

MAN, ALIVE!

Journal of Men's Wellness

Summer 2001

XIV Number 2

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New Mexico Men's Wellness 2001 Summer Gathering "Underwing" Set for Gavilin Guest Ranch Friday, August 3 - Sunday August 5 Scott Sharot

This year's Summer gathering will be held at Gavilin Guest Ranch located on the Continental Divide outside of Cuba, New Mexico. It is two hours north of Albuquerque and two hours northwest of Santa Fe. It encompasses 800 acres of magnificent wilderness and is graced by the presence of deer, elk and eagles. Hiking trails give access to tree-covered canyons under immense blue skies.

There are lots of beautiful spots to set up camp, as well as several cabins, bunkhouses and tepees that can be used by anyone not choosing the wilderness experience. There are several structures that can be used (in case of rain), and a solar heated 20x50-foot swimming pool and bathhouse.

The theme of the gathering was chosen to stimulate energy around mentorship and caregiving. We will acknowledge and celebrate the relationships we've had (or not had) with our fathers, sons and mentors; while exploring the possibilities of nurturing younger men and ourselves.

Small and large group sharings will be an integral part of the weekend. These circles always make the gathering a powerful experience. An elder initiation, grieving circle, drumming, music, and sweat lodges

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***Man, Alive!* is a journal of
men sharing from the heart
the joys and issues of being male.**

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Submission Deadlines
August 25, 2001
December 5, 2001
March 5, 2001
June 5, 2001

Submission Formats and Requirements

Paper is okay, but please send submissions as an e-mail attachment to save us having to retype everything. If sending an e-mail attachment, please send in WordPerfect or RTF (rich text format) file. Otherwise paste it into the body of an e-mail. Photographs should be in .jpg format. We'll be happy to help you do this. Please try to keep submissions below 1500 words.

**We reserve the right to edit all
submissions. No fees are paid and no
submissions are returned. Copyright of all
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Notes from the editor

Murphy's Law

Murphy is not on the staff list but he definitely had a hand in the last issue. Our sincere apologies for the delay in getting the last issue out to you. Problems ranging from trying to get the new masthead to print properly (we never did get it right, hence we've gone back to the old masthead until we get the art reworked a bit), to a stray bit of correction tape somehow appearing in the middle of Ray Ortiz' article, coupled with the inevitable delays occasioned by working long distance between Tucson, Albuquerque and Santa Fe, all eventually combined to produce the delay. It would have been even longer without Ray Ortiz' generous ok to let the issue go out with the error in his piece (we were considering reprinting the newsletter). Again, our sincere apologies, Ray.

We also goofed last issue on the application form for the Summer Gathering, actually twice, with the wrong price and the wrong address for responses. On page 15 you will find all the details and corrections. Again, we offer our sincere apologies to the event planning staff and our readers for any inconvenience caused.

Websites for Men

Last issue we told you about two websites of interest to men; www.menshealthnetwork.org, and www.malemenopause.com. This issue we bring three more sites to your attention.

First is Men Web at www.vix.com/menmag/. This is a good general men's work site with lots of articles, introductions to the basics for those new to men's works, interviews with men like Keene, Bly, Bradshaw and others who have contributed to or influenced the direction of men's work, and lots of links. If you are interested, you can spend a lot of time on this site.

Second is Men Stuff at www.menstuff.org/. This, too, is a general men's site with sections on fatherhood, relationships, health, along with news excerpts of interest, ten columnists with new columns each week, and many links.

Finally, you might want to take a look at The Men's Center at www.themenscenter.com/. Billing themselves as The Male Affirmative Internet Portal, they have an ongoing forum, chat room, index of articles, monthly magazine, and offer free website hosting to men's groups. A real and potentially powerful resource for those involved in men's work.

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HELP

Jeff Hood

I'm the healthiest man I know.
My cholesterol, antioxidants and prostate
are fine.

My feet know the feel
of pine needles,
and my eyes can see
the horizon from atop near hills.

I know the difference between
excitement and fear,
and sometimes I find the courage
to catch myself
in the middle of making
you wrong.

