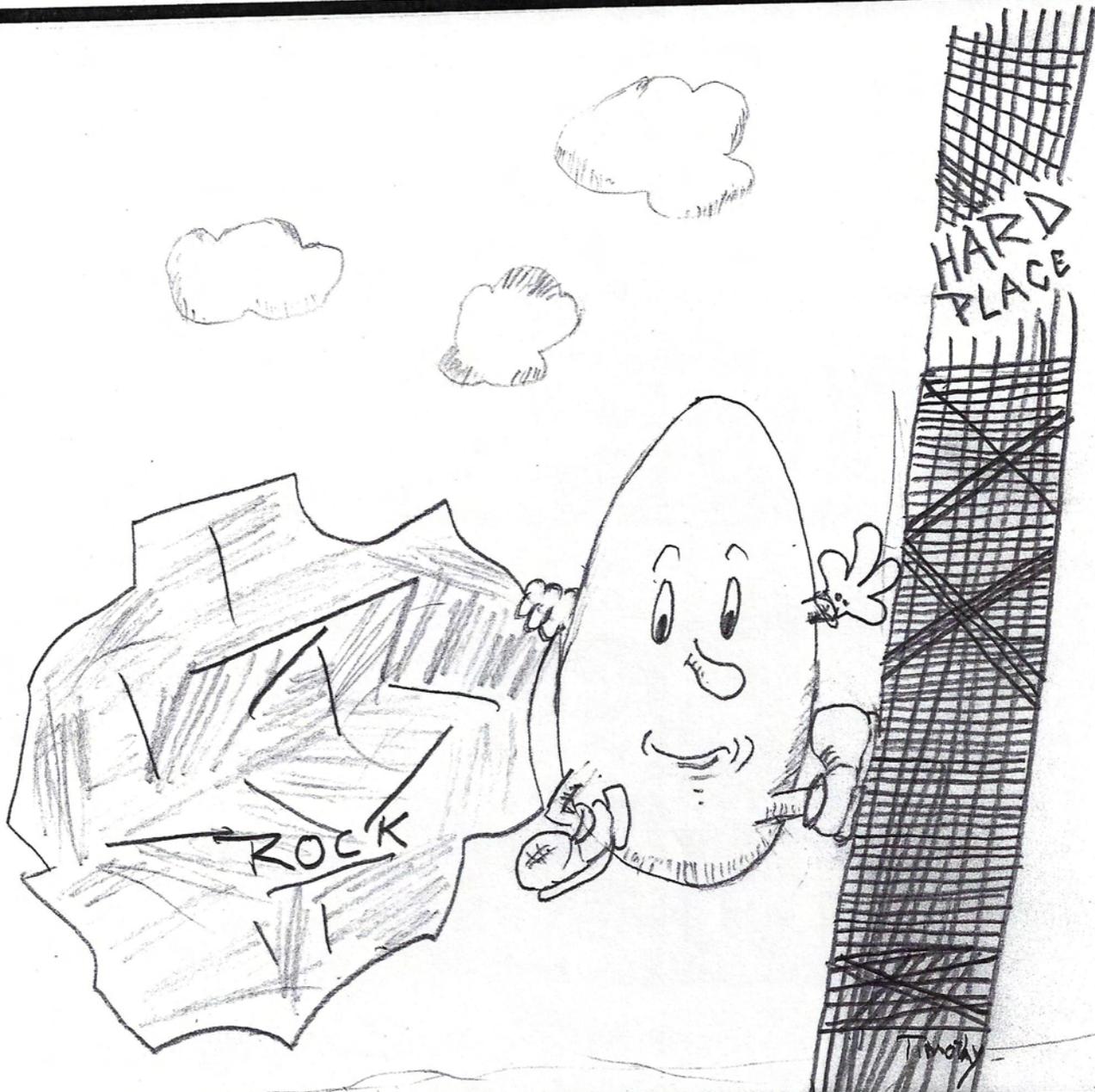


EBCoM

Vol. 26 #9 The Newsletter of the East Bay Circle of Men Compiled by the MNOTs



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Optimism

Steven Craig Rosing

Being between a rock and a hard place feels to me like

being in the woods with a vibrant smiling Nick and then seeing him wither away almost immediately

being on the freeway soon after and viewing a dead motorcyclist on a stretcher with nothing anyone could do

being shocked in a Berkeley café packed with students and witnessing a young woman having her laptop ripped from her hands at her table a few days before that and no young men pursued him

being dismayed by the sickening shooting in Las Vegas a few days later, knowing these tragedies will happen again and again

being saddened by my wife's lack of interest in working on our relationship nor in getting out, being ok with limping along living "parallel lives"

being bewildered by parents who blame teachers for their lack of attention to their child's study habits

being raised by a loving extended family and watching it diffuse into micro relationships with a few individuals that I can still relate to

being brought up on a better planet, unable to stop its brutal deterioration

being uplifted in knowing that being between a rock and a hard place yields personal growth, strength, character, and resolve

being content that my father Herb turned 87 in my 55th year... my hero for many reasons, amongst which is that I have never once heard him utter a negative word about another person; rather addressing their actions

being grateful that I have greatly improved my health and well being in recent times

being joyful every time a new day dawns and I awake to breathe deeply, just on the edge of fresh ocean air



Rock on, Uncle Epple!

Envisioning Vitality!

Jay Bunker, Outlier **September 29th, 2017**

adapted from my September 10th blog post on Healing4Real.org

The results of my most recent PET/CT scan on August 21st were remarkably good compared to my scan on May 15th - tongue/throat and axillary (arm pit) lymph node tumors were about 50% improved, and there is NO metastasis to my lung! The primary additions to my healing regimen since spring are the Chinese herbs I've been drinking three times per day and the daily qigong practice I have engaged in since going to the retreat at the Chi Center in early July. Needless to say, I plan to continue these recent additions to my daily regimen as they are most certainly important factors in my recent progress.

Currently I have been back on another course of prednisone for several weeks due to a case of colitis I recently developed. This is another side effect that can result from the inflammation I have been prone to since taking Keytruda - only more dangerous than the day to day effects I've mostly been dealing with for the past three years. In mid-May I underwent a two and a half week course of prednisone to assist my body in recovering from pneumonia complicated by pneumonitis - and like then I am enjoying another period of low to no side effects. The other side of the double-edged sword of this treatment is that, in addition to decreasing inflammation, it also counteracts the immune boosting effects of the immunotherapy. That is why the last time I came off prednisone at the end of June I could feel the tumor in my tongue/throat enlarging - which made swallowing and articulating more challenging. I take some solace in the fact that my scan in August indicated such dramatic improvement despite the immune suppressive treatment I had undergone in May, so my plan is to relax and enjoy another vacation from side effects. There is nothing like awakening in the morning pain and stiffness free!

As I look back over my healing journey since originally being diagnosed five and a half years ago, there is so much to be grateful for. Among these are:

- * Being able to work part-time over the past year on the "Ticket to Work" program.
- * Discovering Healing Wisdom Qigong and integrating this ancient physical/emotional/spiritual practice into my daily healing regimen.
- * Healing facilitators of all kinds coming into my life to further and support me just when I need them.
- * Being able to attend another week long retreat at the Chi Center October 6-13 to deepen and expand this key practice.

- * All of my friends and supporters who have stepped up in so many ways to provide myriad kinds of assistance.
- * Living in the beautiful high desert of northern New Mexico with the frequently amazing sun, sky and fragrant fresh air.
- * My beloved community at the Unitarian Universalist Congregation of Santa Fe.
- * My background in chiropractic enabling me to understand and navigate the intricacies of the disease treatment and recovery processes.
- * The joyful mentorship of Qigong master Mingtong Gu.
- * The constant loving and practical support of my sweetheart Susan.

I got the news of my current recurrence last December 29th, so on New Year's Day I decided to write a vision to support my healing process. I realized then that, while Keytruda works for me in terms of reducing tumor activity, it is unlikely that it alone would allow me to get into sustainable remission - if for no other reason than that the side effects tend to be too much for me to stay on it long enough. Part of my vision was to discover a missing piece - or pieces - that could work synergistically with what I was already doing to bring a deeper and more sustainable healing response - Healing for Real! My intuition was that a significant aspect of what was missing was in the area of spiritual/energetic support. Yoga has served me well in this regard since I began practicing it on and off in my undergraduate college years, but with my arthritic side effects, getting down on a mat on the floor at this point is a non-starter. Having a vision that included discovering what was missing which I reviewed periodically may be why something in me responded so immediately when I learned about the qigong retreat back in May. While I am still in the early stages of practicing, I can already feel an opening and strengthening of my body - especially in the area of the chest and heart - and most recently in my legs. Engaging the practice daily seems to come naturally since the results feel so beneficial. I am very encouraged that this is a vital piece of what was missing and will serve to support the effectiveness of my overall protocol - and even beyond - when, by grace, I may be healed for real!

Alameda Beach

By, Mike Fullmer

A beautiful sunny August Sunday, looking along the Alameda shoreline. The sun is overhead bright and hot, the strong breeze helping keep it cool. The breeze kicks up the bay into small waves, the sun glimmering from the surf, the city in the background is lost in the glare of the sun. Kite surfers, free to fly over the bay. Their kites of many colors fill the sky. Powered by the wind, they are free to ride over the waves. The sandy beach running along the shoreline, the sand above the tide is shining white and where the surf meets the sand, the color turns dark and as the wave flows back to the bay the sand begins to lighten again. The colors and ripples in the sand almost make it look as if the waves are frozen in sand.

Families gather at the beach to picnic enjoy the beautiful day, the sun, to play in the waves. People walk along the shoreline, the kite surfers flying by. A bright yellow kite dips into the bay. The kite surfer stops, he repositions and starts to be lifted back up by the wind. Water runs off one corner of the kite, each drop catching the sun, sparkling as if diamonds were falling back into the bay.

The couple walks along the shoreline barefoot, stopping to watch the kite surfers, kids, the waves. They stand close. The wave rushes up and over their toes, they are present to each other. The wind blows their hair back, leaning in to listen. They are so close, but not touching.

“how do you feel about that”, she ask. Long silence, they walk on. “I know it’s been hard for you”, more silence as another wave rushes up and over their feet. Then flows back out to the bay.

They continue to walk up the shoreline, a kite surfer fly’s by over the waves, “yes” comes the answer just over a whisper. Continuing, “I know ...”, trailing off into silence.

“have you thought about the house”, she asks.

Stopping and turning answering “yes ... no”. Walking on passing a couple with a dog playing in the waves, “I care for you and want us both to succeed”. The breeze blowing their hair back, “I love you and accept, the marriage is ending, and what we mean to each other is changing”. A kite surfer pulls up on the beach, walking on “you are ... family to me”, I whisper.

I can feel the sand under my feet, the wave rushes up, cold water flowing over my feet and flowing back out again. My emotions flowing slowly out with the wave, sand, and beauty around me. The wet sand between my toes, giving slightly, forming around my feet, sand between my toes, thinking back on the conversation.

