

# RMC NEWS

A RESOURCE FOR MEN THROUGHOUT NORTH CAROLINA AND THE REGION

PUBLISHED BY THE  
**RALEIGH  
 MEN'S  
 CENTER**

(Est. 1986)

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**ESSAY**

## A Gift from Dennis

by RMC Member Richard Kevin



In February of 2000, I learned that I had prostate cancer. In the months that followed, I dealt with the terror, uncertainty, and dread which accompany the diagnosis of cancer and fear of mutilation which comes with the best of the treatment options. Eventually, with the support of my family and close friends, I worked through my fears and opted to undergo a radical retropubic prostatectomy in early May. This difficult operation went well both because I chose a skilled and humane surgeon and because I drew upon internal resources and upon my community of intimates to prepare for the ordeal in ways that I had not previously experienced.

In the course of my preparation, I exchanged e-mails with Dennis, my freshman college roommate from Notre Dame in 1968. Dennis was the brother I never had. He was a stocky, jug-eared boy, shorter than my own more average height, who had captained his high school football team. He approached football and life with intense energy and laughter. He was too small to play at Notre Dame. But he became the spark plug for incessant and sometimes brutal touch football games with the boys at our end of the dormitory, many of whom had been talented high school athletes.

I knew that I was slow and uncoordinated. But, as the son of a natural athlete, I somehow needed to test myself in these games. I threw myself into the almost daily contests at the cost of considerable lost skin and lost time to studies. Usually, I

**NOTE:** *This special edition of RMC News is devoted to the creative expressions of our membership. The following pages contain original poems, essays, and other submissions from favorite writers. Enjoy!*

continued page 2

**POEM**

## The Mote In My Eye

by RMC Member Bruce Lader

Hand-in-hand they stroll the park.  
 He is old, she young and pretty  
 and blind. He speaks to her  
 too softly for me to hear,  
 and she laughs.



A smile grows through me  
 as I eat my sandwich.  
 Grandfather? Friend?  
 Who is he to her? I wonder  
 as they pass under a tree,  
 caress in the shade.

Uncertain if the gray man  
 might be deceiving her,  
 I look over to the children  
 splashing in a sprinkler,  
 would shield their eyes  
 from the display.

But the children, immersed in joy,  
 don't notice. And I see it is  
 my loneliness envies this couple,  
 my dark judgment tricking me,  
 casting limits on the heart.

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### July 2000

(Details pages 2-3)

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s	m	t	w	t	f	s
						1 "Survivors" Support Group
2	3	4 Independence Day!	5	6	7	8
9	10	11 Triad & Durham-Orange Monthly Meetings (both 7:30pm)	12	13	14	15 "Survivors" Support Group
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

### August 2000

s	m	t	w	t	f	s
		1 Newsletter Submissions DUE	2 Durham/Orange Monthly Meeting 7:30pm	3 Leadership Council 7:00pm	4	5 "Survivors" Support Group
6	7	8 Triad Monthly Meeting 7:30pm	9	10	11	12
13	14	15	16	17	18	19 "Survivors" Support Group
20	21	22	23	24	25	26
27	28	29	30	31		

SUPPORT GROUPS are also available and meet weekly. For information, please contact Patrick Knox at (919) 870-0765.

# RMC Events Calendar

## July 2000

### July 1-29 Bulls & Cobras Games Volunteers Needed!

As a fund raising project, the Raleigh Men's Center works concessions at both the Durham Bulls baseball games in Durham and the Cobras arena football games in Raleigh. Some venues require serving alcohol and other are non-alcohol stands. The activity is a time to work side-by-side and a time of fellowship as well as a fundraising activity. If you are interested in volunteering, please contact Bill Switzer: [bill\\_switzer@ncsu.edu](mailto:bill_switzer@ncsu.edu) or 515-2945 (W) 217-9095 (H). He will be setting up schedules not only for the summer but for the fall and winter when we will work NCSU basketball games and Canes hockey games.