Yet
I don't know my brother.
You won't talk to me
about our childhood.
So I can't tell
what is real.

And when my dreams
are violent,
and my gun won't shoot
to kill the men who chase me,
I can't find North
on my compass
and my dog, great as he is
can only console me
so far.

Help!
The veil
that separates me
from the one who would
bonk you on the head
and take your woman
grows thin.
and I am afraid.

Help!

I am also afraid that we will
continue to be nice to each other.
That the armor around my chest
will grow,
not crack.
That I will continue
to cry alone
without you,
my brother,
to put my head
on your breast.

If I must do this alone,
or find a woman to listen,
I'll go mad,
and the gorilla will stay
in his cage.

We may not need
to say it all.
but I have a great desire
to push on you
and have you push back.
To sweat and struggle together.
To look the fear
in his face
and know you are
Here.

I have a great desire
for the laughter
that comes after.
I'm not sure
I can find it
without you.

I need your help.

Our Community Suffers Another Untimely Loss

Yan Ross

To all members of New Mexico's Men's' Wellness community, it is with great sadness that I bring this news: Carl Breuning, an active and treasured member of this and many other circles, lost his beloved wife Peggy in a boating accident on the Rio Grande on the 28th of May. News stories identified Margaret Coyne by name, but not as Carl's wife, so the connection may not have been apparent.

They had been together for over 30 years and enjoyed a beautiful and loving relationship in a close-knit family with their two devoted daughters. Carl and I have been friends since our high school days together in New Jersey; Peggy had become a close and wonderful friend to me and my wife Randi. Our feelings in response to the suddenness and shock of her loss defy description, but please let me share a few thoughts.

Those of you who were acquainted with Peggy knew her as a force of nature, with a powerful spiritual drive and a genuine caring for all of God's beings that came into the path of her active life. Peggy and Carl were devoted not only to each other, but to the ecological system in which we all live. Together they built a home that stands as a cogent example of living peacefully with the Earth and in community with all those around them. Peggy was truly an inspiration to all of us. Carl's loss is a loss to everyone.

Though the services will be past by the time this issue appears, the pain will last considerably longer. I know that many of you will want to support Carl and his family in the difficult days ahead.

The contact information is as follows: Carl Breuning P.O. Box 1120 San Juan Pueblo, NM 87566 (505) 852-4248 carl@la tierra.com.

OPEN LETTER TO MAN ALIVE

RE: SUMMER GATHERING HEALING WORK

Christopher King

MAY 17, 2001

I am writing to share some ideas for providing time and space for personal healing/grieving work during the men's summer wellness gathering at Gavilin Ranch during the first weekend in August.

Our circle has suffered several tragic personal and community losses since our gathering last July. The huge men's community presence at the memorial services for Avi Milstein and Caitlyn Miller spoke loudly of our commitment to provide emotional support and spiritual healing/nurturing for each other at times of deep personal and family crisis. Other men in our community have lost loved ones during the past year including Tim Murphy who lost his son.

I believe that our summer gathering 2001 provides a rich opportunity for personal and communal healing/grieving work. The current plans include a designated outdoor shrine where men could go privately or in small groups for spiritual healing/grieving work throughout the weekend. In addition, time has been set aside on Saturday morning for the entire gathering to

Continued on page 5

SELF PORTRAIT

David Whyte

It doesn't interest me if there is one God or many gods.

I want to know if you belong or feel abandoned.

If you know despair or can see it in others.

I want to know if you are prepared to live in the world with its harsh need to change you.

If you can look back with firm eyes saying this is where I stand.

I want to know if you know

how to melt into that fierce heat of living falling towards the center of your longing.

I want to know if you are willing to live, day by day,

with the consequence of love and the bitter unwanted passion of your sure defeat.

I have heard, in that fierce embrace, even the gods speak of God.

Open Letter Re Summer Gathering Healing Work, *continued from page 4*

address our personal and community losses of loved ones. Another rich possibility is for a few of us to volunteer as peer counselors for those men desiring support with personal healing/grieving work during the three day retreat.

