

RMC NEWS

A RESOURCE FOR MEN THROUGHOUT NORTH CAROLINA AND THE REGION

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

(Est. 1986)

723 W. JOHNSON STREET
 RALEIGH, NC 27506
 (919) 832-0509

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www.mens-ctr.interpath.com

Vol. 15, No. 1

The Coordinator's Corner

by Charles Fisher

The December Leadership Council Retreat was, perhaps, the most fruitful meeting of my professional life. With energy and conviction, the LC dealt with a variety of issues. Not only did they extend their commitment to my role as Center Coordinator, but they also took a positioned themselves proactively in defining goals and expectations. I'll take just a moment to describe the results from my perspective.

I will continue to process phone inquiries and support group assignments as well as the development of new groups. In the beginning of this relationship, we all had agreed that this was the most critical function of the position and so it has been. It is true that the previous volunteers who handled this work could have developed a new group and made assignments of eight men to support groups. The volunteers did an excellent job, but the center Coordinator makes two

things possible. First, since calls are generally answered immediately or returned within a few hours, the support process has an opportunity to begin right away. This is critical for a man in need, who has finally mustered the courage to make a call that admits to needing support. Second, it is now possible to place someone in a support group immediately. The fact is that, in one particular case, I spoke to a man in the early afternoon for the first time and he attended his first support group meeting that night. That kind of success is not so much a function of this individual as it is a result of the foresight and commitment of the Leadership Council to create a position that would make such things possible.

Collaboration will be the keyword for the Center Coordinator. Conversations have already taken place with Interact, a highly respected local agency that shares

continued page 5

RMC Movie Series
 Presents:

SPiRiT DANCE



Friday
 February 16, 2001
 7:30pm

Cost: Free

Tate-Turner-Kuralt Building, Auditorium
 301 Pittsboro Street
 (Corner of McCauley and Pittsboro)
 Chapel Hill

(see page 5 for details)

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January 2001

February 2001

(Details pages 2-3)

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s	m	t	w	t	f	s
	1	2	3	4	5	6 "Survivors" Group Leadership Council
7	8	9	10	11	12	13
14	15	16 Triad Monthly Meeting 7:30pm	17	18	19 Newsletter Submissions DUE	20 "Survivors" Support Group
21	22	23	24	25	26	27
SUPPORT GROUPS are also available and meet weekly. For information, please contact Charles Fisher at (919) 832-0509.						
28	29	30	31			

s	m	t	w	t	f	s
		1	2	3	4	5 "Survivors" Group Leadership Council
4	5	6	7	8	9	10
11	12	13	14	15	16 RMC Movie Series 7:30pm	17 "Survivors" Support Group
18	19	20 Triad Monthly Meeting 7:30pm	21	22	23	24
25	26	27	28			

RMC Events Calendar

January 2001

January 2

Durham/Orange Men's Council

7:30-9:00pm

The Durham/Orange Men's Council 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.

January 6

RMC

Leadership Council Meeting

1:00-3:00pm

The Leadership Council meets on the 1st Saturday 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

January 6 & 20

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.

Volunteers Needed!

Raleigh Sports Arena Concessions

The Raleigh Men's Center will work concessions at the Raleigh Sports and Entertainment Center during the next academic year. For the next two months, we expect to work the following events:

Schedule:

Hurricanes (alcohol events)

Saturday, January 6

Saturday, January 20

Saturday, January 27

NCSU Basketball games (non alcohol events)

Sunday, January 21

Sunday, January 28

Please notify Bill Switzer: bill_switzer@ncsu.edu, 217-9095 (H) or 515-2945 (W) if you can and are willing to work any of these events.

These activities earn a commission of 10 % on food sales and 7.5 % on alcohol sales. Proceeds support Men's Center activities including the Center Coordinator position.

She hits, he hurts: Women batter men

By Kathleen Parker, Columnist / The Orlando Sentinel
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As with most things these days, domestic violence has become a gender battle of the "he said-she said" variety. Or, more aptly, she-hit-me-first.

Judging from media reports and Internet Web pages, men and women are pummeling each other at an astonishing rate. As billboards of bruised women scar urban landscapes, battered men vent on the Net.

Clearly, we have a problem, though it's hard to figure out exactly what it is. Are men battering women more than ever, or are we just more aware? Are women beating up their husbands just as often, as many men claim? Are feminists fudging the truth to protect coveted funding?

The answer seems to depend on who has the biggest statistic.

