



# MEN TALK

THE MEN'S CENTER NEWS

February/March 2002 VOL. 26 #1

## Father-Son Fury: One Dad's Story

—Harry Greenberg

I never pictured it this way. That when my son was in his youthful prime, as tall as a sturdy oak, and solid like a block of iron, he would test his physical prowess on me. There is a knowing and wisdom when I have shared this with men older and wiser than I. Many tell me it's more common than anyone cares to admit. Yeah, they'll say, I remember when my son came at me, it's a natural passage for them. I sought those messages and words out to help me make sense out of the excruciating pain and betrayal that was staring me in the face. But they would prove to be a bigger leap of faith than I could fathom.

All at once it was the time to turn the venerable father mythology on its head and my son would choose to physically challenge and vanquish me. I teach anger management, I teach non-violence to prison inmates, what in the world am I doing in the back yard wrestling with my teenage son? This is not how I want to get close to him!

He had just spent a month living with me after a lengthy period of estrangement, and his anger was in high gear. I didn't know what he was furious about, but I was determined to keep him out of the house until he calmed down. He was equally determined to show me he could go where and when he pleased. He threw a punch at me and hit me in the face and I walked away and he came at me from behind and tried to wrestle me to the ground. That's when we created the choreography of father-son battle. Imagine the contorted faces and complete fixation on victory as we twirl like ballerinas in the late afternoon light. Grunting, heavy breathing (on my part anyway) and total exertion to stay vertical.

As I gasped for air, forgetting how thoroughly exhausting it is to be pirouetting across the yard trying with all my strength to persevere against my firstborn, I shouted at the top of my lungs, "Call the cops! Call the cops!" My son's mother's girlfriend was sitting in a car in the alley waiting for it to stop and seemingly incapacitated. She had given him a ride to pick some of his personal effects up. She remained with the vehicle as one is told to do in the middle of a whiteout, lest she stumble and fall into a confrontation that she would be powerless to affect. While our struggle seemed to go on for hours, it was over within minutes. I had slammed the back door, and kept my son from coming in the house. His parting shot was the familiar sound of glass shattering as a brick sailed through the casement window, screen and storm window. I didn't hesitate before calling 911 and summoning the police to my house to file a report. When they arrived, they weren't sure what to do.

"Are you hurt?" they ventured. I dutifully showed them the scratch marks on my shoulders, which were bleeding slightly. They were perplexed to my assertions about the assault, as my gender did not elicit prototypical pity or helplessness. In fact they might have been thinking, "What's his problem? Can't he control his son?" After a number of questions about his size and strength, they dutifully took down the information and I was assigned a

case number.

The report ultimately led us down the road to Hennepin County's newest program in juvenile justice. It's called the Family Rebuilding Project, a diversion program for teens who can actively engage in their own solutions instead of letting the court do it. The court's punitive, curiously detached methods are usually not in anyone's best interests and restorative justice correctly senses this and has substituted a process where victim and offender get to decide the resolution.

Four months after the assault, we came together as a family in the office of the Legal Rights Center near downtown Minneapolis. The ostensible purpose of the conference was to develop a plan to improve my son's behavior, provide for the welfare of the family, and identify resources to support the family's need for long-term, sustainable change. It sounds so positive, doesn't it? They got the language down, but to actively change a dysfunctional family system takes more than one meeting.

Participants included myself, my son, his mom, his mom's girlfriend, and two people designated as support people for the family (one I chose and one my son chose).

I thought, "Make it go away or make it better." I thought, "Let me be anywhere on the face of the earth beside this room on this day." I needed to hold myself together as my son recited—for perhaps the twentieth time in his life—that he disliked me intensely as a parent and as a person, too. Needless to say, he felt no respect for me either. He wanted nothing to do with me, and nothing would sway him to reconsider. He had a serious demeanor and wanted others to know that he was capable of making his own decisions. I wanted to cry but the tears wouldn't come. I was adept at stuffing my feelings and holding them near and dear to my heart as my son seamlessly transformed and continued his physical assault into a psychological one. His natural brilliance and keen intelligence allowed him to do this well.

Trying to raise my sons as a single dad and co-parenting with my child's mother has been a descent into the nether world of visceral dislike, mistrust, and despair. And the core issue has always been translating an agreement that spelled out joint, physical custody into shared parenting, nothing else. Lack of understanding that our children needed two parents at all times created nothing but ill will between us. This relationship could very well have been the root of the bitterness that has now sprouted into my son's attitude toward me.

There has been no apology to me and my son continues his deep commitment to his disavowal of me. Does he understand that his deep-seated feelings about me mirror his own feelings for himself? Do I understand that I must let go of this relationship for now? It's been very hard for me to acknowledge this. What I would like is to have a healing ceremony with my male friends and mentors. We can symbolically create the beginning of a new link. My son need not attend. We work our magic even in his absence.

# Library Corner

—Edward McCarrollj



Thank you, National Coalition of Free Men (NCFM)—Twin Cities Chapter for your recent donation of *A Man's Viewpoint* by Rob Mazzeo and *Abused Men: The Hidden Side of Domestic Violence* by Philip W. Cook. These books should be of great help to our members who face issues, like: abusive relationships, divorce, rape, and other problems.

*A Man's Viewpoint* concerns issues such as domestic violence, child custody, rape, sexual harassment, and other problems which society often views only from a feminine perspective.