She asked me a question, but what was it ... I hear her acknowledge that it's been hard for me, oh yes now I remember. I guess that's right, nervous, feeling the edge of failure. I feel my heart beating fast, saying “I know” and losing the thought, feeling the sun on my face and the wind in my hair. Watching the kite surfer fly over the waves, she asks if I have thoughts about the house, yes, but no I have no answers. I feel love for her and accept that we are not together, the marriage is over, the relationship is changing into something new, more like family.

The complexity of emotions in my heart, coming not all at once, but in waves, one after the other. The warmth and compassion to love and not expect anything in return, happiness and joy that we can still share and be kind to each other, and a feeling of “oh shit”, now what, the sting of loss.

Turning to face each other, looking eye to eye, there is no more to say, for now, embracing into a hug, with no expectations or demands, I feel at peace.

HEALTH WALLAH CORNER

Between a Rock and a Hard Place

Departing Oct 3 for Iceland to speak Internationally for the first time.

Just visited a dear friend, Nick Epple in the hospital to say goodbye, probably for the last time.

My life has me now being the Primary Care giver for my Mom, helping my Dad in this wintertime of their lives. The Level of intimacy I have experienced with my Dad in the last 5 days has been absolutely extraordinary. Priceless.

I'm lucky that I don't have any shit with my Dad. Really enjoy being of service. Useful engine, that's me. Beautiful.

This job, this role, this experience at my childhood home in San Ramon has been extraordinary. My parents have been married just about 69 years now.

I'm also seeing all the shadow in my family. Hard stuff to look at and be honest about. My wife has been incredibly supportive helping me navigate this minefield.

Happily, I'm seeing much more clearly the part I've been playing in the dysfunctional aspects of my family dynamic. Most importantly, what I can do to make a difference. The biggest thing that I've changed is truly speaking my mind to what has been avoided up until this point in my family.

Please check out the article online called [Right-to-die: One Bay Area woman's last days...](http://www.mercurynews.com/2017/10/01/right-to-die-in-california-the-last-days-of-jil-finnegan/)
<http://www.mercurynews.com/2017/10/01/right-to-die-in-california-the-last-days-of-jil-finnegan/>
It can also be found by just doing a Google search for, "The Last Days of Jill Finnegan".

Death is one of those things that often does not get talked about. Like some of the Taboos in my family. A healthy family, EBCoM or my blood family communicates, tells the truth and is open to support.

Your Faithfull Health Wallah,

Don Peck

Between a Rock and a Hard Place

Steve Rentmeesters

My mother was violent when either I or one of my six siblings did something that she perceived as wrong. My father was a perfectionist. This is a common psychological pairing. The perfectionist doesn't see a problem because you should be perfect and if you are not then you have to face what ever consequence comes from that failure. The perpetrator mostly sees the perfect of the perfectionist and rarely has to punish them maintaining their self image as a good person.

I was recently reminded of how stupid it is to have a "consequence" that is violent or resembles violence or has nothing to do with the mistake or error committed, or the consequence is disproportionate to the error committed.

The incident was using spanking as a consequence. This reminded me of my mother yelling at me to get her hair brush, which out of fear I did. She then beat one of my older sisters with it until her buttocks were black and blue as I watched. My father who was in the room didn't say or do anything. When I talked with my sister about this a number of years ago she did not remember this specific incident, because it reminded her of so many similar incidences.

When I am in groups that express violence, even jokingly, I tend to pull back. I am less willing to support or engage with them. I know that for many people the reason that they express violence is because they are unconsciously trying to remember incidences or they are wanting an external confirmation that violence is wrong.

Steve Rentmeesters

"These, Gentlemen, are the opinions upon which I base my facts."

Winston Churchill

"Nothing is so dangerous as an ignorant friend; A wise enemy is worth more."

Jean De la Fontaine

"Only two things are certain: the universe and human stupidity; and I'm not certain about the universe."

Albert Einstein

The Three Stooges Visit The Fall Event

Jeff Randall

“Are ya’ ready?”

“Absolutely.”

WHAM!

Wow, what a rush! Pie flies everywhere. But, hardly any stays on my face.

Jan and I crack up, laughing hysterically.

“Well, let’s do it again, but this time we’ll lose the crust and see what happens.”

“Yeh, you’re right. The crust is too heavy. We need to see how it works with just the cream.”

One more thing, she says, “How ‘bout two cans of whipped cream instead of one.”

“Sounds good to me.”

“Ready?”

WHAM!

She looks at me. Glee on her face. I’m a total mess, loving the whole thing.

“Ok, we got it. There’s still lots on your face. Now, wipe it off in the tin and we’ll do it again”. And, again...and..again.

Man, I can’t tell you how much fun that was.

I’ve been called a lot of things in my life, but never “subtle.” Direct, in your face; that’s my thing. Not only in relationships, but, also, comedy. So, of course, The Three Stooges were my kinda guys.

The Stooges had one of the best pie fights ever in their featurette “The Sweet Pie and Pie” (metaphor that mo’fo’). I saw it when I was about 12. Ever since then, I’ve wanted to be in the middle of a crazy fuckin’ pie-fest.

Thank you, Robert, for having my dream come true. Watching you guys, shmootz all over your faces, laughing, enjoying yourselves, was the best. And, that moment, when the lemon meringue pie was squooshed all over my face and head...fantastic!

It might not have been a pie fight, but, Curly would have been proud.

Quotes - Steve Rentmeesters

"The attempt to silence a man is the greatest honor you can bestow on him. It means that you recognize his superiority to yourself."

Joseph Sobran

"A person flattened by an opponent can get up again. A person flattened by conformity stays down for good."

Thomas J. Watson, Jr.

"Today the greatest divide within humanity is not between races, or religions, or even, as is widely believed, between the literate and illiterate. It is the chasm that separates scientific from prescientific cultures."

Edward O. Wilson

"Dark and difficult times lie ahead. Soon we must all face the choice between what is right and what is easy."

J. K. Rowling

"Most people are willing to pay more to be amused than to be educated."

Robert Savage

Education is when you read the fine print. Experience is what you get if you don't.

Pete Seeger

"I think computer viruses should count as life. I think it says something about human nature that the only form of life we have created so far is purely destructive. We've created life in our own image."

Stephen Hawking

You can discover what your enemy fears most by observing the means he uses to frighten you.

Eric Hoffer

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. "

Martin Luther King

"Nearly all men can stand adversity, but if you want to test a man's character, give him power."

Abraham Lincoln

"We fear things in proportion to our ignorance of them."

Livy

Tolerance is the positive and cordial effort to understand another's beliefs, practices, and habits without necessarily sharing or accepting them.

Joshua Loth Liebman

"Do not confuse motion and progress. A rocking horse keeps moving but does not make any progress."

Alfred A. Montapert

All life demands struggle. Those who have everything given to them become lazy, selfish and insensitive to the real values of life. The very striving and hard work that we so constantly try to avoid is the major building block in the person we are today.

Pope Paul VI

MIXING METAPHORS WITH MOFOS – FE 2017 Lessons Learned

The FE exceeded my wildest VISIONS and dreams. It was full of miracles and challenges. We were thrown many curve ball – and everything, everything, happened as it should have. Oxymoron that, Mofo!

Here is an assessment from the core production team of what worked and where we could have done better.

Robert Martin, Vision Keeper

PREFACE

Had I gone to dental school or been part Sheltie or Australian shepherd, I might have been better prepared for all the teeth pulling and herding the role required. Humor aside, leading the charge on the Fall Event I experienced a fairly high degree of culture clash. I am very much deadline and deliverables driven. This comes from being a filmmaker – which is very much about creating content on time with teams of people. I have also been an educational administrator and coordinator for 26 years. My way of leading – doing things well in advanced, lots of forethought and pre-planning, regular communications, etc. – often put me at odds with a number of men along the way: our timelines did not match up. EBCOM is very much a “seat of your pants” organization, and so things often happen at the last minute. There is beauty in this – and it can be quite nerve-racking at the same time. This culture clash had me re-visit our standards, especially Show Up, Keep Your Word, Don’t Quit. If these are the backbone of our organization then, through the lens of the Fall Event, I can say this: when it comes to our CODE, we do our best and we can do better.

BEFORE THE EVENT

What Worked

- Having a vision/slogan – *Metaphor This, MoFo!* – that confounded the men for a year, that they took joy in saying often
- The idea of pairing the lead-up to FE with a community service project (too bad the project was not more engaging and did not capture the imagination of the men)
- Holding nothing back – developing content that resided well outside my comfort zone
- A PM, Ed DeMattia, who gave me the support and camaraderie I was looking for until life got in the way and he had to step down
- Stuart MacNee was always a *yes*, a heavy lifter, and a man of many hats, and a chauffeur extraordinaire
- Steve Rein coming to the rescue at the 11th hour as the food manager
- Lewis Burleigh stepping in as PM also at the 11th hour, filling a huge void and wrapping his head around a great many logistics

- Choosing all the right process leads: Jeff Randall, Grubb, Peter G., Clayton and JT, Ed, Stuart, and Aram
- The attentiveness of the chiefs when Ed stepped down
- Establishing contact with head of camp (Davy) and middle-school group prior to weekend, to insure a smooth transition between events

Improvements

- More time with PM prior to weekend to make sure all the ducks lined up and were quacking
- Having a team of new or newish men, created an opportunity for everyone to stretch; adding some seasoned members to the mix would have served us
- Replace men, sooner than later, if issues arise and persist
- If the FE is at Boulder Creek camp next year book early, build a buffer into set-up/arrival and departure times; if either changes, be sure to update contract; do not rely on verbal agreements or understandings
- A turn-key solution for taking web registrations is needed that can be used from one event to the next – and that comes with tech support
- FE registration page should be fully operational before payments are taken
- FE payment should go thru one man only, the FE reg guy/bean counter
- Ideal to have at least 3 months between the CC and the FE to avoid confusion between events, especially if they are at the same location
- A commitment to collaboration between the initiation team and FE team is essential—the idea that the initiation is an “island inside the FE” and therefore somehow untouchable creates more of a territorial environment rather than an opportunity for teamwork

DURING THE FALL EVENT

What Worked

- On the morning of...the way the men went into action and rallied to get the word out that Bear Creek Rd was closed
- The arrival and registration process were smooth, despite the threat of a head on collision with four hundred middle schoolers and their rides
- The sentinels at the portal
- The opening circle, great beginning, great ritual; and let's give Rich Symmons a “hand” – loved your passion, man!
- Using oppositions/juxtaposition as an organizing principle for the weekend
- All the theatrics, baby!
- Consequences were effective and fun
- Seeing how the process leads (this includes Clayton) owned, truly owned, their roles and their costumes
- The efficiency of the meal and kitchen teams
- The container of silence and respect we created so we could “behold” what we beheld
- Stone Soup – beautiful, fun process with veggies, deeeee-licious, miraculous meal

- All the time to “free associate” and to hang around the fire
- Toking on “Twains”
- Great balance between processes and free time, between serious, deep work and ridiculous fun
- The various ways the weekend was full of “impressions” that left their mark

Improvements

- Needed to have regular and established check-ins with PM and with team during weekend; sharing a meal would have been great
- Needed to have a way to process and clear production issues when difficulties arose
- Core team was spread thin, which meant they had little down-time; more delegation would have gone a long way
- Some process intros were too lengthy, which cut short the activities or group shares
- Closing Circle (my part) went on long too long – but by some miracle I was able to riff with minimal interruption
- Trees got in the way
- Saturday’s free time around the fire replaced a sacred circle, which meant there was no place to share in any depth about the experience of the weekend
- The passing of the stick was an unnecessary cluster fuck; not sure why our well-worn process got hijacked
- There was no camp strike team; restoring the camp to its original state fell to four core production members already bone tired

AFTER EVENT

What Worked

- Swiftly reconciling the FE books and reimbursements post event
- Great completion meeting and celebration

Improvements

- Need a communicated protocol regarding the distribution of reimbursements – that gives men the option of choosing how they want to be reimbursed, via PayPal or by check
- Getting men to “agree” to submit lessons learned newsletter submissions on time

Ed DeMattia, Production Manager (to July)

What Worked

- Synergy with the Vision Keeper.
- The March site visit was an invaluable activity in preparing for the event.