#### Summer Schedule:

July 1	Bulls concession
July 8	Bulls concession
July 14	Cobras concession
July 21	Cobras concession
July 22	Bulls concession
July 29	Bulls concession

### July 1 & 15 Open Support Group "Survivors of Childhood Abuse"

9:30-11:30am

#### Raleigh Men's Center

This group meets the 1st & 3rd Saturday of every month from 9:30-11:30am at the Raleigh Men's Center, 723 W. Johnson Street, Raleigh, NC. For more information, please contact Frederick at [whitmeyer@mindspring.com](mailto:whitmeyer@mindspring.com).

### July 6 RMC Leadership Council Meeting

#### Cancelled

The Leadership Council meets on the 1st Thursday of every month at the Raleigh Men's Center, 723 W. Johnson St., Raleigh, NC. If you have agenda items you would like the Council to address, please contact Frederick Whitmeyer, (Leadership Council President) at: [whitmeyer@mindspring.com](mailto:whitmeyer@mindspring.com)

### July 11 Durham/Orange Men's Council

7:30-9pm

#### Topic: TBA

The Durham/Orange Men's Council usually meets the 1st Tuesday of every month from 7:30-9pm at Pilgrim United Church of Christ, 3011 Academy Road, Durham, NC. For more information, please call (919) 933-8353.

### Gift from Dennis - *continued from page 1*

blocked and rushed the passer. Only when everyone else was covered would a pass come my way, often to be dropped. As frustrating as these games were, I was accepted for my effort. Dennis, himself excelling through practice and heart rather than size and natural talent, cheered and encouraged my play regardless of my modest performance.

Perhaps because Dennis and I were very different in our outward approach to life, we developed a great closeness. We discussed women, sex, parents, sports, and everything else late into the night. I felt connected to and appreciated by someone whom I admired in a way that I had not experienced before.

At that time of his life, Dennis was not a student. He left school after two years and joined the Marines, going to Vietnam and surviving the siege of Khe Sahn. Eventually, he returned to college and became a high school English teacher and football coach. I finished at Notre Dame and continued with graduate school in psychology. We stayed in touch for a while and then drifted out of contact. Then, several years ago, when I knew I would be passing near his home in Connecticut, I tracked him down and we renewed our friendship. In the course of the first brief visit and a second day together, when I accompanied him on a pilgrimage to Camp LeJeune, Dennis and I connected again.

In one way, it was almost as if no time had passed. But our connection was strengthened by the realization that thirty-odd years of successes, failures, divorce, fatherhood, and a war had left us much the same: but now men instead of boys, with the same appreciation and love for each other, and with a similar irreverently expressed awareness of the holiness of our lives. After his visit in May of 1999, I did not expect that I would see him often. We exchanged occasional e-mails to maintain our friendship.

In January, I told him of my upcoming prostate biopsy, concealing my fear in a breezy, scatological e-mail. Later, when the terror hit me, I found myself thinking of his courage in Vietnam and drawing upon my renewed connection with him to stay clear-headed as I faced complicated treatment decisions and struggled to remain emotionally present in my psychotherapy practice. I wrote to him of his importance to me, and he responded with solid acceptance and support.

The day before my surgery, I felt ready. I had used self-hypnosis to gain a sense of mastery over my fears. I was confident that I had made a difficult decision well, and I was buoyed by the love and support of my wife, children, and close friends. But I feared the night because of the mindless dread that had stalked me in the early morning hours when I had first contemplated surgery. Just before bed, I checked my e-mail, and there was a message from Dennis which brought tears to my eyes. He affirmed our friendship and his confidence in my courage.

To my surprise, I slept very well that night. When I awoke, I remembered a dream. I had been playing in a pick-up football game. I threw a pass, recovered a fumble, and carried the ball in for a touchdown.



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#### QUOTE

#### From Nelson Mandela

Submitted by RMC Member Temple Porter

**O**ur deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure... It is our Light, not our Darkness that most frighten us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be?

*There's nothing enlightened about shrinking so that other people won't feel insecure around you. As we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others..."*

Presidential Inaugural Speech  
Johannesburg, South Africa 1994

POEM

# Crazy

by Wilson E McCreary  
Submitted by  
RMC Member John Haverstock



**John writes:** I think many of us have been in a place where we --or a friend -- were ashamed and bullied and were glad we could pretend it didn't matter.