Please contact me with your ideas and your feedback. Let me know if you're interested in providing support for grieving/healing work at Gavilin. I am excited about the new setting and the opportunities for healing, mentoring and renewal that await us in August.

Sincerely,
Christopher King
505-344-7810
chking@rt66.com

2001 Summer Gathering , *continued from page 1*

will be offered. There will also be ample time for fun activities and fellowship, including cooking a community meal and a few surprises that will bring out the boy in all of us.

We encourage you to expand our circle by inviting your father, son, mentor or someone that you have mentored. Young men from the age of sixteen up are most welcome. (Special arrangements can be made for men younger than sixteen if you feel they are ready for the experience.) A limited number of Scholarships are available. If you need financial assistance, please submit a brief explanation of need with your application.

NEW MEXICO MEN'S WELLNESS 2001 SUMMER CONFERENCE

Friday August 3 through Sunday August 5

To Register See Page 15

NM Men's Wellness

2001 CONFERENCES
Just for You.

CHECK OUT
PAGES 8, 9 and 15

JED DIAMOND

INTERVIEW - PART I

Sal Treppiedi

Jed Diamond has been a licensed psychotherapist for 35 years, He is an internationally recognized educator and trainer in the area of men's health, gender reconciliation, and addiction prevention and treatment. The Director of MenAlive, a health center for men, and a member of the Board of Advisors of the Men's Health Network, Diamond is also a regular workshop leader and author of numerous books on mens' issues, including: "THE WARRIOR'S JOURNEY HOME: HEALING MEN, HEALING THE PLANET"; "INSIDE OUT: BECOMING MY OWN MAN"; "MALE MENOPAUSE" and "SURVIVING MALE MENOPAUSE." His most recent work, "MEN ALIVE: SEXUALITY, HEALTH AND LONGEVITY FOR MEN OVER 40" is set for publication in September this year. Recently I had the opportunity to interview him for MAN, ALIVE! The results of that interview will appear in three installments over the next three issues, beginning with Part I, below.

* * * * *

SAL: WHAT IS A WARRIOR?

JED: Drawing a distinction between a warrior and a soldier is a big part of the book. In contemporary western culture, what's seen as a warrior is the whole macho go out and kill thing. I draw on the Tibetan tradition as exemplified by the Dalai Lama. In that context, warriorship means to be who you are, to stand up for yourself, to be willing to confront your inner demons and inner fears.

SAL: WHY WRITE A BOOK LIKE THIS? (The Warrior's Journey Home)

JED: There were two threads to the book. One was looking at the stages that men go through in their life that I felt had not been addressed. The other was looking at ways in which we men deal with our attempts to escape who we are, our addictions to drugs, and alcohol, the ways in which we become hooked on things outside of ourselves in attempting to avoid knowing ourselves. All the books I write have to do with what I'm dealing with in my own life and what I'm going through, the issues that are important in my life.

SAL: MEN AND WOMEN SHOW EMOTIONS DIFFERENTLY. WOMEN TEND TO BE MORE OPEN. WHAT HOLDS A MAN BACK FROM BEING EMOTIONAL?

JED: First, the notion that women are more emotional than men is not true. Studies have been done which indicate that in conflict situations, men are more overwhelmed by their emotions than women are. The issue is the differences in how we express our emotions, and part of that goes back to the way men are wired, how we're built, back to our hunter-gathering roots.

Part of the hunting legacy we carry is how we tend to deal with our emotions -- by keeping them inside. Hunting was a dangerous business. If you allowed yourself to feel the fear, for example, you might not want to leave your wife and kids and go out hunting at all.

And then, there's the issue of the animals being hunted. Animals were seen as brothers rather than simply as meat to be killed. So men had to hold their emotions back at that level, too; not allow themselves to experience the grief that inevitably follows causing the death of something you love. Plus, a requirement of the hunt is silence. A lot of talking about anything would scare the game away. So it is evident that men come from a 4-million-year-old

tradition that teaches us we have to keep our emotions inside and be careful when and how we let them out.

