations, and fear of public attitudes.

- Wednesdays (Mpls) 7:30 - 9:30 pm
- Saturdays (Mpls) 1:00 pm - 3:00 pm

Male Survivors of Sexual Abuse

You may feel alone. It is a brave step to seek out other men who can share from this perspective the deep feelings of shame. Only by talking it out can freedom evolve from this secret prison.

- Thursday (Mpls) 7:30 - 9:30 pm

Bisexual Men

This group will allow Bi men to explore personal issues of all kinds while learning from each other what it means to be a Bi man.

- Fridays (Mpls) 7:30 - 9:30 pm

Choosing Healthy Sexual Boundaries

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worries about excessive, compulsive or obsessive sexual activities? Too much pornography in your life? Too many strip clubs? Ever feel like a sex addict? Feeling uncomfortable about inappropriate fantasies/thoughts/urges? Hurting or disappointing someone you love?

This group is a safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries.

- Saturdays (Mpls) 10:00 am - 12:00 pm

Men Facing Retirement Issues

A support group for men thinking about retirement or who have already retired. It is an opportunity to share feelings with other men about the importance of work and what happens when paid employment is no longer part of a man's life.

- 3rd Sundays (Mpls) 5:30 - 7:00 pm

Here and There

— Edited by Andy Mickel

Upcoming Monthly Men's Sunday Brunches (bring something to share/cook up): **Sunday, April 16th** at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 55414 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). **May 21st** at Rick Gravrok's, 2925 Monterey Ave S, St. Louis Park, 55416 952-926-6655. w/ Mark Soderberg (on the west side of Lake Calhoun, off Lake St.). **These brunches are open to all men** from 10 a.m. until 1 p.m.; plan to come and chat and eat for a 1/2-hour to 2-hour period anytime – inevitably some men stay on until 2 p.m. 12 men attended December's Men's Brunch at the Rick Gravrok's and 11 were at January's Brunch at Frank Brandon's in St. Paul. — Andy Mickel, 2006-03-05.

The next ManKind Project-Minnesota New Warrior Training Adventure will be held April 28-30 at Eagle Lake Camp near Brainerd, MN. The cost is \$595, with payment plans available. To learn more, attend an Open Circle event: Observe, Ask Questions (or Participate if you like) in a safe container with a group of men who are practicing authenticity and connection to feeling at **Open Circle of Warriors** events at the Men's Center every 2nd Wednesday, 7-9 p.m. Contact **Andy Mickel** with any questions 612-279-6416 or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times. Register with Eric Lucas, 20388 Idaho Avenue, Lakeville, MN 55044, 952-469-6497, <welucas4@frontiernet.net> — Andy Mickel, 2006-03-04.

Prevent Child Abuse Minnesota (PCAMN) is pleased to announce the **fifth annual Minnesota Conference on Child Abuse Prevention**, April 27, 2006 in St. Paul. Workshop presentations are in six tracks: Parent Leadership, Early Care and Education, Advocacy and Systems Change, Health and Wellness, Family Violence and Abuse and Neglect Prevention Strategies. One hour will be allocated for each workshop. Registration is \$90 before April 3; \$110 after; \$25 for fill-time students. FFI: <<http://www.pcamn.org/>> Call 651-523-0099 or 800-621-6322 to register. — Paul Masiarchin, State Coordinator, Minnesota Fathers & Families Network, 2005-11-14.

The **32nd Conference on the Great Mother and New Father** will be held June 3 - June 11 at Camp Kieve, Nobleboro, Maine. Guest teacher is Robert Sardello who will describe two streams coming toward us, the stream we receive from the past and the stream of Sophia coming to us from the future. Among the Teachers and Artists this year are: Reza Derakshani, Carl Big Heart, Gioia Timpanelli, Dog von Koss, Caroline Casey, David Whetstone, Ruth Bly, Marcus Wise, Daniel Deardorff, Coleman Barks, Galway Kinnell and Robert Bly. FFI: PDF of brochure at <<http://www.greatmotherconference.com/>>; <register@greatmotherconference.com>, 845-677-8559. — Mark Stanley, 2006-02-14.

The inaugural issue of **GRIP - Gender Relations in Progress - Envisioning Real**

Equality Together was published, Winter, 2006 Issue #70, 64 pp. (succeeding Everyman Journal). Articles include: Gender Leadership: GRIP interview with Maureen Geddes, The 5-hour Man-Woman Communication Experiment, A Workshop Breathes New Life into a Relationship, Is Marriage Obsolete? Accountability in Relationship and more. FFI: <<http://www.gripmagazine.org/>>, 1-800-217-6730, <david@gripmagazine.org> — David Shakleton, 2006-02-06.

The **Men's Center in the News: "Stopping Sexual Violence – Beyond Lock 'em up"** Wow. An editorial that mentions both the dramatically lower recidivism rates for sex offenders than for the general criminal population, and that sex offenders often have concomitant addictive disorders that contribute to their behavior ("Pawlenty's prisons / Must safety be costly?" Feb. 2)! Outpatient sex-offender treatment does, in fact, work. And don't forget the importance of community-based, volunteer-facilitated support groups such as "Choosing Healthy Sexual Boundaries," TCMC, Uptown, Minneapolis. These groups can help men gain skills that may help them avoid entering or re-entering the prison system. A valuable, safe, humane alternative to "casting a wider net" and then "locking them up for life." — Tommy Jones in the Star Tribune, February 5, 2006.