- Offered support to the team members to inspire/help them succeed (rather than control their actions or micro-manage them).
- Production meetings were inclusive, enabling each team member to voice his concerns and offer unique perspectives and suggestions. This approach created a spirit of camaraderie and helped us to gel as a team.
- Asked each team member to share his "red flags" with the other members, to ensure that the Man stayed on track, and remained effective in his role.
- Creation of a master worksheet (Google Sheets) which contained multiple tabs, listing the responsibilities for each production manager or function (e.g., budget and list of registrants).
- Food shopping was centralized/completed by Steve and Alan. This was an efficient way to handle this task.

What items or activities could be improved going forward?

- The master worksheet could have been used more effectively.
- Communication with Chiefs did not happen with the regularity set forth by the Event Chief, et al. While this did not negatively impact the team or event, I see the value in meeting with the Chiefs, providing guidance to the production team and helping it to stay on track with respect to the budget and preparation timeline.
- When a member of the team steps down, the position should be filled immediately, rather than having one person take on multiple jobs/roles.
- The registration process could have gone more smoothly. Specifically, a linear process needs to be created and tested prior to asking the Men to register and pay for the event.

Overall, the event was a terrific success; Robert's vision was masterfully directed and skillfully delivered.

On a personal note, an unplanned household move over the summer was quite disruptive and, unfortunately, became overwhelming for me. Robert tactfully approached me and voiced his concerns about my ability to manage my move while being effective in my role as PM; ultimately, a great decision was made to have Lewis take on the PM role.

My situation was just one of many challenging circumstances and decisions that Robert deftly managed prior to, and during, the Fall Event. I applaud his management skills, tactfulness, and sincerity, and am grateful that he is both a member of our Circle and also a trusted friend.

Lewis Burleigh, Production Manager (final month)

I stepped in during the final month when Ed had to take a step back, so I walked into a team that was already formed and functioning.

The biggest lessons learned for me were about communication during the event, particularly with the Vision Keeper, and the wisdom of leaving spaciousness in the schedule, so men can really land and spend the kind of quality time together we normally can't make during a Saturday or Wednesday meeting.

I spent most of the event itself working behind the scenes, making sure things moved smoothly and on schedule, which is a comfortable place for me. I was most challenged when I had to be front and center, circling us up and making announcements, which I wish I had done more effectively.

Biggest lesson was in VK/PM communication during the weekend; Robert and I sometimes could not find each other when we needed to, a situation that would have been easily remedied with a pair of walkie talkies. Also, our various demands kept us more separate than I had anticipated, so regularly scheduled "huddles" during each day would have helped us a lot.

What I did well:

- Kept in touch with team leads during the run up to the event, making sure I knew where they were in their preparations and budget, and what support they needed.
- Altered the arrival plan and had contingencies in place for potential mahem after it became clear that the group before us would not be out as early as we originally expected.
- On site, coordinated the behind the scenes set-ups, transitions and strikes; made sure all the process leaders had what they needed; set up certain preparations and transitions myself that the VK wanted kept secret. The events flowed smoothly and every process was set up and ready on time.

What I could have done better:

- Gotten us all circled up consistently on time.
- Been more thorough in announcing schedules, expectations, future needs (like journals & pens).
- Made sure the VK & I stayed in contact (walkie talkies, scheduled huddles)
- Had the production team eat together for a couple of meals during the event to have a little more team cohesion and make sure everybody is up to date with issues / changes.

Jeff Randall, Master of Fun

BEFORE THE EVENT

What Worked

- The thorough preparation was obvious on the entire production team. Also, the meetings set up by Robert gave all of us plenty of time to get prepared. We all arrived ready to do our jobs and support each other.

- The communication was clear. People were accountable. We worked well as a team.

A special “hats off” to Lewis for stepping in for Ed, at the last moment. His entry was seamless.

- Personally, I went through a number of dry runs for each of my activities. This gave me a clear sense of what I needed to adjust to make them work. And they did

Improvements

Nothing I can think of.

DURING THE EVENT

What Worked

- The excellent preparation informed the entire weekend. It all went smoothly and when it didn’t, nobody noticed. I thought every process was well-conceived and delivered.

- On my end, I was very happy with how my activities went.

Improvements

- The cooker was awkward. Only one man wanted to join a group and I felt very uncomfortable with him hanging out alone. Definitely was a personal trigger. I think next time more could be done so this isn’t repeated.

- Nothing else comes to mind.

AFTER THE EVENT

What Worked

- The wonderful acknowledgments we all received and gave each other for a job well done. The meeting planned by Robert wrapped things up beautifully.

What Didn’t Work

- Nothing.

Steve Rein, Food Manager

What Didn’t Work

I was disappointed that there was no opportunity at the Closing Circle for men to share with the group their significant experiences, connections or discoveries, to acknowledge others who touched them in some way, to make public some new benefit or commitment

that formed during the weekend, etc. Such sharings are often extremely powerful, especially for those men that have not attended many such weekends, and I missed the opportunity to have that happen in our Closing Circle.

I believe this was a terrific Fall Event, and will be remembered as a personal triumph for Robert, who served all of us with his unique vision, constant passion, and great content. And it felt great to me to help all of you serve our Circle of Men.

Stuart MacNee, BeanCounter/CoSite guy/Registration Guy/Drink Wallah

What Worked

- The online registration form was easily imported and modified for information.
- The Shared online Event spreadsheets were thorough and easily modified for additional and proper information.
- Access to relevant info for payments (PayPal site) was easy.
- Communications with Production Team was easy.
- Men were accommodating for website snafu's.
- Getting help and support was easy.
- Lots of cold drinks.

What could have gone better:

- The online form generation tool left a loophole that allowed men to pay without registering even though they completely filled in the form.
- Several men paid for the event before the event team was formed so their payments were not tracked properly.
- Better Registration Forms and better tracking of registration money. Don't let men pay for an event before the event team is assembled.
- The Finance Chief and the Beancounter absolutely must be in constant communication regarding payments by men for an event and to men for reimbursements.
- Final Strike team was not assembled.
- Production Team communications.
- Things to do next time:
- Daily Production team checkins during the weekend, either scheduled or during meals.
- Find a Drink CoWallah

Michael Gelbart, Portal Design & Welcoming Team

What was awesome?

- Witnessing Robert... His development as a creative force (his coaching, his MFA, his movie) has been a powerful wave to watch! When he stepped further into a big Yes by becoming the VK for this year, I watched with astonishment and wonder and felt compelled to get on the board and ride the wave!
- Enjoying the unfolding of Robert and the team bringing metaphor, and the weekend structure, into coherent shape
- Welcoming the uncertainty and unpredictability of the weekend
- Clayton: His presence, sculptures, B & W Opposites character (heyoka), his movements and mannerisms. Loved the way he called in the directions Saturday night. Learned by watching.
- Mentoring Rafi and seeing him rise to the occasion in ways that surpassed his own expectations (Including picking up the Summer Camp-out Vision stick:) was a pleasure
- Continuity of connection, brotherhood, fun, familiarity and friendship.
- Heroes. Seeing Nico honored. Seeing Bruce honored. Realizing that heroism shows up in many forms, big and small.
- Each of us with our own gifts, contributions, talents, vulnerabilities....
- Watching the capacities of so many amazing men show up in the mirror. Seeing who we are in the mirror of each other.
- Kudos and WOWS to: Stuart, Gerald Ray, Lewis, Jeff, Peter, Aram, Michael Gr, the Initiates and the Intiates Team,... for stellar performances!

What coulda' been betta'?

- Would have liked more time on the blind spots (like a day!)
- Would have liked a different transition to integrate the Initiation Ceremony.

Gerald Ray, Site Manager

I believe the production went very well. Being this was my first time in this position I have learned that a team is necessary to really do less work. I learned so much about my capabilities and how to beat fear and doubt down since Robert asked me. I really felt super supported by Stu Mack who walked with me through so many insecurities that I faced from time to time. I am looking forward to the next one....

Jay Ligda, Kitchen Manager

As the kitchen manager, I did not do much. All the team leaders were briefed ahead of time and knew what to do. Often I was asked about things that I did not know, as I just only had the same briefing all the team leaders did. I mainly just helped with everything,

which I like to do. Because there was so little time between the meal and the next activity, the cleanup team often did not have enough time and had to go back to finish up after the activity. When this happened, there would only be one or two members of the team to finish up (and me).

I do think having a kitchen manager is a good idea, but there should be a very complete sheet of "to-dos", instructions and rules that has everything that we/the camp manager can think of for reference.

CREATOR (GOD)

Human in the image of (in other words creative)

Since we can **ONLY** create we can **NEVER** be against anything, we may **ONLY BE** for something, we have free will, therefor it is always our choice! Which president Trump we are for? (our choice defines us and our lives)

Trump#1

Joy..light...embrace...peace
health...happiness...prosperity

open... accept...birth
American flag, Stars and stripes

Trump #2

Fear...hate...death...sickness

dark...war...resist...obstruct...block

protest... flag is scull and crossbones

We are praying **FOR** one or the other, which president are you praying **FOR** #1 head up,or #2 head down. One of these two is spending your money, leading then most powerful military in the world, and speaks for you to the world. which one are you going to pray for? which ever one you choose is also your prayer **FOR yourself**. I for one am praying **FOR #1**

Roger Marchand Live in joy, Laugh with abandon, Love with your whole heart.

Damned if I Do
By Mark Dungey, ROCKS!

It was more like torture. Nothing could be more accurate in describing my separation and divorce as finding myself between a rock and a hard place. It was 2008 and I had recently graduated from SF State. The job market was awful. My depression was growing and found out its catalyst was my abusive spouse.