SAL: HOW DID THE TRANSFORMATION FROM A HUNTING AND GATHERING CULTURE TO AN AGRARIAN CULTURE CHANGE MEN EMOTIONALLY?

JED: You have to remember that domestication came about only 10,000 years ago. In terms of human history, that's a very short time. In terms of the way we're built, our physical and emotional traits, how our body, mind and spirit operate, we haven't yet had time to evolve new ways of dealing with things. In a sense, we're programmed for a world that is past and we're asked to bend to a world that doesn't fit us.

There were four traditional roles that men had as hunter gatherers, all of which got lost when we moved to domestication.

One was "the hunt." The second was the role of protector, both from other animals and other groups. With domestication, instead of all men being protectors, the protectors became just a certain class of men.

Thirdly, men had a connection with each other. Hunting was like a men's group experience. Men could be together, be away from the women and children and just hang out. With domestication, each man became responsible for a single parcel of land and was thus isolated from other men who were preoccupied with their own piece of land. And the fourth role men lost was the connection to the wild and the whole sense of the connection to the plant and animal spirits, to the land in its natural wildness.

So what happens is that you have men coming into these domesticated times suffering a great deal of loss. I think that comes out in internal things such as questioning "Who am I as a man?", such as a real hunger to find how I express myself

as a man in a world where my inherited qualities and roles no longer fit.

Thus, it seems our contemporary search for viable roles as men isn't just something that has occurred in just the last 10, 20, 30, 50,100 years, or as a result of the technological revolution, but stems rather, I think, from something much older and deeper.

Notes from the Editor, continued from page 2

A Political Note: Hoax Exposed

I recently encountered, as I am sure many of you have, a particularly powerful and disturbing bit of political satire bouncing around social circles and the internet. It involves a prediction by Nostradamus which allegedly reads: "Come the millennium month twelve, in the home of the greatest power, the village idiot will come forth to be acclaimed the leader."

If this were accurate, it seemed to me very important to find out what the next Nostradamus prediction was, so I did a quick internet search and on the first page of results found three web sites (I suspect there are several more) which conclusively prove that this is not a Nostradamus prediction.

But then, just because the prediction was a hoax doesn't mean the event didn't happen.

Gordon Mustain

**NEW MEXICO MEN'S WELLNESS
2001 FALL CONFERENCE**

***October 4, 2001 Thursday evening through
October 7 Sunday***

For more Information See Page 8

17th Annual New Mexico Men's
Wellness Fall Conference

October 4-7, 2001

Ghost Ranch

Abiquiu, NM

Every Mother's Son:

Nurturing Ourselves, Nurturing Others

Phil Davis

How do we nurture ourselves, and how well do we do it? What do we know about nurturing others, and how well do we do that? If we don't nurture ourselves, who will? If we can't nurture ourselves, how can we nurture others?

From whom have we learned what we know? Is there more to learn about nurturing ourselves and/or others? From ourselves? From others, and if so, from whom?

This year's Fall Gathering will once again provide the opportunity for a community of men, young and old (and somewhere in-between!), to come together to experience one another and themselves in a safe and supportive environment for three days of exploration and sharing of self, feelings, laughter and tears. All men are welcome, regardless of age, creed, color, sexual orientation or beliefs.

The conference builds on the time-honored theme of the New Mexico Men's Wellness movement that "you have to do it yourself, but you don't have to do it alone." During workshops, large and small group discussions, ceremony and ritual such as sweat lodge, drumming and dancing, men can deepen their relationships with themselves, their loved ones, their work and the world around them. Free time is also available to "digest" on your own or with others as well as to pursue activities such as the traditional "we don't keep score" touch football game or hiking in the stunning environs, which surround Ghost Ranch.

Please join us. Bring an open heart, and a willingness to look both inward and outside one's self for whatever might be found there. See you at Ghost Ranch!