*"Yo' daddy's crazy, ain't he boy?"  
I was the boy,  
He was the "big" boy  
older than me by four or five years  
taller by a head.  
"He's in the crazy house, ain't he?"  
I said, "he's in the hospital."  
the way it had always been said to me.  
And there was nothing I could do about  
him  
the big boy  
or the one in the crazy house.  
People were training me,  
"It's bad to fight"  
hopeless difference in size.  
Any way  
he'd have beaten my brains out.*

*When I was in that place  
the only defense  
was to look at no one,  
wait for a safe exit  
from the boy's restroom  
and its shaming ritual,  
the bully,  
my onlooking shamed friends,  
and believe how lucky I'd been  
to have had what happened  
happen  
and still be able to pretend  
I was sane.*

Wilson E McCreary  
1414 Little Willeo Road  
Marietta, Ga. 30068  
770-992-5252

POEM

## With Introduction by RMC Member Wilson Elijah McCreary

**Wils writes:** I wrote this poem a little over a year after starting men's work—that eclectic collection of whatever it is we do to try to figure out who we really are and what we really want. I remembered Jimmy Carter and his crucifixion in the media for admitting having lusted after attractive women in his heart. Reverend Billy could be Billy Graham, "the presidents' preacher," as some refer to him, although I understand Graham pissed off Harry Truman pretty badly and may not have been Truman's preacher. Graham seems to have held other presidents' hands as he blessed whatever the presidents did, and the presidents seemed to accept Graham's blessings and use them for whatever media attention they garnered. The preacher might be Billy Sunday, who pissed off that North Carolina boy, Carl Sandburg, pretty badly. (If you're interested, read "Billy Sunday and Other Poems.") Or, for you, the reader, all those images may be ghosts. For me, they are shape shifters, sometimes literal, sometimes ghosts, and quite often metaphor, which is as it should be for a poem. So read the poem in good health, have a good laugh or cry, and think about who you really are ("...you might be a king..."—William Stafford) and what you really want to do. It works for me.



## Question From Me And Jimmy

by Wilson Elijah McCreary

*Reverend Billy, your got the bible  
and get to talk to God first hand.  
I got a question for you  
about God's makin' man.  
You see He's made a puzzle,  
at times makes me most sick.  
He made us to look just like Him  
but he forgot and left me with a dick.  
Pretty girls com 'round and tease me  
and my dick just won't behave.  
It stands up right most frightful  
and tries to get out and wave.*

*Now I ask you Reverend Billy  
what to you seems fair?  
Is it right to say "Be a nice boy"  
And leave that dick standing there?  
Sometimes I get to lookin' upward  
feeling chaste and grand  
then a girl walks by my mind's eye  
and my dick jumps into my hand.  
Reverend Billy you say it ain't true  
that God would pull a trick  
but I b'leve you must have missed the one  
where He left me here with a dick.*

# RMC Events Calendar

## August 2000

### August 1 Durham/Orange Men's Council

7:30-9pm  
Topic: TBA  
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### August 3 RMC Leadership Council Meeting

7:00-9:00pm  
The Leadership Council meets the 1st Thursday of every month at the Raleigh Men's Center, 723 W. Johnson St., Raleigh, NC. If you have agenda items you would like the Council to address, please contact Frederick Whitmeyer, (Leadership Council President) at: whitmeyer@mindspring.com.

### August 5 & 19 Open Support Group "Survivors of Childhood Abuse"

9:30-11:30am  
Raleigh Men's Center  
This group meets the 1st & 3rd Saturday of every month from 9:30-11:30am at the Raleigh Men's Center, 723 W. Johnson Street, Raleigh, NC. For more information, please contact Frederick at whitmeyer@mindspring.com.

### July 1-29 Bulls Games Volunteers Needed!

If you are interested in volunteering, please contact Bill Switzer: bill\_switzer@ncsu.edu or 515-2945 (W) 217-9095 (H).

Summer Schedule:  
Aug 12 Bulls concession  
Aug 26 Bulls concession

### Hold the Date

## Fall Feast

### October 28-29, 2000

Umstead Park (Interstate 40 side)  
3 pm on Saturday through 1 pm on Sunday  
\$10 for the day or \$15 including overnight stay  
Details page 5

## LETTER(S) TO THE EDITOR

# All Men are Real Men

by RMC Member Tom Edelson, 2000 June 4

The Raleigh Men's Center has been distributing bumper stickers that say "Real men don't use violence". I think this is a terrible idea, and I want to tell you why.