Being a transplant to the area, I didn't have much in the way of a "safe house."

I was faced with the scary and heartbreaking choice: I could keep a roof over my head and continue to endure abuse, or become homeless. To say this was a difficult decision might qualify as an understatement. Furthering the pain involved was to leave my daughter.

When faced with such a decision, one tends to compare which will be more forgiving. My hard place stopped being "my place" long ago. The psychological and physical abuse created a yearning for sanctuary. Something I realize only now is that even before I chose to walk out the door, I was already homeless.

My rock would be the pavement I would have to sleep on. Though I *was* fortunate to be active in recovery, I would disclose my predicament. A few offered their couches or to housesit while they were out of town. A testament to universal destiny, higher power, whatever, was that despite being homeless for over a year, I only had to sleep outside three nights! Thank the universe for that.

Obviously the wiser choice was to leave. I'm ever so slowly healing – perhaps due to my martyristic leanings (thank you NUTS and the hot seat). I knew it was the right move because, my friends said, after I had moved to the street, "You look better." Sometimes rocks are forgiving.



The following Two Truths and 5 Rules of Life seem to be fairly valid...

SIMPLE TRUTH 1:

Lovers help each other undress before sex.
However, after sex, they always dress on their own.
Moral of the story -- In life, no one helps you once you're screwed.

~~~~~

**SIMPLE TRUTH 2:**

When a lady is pregnant, all her friends touch the stomach and say,  
"Congrats."  
But, none of them comes up to the man - touch his penis and say,  
"Good job."  
Moral of the story -- Hard work is rarely appreciated.

~~~~~

FIVE RULES TO REMEMBER IN LIFE:

1. Money cannot buy happiness - but it's far more comfortable to cry in a Porsche than on a bicycle.
2. Forgive your enemy - but remember the asshole's name.
- 3.. If you help someone when they're in trouble - they will remember you when they're in trouble again.
4. Alcohol does not solve any problems - but then, neither does milk.
5. Many people are alive only because it's illegal to shoot them.

~~~~~

**BONUS RULE:**

Condoms do not guarantee safe sex. A friend of mine was wearing one when he was shot by the woman's husband.

**I think Congressmen should wear uniforms. You know, like NASCAR drivers, so we could identify their corporate sponsors!**

Submitted by Roger Marchand

*"Best Halloween Party You'll Ever Go 2"*

East Bay Circle of Men Presents  
"Hot and Spicy Halloween II"



Freakin Halloween Party: Sat., Oct. 28 - 7:30 pm to MIDNIGHT!  
at the "Haunted Garrison Mansion" 33 Somerset Road, Oakland

- Delicious appetizers and nonalcoholic beverages provided
- BYOB (wine and beer only)
- Lots of party dance music - dance till you drop dead!
- Costume contest
- Scary monsters and Sexy creatures
- \$20 suggested donation - fundraiser for our Community Service Fund
- Costume contest - see Evite for categories
- Questions? Will Scott: 925-325-3168 or ebnom.invites@gmail.com
- Please RSVP via Evite: <https://goo.gl/oeyFtD>, so we have have enough goodies.
- AND....maybe you'll get lucky ~ and go home alive!

"The Garrison" is a mysterious mansion hidden deep in the hills of Oakland. Some say it is haunted, or inhabited by grotesque man/beasts...that late at night weird lights flicker in its otherwise darkened windows ... that unearthly music emanates from its cavernous halls. This is all superstitious nonsense, of course. There's really nothing to fear. Please join us ... if you dare.

Parking is very limited on Somerset. Much more parking available very close by on Crest and LaSalle. Carpooling encouraged.

Sponsored by  
the East Bay Circle of Men - [eastbaycircleofmen.org](http://eastbaycircleofmen.org)  
(formerly known as EBNoM)

# MDI

Mentor · Discover · Inspire

Western Region



# Legacy Discovery

## November 3, 4 and 5, 2017

### THE PURPOSE OF LEGACY DISCOVERY

To connect YOU to YOUR masculine identity through the wisdom of Men, and with that power put your Legacy into action.

### -- Complete ALL Items --

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Province/State: \_\_\_\_\_ Postal/Zip Code: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Age: \_\_\_\_\_ Occupation: \_\_\_\_\_ Number of Children: \_\_\_\_\_

Marital Status (Circle one): **Never Married** **Married** **Divorced** **Separated** **Widowed**

If married, how long? \_\_\_\_\_ Year(s) If not married, are you in a relationship? **YES NO**

Emergency Contact: \_\_\_\_\_ Phone #: \_\_\_\_\_

List any serious psychological or medical conditions or special needs we should know about: (dietary, Sabbath, etc.)

Medical: \_\_\_\_\_

Special Needs: \_\_\_\_\_

### - Authorization of Payment and Commitment -

I understand that by signing this form I am authorizing payment for and making a commitment to attend and complete the Legacy Discovery Event, which begins on Friday, November 3, 2017

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### -- Event and Payment Information --

Registration opens at 5:00pm on Friday November 3, 2017 at Camp Norge, Alta, CA. Participants should plan their schedule so they can complete registration and be ready to go at 7:00pm. The EVENT will complete by 6:00pm on Sunday, November 5, 2017.

The Legacy Discovery Site:

**Camp Norge**  
250 Canyon Mine Rd.  
Alta, CA 95701  
(530)389-2508; campnorge@yahoo.com

Tuition fee through Sept. 15, 2017 for **Payment in Full** is \$425.00 (\$375.00 for MDI members). Starting Sept. 16, 2017 Tuition will increase to \$500.00 (\$425 for MDI members)

\$100 of this is a non-refundable registration fee. (May be transferred to another man or event.) Payments can be made by credit card (Online). Check or money order Mail with Registration Form.

Please make checks payable to "MDI."

Mail this registration form to:

**Lance Lewis**  
3308 El Camino Avenue  
Suite 300-156  
Sacramento, CA 95821  
510-847-3619  
ld17@pacbell.net

### To Complete Registration:

Please visit the MDI Legacy Discovery site at

<https://mdi.member365.com/public/event/details/2aa3a54a5913c0f09ced12df3004202bacf50ac7/1>

### Paying by Check:

Check Amount \$: \_\_\_\_\_ Check # \_\_\_\_\_ Account name: \_\_\_\_\_

### - Purpose for Attending-

In the space below, describe what you want to achieve as a direct result of attending Legacy Discovery and how you expect this to affect your life.

### -- Qualified Sponsor's Information Box --

As a Sponsor, I understand that by signing this form I am making a commitment to have this applicant attend and complete the Legacy Discovery Event on November 3, 2017.

Sponsor Name: \_\_\_\_\_ Division: \_\_\_\_\_

Weekend & Location: \_\_\_\_\_ Home Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Work or Cell: \_\_\_\_\_  
 Sponsor Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## THE PURPOSE OF LEGACY DISCOVERY

*To connect YOU to YOUR masculine identity through the wisdom of Men,  
and with that power put your Legacy into action.*

*Legacy Discovery is based on the collective "Wisdom of the Men," including your personal experience. It is a Journey of Discovery about being a Man.*

*It is about being a man in relationship with other men and deepening your connection with the men in your life.*

## -- THE FOUR CORNERSTONES --

In the Legacy Discovery, you can:

1. **Discover how to embrace the wisdom of men**
2. **Discover how to build your legacy with purpose**
3. **Discover how to live as a mature man**
4. **Discover how to build meaningful relationships**

This will be a challenging, intimate and revealing experience, one that you will not forget. It is designed to put you in touch with what it is to be a man so that you can achieve your purpose in life and "become the man you have always wanted to be."

### What is available for you as a man?

- Increasing your ability to connect with and trust other men.
- Revealing to yourself what you are "really" committed to.
- Discovering your purpose in life.
- Experiencing the value of using the "wisdom" of a "circle of men."
- Leaving behind the part of your past that has held you back.
- Connecting with the source of your power.

- Learning how to communicate what you mean and take ownership of your opinions.
- Becoming more aware of people and experience them more honestly.
- Developing a stronger sense of the real relationship you have or had with your "father."
- Confronting habits that impede you from creating the results you want in your life.
- Learning to accept yourself, including the darker or 'shadow side' of your character.
- Gaining a new and more effective awareness of the role women play in your life.

I understand that Legacy Discovery can be physically, emotionally, and mentally demanding, and some participants may engage in acts of physical violence. I have carefully assessed my own physical, emotional, mental strength, and endurance, and I have, after careful deliberation, concluded that I am able to and wish to participate in this course. I know and appreciate that there are psychological, emotional and even physical risks involved and I knowingly and voluntarily assume all of those risks.

I understand that I have the right to choose not to participate in any portion of Legacy Discovery and have the right to leave the Legacy Discovery at any time for any reason or no reason at all. I further understand that it is my responsibility to advise the Legacy Discovery staff of my decision to leave or opt out of a segment of Legacy Discovery. (Initials): \_\_\_\_\_

I specifically and forever release and discharge MDI, Mentor Discover Inspire, its officers, agents, employees and representatives from any and all actions, cause of action and all liabilities for ill effects or injuries that I may suffer, whether such injuries be physical, emotional or mental. (Initials): \_\_\_\_\_

Should any claim or dispute arise in any manner whatsoever related to the enforcement or interpretation of this document or my registration or attendance at Legacy Discovery, I agree that my remedies are limited to bringing an action in small claims court or to submit any such claim or dispute for resolution by arbitration under Consumer Disputer protocol of the American Arbitration Association. Any award rendered in arbitration may be made a judgment by any court of competent jurisdiction. (Initials): \_\_\_\_\_

I agree that once Legacy Discovery commences, I will under no circumstances be entitled to a refund or return of any portion of the fees paid or the expenses I have incurred in attending the course. (Initials): \_\_\_\_\_

This document contains all of the agreements and any other parties herein have relied upon understandings between the parties and no representation other than those contained. (Initials): \_\_\_\_\_

**I hereby acknowledge and with my signature**, indicate that I have carefully read and that I understand this agreement and that I do voluntarily sign this, agreeing in its entirety to all of the above terms and conditions, without changes of any kind, at the time I attend this event.

**Print Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

# A Rant about Santa, Part 2

The Will to Believe, The Capacity for Moral Imagination, and The Symbolic Life

By Mark Peterson

Continued from Part 1 in the January Newsletter

## Let's See, Where were we?

Part 1 was an inquiry into Santa Claus and the opportunity to live the symbolic life. One way to look at Santa is to look at some stages of belief in Santa. In simple terms it goes: as a child we believe in Santa, as a teenager we reject Santa, as a parent we become Santa.

To dismiss Santa as just a silly thing leads to what I call the Catastrophe of Literalism. One way to combat this blindness of literalism is to bring "life" into our lives by living the symbolic life. How can I do that though?

## Jung: The Symbolic Life

Well, it turns out that Jung wrote a whole book on the symbolic life. Here is some things he said that I found useful:

"You see, man is in need of a symbolic life—badly in need. We only live banal, ordinary, rational, or irrational things... But we have no symbolic life... Where do we live symbolically? Nowhere, except where we participate in the ritual of life. But who, among the many, are really participating in the ritual of life? Very few.

"... Only the symbolic life can express the need of the soul—the daily need of the soul, mind you! And because people have no such thing, they can never step out of this mill—this awful, grinding, banal life in which they are 'nothing but.'

"These things go pretty deep, and no wonder people get neurotic. Life is too rational, there is no symbolic existence in which I am something else, in which I am fulfilling my role, my role as one of the actors in the divine drama of life."

So that's Jung. Now let's talk about William James.