*Abused Men: The Hidden Side of Domestic Violence* speaks about society's misconceptions of who the victims of domestic violence are. Society usually assumes that only women are the victims in domestic violence cases. However, numerous studies have shown men are abused as often as women.

The NCFM also recommends the forwarding books, which are available in the library:

*The Hazards of Being Male* by Herb Goldberg, Ph. D.

*Men Freeing Men* edited by Francis Baumli, Ph. D.

*Men Healing Shame* edited by R. Schenk, Ph. D. & J. Everingham, Ph. D.

*Knights Without Armor* by Aaron Kipnis, Ph. D.

*The Myth of Male Power* by Warren Farrell, Ph. D. (MenTalk's featured selection for Oct/Nov 2000)

The NCFM also recommends *Who Stole Feminism?* by Christina Hoff Sommers, a copy of which the library does not presently own. If a member has a copy to donate, please do so.

The library is available during daytime office hours (M, Tu, Th, and F) from 1:00–4:30 as well as before all support groups. It is also available during support groups nights.

I AM YOUR LIBRARY — USE ME!

# Letter from the Chair

I write this letter as outgoing Board Chairman. A new Board will be elected at a special meeting on January 26. The annual meeting on January 12 had only 17 attendees, and 54 were needed to conduct business and elections. The Annual Report was presented; copies are available for viewing. The following reviews some of the discussion.

**Finances:** There is money in the checkbook (\$2,000) to pay the current bills. Our revenues did fall short of our budget needs and expenditures exceeded our income. Membership was at 359 as of January 1. A copy of the financial statement is available on the office door for viewing. The new budget for 2002 will be discussed at the February Board Meeting.

**Program Committee:** There is a slumping number of attendees and dollars contributed at our support groups. A chart presented in the annual report is included for your review. Several support groups are not meeting the policy standard of three weekly attendees and will probably need to be discontinued in January 2002. A survey has been distributed in membership renewals and at support groups to determine the focus of our offerings. Please take the time to respond. A new monthly support group on Health Issues is starting in March.

**Outreach Activities:** Significant effort was

made to get the word out about The Men's Center last year. Four major newspaper articles appeared. Mailings of MenTalk went to 1,200 local churches, 950 therapists, 700 on the

Anger Management Mailing List, and our regular mailing list of 2,000 members and/or interested institution and individuals. Major participation in PRIDE and several other conferences was undertaken. The first men's conference in nine years was held in October (on the theme of Men's Health and Well-Being), and it was advertised in Wellness for three months. The conference had 87 paid attendees and involvement of 131 persons at various stages

(see annual report for details). The regular Wednesday presentations were announced weekly by fax and e-mail to over forty local news outlets. We are baffled at figuring out new cost-effective ways to publicize TMC.

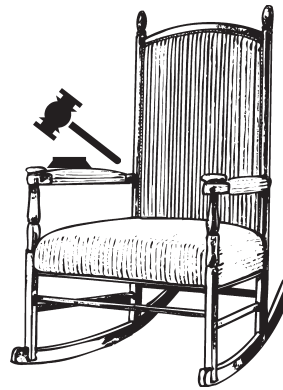
TMC is important to the Twin Cities community; and it is important to the Men's movement in the United States. I hope that you all will see and realize this importance. Please VOLUNTEER your time and talents by serving on our committees or on the Board of Directors.

Hoping you see Glory in your life,

*John Kuypers*

Outgoing Board Chair

Outgoing MenTalk Coordinator



# Dollars & Numbers



	2001	2000	1999	1998	1997
Memberships	359	289	167	214	283
Annual Budget	\$59,000	39,700	44,358	24,017	25,154
YTD Revenue	\$41,789	46,576	48,243	31,795	36,715
Support Groups	\$7,387	9,246	11,095	7,612	8,680
Membership	\$8,354	9,409	6,093	6,117	7,120
Anger Mgmt	\$16,340	14,348	7,800	9,795	6,831
Grants	\$0	0	7,500	5,159	5,000
YTD Expenses	\$47,492	42,644	34,832	32,447	31,681
Bank Balance	\$2,085	3,220	6,312	6,144	6,796

As of December 31, 2001 reference point.

# Food: Long-Lasting Treatment for Depression

by Darlene Kvist, Licensed Nutritionist

Did your class reunion go well this summer? How about your family gathering? The camping trip with the kids? How did your job evaluation go this year? Are you waking up with a sense of well-being and feeling great? Or do you wake up feeling like you would rather hide under your pillow and retreat from the world into a safer place for a while? Perhaps you skipped planned events in favor of staying home.

Recent statistics state that one in every five people experience depression at some point in their lives. The symptoms are many and varied—and in today's world it is important to have the ability to recognize common symptoms of depression, as well as understand alternatives available to alleviate its symptoms.

## Most commonly prescribed drug

For the past several years, Prozac has been the treatment of choice in treating symptoms of depression. Today, antidepressants are among the top-selling medications in the U.S. In fact, according to the Minnesota Council of Health Plans, antidepressants are the most commonly prescribed drugs in Minnesota. However, because the side effects of these drugs (sexual dysfunction, dry mouth and anxiety), as well as their ineffectiveness in helping the true causes of depression, many people are turning to a more natural solution to resolve what ails them.