It's not because I'm in favor of violence. Not at all. I'm interested, too, in finding ways to encourage and assist other men to avoid violence as much as possible; I'm just as interested in this as the men who thought up the bumper sticker, I'll bet. I just don't think this bumper sticker will be effective in promoting this goal. I think it's at least as likely that its actual effect will be the opposite of what is intended.

The bumper sticker may make some people feel good. But if the goal is actually to reduce violence, well, in order to do that you have to reach, and influence, those men who are prone to violence. If any of those men notice this bumper sticker, how are they likely to react?

They'll get pissed off, that's how. After all, being told you're not a "real man" is a pretty strong insult. And these guys know about insults. They know how they're supposed to react when someone questions their manhood. If you don't take the insult too seriously, you just insult the guy right back. If you do take it seriously, you make him eat his words, and if he won't, you beat him up.

Do I really think that the bumper sticker is going to provoke acts of violence? It's possible, but no, I don't really think it's probable. However, is it going to get anyone to really listen, let down his guard, and open his mind to the possibility of finding alternatives to violence? Not bloody likely, I'd say.

You've just insulted the guy. You've put him down. You're

*"...being told you're not a 'real man' is a pretty strong insult. And these guys know about insults."*

against physical violence, but apparently, you're not against trying to place another man in an inferior

position, to hurt him by other than physical means. (I'm not talking about your *real* motives, you bumper sticker guys. I don't pretend to know what those are. I'm talking about how Joe Bar-Fight is likely to perceive it.)

There are a lot of guys who are not prone to physical violence, but who still think "life is a jungle," and act accordingly. Only the toughest survive. Get the other guy before he gets you. Do you do it with your fists or a knife, or do you do it with words? Whatever works for you.

If you insult the violent man, then to him, you're playing the same game he does — the dominance game — but with different methods. Words are your weapon. Not his, though. If you provoke him enough, he's ready to stand up and fight. Then, he thinks, we'll see who's a real man.

On the other hand, what if we refrained from putting anyone down? To the violent man, that would not fit into the game that he's used to. He'd have more difficulty figuring out how to respond to it. I'm not saying he'd suddenly slap himself in the side of the head and say, "Oh, now I get it! We're all supposed to be nice to each other!" I'm not that naive. But if we, a whole bunch of us, could consistently set an example — an example of respecting ourselves as men, without needing to disrespect anyone else in order to do it — then I think we might really get under his skin. And eventually, who knows what might happen?

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### BUMPER STICKER:

**REAL MEN**

**DON'T USE VIOLENCE**

Raleigh Men's Center

### BUMPER STICKER:

## Another Man Speaks Out

Dear Frederick, et. al.,

Like Tom, I have struggled with the wording of the slogan myself and have chosen not display the bumper sticker on my vehicle as a result. I have been trying to find the words to express my discomfort with the wording...Tom bringing up the issue prompts me to make an attempt now.

The "real men" part comes across to me as a strong judgment. It triggers in me the shame I have at choosing violence in the past - am I not "real" because I have been violent in the past? Intellectually, I know that the slogan is meant to encourage me not to choose violence, but emotionally I hear that I am not "real" because I have been violent and I must now equate myself with all the perpetrators of violence out there who never feel remorse or shame about their violent acts.

The "don't use" part implies that there is never a time for "real" men to use violence. I struggle with this one because deep down I believe this to be true to the point of imagining that if I were forced to go to war, I would allow the "enemy" to kill me before I would raise my gun on them. That fantasy, however, demeans the value of my own life and doesn't consider the effect that fear (if I were in such a situation) would have

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### BUMPER STICKER:

## ...And Still Another...

Tom,

I really don't like the bumper stickers either. I'm not a public display person. I don't like the message, either. [In my home town], if you take violence away, that's worse than taking guns away. I hate to say it, but I have enough trouble with the sum total of my liberal life without wearing a target on my butt. Without violence, many men would be powerless indeed. What a sad commentary! I like to have a little more control of the battles I get myself into. I need no convincing. I can't speak for the rest of the Council, but that's my two cents worth.