Men prefer a 1988 study in which researchers found that men and women slap, shove and kick at nearly equal rates. The study, conducted by Murray A. Straus, a sociologist and co-director for the Family Research Laboratory at the University of New Hampshire, found that in 1,000 couples, 124 wives attacked husbands compared with 122 husbands who attacked wives.

The rate of "minor assaults" by wives was 78 per 1,000 couples; the rate of similar assaults by husbands was 72 per 1,000. In the category of severe assaults — those resulting in serious injury — the rate was 46 per 1,000 by wives and 50 per 1,000 by husbands.

Advocates who run shelters for battered women and children, however, minimize the importance of such statistics, saying that men ultimately do more damage to women and children than the other way around. That's when men haul out their biggest weapon, a 1994 U.S. Department of Justice report that says when a parent kills a child, 61 percent of the time, it's the mother.

Although men usually prevail in hand-to-hand combat, size and strength are neutralized by guns and knives. Sometimes they're neutralized by sheer will, as in the case of Stanley Green. Green, the battered male's poster boy, was severely beaten a few years ago by

his wife and ignored by police.

"Blood streamed down my face," Green says he told police. The officer's response, says Green: "We ain't taking a report from you, buddy."

And so it goes, apparently, for thousands of men who suffer spouse abuse. They usually don't report the abuse for fear of suffering Green's humiliation. Meanwhile, says Straus, radical feminists deny and attempt to cover up wife-on-husband abuse.

Their fear, says Straus, is that recognizing the need for men's sheltering and counseling will cut into funding for women and children.

Media and other campaigns directed at curbing domestic violence typically tell only one side of the story. The Corporate Alliance to End Partner Violence — a nonprofit alliance of corporations aimed at education and prevention — offers a booklet on partner violence in which only women are victims and only men are violent. Domestic violence will continue, the Alliance booklet says, "so long as men keep witnessing violence as accepted behavior in their homes and get away with it in their personal relationships." Probably true but couldn't the same be said of women?

Is it less bad for a woman to hit a man than vice versa? We've always thought so.

Boys have always been taught that they should never hit a girl, no matter what. Girls shouldn't hit boys either.

Only children argue with words like "She hit me first," or "It's his fault; he started it." Stop it. Go to your room. It doesn't matter who's to blame. Domestic violence is a two-way street and, apparently, it's gender-neutral. I doubt men or women are hitting more than ever before, though it's good we're talking about it more than ever.

It seems only fair we should listen to men too.

Kathleen Parker's column is distributed by Tribune Media Services. She welcomes your views and suggestions. Mail: The Orlando Sentinel, MP-6, P.O. Box 2833, Orlando, Fla. 32802-2833. E-mail: Kparker1@aol.com on the Internet.

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Teen Drug Use and Parents

Father-Child Strife Increases Likelihood

Researchers say a new report on teenage drug use should be a "wakeup call for dads." Teens who don't get along with their fathers are more likely to drink, smoke and abuse drugs, the report found.

By David Ho, The Associated Press WASHINGTON, Aug. 30, 1999

Teenagers who don't get along with their fathers in two-parent families are more likely to smoke, drink and use drugs than those raised by single mothers, according to a new survey that examines how different family types affect youth substance abuse. Children raised by their mothers alone were 30 percent more likely to use drugs than those living in supportive two-parent homes. But those with two parents who have poor relationships with their fathers have a 68 percent greater risk, said a report today by the private National Center on Addiction and Substance Abuse at Columbia University. "This should be a wakeup call for dads across America," CASA Chairman Joseph Califano said in a statement. "Every father should look in the mirror and ask: 'How often do I eat meals with my children? Take them to religious services? Help them with their homework?'"

Mom Easier to Talk Drugs

In the survey of 2,000 youths aged 12 to 17 and 1,000 parents, more than twice as many teens said they found it easier to talk to their mothers than their fathers about drugs. More than 70 percent said they had very good or excellent relationships with their mothers, but only 58 percent said they got along as well with their fathers. Mothers influence their children's important decisions three times as often as fathers and are more likely to have private talks about drugs, the study found. "Too often, people think of the parenting role as the mother's job, and this reminds us that the family is the children, the mother and the father where possible," said Dr. H. Westley Clark, director of the Center for Substance Abuse Treatment at the Department of Health and Human Services.

Urge for Support

Clark advised parents to take the survey results as a "back-to-school" reminder. Parents should be supportive and ask questions instead of making accusations and giving orders, he said. Speaking to children about drugs should

start early because "the opportunity for parents to impact their teen's thinking about illegal drugs diminishes as the teen gets older," the survey's authors said. They found that 34 percent of 12-year-olds reported excellent relationships with their parents, but that number plummets to just 14 percent by the time the children turn 17. "Parent power may be the greatest underutilized resource in our nation's battle to give our children the will and skills to say no to drugs," said Califano, a former U.S. Secretary of Health, Education and Welfare.