Many clients come to me questioning the simple acceptance of using a drug to re-establish their feelings of well-being. They want to know what other options exist to relieve their depression, and they want to be educated. More and more, health-minded people are feeling that they do not want to add artificial chemicals to their bodies' chemistry. Except in the most severe cases, I agree that alternatives exist that may more effectively resolve the root causes of depression, rather than addressing the symptoms alone.

## Side effects under-reported & under-researched

Most antidepressants work with the brain chemical serotonin. Adequate serotonin in your brain brings about feelings of satisfaction, happiness, and flexibility in dealing with events in life. Antidepressant drugs do their work by increasing the amount of serotonin available to your brain cells by turning off mechanisms that takes serotonin out of circulation.

Now that Prozac has been in circulation for 13 years, we are learning more about the long-term side effects of its use. Some scientists are becoming skeptical of the widespread use of serotonin-enhancing drugs (antidepressants), and with good reason. Scientists at Yale University have reported research showing an increase in neurogenesis—or the proliferation of brain cells—in subjects who take antidepressant medications. Lead scientist Jessica Malberg states, without concluding whether this has positive or negative implications, that “you have to accept that there is a structural change in your brain when you take drugs like Prozac.”

Others, including Harvard psychologist and author Joseph Glenmullen, feel more strongly that this effect is something that should be alarming to most people. He argues that the public should be careful before

believing manufacturers claims that side effects of these drugs are negligible. He feels that side effects are under-reported and under-researched by regulatory agencies, and that safer alternatives exist to treat depression.

Whether antidepressant drugs are the solution to everyone's blues—a topic that will undoubtedly be debated for a long time—the fact remains that 20% of the U.S. population may be taking antidepressant drugs at any one time! This is an enormous number! The next question that comes to me is simply “Why?” Why are all of these people experiencing depression?

If you don't want to think too deeply about it, you can turn on your TV and get your answers. Pharmaceutical companies are inundating television watchers with vague, non-educational commercials promoting their drugs. But just because they have the money to advertise on TV doesn't mean that they have the best solution. They merely have the advantage of a captive audience, anxious to turn to the easiest solution, a pill.

Without discounting the very serious cases of depression that maybe best treated pharmaceutically, I feel that other solutions are as effective and longer-lasting than relying on a pill to bring emotional balance back into life. These are routes I explore with clients who question the effectiveness of their antidepressant medications. Many times clients do not experience relief from depressive symptoms, and they want answers beyond what they have tried so far. Some studies have supported this feeling. The Archives of General Psychiatry published a study in 1992 that concluded that only 20-30 percent of patients experienced relief over an 18-month period of being treated with antidepressants. Other studies have concluded even less optimistic outcomes. (Most current books about depression will list studies that have shown exercise to be an effective reducer of depression symptoms in many cases.)

Unarguably, each of us is biochemically unique. We will all respond differently to various therapies, interventions, treatments, drugs, and life circumstances. So why should we all rely on the same treatment mode for similar problems? I don't think we should.

## Long-Term Treatment

As a nutritionist, I believe that the long-term solution to treating depression is deeper, and is in the direct control of those who choose to explore sustainable options. My answer is, of course, the healing power of food. As a nutritionist I understand that food is the most important factor in the prevention and treatment of depression, anxiety, and other mental illnesses. With each client, I begin our encounter by first helping them develop their eating plan. Time and again I love witnessing the positive healing biochemistry that real food can make on the body and brain.

## Nutrient deficiencies

In her book *Depression Free, Naturally*, Joan Mathews Larson, PhD, details three studies conducted in the early 1960s that dramatically illustrate the effect that food, especially nutrient deprivation, has on the



# 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

## Feb/Mar 02

					SUPPORT GROUP Men's Bisexual issues 7:30 p.m. ....	SUPPORT GROUP 20's GLBT 2:00 p.m. ....
	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls ... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION The Power of Coaching 7 - 9 p.m.	SUPPORT GROUPS Div/Uncpl/General; ... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m. ....	SUPPORT GROUP 20's GLBT 2:00 p.m. ....
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	BOARD MTG. 7 p.m. .... SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls ... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Healing Anxiety Naturally 7 - 9 p.m. ....	SUPPORT GROUPS Div/Uncpl/General; ... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m. ....	SUPPORT GROUP 20's GLBT 2:00 p.m. ....
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
BRUNCH 10:00 a.m. .... PROGRAM 5:00 p.m. .... Men's Retirement 5:30 p.m. ....	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls ... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Intro to The Course In Miracles 7 - 9 p.m.	SUPPORT GROUPS Div/Uncpl/General; ... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m. ....	SUPPORT GROUP 20's GLBT 2:00 p.m. ....
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls ... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Healing after a Relationship 7 - 9 p.m.	SUPPORT GROUPS Div/Uncpl/General; ... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual issues 7:30 p.m. ....	SUPPORT GROUP 20's GLBT 2:00 p.m. ....
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>1</b>	<b>2</b>
	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls ... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Seeing the Mind 7 - 9 p.m.	MT. ARTICLE DEADLINE SUPPORT GROUPS Div/Uncpl/General; ... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m. ....	SUPPORT GROUP 20's GLBT 2:00 p.m. ....
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	BOARD MTG. 7 p.m. .... SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls ... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Pressure Point Relief 7 - 9 p.m.	MT. FINAL DEADLINE SUPPORT GROUPS Div/Uncpl/General; ... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m. ....	SUPPORT GROUP 20's GLBT 2:00 p.m. ....
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BRUNCH 10:00 a.m. .... PROGRAM 5:00 p.m. .... Men's Retirement 5:30 p.m. ....	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls ... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Shamanism Today 7 - 9 p.m.	SUPPORT GROUPS Div/Uncpl/General; ... Male Surv. Sex Abuse. Emotional Abuse Men's Health 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m. ....	SUPPORT GROUP 20's GLBT 2:00 p.m. ....
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls ... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Issues Relating to Divorce 7 - 9 p.m.	SUPPORT GROUPS Div/Uncpl/General; ... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m. ....	SUPPORT GROUP 20's GLBT 2:00 p.m. ....
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