## The Symbolic life and "The Will To Believe"

I came across some writings by the American philosopher William James (1842 –1910) that I like. He wrote an essay that I found intriguing on the topic of beliefs and rationality. The essay is entitled "The Will to Believe," and I found it relevant to me regarding the "Santa" question. Wikipedia says "The Will to Believe is a lecture by William James, first published in 1896, which defends, in certain cases, the adoption of a belief without prior evidence of its truth." Well, that's interesting, I thought. A way I look at this is that I have certain choices about my beliefs and how I think. Nothing new with that, but consider the choices.

Once choice is: I can wait around for proof or deliberate about something before I start believing in something. Make sure it is real through proof. But if I choose this path I could wait a life time waiting for proof of the existence of say something like a god or something else.

Or another choice: I can imagine it and test it and play with it and venture to experience it and see if that gives me more information. One is passive, one is active.

In other words, I may, in certain cases, arrive at a deeper truth if I adopt a belief without supporting evidence for that truth. This I would call the "will to believe." It is a conscious act not based on entirely conscious reason. Thus experiencing the belief may give me information to get me to a deep truth about that belief. Rather than arriving at truth through reason, I could get to a truth through experience. Having the "will to believe" or better yet "the will to engage in belief" opens the door to deeper perception and a deeper experience of that belief.

Faith could get you there also, perhaps, but that is a worn out word. While faith may be get me there though passive surrender, "will" seems more active and engaged. I like it better. I "will" my imagination to the internal and external stewards of the symbolic process. For example, in theater I will the playwright, the actors on stage, and the audience to work the material and not break the container with my cynical disbelief.



A Poetic Basis of Mind

This is a poetic basis of mind. With this view, each event in life, viewed through a poetic basis of mind or a symbolic lens, gives way to opportunities for a richer interconnectedness with the seen and unseen worlds, and gives opportunities for deeper narratives of experiences lived from the heart. How to see the arc of narrative. Literalism on the other hand, is a string of unconnected facts--boring, cynical, shallow and lifeless.



So this is all well and good, but so what, how, I ask, does it help me with the tough stuff --the 4 am stuff, the job loss stuff, the brokenness, the losses, the deep dark stuff. Or even the good stuff, when someone gives me something that really, really humbles me, or when redemption, just for some unknown reason, just, arrives. Or when I weep in front of a Christmas tree. Well let's just break it down a bit, this Santa Stuff. So let's look an arc, arc of narrative. But first let's assemble the pieces.

Let's talk about the The Colors

For the Jungians and in the analysis of fairy tales there are three primary colors: Red, white, and black. There are three primary metals (copper, silver, gold) and several elements (earth, wind, fire, air). But let's just look at the colors for now.

Red is the color of blood and fire, it is associated matters of the heart and with meanings of love, passion, desire, heat, longing, sensitivity, romance, joy, radiance, passion, desire, and love. In heraldry, red is used to indicate courage (matters of the heart). Ok, many of these apply to Santa.



White is associated with light, goodness, innocence, purity, peace. Old age (white hair), In heraldry, white depicts faith and purity, charity. Ok, these apply to Santa also.

Black is associated with power, death, evil, and mystery, fear and the unknown (fear of the dark). It usually has a negative connotation (blacklist, black humor, 'black death'). Black denotes strength and authority; it is considered to be a very formal, and prestigious color (black tie, black Mercedes). In heraldry, black is the symbol of grief.

What does Black have to do with Santa? Nothing. It's pretty obvious that Santa is not going to be wearing the same outfit as the Grim Reaper. Right? That's basic symbolism 101. Ok so far. But so what. Let's keep moving.

Enter: Enantiodromia

There is a term in Jungian lexicon that I like and it is "enantiodromia." Essentially it means that if things go too far in one direction, the opposite, starts showing up. If things are too formal, serious



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and grim, someone will make a joke. Or, if things are too happy, someone will mention that someone died recently. This is a compensating tendency of the psyche for homeostasis, for balance and paradoxically for change, for healing, for growth.

Wikipedia describes enantiodromia as: "a word used in the Jungian lexicon to describe in psychological terms the tendency for things to change into their opposites."

Jung probably took it from how the Greeks used it. Plato in the Phaedo will articulate the principle clearly: "Everything arises in this way, opposites from their opposites." (sect. 71a). Similarly, Heraclitus says "cold things warm, warm things cool, wet things dry and parched things get wet."

### The "Turning"

So there is a natural "turning" in the world. Being alert to this I think is important. There is a nuance to this however, and it is that before things change literally, images and symbols of the opposite appear. The opposite shows up in symbolic form first. Being alert to this is important for living the symbolic life.

Well, it is said the gods are jealous. Spend too much time in their temple and you may never get out. In a similar way, spend too much time in an archetype and you will burn up.

Say you want to find out the magical source for the movie you love. Well, see how far you go when you stare directly into the movie projector. Looking deeply into the archetypes is like looking into the sun, it's too much for humans. Symbolic life work is done by visiting many gods and their temples, and equally important leaving the temples the right way and moving on. It's working with many opposing and interrelated archetypes, interviewing many witnesses. This is the zig zagging of life, this is an oblique task. A practice.

So, for example, metaphorically speaking, I think you have to box up Santa right after Christmas and put everything in the attic or garage. Into well labeled boxes, ready for the next time, but put it away. If you spend too much time in the malls with Santa, get too much into the gift thing, too much into all the plastic stuff, too much of the materialism stuff, for too long, well something else is going to show up. It will show up, for sure, and better be prepared.

So, again, what does this have to do with Santa? Well if do too much of Santa, or get stuck there, well it will turn into something else. Actually it will anyway. What could that be? Well, we are running out of colors. Red and white are used up. Next up is black.

Well, when dealing in the symbolic world, images and colors are one of the first tools to bring out from the toolkit. Another are stories, myths, things that never happened but are true. Let's see where black takes us. Ready, could be a long ride. But we have to keep moving along.

### Enter a new figure, Suburban angst

One way to look at this inevitable transition in colors is to explore a possible scenario. See what new characters that may show up, besides Santa. Forget about a documentary. Forget about verification of the facts, just concentrate on the feelings and don't forget the images. Let's look at a story. It's totally made up, but with elements of truth. It's just a scenario, "just" a "story."

So here is a story. Somewhere out in suburbia there is a teenager where this Santa thing starts to wear thin. A lot of things don't add up. It all seems fake. Then it goes deeper. What is even more disheartening and depressing is that it is fake. All of this Santa stuff is all fake. The whole thing. Made up and fake. The whole damn thing. The whole thing stinks.

A walk in the back side of a mall, dumpsters full of trash, the shadow side of all this Santa stuff.

A bizarre orgy of materialism and consumerism. Too much plastic, tinsel, cheapness. Mountains of colored sugar, pathological consumerism, all destroying the planet. End up with broken cheap toys.

MORE "STORY" →

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a pile of iridescent wrapping paper, cheap sugar highs, and a New Year's hangover. All this to be broke in January. Forget it.

### Enter: The Inevitability of Disbelief

He used to believe in Santa, way back, but that's long gone. He doesn't believe anymore. His disbelieving in Santa, however, as it turns out, for a teenager, is right, just, and as it should be. At this age, not believing has probably saved his life. Any teen ager who believes in Santa is not likely to survive in school, on his team, or in the gang. He is possibly a sophomore in high school. He stands somewhere between the naïve expectations of a freshman, and the distractions of post high school dreams of a junior or senior. Maybe he is 15 or 16 years old.

He lives in suburbia. On the surface everything is "fine." He lives in a "nice" neighborhood—Nice lawns, nice driveways, nice houses, nice schools, nice shopping malls, nice everything. But the neighborhoods are full of ghosts if you have a sense for this stuff. Native peoples, old Europeans, aboriginal people, they can pick this stuff up right away. Let's just call it suburban angst, but in another land you could name it something else, loss of soul maybe.

Things have not been going well for him. The girl he was flirting with jilted him and went off with a hunk on a sports team. He gave up emailing his friend who moved to another state due to his dad's job relocating. Teachers at school didn't seem to care about teaching. His face started looking like the surface of the moon. He would not understand that this was biology. The genes way of saying complexion problems are a long standing biological tool to delay matrimony. Only those who made it through puberty were eligible and thus ready for the tough stuff ahead in life. But knowing this would not help him anyway. Medical science would not help either. Things just seemed grim when he really thought about stuff.

### Home Sweet Home

His dad is a workaholic who hates his job but is afraid of losing it. He's always away.

His mom, well. She had to leave home to work to make ends meet. She's had a long string of dead end jobs with glass ceilings and bullying bosses. It is a depressing analogy to the medieval feudalism of working for King or Queen, a Lord or a Buffoon in power. The modern day equivalent and cruel joke for her is to work at Burger King, Dairy Queen, Jack in the Box, the clown at McDonald's or the Cornel at KFC. Pills and alcohol is how she copes.

She is tired of coming home and having yet another long list to do. This tending the hearth was too much. She is tired of doing the dishes, shopping, cooking, meal planning, laundry, sorting, putting away and doing all over again in a matter of hours. She is sick of all the work of purchasing, preparation, and putting up with the show boats of Thanksgiving, Christmas, and other holiday meals. Days of preparation just to have it all vacuumed up in 20 minutes, then there would be hours of clean up. What's the point of it all?