Fewer Think Things Getting Worse

Confirming recent studies that overall youth substance abuse has leveled off, the survey found that 40 percent of teens said the drug situation at school is getting worse, down from 55 percent in 1998. And more teens, 60 percent, said they don't expect to use a drug in the future, an increase of 9 percentage points since 1998. Parents were more pessimistic, with 45 percent thinking their children will someday use drugs. Califano said this "parental resignation often reflects their own drug-using behavior" and that of those parents who had tried marijuana themselves 58 percent and thought their kids would try as well. The study also found that while the teenagers said facing drugs was their most important problem, the parents ranked drugs second, after the social pressure of "fitting in" with their peers.

The survey also found:

Teens who reported their fathers have more than two drinks a day have a 71 percent greater risk of substance abuse. Nearly 90 percent of teens said they felt safe in school.

More than half said they attended a school where drugs were used and 20 percent said that if they wanted to buy marijuana they could get it in less than a half-hour.

Almost half of teens who had never used marijuana credited their parents with their decision.



RMC Events Calendar

February 2001

February 3

RMC

Leadership Council Retreat

Location: TBA

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February 3 & 17

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"Survivors of Childhood Abuse"

9:30-11:30am

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February 6

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February 16

RMC Movie Series: *Spirit Dance*

See page 5 for details

Volunteers Needed!

Raleigh Sports Arena Concessions

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Hurricanes (alcohol events)

Friday, February 16

Friday, February 23

NCSU Basketball games (non alcohol events)

Saturday, February 3

Sunday February 25

Please notify Bill Switzer: bill_switzer@ncsu.edu, 217-9095 (H) or 515-2945 (W) if you can and are willing to work any of these events.

These activities earn a commission of 10 % on food sales and 7.5 % on alcohol sales. Proceeds support the Men's Center activities including the Center Coordinator position.

Motivating Men

A Louis Harris survey reports that too many American men fail to make regular appointments for preventive health care checks and that they tend to avoid doctors' visits even when health problems occur, though the consequences of such an attitude can be deadly. Analysts put some of the blame on the reluctant patients themselves: Men are simply inclined to tough things out, to ignore symptoms, to eschew the trouble of going to the doctor. (And it may be that some are just a little afraid to go.)

But it's also true that the managed care health insurance system has made it more difficult to simply go in and talk things over with the family doctor. Many patients, not just men, are not very comfortable with offering the particulars of their symptoms to the gate-keepers of managed care -- to cite just one way in which health care sometimes has become a bit depersonalized.

And it may be that the various cogs in the health-care machine --

HMO's, doctors' offices, hospitals, public health agencies -- need to do more outreach to men regarding the more common threats to their health. That might mean more prostate cancer screenings or blood-pressure screenings, for example. Certainly more attention to the threat that breast cancer poses to women has raised general awareness and saved lives by encouraging women to see their doctors and to take the appropriate steps. The same sort of effort to make men more aware of their risks might have the same happy result.

Employers also could help with in-house screenings and educational efforts. It's true that each person holds some measure of responsibility for monitoring his health -- but a little encouragement could make people more aware of the need to accept and act on that responsibility.

Editorial from the Raleigh News & Observer, March 22, 2000.

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Men's Health Network

www.menshealthnetwork.org

Colon Cancer:

Many Avoid Colon Cancer Tests --

They're too embarrassed to get tested

Last updated 11/2/00

Would you be too embarrassed to take a simple test that could save your life?

Many people are when it comes to colon cancer. A recent British study described by Avanova indicates that nearly half of the population would feel uncomfortable discussing potential symptoms, such as changes in bowel habits, with their family doctor.

Avoiding an embarrassing discussion or examination can cost someone's life if colon cancer goes undetected until it has spread. And the risk of dying from colon cancer ranks as the second-leading cause of cancer deaths in the United States and the United Kingdom and the third-leading cause of cancer deaths in Canada.

Even a single screening for colon cancer can save lives. An evaluation of 22 screening methods found that a single colonoscopy at age 55 would spot enough cancers early to lower colon cancer by 30 percent, according to a wire service story in the Philadelphia Inquirer.

For the complete article, choose MHN & HealthScout at <http://www.menshealthnetwork.org>

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Casey At The Bat With No Ammunition

Last night in a dream. My Father died,
Again.
My inner Patriarch, and organizing principle.
Without him, the children run amok in the streets.
And my mind and behavior
Unfurl.
Untethered, wandering aimlessly
Through the rooms of my life.
Knowing not when to stop or rest,
Or take sustenance,
Or feel good or bad.