HOLIDAY  
EASTER

**31**

1976 - In Our 26th Year - 2002  
of Public Service

Check out our web site: [www.tcmc.org](http://www.tcmc.org)  
email: [tcmc@freenet.msp.mn.us](mailto:tcmc@freenet.msp.mn.us)

The Men's Center number is  
612 / 822-5892.

Call for info on Anger  
Management classes.

## PRESENTATIONS

Workshops and presentations have been a part of The Men's Center offerings to the community since it's beginning 24 years ago.

Whenever possible we will continue the "Men's Wellness" Theme for Weds. night presentations. We welcome your suggestions for topics and presentations.

Presenters new to the Men's Center are: Timothy Cope, Kay Otter, Michael Underwood. Returning to continue their support of the Men's Center are: Hank Bruns, Jim Duffy, Kelly Lorix, T. Aaron Ridge, Eric Stolie, Sharol Tyra.

The Men's Center Board appreciates the volunteer presenters who return from time to time and welcome first timers. Their presentations add a new dimension to our weekly Wednesday night gatherings.

All presentations meet at TMC, 3249 Hennepin Ave. So, Suite 55, unless otherwise noted. These low cost presentations are shown in the Calendar of Events and a more extensive description follows. No pre-registration is needed; entrance fees collected at the door are:

Non-Members of TMC – \$5.

Regular Members (\$20 level) – \$3

Sustaining Members – FREE

Please take time to read the descriptions and plan to attend if they stimulate your interest. Bring a friend to share the experience and acquaint him/her with the Men's Center.

Each presentation is intended to promote personal growth, stimulate your interest in a topic, and to give you an opportunity to interact with other attendees.

*Note: All events are for men only unless otherwise stated.*

Presentations are the sole responsibility of the presenter(s). 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.

## DESCRIPTIONS

### The Power of Coaching

Presenter: Sharol Tyra  
Wednesday, February 6, 7-9 pm

*Open to Men & Women*

Are you ready to discover success and personal coaching? The purpose or benefit of this session is to provide an overview of coaching. Explore how coaching helps you focus on who you are, what you want, and where you are going. Imagine feeling more alive and successful at...

A Coach pulls together and motivates a person, makes them accountable.

Personalized self-improvement.

*Sharol Tyra, Work/Life Coach is dedicated to inspire and engage people to live the real essence of their lives. Sharol coaches people to achieve success, discover passions and life purpose, and remove self-limiting beliefs that block their true potential. Her career and community experience spans over twenty years as an entrepreneur, leader, motivational speaker, group facilitator, and respected registered nurse.*

### Healing Anxiety Naturally

Presenter: Aaron Ridge  
When: Wed. Feb 13, 7-9pm

*Open to Men and Women*

Anxiety is part of life, but can be a stumbling block and issue in our personal growth, in work or relationships. In his session we'll explore the nature of anxiety, its effects on mind and body, and how to get unstuck or moving ahead again. Participants will have a chance to learn more about themselves and practice a variety of natural methods for anxiety reduction.

T. Aaron Ridge, MS, LP, LICSW, is a licensed psychologist, certified Bioenergetic therapist and a life coach. He is in private practice at the Center for Relationship Therapy in Northeast Minneapolis. Aaron has 15 years experience working with couples, individuals and families on relationship issues.

*He is a Keeping Love Alive group facilitator and instructor for the Minnesota State and Community Colleges, Aaron leads various groups and seminars in corporations, organizations, and at Open U.*

### Intro to The Course In Miracles

Presenter: Hank Bruns  
When: Wed. Feb 20, 7-9pm

The purpose of the Course In Miracles is to provide a way in which some people will be able to find their own Internal Teacher. It is both practical and theoretical. It emphasizes applications rather than theory, and experience rather than theology. It states that "a universal theology is impossible, but a universal experience is not only possible but necessary. Come and learn more about the Course from Hank who leads a Course each Sunday at The Men's Center.

*Hank is a long time member of the Men's Center. He is a past Board member and Board chair and currently facilitates support groups and anger management classes. Hank is a certified Reiki practitioner.*

### Healing after a Relationship or Divorce and learning to love again.

Presenter: Michael Underwood  
When: Wed. Feb 27, 7-9pm

*Open to Men and Women*

Discover how to heal the emotional baggage associated with divorce and ending relationships. Learn how to deal with guilt, loneliness, forgiveness and how enhance your self-esteem. Explore what true love and relationships are and how to use love, growth, and free choice in a healthy relationship.

