



# MEN TALK

THE MEN'S CENTER NEWS

October/November 2006 VOL. 30 #5

## *Maintaining Men's Health After 60 with Movement & Merriment*

— © 2006 BY LARRY JOHNSON

I feel fortunate. I just turned 60, and I still have the “pretty good” health I’ve always had. My mother read PREVENTION magazine and did things like deliberately limiting sugar intake in the 50s, and until about age 30 I was a disciplined athlete. I took one of President Kennedy’s 50 mile hikes at age 14, and in basic training at Fort Sam Houston, I earned the first weekend pass by acing the PT (physical training) test. However, at age 40 I remember getting off a bus and running to make a connection. Suddenly I experienced why even in baseball, where you stand around much of the time waiting, 40 is old to keep playing professionally. Then there’s the rampant cancer in my family, and the respiratory difficulty I’ve had since junior high when exposed to certain kinds of dust and other toxins. Whoa, I’m having a rush of 60 years of experience maintaining health in the midst of life as we know it, even after 60. Here goes.

### **DO WHAT MAKES YOU HAPPY**

I have loved telling stories to children of all ages ever since I started as an urban camp director in the late 60s. It’s why I took it into education and fought to make it a central teaching and learning tool. It’s also why I just took early retirement because such things have been squeezed from education as we know it. I find myself telling stories politically to bring education back, preparing to once again do “traditional” storytelling residencies in schools, and telling stories to drive my health-related e-commerce business. I’m also happy, slowly ice skating at least once in every state, and spending the time learning the better partner/lover communication we should have all learned growing up. WHAT MAKES YOU HAPPY? Focus on it so it drives your health to the better.

### **LAUGH A LOT AND INSPIRE OTHERS TO DO THE SAME**

My dad, a natural trickster, loved the Proverbs in the Old Testament, so I grew up with A MERRY HEART DOETH GOOD LIKE MEDICINE, and with jokes and tricks done kindly in love. Dale Carnegie says a simple smile on the phone or in person raises your chances for success and the good feelings stemming from it, in business, relationships, teaching, recreation, and life. Now many health professionals are saying a SMILE or LAUGH releases healing and good feeling endorphins that charge your body and mind with better health. If you’re not being able to HAVE MORE FUN THAN YOU CAN TOLERATE with what you’re in the middle of in the moment, take a break. Find a quiet, secret place and just start laughing out loud. You’ll go back to the “war” in better shape and end the day in a healthier place.

### **GET A GOOD NIGHT’S SLEEP**

Work and play hard and honest and fall asleep as much as possible in the arms of your lover. If extenuating circumstances call for reinforcements, consider herbal substitutes for sleeping pills, like VALERIAN AND HOPS. Think high quality for excellent sleep and health.

### **EAT FOR LIFE**

When I’m using story to teach health, I take a piece of food through the chewing process and into the stomach. With graphic detail appropriate to the audience, some of that digested food assimilates into the blood to deliver life (or slow death, depending on the quality) to all parts of the body. Some just travels out as waste, or in a totally healthy system, as nutrients to create more life. There are plenty of places to go for intense information on food that really pumps your life up. For here, just for the sake of “healthstorming”, consider growing some of your own on carefully composted and non-pesticided ground, or down-size some of the dollar-expensive, health-cheap JUNK FOOD and put the savings into higher cost and quality food from the Co-op. Drink lots of the “water of life” filtered through, I’d say, a high end water purifier. You check the quality of the system once and avoid the ongoing uncertainty of which kind of bottled water is really very good. Then keep some good food bars with you at all times so if you’re in a hurry and tempted to downgrade your health with most fast food, POP A FOOD BAR. If you’ve carefully checked it out ahead of time, it’s healthier and actually quicker than going through the line.

### **REGULAR EXERCISE**

There’s plenty written on this too. The key is finding something that suits you well enough so it happens. I went to a health club for a while, but I truly prefer to absorb my exercise into my daily life and to do things that pump less pollutants into the air. I cut logs into fireplace wood with my grandfather’s original crosscut logging saw. I cut the grass with a non-motorized reel mower, and I walk between bus or light rail as part of maintaining office space on whatever mass transit I happen to be writing on. I admit I’m still trying to create a natural way to do the stretching exercises my chiropractor recommends, but I think it will happen. You might want a health club membership or a good fitness video or a regular walk around the lake. Just find something that makes what’s definitely good for all of us FUN FOR YOU.

### **DO A THOROUGH ANNUAL PHYSICAL**

I started this at age 40. Maybe it was 50, and I’m getting better at taking the doctor’s recommendations, like for high cholesterol.

*continued on page 2*

*Library Corner*

– *RAY CLARE, LIBRARIAN*



We are pleased to offer our members a unique and extensive collection of reading on men's topics. This month, we feature a baker's dozen new additions to our library. They include!