Without him,
I am free to self-destruct.
A ying with no yang,

Naked without a strong arm of protection,
Or a storm warning torqued with testosterone.
Mother cannot instruct me in the ways of men.
Her brand of hysteria
Does not take.

Father is dead again,
And I lie alone and abandoned
With death and desire.
Navigating through darkness,
No steady hand at the helm.

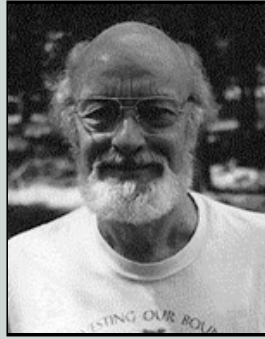
Assailed,
Without sword or shield.

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RMC President's Message

"Shame: the feeling state that accompanies an emotional disconnection."

William Pollack (Real Boys)



Frederick Whitmeyer

This is my fifth year on the Leadership Council. Each year the men on the council spend an inordinate amount of time 'getting to know each other' and 'connecting with each other'. Of course, it is essential that we connect with each other in order to feel 'safe' enough to be real with each other and get our business done. For me, to be disconnected is to be emotionally absent and to feel my shame. I cannot function that way.

Thus, my intention is always to create a safe container no matter what I am trying to do. This container is for ME first, then for everyone else. I am proud to say that our Leadership Council retreats are becoming more connecting and more safe for me with each event. This last one was no exception.

We began early on a Saturday morning with a brief check-in followed by a planning session. Charles Fisher, our Center Coordinator, reported that from September through November, he answered a total of 109 calls. He estimated that 90 % of the calls were answered immediately and that nearly all of the remaining calls were answered within one hour. This has virtually eliminated hang-ups from men needing help now.

During this period, Charles placed eight men into support groups, and started one new group. This new system results in a much faster group placement, with callers receiving support immediately. However, we are especially concerned that the support group placements be successful. Thus, each support group will be asked to describe themselves and the characteristics of men they are seeking to add to their group.

In response to one call, Charles contacted Interact, a crisis intervention organization. It turns out that Interact is interested in exploring a possible collaboration with the Men's Center. There is a need for male volunteers to work with men who are victims of rape and to work with women who are victims of domestic violence. We plan to meet with Interact in the near future to discuss how we might work together.

We have also received a request for classes on fathering. ACT (All Children Together) is an organization that has successfully funded a fatherhood initiative in Thomasville NC. ACT's mission includes working with men who seek help in being good fathers and encouraging deadbeat dads to accept their responsibility as fathers. We are in touch with ACT for possible future cooperation in this area.

The LC has extended its commitment to the part-time Center Coordinator position through June 2001. This new system of answering the phones immediately and gathering information from these calls is helping us chart our future directions. This commitment will cost about \$6000 for a six-month extension. Concessions will raise about \$3000 during this time. The LC members alone present pledged another \$2000. This leaves only \$1000 to be raised from the RMC membership. If you support this work, please do so with your donation.

In another effort to take positive action, the LC established a task force to study an Anger Management Initiative. This initiative will include things such as anger associated with youth, separation and divorce, child custody, gay issues, etc. This effort could possibly involve collaboration with Interact and Triangle Family Services.

We discussed the need for special support groups with trained facilitators. Among these might be groups dealing with divorce, separation and custody as well as a gay men's support group. One RMC member has made a special request for a Men's Center sponsored Gay Men's Support group. In an effort to improve our support groups, we are committed to developing a facilitator training workshop and an orientation workshop for new men being placed into existing groups.

As you can see from the decisions and activities described above, the members of this Leadership Council have connected as a group of powerful men dedicated to our mission of providing a safe place in which men support men in becoming themselves. We invite you to connect with your power and join us in creating safe containers for your families and your community and celebrate a shame-free connectedness of all life.

Frederick Whitmeyer

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Coordinator's Corner

continued from page 1

many of our goals. Other agencies will be engaged in conversation and this will take place across the broad diversity that comprises our community and region. So long as mission statements are not in conflict and so long as mutual goals can be attained, we will seek collaboration.

Anger management has been determined to be the topic of focus in the coming six months. Toward that goal, I will be working in the community to assemble a Task Force that will dedicate itself to the development of programs and support options for men dealing with anger. Many, many studies indicate that the majority of men have anger issues with which to deal. The Task Force has the potential of making a powerful and positive impact on the quality of life in our community and region.