*Michael Underwood is a spiritual teacher, counselor, healer, minister and musician. He has been teaching, performing and speaking for the past 15 years.*

### Seeing the Mind

Presenter: Eric Storlie  
When: Wed. March 6, 7-9pm

*Open to Men and Women*

The human mind is vast – a universe in itself and the end point of millions of years of evolution. Meditative techniques help to give a direct awareness of this mind. Such experience can be healing and joyful. Like visiting a mountain wilderness or pristine ocean beach. We will explore through discussion and practice some techniques to focus the mind and bring the body into an alert, relaxed posture. Wear loose comfortable clothing and bring two firm cushions.

*Erik F. Storlie began a practice of sitting meditation in 1964 with Shunryu Suxuki Roshi. He studied with Dainin Katagiri Roshi, helping to found the Minnesota Zen Meditation Center, and is currently on its Board of Directors. Now retired from the English and Humanities faculty at Minneapolis Community and Technical College, his book "Nothing On My Mind: Berkeley, LSD Two Zen Masters, and a Life on the Dharma Trail" was published by Shambhala Press in 1996.*

### Pressure Point Relief - for stress, tension and pain.

Presenter: Kay Otter  
When: Wed. March 13, 7-9pm

*Open to Men and Women*

Relief is at Your Finger Tips! Relax for an evening and learn how to reduce stress and relieve pain with this gentle and enjoyable method of muscle relaxation. Loosen up and have fun!

*Presented by Dr. Kaye Otter who as a chiropractor and a neuromuscular therapist is extensively knowledgeable about relaxation and relief techniques. She has been a chiropractor in the Twin Cities for over 20 years. Dr. Otter currently practices chiropractic and clinical nutrition at 408 West 65th St. in Richfield. She suggests you wear loose comfortable clothes.*

# Shamanism Today

Presenter: Timothy Cope  
When: Wed. March 20, 7-9pm

*Open to Men and Women*

Shamanism is the oldest spiritual tradition known to humanity, yet it remains a vital and viable path today. This presentation will describe the essential nature of shamanism and consider its contemporary manifestations and applications.

*Timothy Cope has been exploring the shamanic path for over eighteen years. He is a certified shamanic counselor and maintains a healing practice in Minneapolis.*

## Issues Relating to Divorce

Presenter: Kelley Lorix  
When: Wed March 27, 7-9pm

*Open to Men and Women*

Kelley's presentation will include how to prepare financially and strategically for divorce, child support, spousal maintenance, custody and visitation – what the options are and how it will affect support, property – what happens to the house, pensions and other items acquired during the marriage. This session will include question and answer session geared to helping you with the exact problems you may be faced with in your lives.

*A private practice attorney, Kelley Lorix has better than fourteen years in state courts throughout Minnesota litigating, arbitrating and mediating the issues of concern to all of us as we go through divorce. Kelley has presented numerous times at the Men's Center.*

## The Hidden Moralism of Modern Life

Presenter: Jim Duffy  
When: Wed. April 3, 7-9pm

*Open to Men and Women*

Many of the modern approaches to understanding human problems, from self-help books to professional expertise make claims that they are not moralistic or judgmental. However, there is a hidden moralism that pervades most underlying assumptions of the counsel to most modern guides to finding happiness. This underlying moralism consists in a search for what is invalid rather than valid in all behaviors and norms considered to be problematic. Learn how to perceive beneath the surface in order to recognize this underlying invalidating moralism of modern life.

*Jim Duffy is a writer and freelance researcher in wide variety of areas of the human studies. He is a humanist educator and consultant whose popular presentations on many different subjects at the Men's Center have been well received as both interesting and useful as well as sometimes controversial.*

## SUPPORT GROUPS

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. So. Suite 55
- **St. Paul Location**  
Bethany Lutheran, 986 Forest St.  
(not a mailing address.)

### Men's and Women's Issues

#### General Mixed-Gender Issues

Participants can express what it means to be male or female, and hear constructive feedback in a safe, mixed-gender environment.

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

#### Emotional/Psychological Abuse

This group is for people who are or have been in abusive relationships that interfere with health living.

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

#### Twenty-Something (20 to 30 year olds)

This group offers a supportive place for GLBT's to socialize and to discuss life's challenges and experiences.

- Saturdays (Mpls) 2:00 - 4:00 pm

### General Men's Issues/Relationship Issues

#### 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

#### 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
- Tuesdays (St. Paul) 7:30 - 9:30 pm
- Thursdays (Mpls) 7:30 - 9:30 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

#### Men's Health

Participants may expect to find and explore commonalities in the search for

health.

- 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

#### Men Facing Retirement Issues

A new support group is being formed 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 - 7:30 pm

## New Men's Health Support Group

A new support group is offered at the Men's Center for those among us concerned with personal health. Beginning in March, drop-in on the third Thursday of each month for a casual and informal meeting on Health. Participants may expect to find and explore commonalities in the search for health. We will share neutral information and orient to problems in a supportive climate of feedback and minimal distraction. We will aim for communication that is spontaneous, tentative, empathetic, and quality enhancing. Over time, we will likely cover many developments in men's health and mortality, gender differences, leading causes of men's deaths, men's health practices in everyday life, and legislation affecting men's health. The group will be facilitated by Peter Mitchell, RN, CNP, MSN.