Questions? Call the Conference Leaders:

Phil Davis 242-1904 (day)/343-0113 (eve) or davisp@swcp.com

Stephen Feher 255-4331 (day)/771-2924 (eve) or sfeher@bestcoaching.com

REGISTRATION 

BOOK REVIEW FOR MAN ALIVE

Sal Treppiedi

THE SPIRIT OF JOY: A TRADITIONAL JOURNEY TO AWAKEN THE SOUL

Dr. Carl R. Nassar

Are you looking to reclaim your happiness? If so, you might be interested in a wonderful book published this year by Dr. Carl R. Nassar: "The Spirit of Joy: A Traditional Journey to Awaken the Soul."

This captivating story opens with the narrator walking along a busy downtown street in profound despair, when he encounters a radiant woman with a

mysterious aura. With disarming gentleness and simple honesty, Joy introduces herself as a spiritual teacher, sent to guide the narrator to a new vision of himself and the world.

Joy, though warm and compassionate, is not afraid to confront the narrator with questions about the core beliefs on which his reality is based. As you experience his struggle to overcome negative beliefs which adversely effect his day to day existence, you learn how to challenge your own self-limiting beliefs and dramatically change the way you respond to adversity in your life.

This book is filled with gentle but powerful counsel. "You have decided you must get there at all costs," Joy offers, "believing that getting there will prove your worth and value. You are so caught up in arriving, you forget to look around while on the journey. For if you did, the delight in what surrounds you would light up the moments of your life."

Continued on page 13

17th Annual New Mexico Men's Wellness Fall Conference October 4-7, 2001 Ghost Ranch; Abiquiu, NM - REGISTRATION

Name _____ Day Phone (____) _____

Address _____ Evening Phone (____) _____

City/ST/Zip _____ email _____

Age at Time of Conference: ____ Shirt Size: ____ M ____ L ____ XL ____ XXL

Early Registration (register and pay by Sept. 6, 2001): \$ 195

Regular Registration: 225

Scholarship Donation (please be generous!) _____

Total Enclosed = \$ _____

FALL

Conf

Scholarship Requested (indicate partial [] or full []; Please include written request with registration)

Send registration and check to New Mexico Men's Wellness, P.O. Box 23346, Santa Fe, NM 87502.

[] Check here if you do not wish to allow your name to be used for other mailings related to Men's Wellness

When I Was Twelve

Part II

Ray Ortiz

When I was twelve my aunt, who was really my sister, was married and went far away.

I had lived with my grandparents north of Santa Fe in a small community called El Rancho until I was about four. During that time, Dolores and I were almost always together. She was my grandparents' youngest daughter and I was their oldest grandchild. She was my babysitter. I was her shadow.

We built fires together to bake bread in the outdoor ovens, planted beans, chile, squash and corn in the fields, watered the crops using an intricate series of ditches, harvested cherries, plums and apples, washed and starched clothes, played with our dog who was the smartest in the world, and sailed our little home made boats down the main irrigation ditch which ran behind the house.

By the time my own sister was born, my parents had a little more time and money so I moved back to Santa Fe with them, but part of my heart stayed in El Rancho. I always looked forward to going back on weekends.

Dolores was almost always my playmate and if she was not, my uncle Philly Joe was. But time eventually wove a different story as first Philly Joe then Dolores graduated from high school and moved out. Dolores moved to Albuquerque where she had found work. There she also discovered a love for playing the guitar which quickly became a love for her guitar teacher Jack. He was also enchanted and proposed marriage before the lessons had run their course.

The wedding date was set for only a few months after the engagement, but that was

still plenty of time for excitement to bubble up in all the kids. This was to be the first family wedding that the growing brood of cousins would be part of.

The wedding would mean going to Albuquerque (a big city for me), staying in a hotel, swimming in the pool full of family, and later dancing together at the wedding reception. Secretly, it also meant I would get out of the house and away from my dad's mental illness for almost the whole weekend.

As it turned out, I got both a lot more, and less, than I had hoped for.

My dad was taken away to the mental hospital shortly before the wedding. More than just embarrassed about my dad, my mother was so afraid of his illness that she couldn't even talk about it, and that meant she wanted to be around the family less, not more, so we didn't go to the hotel. I wanted so much to be with Dolores and my cousins that I cried when I found out I couldn't go. My mother told me to stop and be strong because I was the man of the house now.