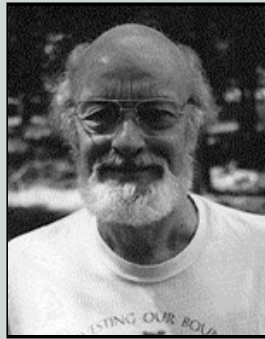
As a Vietnam vet, I have experienced some shame at the hands of the same men that I fear want to keep their option for violence. After doing my duty, I became a conscientious objector, too scared to quit outright, and too stupid to keep my mouth shut. There was much shame in that position, from the same guys that dominate their women, had whores in the Phillipines, and said "What harm is there in this? We're not going to get hurt". I don't want to be around those men and I don't want to provoke them either. Life is too short. There is too much to do that doesn't require that fight. So here I am, dragging up such strong feelings over a bumper sticker. Shit. I didn't ask for this. J. H.

rmc

## RMC President's Message

*"The King archetype possesses the qualities of order and integrity in the masculine psyche. It stabilizes chaotic emotion and out-of-control behaviors. It brings calm, mediates vitality, life force, and joy. It brings maintenance and balance. It rewards and encourages creativity in us and in others..."*

From King Warrior Magician Lover  
by Robert Moore & Douglas Gillette



Frederick Whitmeyer

When I have been violent or felt violent tendencies, I have not been in touch with my inherent nature, part of which is to be accessing my King energy. When I have been violent, I have not been in touch with the 'Real me'. I don't feel 'Real' when I feel out of control. I am hiding the 'Real me' when I am violent. The 'Real me' is hurting and I don't want anyone to see that part of me. I am hurting because I am not getting what I need and I don't know how to ask for it. I was told that a real man doesn't show his hurt.

Now, I don't believe that anymore. For me to be an authentic person, a real man, in touch with his power, I must take responsibility for getting my needs met. And, therefore, for me, *Real Men Don't Use Violence* to 1) solve problems, 2) control people or 3) vent our feelings or emotions. This is why I am proud to take a stand and put the RMC bumper sticker on my car. I realize that the words can be taken many different ways, but the essence of the statement is true for me.

Though not everyone agrees with me about the bumper sticker, it's essential that we are talking openly about these issues. I feel the energy of many men expressing their feelings about violence, and I feel the passion of men wanting to take action to end it. We need this kind of king energy in motion. Together, perhaps we can find better ways of making a difference, whether it's a new slogan, support group, or some other activity. So, let's keep talking. Your insights are valuable to us.

Speaking of king energy in motion, I want to recognize the past work of two special men: **Doug Lester** and **Ron Blankenship**. Doug and Ron are leaving the Leadership Council after two years of dedicated service to the Men's Center. Thank you, men, for your friendship, leadership and passion for supporting all men.

Thanks also go to **Lee Elliott** for serving four years as Editor for our RMC Newsletter. Lee has done a valuable job of acquiring articles and editing them for print with his tireless energy and excitement. The fact that we have had and continue to have an excellent newsletter today is in great part due to Lee's commitment of the past four years. Thank you, Lee!

I now welcome our new Leadership Council members. **Dudley Morrison** has been elected to a three-year term on the council. **Charles Walker** has been appointed to fill the open vacancy on the council. Charles is well known by many for his work over the years with the Support Groups. Welcome, men!

Retreats seem to work for the Leadership Council. We recently came together for the third time this year at Recompense with an attitude of cooperativeness and trust that is rare among men. At this retreat, the LC made a major commitment to hiring a part-time coordinator for Men's Center activities on a temporary basis beginning August 1. The LC members voted to fund this project with the help of the general membership until we are successful in getting a grant for this purpose. Each man on the LC made a donation to kick off our fundraising campaign. With this 100% participation, the members of the LC contributed \$2000 toward our goal of \$6000 to pay a 10-hour a week coordinator for six months.

**Now we need your help.** I am very proud to be part of this special group of men and the important work we are all committed to doing. Our future depends, in part, on your support. Our immediate goal is to raise \$6,000 by the end of August (yes, this year). We hope you will join us in this effort and give whatever amount you can. Doing this work is part of my essence. I hope this is a cause that each of you will want to support.

rmc



## Gentlemen, Mark your calendars! Fall Feast

Rejoice, Toast, Drum, and Dance with us...  
The Raleigh Men's Center is hosting a Fall Feast.