## Wanted: Coffee Bean Grinder

Kathy Jo Peterson is donating coffee beans through Starbucks. We now need a coffee grinder! If you have one to donate, please bring it to the Men's Center.

# Here and There

– Edited by Andy Mickel

Fifteen men attended December's brunch at Stephen Sewell's and 10 attended January's hosted by Dean Jurek. The next brunches will be: **Sunday, February 17 at Frank Brandon's**, 975 Como Ave, (on the east side of Lake Como at Rose Ave W), St. Paul, 651/487-3008 and **Sunday, March 17 at Andy Mickel's**, 106 SE Arthur Ave (in Prospect Park off University Ave near I-94 and 280), Minneapolis, 612/331-8396. Eat and socialize at the next **Monthly Men's Sunday Brunches** (bring something to share/cook up). Men hang out together and enjoy good food with no agenda whatsoever. 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. - Andy Mickel, 2002-01-21.

Men's Center **membership is back up over 400** for the first time in 10 years. - Scott Benson, 2002-01-14.

"Here is an anniversary present to help us celebrate our [25th]." - John Everingham, Wilmette, IL, 2001-12-01.

**Men's Center in the News:** The Monday, November 26th Twin Cities *Star Tribune* ran a Variety section, front-page article with photo marking the 25th Anniversary of the Men's Center in service to the community. Entitled, "CAUTION: Men Working" journalist Jon Tevlin interviewed Randy Genrich, David Kaar and Andy Mickel giving the center much positive publicity. - Andy Mickel, 2001-11-27.

**Rainbow Families Conference, 45 workshops, 1100 attendees, will be held Saturday, February 23, 8:30am-4:30pm.** Keynote: Wisconsin Congresswoman Tammy Baldwin. Children and teens must be preregistered by February 9. FFI: E-mail or call 612/827-7731 to view the brochure or print out a registration form. Great child and teen caregivers/teachers are needed for this year's conference. If you have a wonderful babysitter, daycare provider, or teacher who you think would like to spend a day at the conference with some great kids or teens, please ask them to call us ASAP: 612-827-7731. Pay is \$75 for the day, 7:45am-5pm. Caregivers/teachers will have choice of what age group they will work with at the conference. - Randy Genrich, 2002-01-15.

Article: "**Resolve to Mentor**" by Kari Davis, Mentoring Partnership of Minnesota, 612/370-9168, appeared in

the January issue of *Family Times*; January is the first National Mentoring Month. - Randy Genrich, 2002-01-10.

"This morning I read in the fall 2001 Ruminator Review a full-page review of a new book – *Angry Young Men: How Parents, Teachers, and Counselors Can Help 'Bad Boys' Become Good Men*, by Aaron Kipnis. Probably some of you are familiar with his earlier book, *Knights without Armor: A Practical Guide for Men in Quest of Masculine Soul*. (I admit that I'd only heard of the title.) I am very moved by the testimony from his own life that is included in the review, and consider it a miracle that Mr. Kipnis was able to become a productive citizen, much less a successful and influential psychologist and author. The review states that 'Kipnis demonstrates, by his own example, the power of mentoring and the caring presence of older men to turn troubled boys' lives around.' It even mentions 'California's Boys to Men program in which former gang members support currently imprisoned boys in their efforts to abandon criminal activity.' Though it is obviously a differently program than the one that has recently been introduced to Minnesota boys by men in this community, 'Boys to Men' made it imperative that I bring this to your attention. The Ruminator review is not available online, but another is at Mr. Kipnis' web site [www.malepsych.com](http://www.malepsych.com)." - Peter Doughty, 2001-11-09

**The Gay and Bi-sexual Father's Group** meets for dinner (always the last Saturday of every month; always from 10 a.m. to 1 p.m.). Our support group for February is on the 16th due to the fact that many Fathers Group members are attending the Rainbow Family Conference happening all day on February 23rd. Next Quarterly Dinner is March 1st at the downtown Davanni's (Hennepin, between 10th and 11th). Contact Steve at [shumerickhouse@hotmail.com](mailto:shumerickhouse@hotmail.com) if you want to help or have any ideas that will make this event a great evening to remember. Second Wednesday of the Month (February 13, 7-9p.m.) Support Meeting is at: Denny Siemers home at 7631 Edinborough Way, Unit 5220, Edina, MN 55435 952-897-1281. Events are posted on the website: - Denny Siemers, 952/897-1281, 2002-01-14.

**Terms of Enforcement: Making Men Pay For What They've Done** by Steven S. Richmond, MSW, MA (Trafford Publishing, Victoria, BC, Canada, January 2002). To order call (603) 528-

5432 or (866) 234-1648, toll free, or complete this form and return to Daily Care, 707 Belknap Mt. Rd., Gilford, NH 03249-6823, \$22.50 ppd. Author Steven S. Richmond describes his second book as a journey of great personal and political importance as a former Massachusetts senior administrator for social services. "Sadly, there are occasions when a restraining order is obtained by a spouse as a weapon in divorce and child custody cases. Obtaining a restraining order under the pretext of abuse is a pernicious form of abuse when it is undertaken for the purpose of gaining the upper hand in a matter that has no bearing on domestic violence. In those instances, the restraining order represents a misuse of abuse prevention laws and imposes a grave injustice on the man who stands falsely accused of domestic violence. These abuses of law go unreported in the mass media and in the professional literature." - Steven Richmond, 2002-01-02.