With great effort I managed to get the tears under control. They subsided to sobs and then -- along with a part of my childhood -- they came to an end as I assumed my new place in the family: I was to take care of my mother for as long as my father was gone.

We barely made it to the wedding on time and were not even set to go to the reception until my uncle Dave took my mother aside for a talk.

Uncle Dave was really my mother's uncle, the second youngest of my grandmother Stella's fifteen siblings. Because Dave was almost the youngest of his generation, and my mother, Ida, was the oldest of hers, she and Dave had grown up together much like Dolores and I. They were much more than uncle and niece, or even brother and sister. They seemed to be even beyond best friends. In my mom's old photo albums, there are almost as many pictures

of Dave and Ida together as there are of mom and dad. Ida and Dave could talk about what was deeply important to them as few others could.

It was right after the wedding mass and I was standing right next to my mom, trying to be with her, when my uncle Dave walked up to us. A silent look turned into a long embrace and then to tears. He asked about my dad and my mom started talking through her tears as he listened through his.

After a moment, he turned to me. "Go to the reception with my boys," he said. "I'm taking care of your mom now."

In an instant I was as happy as I had ever been. Dave was tall and strong. He had the heart of an angel. His hugs were forceful and pure. He brought light into a room. With Dave there, I was relieved of my new, confusing and overwhelming role of being like a husband to my mother. I could go off to the reception and just be a kid again.

In all, the reception probably only lasted a few hours, but it seemed like the entire weekend. I got to dance several times with Dolores, all bright white in her wedding dress. I got to wrestle with Philly Joe who was even bigger and stronger than Dave. I sat down to a meal filled with my grandmother's best cooking, which I had not tasted in a long time.

It was all like a wonderful, happy dream which came to an end as I awakened to the reality of Dolores being driven off towards New York by her new husband. I didn't see her again until I was almost out of high school.

From Dolores and her wedding I learned how much happiness can come from deep friendship. At her wedding I also saw the power of connection between two people at soul level. My mother and uncle Dave had it and it was my mother's salvation for the day and the years that followed. Many people around them may have thought that their relationship was somehow illicit, so involved were they in each other's lives. But even

though both were married and deeply committed to their families, they found a way into each other's souls and honed that connection over the years. I saw that this was good.

One of the first people to come to my mother's funeral--one year ago today--was my aunt Emma, uncle Dave's wife. She came even though she was still in mourning from his death a year earlier. She knew how close Dave and Ida were. She said she wanted to be close to those he was close to, to honor their relationship by bringing her family a little closer to my mother's family.

Even though Dolores left immediately after her wedding, over the years she has come back to me or I have gone to her. Our conversations can sometimes reach a level of intimacy in minutes that talk with others can take hours to approach. I am the godfather to her younger daughter, a beautiful person and graceful artist. Even if we are not together, I carry Dolores in my heart.

I learned from Dolores and her wedding the joy of deeply embracing those few who are soul mates, even if the time with them appears to be short.

LITTER CONTROL TO RESUME IN THE FALL



According to Bob McMain The NM Men's Wellness ADOPT-A-HIGHWAY will resume in the Fall when the weather is less severe.

BOOK REVIEW FOR MAN ALIVE

Gordon Mustain

THE CULTURAL CREATIVES How 50 Million People Are Changing the World

*Paul H. Ray, PH.D., and
Sherry Ruth Anderson, PH.D.*

In the months following the last presidential election I found myself battling an increasingly enervating depression. The money motivated doublespeak and contempt for the electorate exhibited by both campaigns and the superficiality of the media coverage, combined with the flawed election processes themselves and the judicial usurpation of the will of the people by an overtly politicized and conflict-of-interest-ridden supreme court, all left me feeling our 200 year old experiment in democracy had finally failed and that there wasn't much hope for the future.

I tried all my usual depression antidotes and all of them proved ineffective. But reading this book had the unexpected effect of not only banishing the depression but actually restoring a good measure of hope for the future.