Then one Christmas hardly anything got eaten. Enlightened eaters brought trump cards rejecting every dish. Too much salt, too much sugar, too fattening, too many calories. That's full of additives, preservatives, food colors. Sorry I'm a vegetarian, I can't eat wheat, nuts, and acid foods. Is it gluten free? Sorry, I'm allergic to this, and that, and that, and well looks like everything. Sorry. But there's more.

So called "Family" Dinners brought all the collective neurotic pathologies of family, relations, neighbors, and friends into one big open roiling melting pot that would boil over with incendiary politics and sharply clashing world views, hopelessly irreconcilable religions, bigotries, and

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corrosive economic inequalities, all together to fuel and fan the edgy and combustible repressed emotions. The skills needed to prevent internecine warfare and fratricide were way beyond the pile of self-help books and lists positive affirmations sitting on her night stand.

Things spiral down in a strange way and a dark, invisible cloud descends. You can't see it but you can feel it. When the front lawn stopped getting mowed, the neighbor came by and asked if everything was alright. "It's ok, we are just trying to save water. Well get on it," would be the voice from behind the door.

So when you become a teenager and become socially conscious and start to take stuff like this in, it can be tough. Where do we go with this grim prospect? Just can't leave it here. Let's try something, something symbolic, let's see where that goes.

#### Enter: Hestia

For the Jungians, they would say that, for whatever reasons, the goddess Hestia had left the house. The Greeks and Romans named the keeper of the hearth Hestia. She was the essence of warmth and food preparation, the essence of the hearth. If you honor and take care of the hearth you are honoring Hestia.

Well sometimes, Hestia just leaves-- leaves the home and leaves the hearth. Gone is Hestia, and along with it gone are the family recipes, grandma's cook book with 3x5 cards and scraps of paper with flour dust on them, magazine menu clippings, So goes the seasonal decorations, lights, the Nativity set, the Minora, the family religious items in the alcove, the black and white photographs, all the family mementos and artifacts, stuff brought down from the attic and up from the basement for special times. Gone, simply gone. There's more.

And so, gone are the aromas of bread baking, melted butter and hot maple syrup on steaming waffles. Fruit in the pantry waiting for the perfect ripeness to be cut up for cobbler pie, to be baked just in time for dinner. Gone. So, the bubbling stews that take hours to blend all the freshly cut vegetables and cubes of meat. Gone. The crockpot with new slow blended flavors unlike baking, steaming, or frying. Gone. There's even more.

Gone are homemade jams, jellies, marmalade, and holiday fruit cake. Pickles, dried meats, conserves, chutney. Gone. The pantry, wicker baskets, carefully labeled storage bins, bowls for nuts, candies, treats, all empty. Whatever was in them is now gone. Can we take it anymore? Gone are the things that take more than 20 minutes to make: marinated meats, bread rising, canning, jam making, pickling, the whole lot, gone. Gone are the daily shopping trips for fresh milk, fresh eggs, fresh vegetables, and fresh fruit. Gone are the trips to the butcher, baker and candle maker. Gone. Simply gone, gone, and gone.

The spiral down continues. The trees got smaller as people lost interest in Christmas. Real trees got more expensive. Decorations got boring and got scattered. The nativity set is lost. Finally got a plastic tree. Then one year there was a choice made, no Christmas tree. Why bother. Older sister was to her boyfriends for Christmas. Dad had gone to Vegas for a conference and training. Mom had to work Christmas afternoon. Anyway. There would be a family gathering in February, a relative's 100<sup>th</sup> birthday out of state, we can get together then. Let's just skip Christmas this year, easier, let's downsize, and simplify. Let's just skip it. So there went Santa.

#### Mystery Gone -- Now What

Santa doesn't seem to be useful in this situation. Besides the mystery has been solved: Dad, he was Santa. Yes, he was Santa all along. Mystery solved. Mystery gone. End of story. Done. After all this, that's it. This is the turning point. The final chapter. No mystery, no story, no soul.

It is too much to take. Like a volcano of hot steam and molten magma bursting it's cap the teenager runs to his room, slams the door, and screams, sending a low frequency shock wave rippling through the neighborhood.

Then there is an implosion, he bursts into tears and collapses. He has a plan. He is ready. Box cutter from his dad's toolbox in the garage, four bottles of mom's pills, or just the right spot to jump on the railroad tracks. He has the train schedule. All he has to do is pick one. He is in the Valley of Death. The Lord of Death dares him. This is the Death Trance. All he needs now is the will to act.

Some in the neighborhood didn't know what to make of the sound, the shock wave.

A couple in one house down the street heard it. The conversation went:

"Honey, did you hear that sound."

"Oh, probably a blast at the refinery. You know they have explosions all the time. Maybe its some drive by on the other side of the tracks. Maybe it's Chinese New Years, they are always setting off stuff. You know. Can you pour me another drink, sweetie."

"Tall or short."

"Oh, short, you know me. Is our subscription to the New Yorker still good?"

But there is another neighbor down the street who knows exactly what the sound is about.

When in the Valley of Death you must walk through it. Take it in and notice what is happening. Maybe take some journal notes in the middle of the night. But the prevailing wisdom, the advice in the literature is: don't linger there. Move along; don't hang out there too long. Not in the Valley of Death.

Enter: A Dwarf

Bam! Bam! Bam! Someone is pounding really hard on the front door. Doesn't use the door bell. Who could that be? The teenager drops the box cutter, gets up, runs down the hallway and opens the front door. Who is this guy?

It's a chubby, potbellied old man. But, no, it's not Santa. Nope, the colors don't match. It's a neighbor from down the street.

He's wearing a faded worn-out blue jeans, brown belt hanging with extra strap over the side, grimy white t-shirt with circles of oil stains from working on a car engine, barely covers his front belly, salt and pepper beard, stubby but unshaven, grey hair, pony tail. Kind of short. Certainly not Santa's outfit, certainly not Santa.

Yes, it's the guy from down the street. The one with car parts in the front lawn, friendly but minds his own business, helps people with minor repairs, looks like a mess but cheery when you talk to him. Always around. Puts up a simple Christmas display but doesn't overdo it. Has some missing teeth when he laughs. He blurts out to the teenager—

" Never mind what you are doing, never mind all that. Call your mom and tell her you need to help me work on my truck. I need to do an engine tune up and I need a second person. Go ahead call, and tell her you'll be back by dark. Do it."

*Mark Peterson*

The death trance is broken.

They go. Trip to the parts store. They buy some spark plugs, other parts. It takes several hours.

He returns home. Something has shifted. He knows how to tune an engine now. He has black engine grease on his hands. It feels real, very real. Life is different. What happened? This is a mystery. It's some sort of initiation. It is real and felt in the bones. He has walked through the Valley of Death and come out to a new place. We could simply call this place "Life." Being in life and the living. Being "alive." Isn't that what we all want after all--to feel "alive."

Who is this Dwarf Character:

For the Jungians the old man that slammed on the door is some combination of Dionysius and Hermes, green man or some dwarf or gnome from the fairy tales, some scruffy Yoda type character. Some sort of earth based creature. Not a celestial one. They are the guide of souls... Through a guide, the teenager has a different connection to the material world now the likes of which he has not had before. Someone cared for him on a completely different level. The old man down the street wasn't his father, never will be. But he's more of a guide, mentor, or teacher. He pulled the boy from the lure of the Lord of Death back into the earthly world. This is the mystery of initiation, a symbolic death to avoid the real death. This is a shift from literal to symbolic. The death of a child and the beginnings of being a man. Somehow he has entered the realm of men and left behind the child world. The innocent victim-child is gone, dead, symbolically..

He has learned another form of discipline. Not his father's discipline, but being a disciple of another god. Learning a discipline that only a mentor would know. This old man will not be his father, but will teach him things his father would not know how to teach.

The conversation could have gone differently, another scenario could have been: "I have an extra mit, the pick-up game up the street need another player. Quit what you are doing and get out of the house."

Or another conversation: "I am throwing away my computer. I'll show you how to reformat the hard disk and you can have the computer. Get out of the house and come to my garage."

Anyway, some will see the point I am trying to make. Others, maybe, will just have another drink.

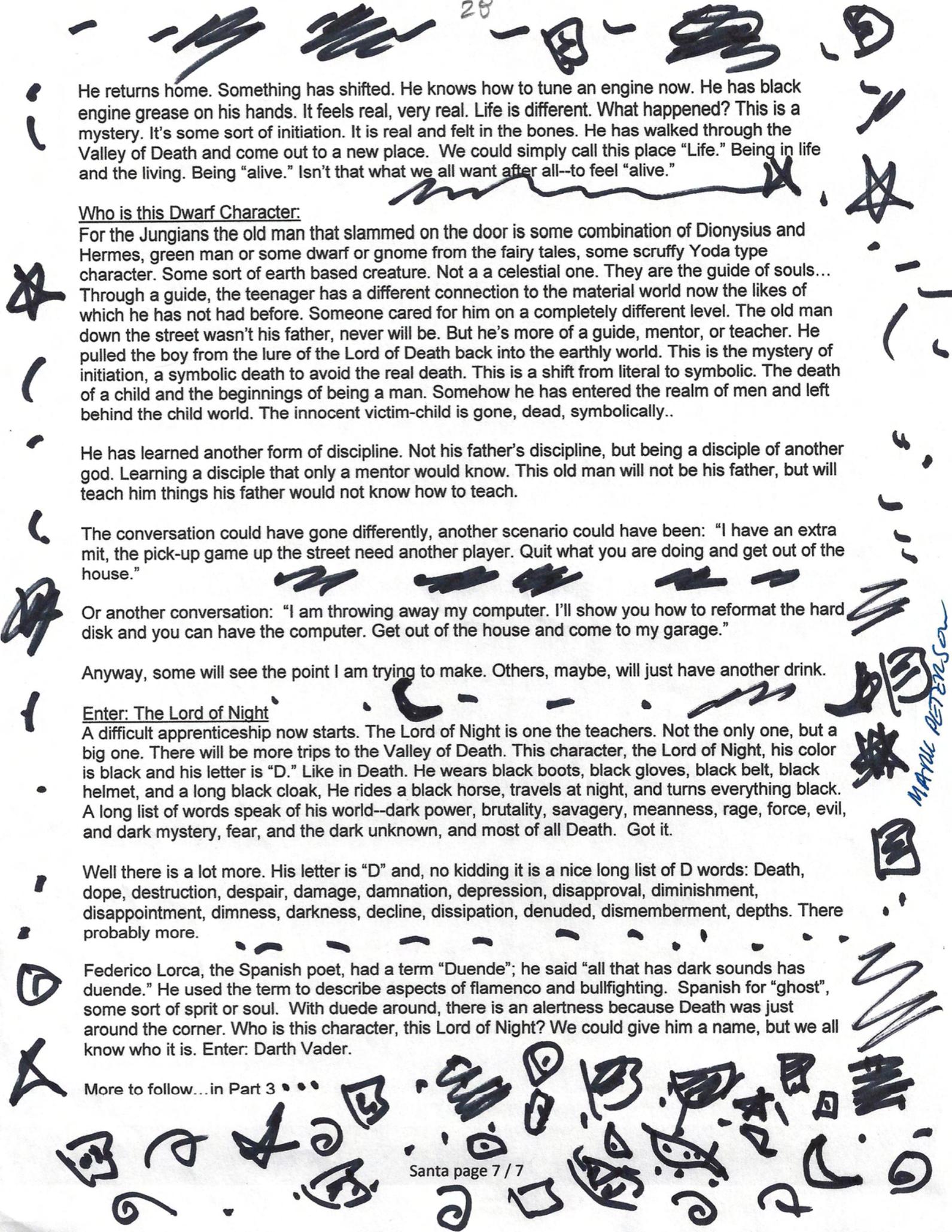
Enter: The Lord of Night

A difficult apprenticeship now starts. The Lord of Night is one the teachers. Not the only one, but a big one. There will be more trips to the Valley of Death. This character, the Lord of Night, his color is black and his letter is "D." Like in Death. He wears black boots, black gloves, black belt, black helmet, and a long black cloak, He rides a black horse, travels at night, and turns everything black. A long list of words speak of his world--dark power, brutality, savagery, meanness, rage, force, evil, and dark mystery, fear, and the dark unknown, and most of all Death. Got it.

Well there is a lot more. His letter is "D" and, no kidding it is a nice long list of D words: Death, dope, destruction, despair, damage, damnation, depression, disapproval, diminishment, disappointment, dimness, darkness, decline, dissipation, denuded, dismemberment, depths. There probably more.

Federico Lorca, the Spanish poet, had a term "Duende"; he said "all that has dark sounds has duende." He used the term to describe aspects of flamenco and bullfighting. Spanish for "ghost", some sort of sprit or soul. With duende around, there is an alertness because Death was just around the corner. Who is this character, this Lord of Night? We could give him a name, but we all know who it is. Enter: Darth Vader.

More to follow...in Part 3



MAYUKA PETERSON

# ART & SPIRIT

## Studio Party



Clayton Thiel  
Mark Lewis Wagner



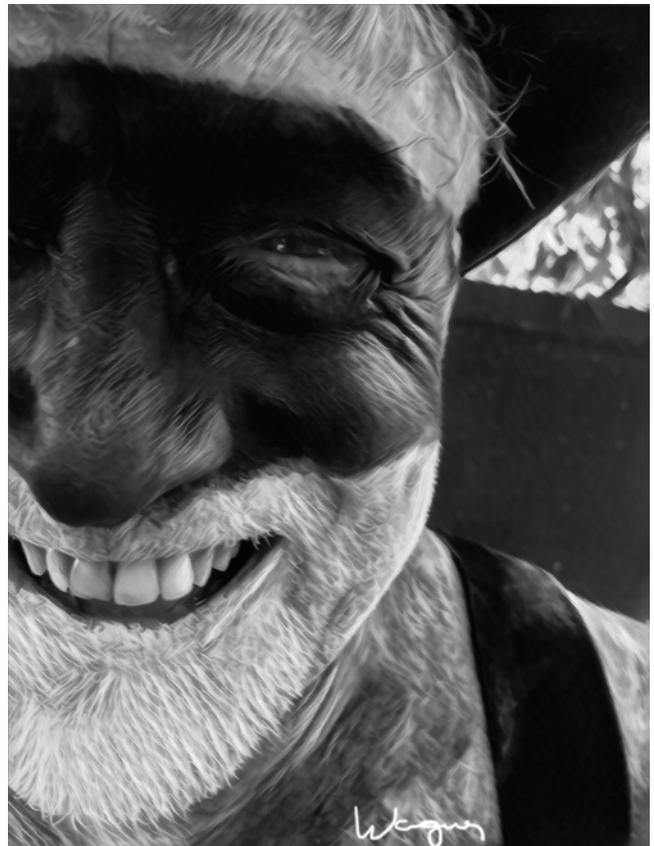
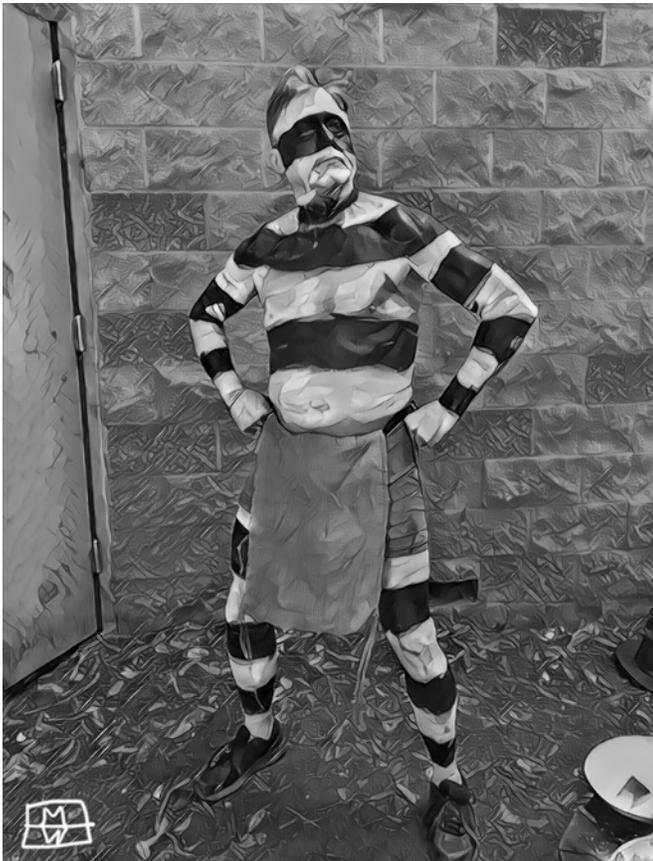
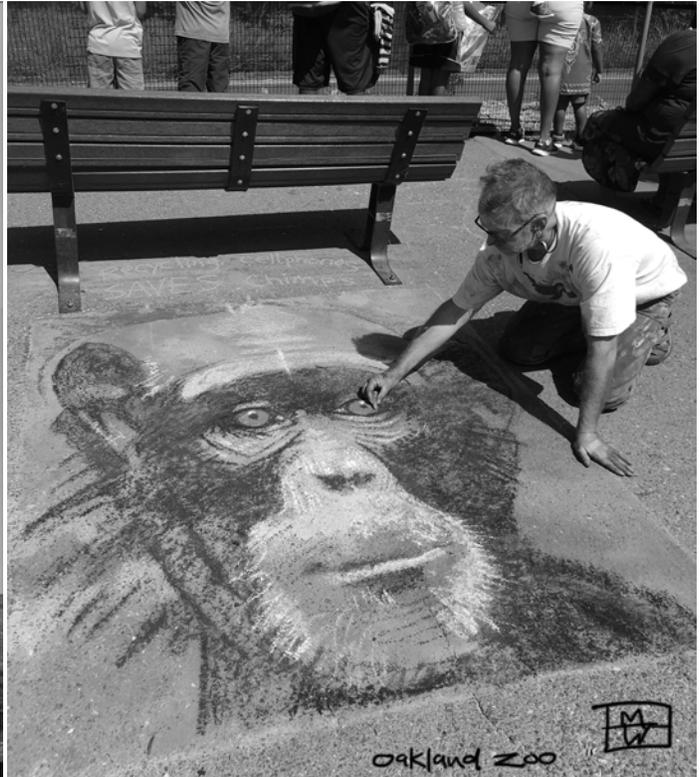
Sat. Oct. 14, 4pm - 10  
Creative Blessing Ceremony @ 6:00

Potluck, we'll have a grill, bring your own  
whatever, and a friend (or 2).

AND... wear your painting,  