**The next Minnesota Men's Conference is September 10-15** at Sturgeon Lake, MN. Among the teachers are Robert Bly and Martin Prechtel. Contact: Craig Ungerman, (toll-free) 1-877/333-3136 [www.hiddenwine.com](http://www.hiddenwine.com), E-mail: - Mark Stanley, 2002-01-05.

**The National Men's Resource Center (Menstuff) has a new address:** 96118 Wildwood Rd, Brookings, OR 97415. But we're still at: - Gordon Clay, 2001-12-23.

**Our web site, may have to move** because the Twin Cities Freenet is deciding no longer to host sites at all. We will be finding a new home and we can predict disruption in the meantime. E-mail remains: - Andy Mickel. - 2001-12-29.

**Warrior movie/potluck screening "The Lion in Winter"** starring Peter O'Toole, Katherine Hepburn and Anthony Hopkins; 1968; Nominated for several Academy Awards including Best Picture. Katherine Hepburn won the Oscar for Best Actress. Brief Synopsis: 1183 AD: King Henry II's three sons all want to inherit the throne, but he won't commit to a choice. They and his wife variously plot to force him. black comedy-drama; A dysfunctional family treatise extraordinaire; the "American Beauty" of the 12th Century! Sunday, February 17, 3:00pm

An important note from your host: I do have some chairs but most likely not enough so if you can bring folding chairs, large pillows, etc that would be most helpful.

Host: Jeffrey Allen-Haas, 1423 East 35th Street; Apt. #4; Minneapolis, 55407 (near the corner of 35th Street and Bloomington Avenue; Apartment building faces north at Powderhorn Park.) 612/964-7587 [jeffhaas@mr.net](mailto:jeffhaas@mr.net) -or- [jeffhaas@childrenshc.org](mailto:jeffhaas@childrenshc.org) - Jeffrey Allen-Haas 2002-01-22.

body and mind. The studies conducted looked at the factors of extreme anxiety, stress, and starvation—conditions experienced by former prisoners of World War II who had been held in Japanese concentration camps. Famous chemist Dr. Abraham Hoffer, Ph.D. found in his work treating former POWs that the result of these circumstances was a chronic state of degenerative disease and depression, requiring a permanent need for high doses of vitamin therapy for relief. The Canadian Government conducted a similar investigation with brothers who served in World War II, comparing those who served in Europe with those who were imprisoned in Japanese concentration camps. The results were sadly dramatic. The majority of men who had been subjected to starvation had developed depression and chronic degenerative conditions that were not present in their counterparts who served in Europe. Lastly, University of Minnesota researchers conducted a study on the effects of starvation with conscientious objectors to the war. Experimental subjects were subjected to near starvation rations over six months, after which time the majority were severely depressed, anxious, agitated, and even violent. Some required hospitalization. After the study ended these negative emotional symptoms continued and even worsened for many of the men. The implications of these studies are mind-boggling and emphasize the importance of the satisfaction of our basic needs for even minimal health.

**Low-Calorie Diets Create Depression**

When I read these research articles, a light sparkled bright in my brain. I see woman after woman in my office who have unwittingly conducted this same study on themselves. Who are these women? They are the chronic low-calorie, crash dieters! So many women seem to be lost in an endless weight battle. Without proper information many finally end up prescribing to a starvation approach to eating, or opting for all low- or non-fat, low-calorie, low-nutrient foods. Often these same women run 5 miles a day and have very stressful jobs and busy lifestyles. They come to me when they are depressed and completely fatigued.

The question we need to ask is: "Are we creating a society of depressed, anxious people because of our obsession with thin bodies?" Even the less extreme dieters, and just plain low-nutrient eaters (men and women alike) suffer from these effects. If these dramatic results could be accomplished in less than six months in a lab, it only follows that years of low nutrient intake, so typical in today's world, can lead to the exact same outcomes.

**Additional Protein, Real Carbs and Healthy Fats**

Most of my clients need additional protein to supply the building blocks for serotonin and their 75 other neurotransmitters. Some have even felt rejuvenated by the simple addition of two to three ounces of protein at each meal. The other critical focus is replacing processed carbohydrates (breads, bagels, pasta) with real ones in the form of whole grains, vegetables, and fruit. Support and encouragement is crucial. Some people are not even aware of how many great-tasting vegetables are available! Next, we need to purge the "fat phobia" and focus on a moderate intake of healthy fats. This means getting rid of the unhealthy hydrogenated fats found in margarine, muffins, and the like, and switch to eating almonds, walnuts, pecans, olive oil, fatty fish, and so forth. Our cell membranes and receptors rely on healing fats to ensure the acceptance and use of neurotransmitters into the cells.

Another consideration is that depression may not be solely a serotonin deficiency—GABA, dopamine, norepinephrine, or a combination of these neurochemicals maybe involved. Perhaps the nerve cells of the

brain are simply not receiving neurotransmitters. There is much that science has yet to uncover, and the complexity of the brain will likely prevent us from ever understanding its dynamics in full. It only makes sense that our best bet is to start at the base level by providing proper nutrients in optimal amounts to give our nervous system a fighting chance.