### October 28-29, 2000 Umstead Park

(Interstate 40 side)

3 p.m. on Saturday thru 1 p.m. on Sunday

Potluck dinner on Saturday and Sunday brunch served \$10 for the day or \$15 including overnight stay. Cabins or tent camping available at Whispering Pines campground. Please make checks payable to The Men's Center of Raleigh and Wake County and send to: Hilton Freed, 1401 Maple Ave., Apex, NC 27502. To cover costs and to plan ahead, we would appreciate payment before the event.

*Hope to see you there!*

Coming in September

The Raleigh Men's Center Presents:

## This is My Father



Starring Aidan Quinn, James Caan,  
and Stephen Rea. Directed by Quinn Paul.

Friday,  
September 15, 2000

Tate-Turner-Kuralt Auditorium  
301 Pittsboro Street, Chapel Hill  
(across from the Credit Union)

7:30 p.m., Free Parking

Caan portrays a disillusioned Chicago high-school teacher who decides to make a pilgrimage to Ireland to learn the truth about his father, whom he never met. He takes along his troubled nephew, who spends his days falling in love with a local school girl. The film shifts between the present and the past, as we learn the story of what happened to Caan's father. A Quinn Brothers trifecta (Paul wrote and directed, Aidan acted, and Declan photographed), this is a personal - though not autobiographical - tale that rises above Clicheland due to the subtle, heartwarming performances.



More information, call  
(919) 962-6467

## Local Community Resources

### Triangle Family Services

**Programs:**  
Family Violence  
Intervention Services  
Individual and Family Counseling  
Consumer Credit  
Counseling Services

401 Hillsborough Street  
Raleigh, NC 27603  
Phone (919) 821-0790  
Fax (919) 821-1893

### Male Emotions Support Group

**Facilitators:**  
Gayle Gonzalez-Johnson  
Vincent Genna

**Focus:**  
expression of feelings  
enhancing communication  
exploring intimacy issues  
improving relationships  
coping with stress  
managing anger

Beginning this Fall in Chapel Hill  
7:30pm - 9:00pm  
every other Wednesday  
\$60 per group session (negotiable)  
More information call:  
Gayle at (919) 816-0009  
Vincent at (919) 387-4976

### Mark Smith-Soto's New Poetry Collection

Mark Smith-Soto's poetry collection, *Green Mango Collage*, winner of the North Carolina Writers' Network's Persephone Publication Award 2000, has just been released. Copies of the 24-poem chapbook are available directly from Mark. If interested, send \$15 to Mark Smith-Soto, Department of Romance Languages, UNC-G, Greensboro, NC 27402-6170.

# RMC Bulletin Board

### RMC Membership Email List Needed

As membership chairman, I would like to compile an E-mail address list for the RMC to use for newsletter distribution and notices of events, meetings -- and activities -- just for general communication. I think this address book would be impossible to keep confidential since every message sent would have all addressee's addresses listed at the top. If that is not the case, please, someone more skilled with this medium tell me and show me how to send without showing the addresses. In any case, for now, anyone willing to give up your E-mail address for these transparent purposes, please send your address to me at [haverstock@schoolink.net](mailto:haverstock@schoolink.net) with a word about general permission to use it. Any update about more confidentiality will be published at a later date.

Thanks, John Haverstock

### Websites for Family Violence

#### Men Stopping Violence (MSV) ([menstoppingviolence.org/](http://menstoppingviolence.org/))

Men Stopping Violence is an organization dedicated to ending violence against women. Our focus is to stop battering, and it is our intention to work toward ending rape and incest.

#### Commission on Domestic Violence

([abanet.org/domviol/mrdv/home.html](http://abanet.org/domviol/mrdv/home.html))  
This website provides resources for victims, as well as information about statistics, myths about domestic violence, and educational and teaching materials. Also contains links to other sites.

## Websites for Fathers

### Fathering Magazine ([fathermag.com](http://fathermag.com))

Website dedicated to strengthening the valuable roles that men play as fathers to their children. Featured sections include Men's Health, Parenting Issues, Fathers & Sons, Fathers & Daughters, Custody and Divorce, Second Wives, Second Families, Book Reviews, Domestic Violence & Abuse, Short Stories, Discussion Groups.