Drawing on 13 years of survey research studies on more than 100,000 Americans, plus more than 100 focus groups and dozens of in-depth interviews, the authors provide in this book a detailed and convincing depiction of a fundamental transformation which has occurred in American culture over the past 40-plus years, and which has given rise to an entire new sub-culture comprising 26% of the

adults in the United States -- roughly 50 million people.

"Since the 1960s (these people) have made a comprehensive shift in their worldview, values, and way of life - their culture, in short...

"We call them Cultural Creatives," the authors write, "because, innovation by innovation, they are shaping a new kind of American culture for the twenty-first century..."

"When we say that a quarter of all Americans have taken on a whole new worldview, we are pointing to a major development in our civilization. Changing a worldview literally means changing what you think is real..."



"As recently as the early 1960s, less than 5 percent of the population was engaged in making these momentous changes -- too few to measure in surveys. In just over a generation, that proportion grew steadily to 26 percent. That may not sound like much

in this age of nanoseconds, but on the timescale of whole civilizations where major developments are measured in centuries, it is shockingly quick. And it's not only the speed of this emergence which is stunning. It's extent is catching even the most alert observers by surprise. Officials of the European Union, hearing of the numbers of Cultural Creatives in the United States, launched related surveys in each of their fifteen countries in September 1997. To their amazement, the evidence suggested that there are at least as many Cultural Creatives across Europe as we reported in the U.S."



One of the most striking characteristics they discovered about Cultural Creatives, in addition to their shared core values (values which, by-the-way, are also found at the core of the Men's Wellness community) is the fact that for the most part each Cultural Creative surveyed thought he or she was alone in the changes they were going through, or that at best, it was only themselves and a few like-minded friends.

As the authors put it early in the book: "Because Cultural Creatives are not yet aware of themselves as a collective body, they do not recognize how powerful their voices could be."

Finally, as the authors contemplate the changes accomplished and the critical changes yet to come, they point out that a crucial step to come is for Cultural Creatives to begin building the "institutions" to preserve and pass on awareness of the transformations so that each person does not have to rediscover all the truths individually and by themselves.

As I realized how closely that aligned to what the Men's Wellness community is attempting to do, and that Man, Alive! is, in fact, one of those "institutions", the depression lifted and hope was reborn.

In conclusion, I believe this may be one of the most important books to come along in a long time, and urge you to read it. If you can't get a copy of the book, check out their website (www.culturalcreatives.org). You can read excerpts there and get a general feel for their work.

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©2000
www.culturalcreatives.org

The Spirit of Joy, *continued from page 9*

The book features seven powerful yet simple tools enabling you to reclaim the happiness that is your birthright. Reading this book, you learn how to make the small shifts today that soon add up to miraculous life changes. Joy's teachings combined with poignant storytelling and convincing dialogue make this a compelling book for the heart, mind, and soul.

Whether you are looking for a lift, or simply want to enhance the joy you are already experiencing, THE SPIRIT OF JOY is a book I highly recommend.

The Spirit of Joy - \$10.95
Published by Miracle Books
Available at www.miraclecenter.com

DIRECTORY OF CONTACTS FOR MEN'S GROUPS IN NEW MEXICO

(This directory is a work in progress. Please send corrections, additions and subtractions to GaryMcFar@aol.com. Let's get every men's group in New Mexico represented on this list. It will provide a rapid means of disseminating information pertinent to Men's Wellness to and between groups. Also, if you are interested in joining a group, you can use this list to find a group in your area and then contact the representative to find out if the group is open or not, it's exact meeting place and if it meets your needs. Gary McFarland.)