**The Power of Food**

Eating to overcome the symptoms of depression is very simple and very complicated at the same time. Eating in balance takes time, commitment, support, and direction. It is not the "catch as catch can" kind of eating many people are used to. It must be thought-out and planned. Your payoff will be great-tasting food and a sense of well-being. It means consuming less sugar, caffeine, alcohol, chemicals, and eating more real food.

As a nutritionist, I keep returning to the power of food and proper diet. Understanding and using food's tremendous power puts you in the position to create your own antidepressant prescription. Many clients feel skeptical of this power but become convinced after trying an antidepressant diet. They feel able to climb out of the dark hole they have

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1/4 Page	3-5/8" x 4-7/8"	\$65
Business Card	2" x 3-1/2"	\$25

**Space Rental Rate Schedule:**

	<i>Not for profit</i>	<i>Profit event</i>
Full Day (8 hrs)	\$50	\$100
Half Day (4 hrs)	\$25	\$50
Hourly	\$7.50	\$15



## The Men's Center ALL-PURPOSE COUPON

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 \_\_\_\_\_

### Support Group Information by Quarters (1997-2001)

	1997	1998	1999	2000				2001	Four-Year Total					
	Total	Total	Total	1st	2nd	3rd	4th	Total						
Sun Elders/Retirement			21		6	3	6	15	7	14	7	14	42	78
Sun Health	0	13	20					0					0	33
Sun Bi	0	56	182	7				7					0	245
Mon Noon	177	269	317	96	80	36	28	240	46	49	45	21	161	987
Mon Gen Is	245	417	397	56	59	54	69	238	69	53	69	57	248	1300
Tues Gay	695	582	790	289	241	209	166	905	186	109	123	99	517	2794
Tues StP	130	119	113	54	34	28	18	134	41	76	51	17	185	551
Thur Gen Is	309	499	478	125	128	121	79	453	111	121	139	129	500	1930
Thur EM Abus	106	174	160	52	65	75	52	244	58	61	50	29	198	776
Thur Surviv	146	89	139	35	34	36	24	129	47	61	33	30	171	528
Fri Bi	434	515	414	108	100	96	72	376	89	28	22	77	216	1521
Sat 20s	149	303	430	108	53	53	27	241	51	12	14	43	120	1094
	<b>3165</b>	<b>3036</b>	<b>3461</b>	<b>934</b>	<b>800</b>	<b>711</b>	<b>541</b>	<b>2982</b>	<b>705</b>	<b>584</b>	<b>553</b>	<b>516</b>	<b>2358</b>	<b>11837</b>
Anger Mgmt														
Mon	53	162	158		79			79					0	399
Wed	32	20	280	23	102	16	20	161	24	21	0		45	506
Thur	21	33	31		20			20					0	84
Tues	0	71	94		103			103					0	268
Sat	85	66	0					0					0	66
	191	352	563	23	304	16	20	363	24	21	0	0	45	1323
	<b>3356</b>	<b>3388</b>	<b>4024</b>	<b>957</b>	<b>1104</b>	<b>727</b>	<b>561</b>	<b>3345</b>	<b>729</b>	<b>605</b>	<b>553</b>	<b>516</b>	<b>2403</b>	<b>13160</b>

**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.**

*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](http://www.tcmc.org) or correspond at our email address: [tcmc@freenet.msp.mn.us](mailto:tcmc@freenet.msp.mn.us)*

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## MEN TALK

## The Men's Center News

6

### Transformation to Awe

*Roy U. Schenk*

Judging people creates shame,  
Especially for those judged inferior, evil.  
Yet those judged good, superior also know,  
Desired judgment can be reversed.  
Shame evolves from feelings of defectiveness,  
Believed unlovable, judged inferior/evil.  
This shame demands recognition we have "hard wired" in us,  
Belief we are equal to all others.  
While inferiority, superiority, good and evil,  
Are socially taught inventions. Irrelevant without judgments.  
"Abandon good and evil," a part of my mind said.  
"But how will we judge people without them?" other part protested.  
"That's it! You've got it!" first part responded.  
Judging, shaming create repression,  
Of our exuberance, our delights, our very lives.  
Shame also creates controlling, perfectionism,  
And even more. Yes, also violence and war.  
Men go through lives with their guards up,  
Protecting from shaming's barbs, too painful to endure.

Yet removing judging, shaming is not enough.  
Need new vision, new worldview.  
Non-judgmental acceptance and unconditional love,  
Seem the creative alternative.  
Yet what we oppose, somehow we sustain.  
Such as "unconditional" and "non-judgmental".  
So drop the negative, go with "caring acceptance."  
Yet this is not enough for the shame-wounded, who are all of us.  
Need challenge, invitation to transformation.  
When familiar, repressed selves are abandoned,  
What marvelous beauty shows in men, and women too.  
Escaped from repressions, judging/shame induced.  
Childlike happiness, elan recovered.  
And so, "Become as little children," heaven's glow reflecting,  
Creates transformed world. No need to pursue,  
Hopeless task of righting each and every one of world's wrongs.  
Depression, despair, frustration give way to celebration.  
Opening up time for awe of God and God's creation.  
Awe! Perhaps greatest form of prayer.

### What's Inside

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by Darlene Kvist

Inserts Feb./Mar. Calendar of  
Events  
*Here & There*  
by Andy Mickel