### American Coalition for Fathers and Children (ACFC) ([acfc.org](http://acfc.org))

This is primarily a political advocacy resource promoting positive father-inclusive policies in government. The site provides informational links to a wide range of issues including: Fathers' Access and Visitation, Child Abuse - False Allegations, Child Development, Importance of Fathers' Involvement, Joint Custody, Gender Bias in Courts and Government, Child Support, Education, Child Welfare, and Post Traumatic Stress Disorder.

### Domestic Rights Coalition ([home.earthlink.net/~proadvocate/](http://home.earthlink.net/~proadvocate/))

The Domestic Rights Coalition specializes in court room advocacy. Issues addressed include: Domestic Abuse -- "Male Victims," Custody, Visitation, Child Support, Divorce and Paternity, Orders of Protection. Includes many additional weblinks to other related sites.

### Raleigh Men's Center T-Shirts for Sale! \$10

Designed by RMC Member Gregory Blaine, the image commemorates the Raleigh Men's Center and the November 1999 Robert Bly Event.

To order, send your check to: Raleigh Men's Center  
T-Shirt, c/o  
Daniel Lebold  
304 Oak Tree Dr.  
Chapel Hill, NC 27514



**Bumper Sticker -**  
*continued from page 4*

on me. I probably would kill under those circumstances, then be faced with finding reconciliation with my inner value system at a later time - as a result, I empathize greatly with veterans who face this issue.

I don't know the original intent in creating the bumper sticker - but I imagine it was to discourage the use of violence in a catchy one-liner. I have been trying to think of a one-liner that would appear less threatening to my comfort level:

**Men Against Violence**  
**Conscious Men Choose Non-violence**

It seems important to me that "choice" be included somewhere if a judgment about a subset of men is made (e.g. "real" or "conscious" men). Somehow, for me, that allows for the possibility that I can become "real" or "conscious" if I choose non-violence the next time I feel the urge to lash out in violence, particularly if I chose violence in a similar situation in the past.

The edge for me in sharing this with you is that I know the [Council's] intent was/is positive and born out of a passionate desire to do something about the violence men perpetrate in the world. Perhaps the slogan is just right in getting men to rethink their relationship to violence. I certainly feel a passionate desire to support the cause for non-violence myself. I hope my thoughts and feelings are a helpful part of this discussion.

Thanks for listening, Kevin

**POEM**

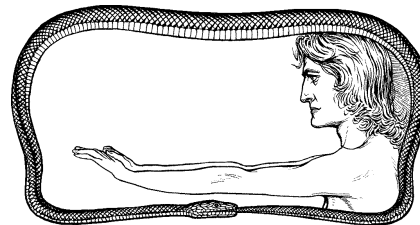
**Forgiving Our Fathers**

by Dick Lourie from Ghost Radio

*Maybe in a dream;  
 He's in your power  
 You twist his arm  
 But you're not sure it was  
 He that stole your money you feel calmer  
 And you decide to let him go free.*

*Or he's the one (as in a dream of mine)  
 I must pull from the water but I never  
 Knew it or wouldn't have done it until  
 I saw the street theatre play so close up  
 I was moved to action I've never before  
 taken*

*Maybe for leaving us too often or  
 Forever when we were little maybe  
 For scaring us with unexpected rage  
 Or making us nervous because there  
 seemed  
 Never to be any rage there at all*



*For marrying or not marrying our mothers  
 For divorcing or not divorcing our mothers  
 And shall we forgive them for their excesses  
 Of warmth or coldness shall we forgive them  
 For pushing or leaning for shutting doors  
 For seeking only through layers of cloth  
 Or never speaking or never being silent  
 In our age or theirs or in their deaths  
 Saying it to them or not saying it  
 If we forgive our fathers what is left?*

**POEM**

**Salt and Pepper**

by Samuel Menashe  
 Submitted by  
 RMC Member John Haverstock

*Here and there  
 White hairs appear  
 On my chest—  
 Age seasons me  
 Gives me zest—  
 I am a sage  
 In the making  
 Sprinkled, shaking*



[for Calvin Bedient]

**LETTERS TO THE EDITOR**

Have something on your mind? Want to share it with other men or initiate a public discussion? If so, then

Send your letters to:

**RMC News**

c/o Daniel Lebold  
 304 Oak Tree Drive  
 Chapel Hill, NC 27514  
 or email to:  
 dalebld@email.unc.edu

*Letters will be printed as deemed appropriate and as space permits.*

detach here

**RALEIGH MEN'S CENTER MEMBERSHIP APPLICATION FORM**

Yes, I want to support the Raleigh Men's Center.