Visit our web site, <<http://www.tcmc.org/>> for all kinds of Men's Resources for Twin Cities men! — Andy Mickel. - 2006-03-05

Retirement Support Group

This support group which usually meets the 3rd Sunday of the month at 5:30 p.m. will meet in April on the 2nd Sunday, April 9th to avoid meeting on Easter Sunday. The group is for men thinking about or have retired, and to discuss feelings associated with that major life change.

NORM PETRIK,
RETIREMENT SUPPORT GROUP COORDINATOR

The Men's Center is purchasing a display board for \$200 to be used for conferences as part of our outreach program. Since this is not a budgeted item, we are asking for donations to cover the cost. Any amount would be appreciated! Please make checks payable to the Men's Center, and put "**display board**" on the memo line.

Thanks - The Men's Center Board

20 x 12 Honor Roll

This is a new type of membership that is designed to acknowledge and make it easier for those members who have consistently supported us.

Here's how:

- Join by paying \$20 a month (or \$240 at once)
- On the Honor Roll, you no longer need to donate money at meetings
- You are recognized on a Men's Center plaque

Call 612 / 822-5892 today!

The Men's Center ALL-PURPOSE FORM

Clip this form and mail to The Men's Center. A regular annual membership at The Twin Cities Men's Center is \$20. With that you get access to the extensive reference library on Men's Issues, receive the Men Talk newsletter, participation in the annual meeting, and enjoy reduced fees to Men's Center sponsored events. If you are able to afford a membership at the Patron (\$40) level, you get free admission to all Wednesday workshops in addition to all the regular membership benefits.

- I want to sustain the activities of The Men's Center by becoming a "20 x 12 Honor Roll Member."
- Please ENTER/RENEW my membership at The Men's Center for the next 12 months:
Enclosed please find \$_____ \$20 (Regular) \$40 (Patron).
- I want to make an additional, tax-deductible gift of \$_____. Thanks much.
- My new/correct address/phone is printed below.
- Please remove me from The Men's Center mailing list; the pre-addressed gummed mailing label is attached.
- I have these feelings, thoughts, opinions, ideas, news items for The Men's Center:

Date _____

FROM: name _____

Mailing address _____

Home phone _____

Work/other telephone _____

MEN TALK ADVERTISING RATE SCHEDULE			
Full Page	7 1/2" x 10"		\$200
1/2 Page	7 1/2" x 4 7/8"		\$125
1/4 Page	3 5/8" x 4 7/8"		\$65
Biz Card	2" x 3 1/2"		\$25

UPTOWN AREA SPACE TO RENT
The Men's Center, 3249 Hennepin Ave S
 Space Rental Rate Schedule:
Not for profit Profit event
 Full Day (8 hrs) \$50 \$100
 Half Day (4 hrs) \$25 \$50
 Hourly \$7.50 \$15
(612) 822-5892

Book Sale
 Special sale prices
 for a limited time only.
 \$3 each, or 2 for \$5

Men Freeing Men
 By Francis Baumli, Editor
 Explores the myth of
 the traditional male role.

Male Menopause
 By Jed Diamond, Ph.D


Surviving Male Menopause
 - A Guide for Women & Men
 By Jed Diamond, Ph.D

call **(612) 822-5892**

Many thanks to

Factor of 4, LLC
 for the generous donation
 of web hosting to
 The Men's Center.
 For your web site design
 or web hosting needs, call
612-279-6400
 or visit us at
www.factorof4.com

PRIME TIMERS MINNEAPOLIS/ST. PAUL
*A GROUP FOR MATURE GAY
 AND BISEXUAL MEN 50+
 WHO ARE ENRICHING THEIR SOCIAL LIVES.*
**CONTACT BY VOICEMAIL
 AT (952) 200-6683**
WWW.PRIMETIMERSWW.ORG/PTMSP

THANKS TO
Einstein Bros Bagels
 1513 W. Lake Street
 612-825-5113

 for supplying The Men's Center with 2-3
 dozen bagels twice weekly.

TMC Office Hours: M, Tu, Th, F ;1-4:30pm. Our telephone (612) 822-5892 is answered 24-hours per day by US West voicemail, and an attempt is made to return calls within 1 or 2 days. Our FAX number is (612) 821-6424.

TMC is in the lower level of "Uptown Office Park," a brick office building on the Northeast corner of West 33rd Street and Hennepin Avenue in south Minneapolis, Enter through the door on the north (3249) end of the building (it has 2 numbers: 3249 and 3255!), immediately turn left and descend the stairway through the fire door to Suite 55. (Formerly) handicapped access is easiest through a side door on West 33rd Street.

Check out our web site: www.tcmc.org or correspond at our email address: tcmc@tcmc.org

The Men's Center
3249 Hennepin Avenue South, Suite 55
Minneapolis, MN 55408 USA

ADDRESS SERVICE REQUESTED

Non-Profit Org.
US Postage Paid
Minneapolis, MN
Permit No. 1100

MEN TALK

The Men's Center News

4

Waves

– © 2006 JERRY ESNOUGH

How does this address the existence of God.

Maybe something else caused it

Like evolution

Or nothing

Is it true

It's in how you see it

After all I've been through

I guess I will find out when I get there

Waves move through the sea

Reaching toward some distant point

Like an emotion

Finally ebbing then subsiding

Openness

Being tolerant

Suggesting without telling

Respecting the truth that no one really knows

Idealize

Rationalize

My feelings

Are what they are

**What's
Inside**

Page 1 *John's Story*
by John Bloom

Page 2 *Library Corner*
by Don Jensen

Page 2 *Letter from the Chair*
by L. Dudley

Letter to the Editor
by John P. Mazzitelli

Page 3 *All Purpose Coupon*

Page 4 *Poem: Waves*
by Jerry Esnough

Inserts *Apr/May Calendar*
Here & There
Anger Management