Northern Region

Max August -- Santa Fe -- 820-1248 --
maxaugust@earthlink.net Intergenerational
group and the "Wounded and Clueless" group

Scott Dow -- Santa Fe -- 450-4650 --
scottjdow@earthlink.net

Rob Hawley -- Taos -- 758-8176 --
rob@taosherb.com -- New Warriors group

Bill Kaul -- Farmington -- 327-6396 --
fb&gclub@acrnet.com

Victor LaCerva -- Santa Fe -- 983-4233 --
victorl@doh.state.nm.us

Robert Spitz -- Santa Fe -- 988-3541 --
robtspitz@aol.com -- Wednesday Lunch Group

Paul Zelizer -- Taos -- 758-9066 --
mrc@laplaza.org -- Men's Resource Center of
Northern New Mexico

Central Region

Dave Breault -- Albuquerque -- 266-9233 --
dbreault@lobo.net

David Cain -- Albuquerque -- 346-8157 --
wcain@email.usps.gov

Michael Hamilton -- Sandia Park --
eagle_call@msn.com

Bob Hollingsworth -- Albuquerque -- 294-4908 --
- hollingsbooks@thuntek.net
Writer's group and a regular group

Gary McFarland -- Sandia Park -- 281-9477 --
garymcfar@aol.com

Central Region (cont.)

Tim Murphy -- Mountainair -- 847-1850

David Robertson -- Albuquerque -- 344-5489 --
dkr5489@aol.com

Pat Sauer -- Albuquerque -- 299-6749 --
psauer@accessinn.com

Stephen Smith -- Rio Rancho -- 892-6142 --
stephen@spinn.net

Hartley Wess -- Albuquerque -- 243-6888 --
hartwess@excite.com

Southern Region

Neal Apple -- Silver City --
apple-allen@gilanet.com

Tony Harris -- Las Cruces -- 524-1899 --
antix@zianet.com



Websites of interest to Men:

www.menshealthnetwork.org

www.malemenopause.com

www.vix.com/menmag

www.menstuff.org

www.themenscenter.com

Wednesday Brown Bag Lunch Wednesdays noon – 1:30 p.m. at the Men's Center (541/2 E. San Francisco 2nd floor (just off the plaza, enter the door to the right of Hagen-Daz store). The "Brown Bag Lunch" is a "come one, come all" men's lunch group what has been meeting in Santa Fe for the past eleven years. A place to share from the heart and be listened to from the heart.

New Mexico Men's Wellness 2001 Summer Conference, in the Jemez the summer gathering will be August 3rd-5th. The theme of this years event is " Under Wing" Mentorship, Parenting and Self nurturing. We are encouraging the men to plan to bring their sons, dads or men they mentor. MARK YOUR CALENDAR. Contact Scott Sharot at (505) 242-4930, by mail at 2115 Aspen NW Albuquerque, NM 87104 or e-mail at scottanddale@earthlink.net

Men's Wellness Adopt-A-Highway Project Saturday, See notice on Page 11. For more information on future clean up sessions, call Bob McMain at (505) 248-1001 OR David Johnson at (505) 266-9960. To be added to the project email list, send a request to rdrunr@zianet.com.

New Mexico Men's Wellness Fall Conference, Ghost Ranch; Abiquiu, NM, Starting on Thursday, October 4, @ 7 pm ending Sunday, October 7, @ 12 noon to 1 pm. Contact Phil Davis 242-1904 (day) / 343-0113 (eve) / email davisp@swcp.com OR Stephen Feher 255-4331 (day) / 771-2924 (eve) / email sfeher@bestcoaching.co.



**NEW MEXICO MEN'S WELLNESS
2001 SUMMER CONFERENCE**
**Friday August 3 through Sunday
August 5**



Early registration is most helpful for planning purposes.

Please note that last issue's registration form was in error.

Name(s) _____ Phone _____

Address _____ email _____

City/ST/Zip _____

SUMMER

Please reserve my space(s)..... @ \$50 each = \$ _____
Circle type of space: Camping or Indoor
T-Shirts @ \$15 each = \$ _____
Shirt Sizes: ___ M ___ L ___ XL ___ XXL
Total Enclosed =\$ _____

CONF

Send registration and check to NM Men's Wellness, P.O. Box 23346, Santa Fe, NM 87502.
We will send you a confirmation and instruction letter with directions upon receipt of registration.

**The Men's Wellness Summer 2001 Gathering will be held
August 3 through August 5**

Men's Wellness
2001
SUMMER GATHERING



Mentorship, Parenting and Self Nurturing

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