Please send me information about support groups.

Name/Organization \_\_\_\_\_ Phone(h) \_\_\_\_\_ (w) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

I wish to make the following contribution to support the Part-time Center Coordinator

- \_\_\_\_\_ \$1,000                      \_\_\_\_\_ \$500
- \_\_\_\_\_ \$250                        \_\_\_\_\_ \$100
- \_\_\_\_\_ \$50                            \_\_\_\_\_ \$25
- \_\_\_\_\_ \$15
- \_\_\_\_\_ Other gift amount: \$ \_\_\_\_\_

Please make checks payable to  
**The Raleigh Men's Center**  
 Mail this form with your check to:  
 Ray Schuh, 4705 Baybridge Crossing, Apt. 1319  
 Raleigh, NC 27604

Total enclosed: \$ \_\_\_\_\_

Thank You!

## THE RALEIGH MEN'S CENTER

We opened our doors in 1986 as a nonprofit, all-volunteer service organization dedicated to promoting the wholeness and well-being of men.

Many men struggle with the grief associated with separation, divorce, child custody, death, job loss, and other life stresses. Some men endure strained relationships with their spouses, children and parents. Other men experience the lack of meaningful work in their jobs which carries its own stresses. Added to this are society's changing expectations of men, which leaves them further confused, angry or emotionally isolated.

The Men's Center grew from the desire of men in our region to be a part of the healing and growth process for each other. We provide opportunities for self-awareness, friendship, support, joyfulness, and play. We are also a place where it is safe for men to reveal their fears and pain, and where they can learn to more effectively deal with conflict and anger, and grow to feel their inherent power, perhaps for the first time.

The Men's Center is an important part of an expanding, nationwide network of support for men that recognizes the healing power and the wisdom men find as they share their experiences with other men. We support the strengthening of men's roles as friend, son, father, husband, partner, and citizen.

### For more information, contact:

The Raleigh Men's Center  
P.O. Box 6155, Raleigh, NC 27628  
Telephone: (919) 832-0509

[www.mens-ctr.interpath.com](http://www.mens-ctr.interpath.com)

### Subscription and Membership Services

Full membership -- \$30/year which gives discounts to RMC Events and subscription to the bi-monthly issue of **RMC News**. Subscription to **RMC News** alone is \$15/year. Tax deductible donations are always greatly appreciated. Send your name, address, home and work phone numbers to Ray Schuh, 4705 Baybridge Crossing, Apt. 1319, Raleigh, NC 27604.

### Financial Assistance

Members may apply for up to 50% financial assistance for fees to any Men's Center event. Applications are treated confidentially. For more information, contact Doug Jennette at (919) 832-6071.

### Support Groups

All men are welcome at the Raleigh Men's Center. The only requisite for joining a support group is a genuine desire to join with other men in supporting each other's journey. At this time, there are groups meeting one evening per week, Monday through Thursday. Most groups meet at the Raleigh Men's Center on the second floor at 723 West Johnson Street in Raleigh. There is a small charge to help pay the cost of the rent for the Men's Center's facilities. To join, or for more information about general support groups, contact Patrick Knox at (919) 870-0765.

### Newsletter Contributions

Send all contributions to Daniel Lebold via email at [dalebold@email.unc.edu](mailto:dalebold@email.unc.edu). Send hard-copy contributions to Daniel, 304 Oak Tree Drive, Chapel Hill, NC 27514. Calendar items will be included as appropriate and as space permits. Deadline for the next issue: **August 1**.

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The vision of the Raleigh Men's Center is a world in which people recognize one another for who they are rather than what they do, and celebrate the spiritual connectedness of all life.

Its mission is to provide a safe place in which men support men in becoming themselves. We are committed to strengthening the valuable roles men play as friend, son, father, husband, partner, and citizen. The Men's Center is committed to strengthening the individual, the family, and the community.