I have something to ask of you as reader. If you or someone you know has some thoughts on the process of collaboration or the Task Force on Anger Management, I would love to hear from you. I can't possibly agree with everyone, but I do want the input of as many people as possible. Call me. Let's talk about the projects. Let's talk about the Raleigh Men's Center. Let's talk about truly being a resource for North Carolina and the region.

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RMC Movie Series

Friday, Feb. 16, 2001
Chapel Hill

SPIRIT DANCE — is one man's journey into himself to find his Spirit. A man who feels very disconnected in this world because of our digital age. **SPIRIT DANCE** is a journey in dance, drums, and song that represents a transformation of character.

Aired on PBS, and introduced by Kevin Costner, over 80 performers bring Peter Buffett's multi-cultural music and dance spectacular to life with a powerful performance that combines the dazzle of Broadway and the power of contemporary music with the dynamic songs, chants, and dances of Native American culture.



SPIRIT DANCE will take you on an incredible journey as we experience and find joy in our culture with amazing dancers, gorgeous costumes and heart-stopping rhythmic music. **SPIRIT DANCE** tells the journey of a soul divided against itself. A man numbed by the automatic gestures of his daily life and deafened by the blistering cacophony of modern technology suddenly "comes to his senses."

Stripping off professional skins and public masks the **EVERYMAN** dances around a primordial fire, releasing the last vestiges of pain and anger to prepare himself to cross over the threshold into the Spirit world. Once there, he encounters the spirits of the ancestors and of those yet to be born. At journey's end he realizes that he must redeem the past before he can be born into the future. Only then can he fulfillingly make his way among the living.

**BRING YOUR DRUMS, FLUTES, MUSICAL INSTRUMENTS.
CELEBRATE YOUR CALLING.**

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

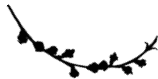
Facilitators:

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

The Triangle Men's Inquiry Meeting

...will be **Thursday, November 9th**, I look forward to seeing you! This month's topic is: "How do we deal with the objectifying of men as a success objective?"

This is an invitation to an inquiry into what it means to be a man and other questions related to our lives.

The men's meeting will be Thursday, November 9th, from 7:30-9:30 PM at 6200 Coldwater Court, Raleigh, NC. Call Martin Brossman 919-847-4757. Respond by e-mail: Toinquire@mindspring.com or access the web page at <http://www.toinquire.com> (Web site has map, directions, and other resources.) Note: the meeting has moved from the 2nd Thursday to the 3rd Thursday, unless otherwise stated.

Bring a favorite beverage or snack.

AND, if you know anyone else who you think would be interested in this meeting, please forward this email on to them. If you would like to be removed from this list, just return with the word "REMOVE" in the comment line. Also, if you are self-employed, bring information about what you do, to share.

"The commitment of this meeting is to support men in the creation and maintenance of relationships with ourselves and others filled with passion and joy"

Thanks! Martin Brossman
919.847.4757
e-mail: To-Inquire@mindspring.com
Web site: <http://www.toinquire.com>

Websites About Family Violence

Men Stopping Violence (MSV) (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)

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)

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)

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.

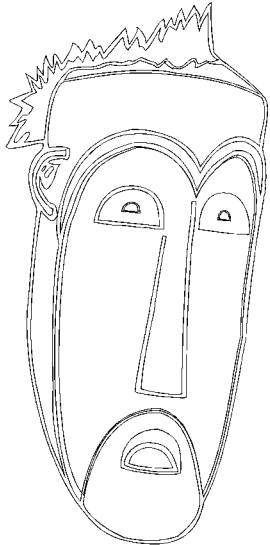
Domestic Rights Coalition (home.earthlink.net/~proadvocate/)

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

We reached a new Pinnacle at our last Gathering

We will gather again at the circle
To create Stories, Ritual, Dance, Drum

6th Annual Spring Gathering of Men



MEN & THEIR MASKS
A WEEKEND OF
MUSIC STORY & POETRY



Weekend April 20-22, 2001

Efland NC

Limited Enrollment



Contact Gregory Blaine Workshop Coordinator
if you would like to lead a workshop or have
an idea for one.

919-833-5874 or by Mail % Bert Singer 104
Barley Pl. Wake Forest NC 27587

Coordinator Bert Singer
Bertsinger@aol.com 919-556-7556

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
723 WEST JOHNSON STREET
P.O. Box 6155
RALEIGH, NC 27628
(919) 832-0509

Non-Profit
U.S. Postage
PAID
Raleigh, NC
Permit# 1159

Forwarding Service Requested

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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.

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

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:dalebld@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: **January 19, 2001**.

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