dance, and clay clothes!



776 Moorpark St. Oakland (off 98th Ave ish)  
MDubs phone: 510-220-4157





***Community Service*** at East Oakland Boxing Association EOBA - 8/27

Marty Valente and Ryan Stoney (tried to) install panic hardware on a back door. Tom Taylor helped cut open the storage for a rollup door. Garner McAleer installed back door to the Smart room. Bob Jones help with lunch prep. Michael Taylor, Michael and Eliana Tertes

Nick Epple (Nick blessings!) painted the bathroom with Mark Wagner's creative design flare. Will Scott helped Garner with the back door Steve Rein showed up after the Fall Event meeting at noon and told everyone what to do and how to do it and the legality of it all too xo. Steve and Duffy had already worked on the wheelchair access bathroom. Mark Wagner project manager came early stay late, or did he come late and leave early? Hum...

*clayton thiel community service chief*







# Dr. Know

BY MARTY SMITH

I've got a belly button issue. I used to have an "inny," now I have an "outy." My gut has gone from flabby to hard like a melon. What gives? —*Navel Cadet*

As you grow older, your belly button gradually backs further and further out of your body, like a screw. Eventually, when it unscrews completely, your ass will fall off. This is why old people have such flat butts. You're welcome.

But seriously: I'm sorry, Cadet. I know you're hoping I'll say the transformation of your gut from a flabby quagmire into a taut pumpkin means that you're finally getting into shape, but you're not.

Before I explain, however, let's both take a moment to thank the Portland weather gods for the return of Bulky Sweater Season. This is the time of year when folks like you and me undulate out of our caves, our curves obscured by sweaters, dusters, caftans and the occasional tarp, and reclaim the streets from the lean, bronzed Summer People—who, having the thermal mass of a french fry, are forced to layer up till they're almost amorphously shapeless as us.

For the next six months, these fixie-toned

unfortunates will grouse about the cold while the rest of us watch with bemused pity, like belugas observing an ice-bound grebe.

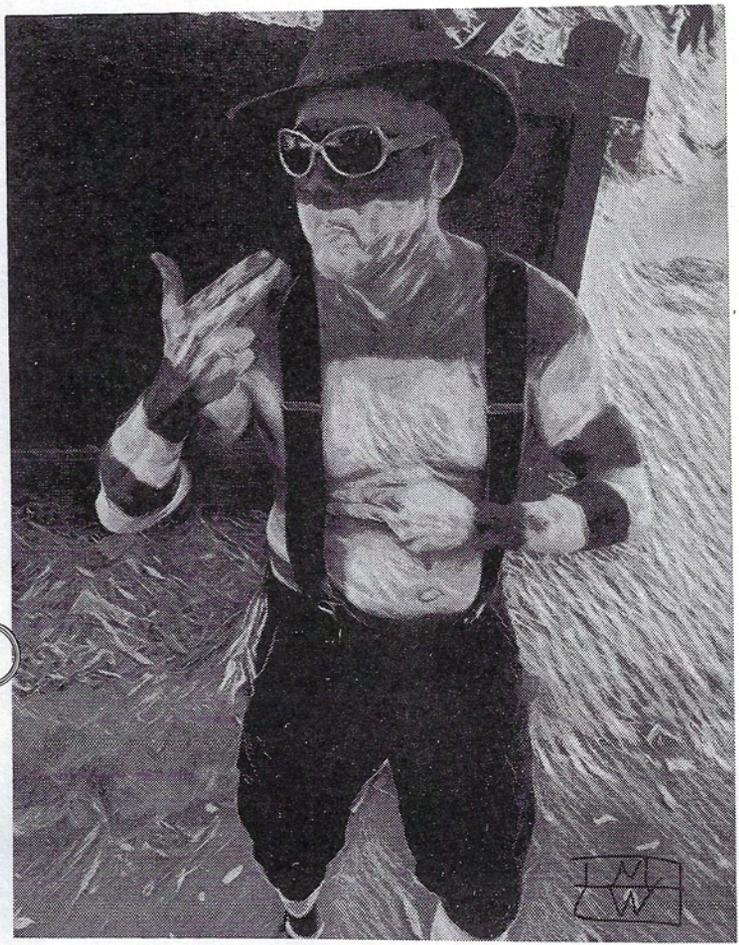
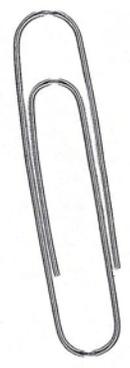
But back to your condition: Unless you're pregnant, you're probably hosed.

The depth of your belly button, obviously, corresponds to the thickness of the belly fat that covers your abdominal wall. If that layer is getting thinner while your overall weight stays the same, congratulations: You have visceral fat.

Yes, visceral fat means that instead of being carried in a layer on the outside of your body, much of your fat is now affixed to your actual internal organs. Some people have fat asses. You have fat kidneys!

Visceral fat is even more linked to heart disease and diabetes than the regular stuff. It is, however, supposed to be easier to aerobicize away. For more details, ask a real doctor.

*Submitted by Timothy*



help wanted-work wanted  
 requests for support-events  
 announcements-business cards

THE CIRCLE

**UNCLASSIFIED**

attaboys-blessings-quotes  
 for sale-giveaways-jokes  
 things wanted - info sought

**NEW MEN TEMP TEAM**  
 Any experienced EBCOM man interested in  
 serving our organization for a period of time  
 on this team, please contact Alan  
 510-919-0740

**MASSAGE EXCHANGE**  
 Call Alan 510-919-0740

Yes, there will be a  
**HALLOWEEN PARTY**  
 at the Garrison  
 Saturday October 28  
 music, dancing, booze, decorations,  
 crazy sexy funny costumes  
 Adult men & women. Details T.B.A.

Mark Dungey  
 Writer

**WRITING FROM A  
 DIFFERENT ANGLE**

content, copy, and editing  
 for a complete list of services visit  
<http://www.mark-dungey-copy-and-content-creator.com>

**PENCIL YOUR CALENDAR! NOV. 3-5  
 LEGACY DISCOVERY WEEKEND!**  
 Get clear on your purpose that will determine  
 your legacy. Site near Scramento. For  
 testimonials call Michael Burns and/or  
 Robert Martin.

mini-rants-reviews of books/movies/TV/art/performances/restaurants/gear/websites-  
 housing- AND anything else 3 1/2" max wide! Email to JT or Mark Dungey  
 unclassified for next month

**Upcoming Birthdays:**

| Man                   | Birthdate  | Age  |
|-----------------------|------------|------|
| Garrison, Phillip     | 10/07/1957 | (60) |
| Schick, Ben           | 10/08/1961 | (56) |
| McMahon, Patrick      | 10/18/1947 | (70) |
| Burleigh, Lewis       | 10/22/1964 | (53) |
| Scott, Will           | 10/30/1942 | (75) |
| Taylor, Thomas        | 11/13/1960 | (57) |
| DeMattia, Ed          | 11/15/1964 | (53) |
| Dolan, Tom            | 11/19/1949 | (68) |
| Carter, Brian         | 11/20/1955 | (62) |
| Symmons, Rich         | 11/25/1945 | (72) |
| Mance, Charles        | 12/05/1951 | (66) |
| Behnken, Roger        | 12/07/1943 | (74) |
| Thiel, Clayton        | 12/11/1956 | (61) |
| Rosing, Steven "Stev" | 12/13/1961 | (56) |
| Samuel, Barry         | 12/15/1948 | (69) |
| Peck, Donald          | 12/21/1961 | (56) |
| Valente, Marty        | 12/24/1946 | (71) |
| McMahon, Terry        | 12/31/1954 | (63) |

**Team Rotations:**

| Month           | Team            |               |
|-----------------|-----------------|---------------|
| <b>October</b>  | Newsletter      | Not on a Team |
|                 | Food            | NUTs          |
|                 | Sacred Circle   | ROCKS         |
|                 | Fire Circle     | Scallywags    |
|                 | Fun & Childcare | Bushwackers   |
| <b>November</b> | Newsletter      | 10/90         |
|                 | Food            | Not on a Team |
|                 | Sacred Circle   | NUTs          |
|                 | Fire Circle     | ROCKS         |
|                 | Fun & Childcare | Scallywags    |
| <b>December</b> | Newsletter      | B Team        |
|                 | Food            | 10/90         |
|                 | Sacred Circle   | Not on a Team |
|                 | Fire Circle     | NUTs          |
|                 | Fun & Childcare | ROCKS         |

## East Bay Circle of Men: Calendar of Upcoming Events

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| Date       | Event Name                                                                                                                                   | Times                                                           | Contact Person   |
|------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|------------------|
| 10/14/2017 | General Monthly Meeting (Guests Welcome)<br>Where: Lake Chabot Park<br>Food: NUTs. Fun & Childcare: Bushwackers. Sacred circle: ROCKS        | 8:00 AM until 10:00 AM<br>breakfast at 7:15 AM                  | Rudolph, Bruce   |
| 10/25/2017 | Fire Circle (No Guests)<br>Where: Lake Chabot Park<br>Fire circle by Scallywags.                                                             | 7:00 PM until 9:00 PM                                           | Rudolph, Bruce   |
| 11/11/2017 | General Monthly Meeting (Guests Welcome)<br>Where: Lake Chabot Park<br>Food: Not on a Team. Fun & Childcare: Scallywags. Sacred circle: NUTs | 8:00 AM until 10:00 AM<br>breakfast at 7:15 AM                  | Randall, Jeffrey |
| 11/22/2017 | Thanksgiving Dinner<br>Where: The Garrison<br>Fire circle by ROCKS.                                                                          | 7:00 PM until 9:00 PM                                           | Randall, Jeffrey |
| 12/9/2017  | General Monthly Meeting (Guests Welcome)<br>Where: Lake Chabot Park<br>Food by 10/90. Fun & Childcare by ROCKS. Sacred circle by             | 8:00 AM until 10:00 AM<br>breakfast at 7:15 AM<br>Not on a Team | Thiel, Clayton   |
| 12/27/2017 | Fire Circle (No Guests)<br>Where: Lake Chabot Park<br>Fire circle by NUTs.                                                                   | 7:00 PM until 9:00 PM                                           | Thiel, Clayton   |

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## East Bay Circle of Men: Wallah List

| Wallah Job          | Member Name     |
|---------------------|-----------------|
| Fire Wallah         | Fishface, Joe   |
| Health Wallah       | Peck, Donald    |
| Kitchen Wallah      | (position Open) |
| New Man Wrangler #1 | (position Open) |
| New Man Wrangler #2 | (position Open) |
| New Man Wrangler #3 | (position Open) |
| Newsletter Wallah   | Dungey, Mark    |
| Reach Out Point Man | Marchand, Roger |
| Team Health Wallah  | (position Open) |
| Team Visit Wallah   | Burleigh, Lewis |
| Web Chimp           | (position Open) |
| Web Human           | Ligda, Jay      |
| Web Orangutan       | (position Open) |

## East Bay Circle of Men: Chief List

| Chief                              | Month |
|------------------------------------|-------|
| Weiss, Bryan (Legacy)              | Sep   |
| Rudolph, Bruce (Spirit)            | Oct   |
| Thiel, Clayton (Community Service) | Dec   |
| Kearney, Bill (Finance)*           | Jan   |
| Garrison, Phillip (Events)         | Feb   |
| Symmons, Rich (Communication)      | Mar   |
| Randall, Jeff (Membership)         | Apr   |

\*Block, David (apprentice)

# THE PURPOSE OF THE EAST BAY CIRCLE OF MEN IS TO SUPPORT MEN, TEAMS, FAMILIES AND COMMUNITY.

## THE THREE AGREEMENTS

I WILL BE ON TIME TO EBNoM FUNCTIONS.

I WILL PARTICIPATE IN AT LEAST ONE EBNoM-RELATED COMMUNITY SERVICE EVENT PER YEAR.

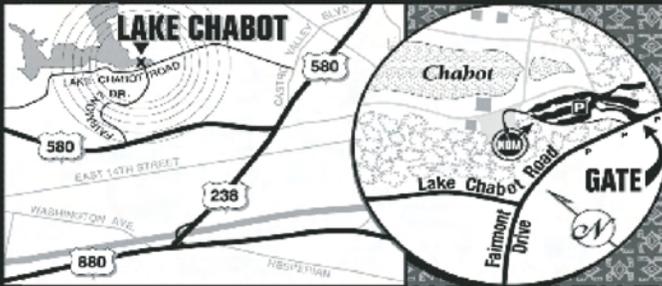
NEWLY INITIATED MEMBERS WILL BE ON AN EBNoM TEAM FOR AT LEAST 3 MONTHS.

## EBCoM NEWSLETTER POLICY:

(1) The newsletter will be published no later than Thursday night, nine days prior to the Saturday General Meeting.

(2) *Everything* published in the newsletter must include the legible signature of the EBNoM member whose contribution it is.

(3) There are no restrictions as to content. Submissions will be edited only to protect confidentiality.



Map & newsletter masthead designed by Bob Hosch

The EBNoM general monthly meeting takes place on the 2nd Saturday of every month *except September* at Lake Chabot Park. All men are welcome. Breakfast is served 7:15 - 7:50 a.m. The meeting begins promptly at 8:00 a.m. & ends at 10:00 a.m. Meetings are held rain or shine, & lakeside temps can be chilly. Dress for it. *Directions follow:*

From I-580 East: take the 150th/Fairmont exit, turn left @ 2nd stoplight. From I-580 West: take the Fairmont exit, left at 1st light, right @ next light.

Go up Fairmont, over the hillcrest, past Lake Chabot Dr on your left.

- ▶ Park for free on the street, where you see other cars. Walk across the street and into the park. OR
- ▶ Drive in thru the gate, park inside, pay the fee & support the park.

Walk to the far end of the parking lot and into the park toward the lake. Look to your left. You will see us there.

## EBCoM

c/o Mark Dungey  
240 Athol Ave. #201  
Oakland CA 94606

### EBCoM STANDARDS

- SHOW UP.**
- KEEP CONFIDENTIALITY.**
- SPEAK THE TRUTH.**
- KEEP YOUR WORD.**
- REMEMBER FAMILY & FRIENDS.**
- HONOR MEN.**
- RESPECT WOMEN.**
- BE RESPONSIBLE FOR CHILDREN.**
- DON'T QUIT.**
- HAVE FUN!**

**NOTICE: THE MATERIAL HEREIN IS THE RESPONSIBILITY OF THE INDIVIDUAL CONTRIBUTORS. IT DOES NOT NECESSARILY REPRESENT THE VIEWS OF THE EAST BAY CIRCLE OF MEN. IF THE FRANK DISCUSSION AND GRAPHIC REPRESENTATION OF MEN'S ISSUES, INCLUDING MEN'S HUMOR, IS OFFENSIVE OR UPSETTING TO YOU PLEASE DO NOT READ THIS NEWSLETTER. THANK YOU.**