- Earth Father, Sky Father
- Intervention for Men Who Batter
- Letters to My Son
- Man Enough
- Manhood in the Making
- Men in Therapy
- Owing Your Own Shadow
- Raising Cain
- Real Boys
- The Courage to Raise Good Men
- The Lover Within
- The Society without Father
- The Way Men Think

Give us a try! We likely have what you are looking for. Be sure to check it out on your next visit to the Men's Center! You won't be disappointed!

And while you are enjoying our many book resources, consider a browsing our large and growing selection of periodicals.

Some of these books have become so important in some of our members' lives that they seem to have been out since I had hair. While we have no specific time limit, please consider if you are still using any Men's Center books you now have, and return them to availability.

**Address Change Notifications**

from the post office cost the Men's Center \$1.14 each. Please let us know in advance of mailings! Thanks!

*Men Talk* is a bi-monthly publication of the Twin Cities Men's Center, a non-profit organization. Call 612-822-5892 for subscriptions, or e-mail us at [tcmc@tcmc.org](mailto:tcmc@tcmc.org)

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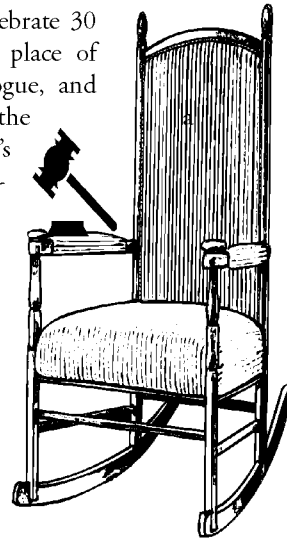
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*Greetings from the Chair*

On October 15th the Twin Cities Men's Center will celebrate 30 years of providing a place of support, encouragement, dialogue, and education for men throughout the metropolitan area. The Men's Center is not a "flashy" organization by any stretch. We don't get much press and certainly don't have a fancy central office. But I know from listening to what others share, the TCMC changes men's lives for the better, one by one, through its support groups, outreach programs and presentations, as well as its excellent anger management seminars. This is something for which each of us can be very proud.



We should also keep in mind that when one of our fellow members has developed more self worth and dignity, or learned how

to be a better spouse, friend, or father, there is a multiplying effect that begins to change our community, and the world, into better place.

The Men's Center continues to build bridges with other support organizations such as Chrysalis and the Resource Center for Fathers and Families, while continually looking for new ways to connect with men from all ages and backgrounds.

Let's celebrate our gift to each other and to our community with hardy congratulations and thanks to each other, while looking forward to many more years of continued service.

**LEN ZIMNEY,  
BOARD CHAIR**

*continued from page 1*

Actually, I had minimal difficulty cutting back or eliminating the sugars and starches because I had early childhood training. Coffee, a perhaps lesser known cholesterol terrorist, was the problem. I was born in Swedish Hospital and took coffee intravenously the second day there. When the other modifications didn't do enough, I pulled out the earlier "athletic discipline" and went to one half pot of excellent coffee in the morning, rather than a full pot chased later in the afternoon by another one (sorry, we all have our addictions). Later in the day I drink tea, or take a RHODIOLA tablet, or drink a "no-sugar, no-carb" energy drink available through our business. I also take SAW PALMETTO regularly just to make the doctor feel silly when the prostate test turns up nothing. It wouldn't be at all funny otherwise.

**CULTIVATE THE HAPPY SENSE OF CHILDLIKE WONDER**

I'm so sorry for a world that eliminates some or all of this from too many children, as well as most adults. The cliches are "stop and smell the roses, or the coffee (whoops)", but please, go forth and multiply your own. Lay in the grass on a warm summer day and imagine figures in the cloud shapes. Talk serious nonsense and BE IN LOVE outside under the stars, or better yet, a FULL MOON. Tell a bizarre, kind, made-up story to your grandchildren. Ask the questions that are there even if no one else dares, and YES, say out loud that the emperor or empress has no clothes if that is in fact the case. I believe this must be part of what Jesus meant when he said, "Except a person become as a little child, he or she cannot enter the Kingdom of Heaven", and whatever you personally think that Kingdom is, it's got to be the HEALTHIEST PLACE IN THE UNIVERSE.

*Larry Johnson is one of 100 or so men with that name in Minneapolis, but he's the one who wrote this article. He partners with Elaine Wynne in KEY OF SEE STORYTELLERS which helps people find their own stories and use them effectively in work and daily life. He is also co-owner of EL ENTERPRISES which specializes in helping individuals and business build WHOLE AND HEALTHY SYSTEMS.*









**The Men's Center ALL-PURPOSE FORM**

Clip this form and mail to The Men's Center. A regular annual membership at The Twin Cities Men's Center is \$20. With that you get access to the extensive reference library on Men's Issues, receive the Men Talk newsletter, participation in the annual meeting, and enjoy reduced fees to Men's Center sponsored events. If you are able to afford a membership at the Patron (\$40) level, you get free admission to all Wednesday workshops in addition to all the regular membership benefits.

- I want to sustain the activities of The Men's Center by becoming a "20 x 12 Honor Roll Member."
- Please ENTER/RENEW my membership at The Men's Center for the next 12 months:  
Enclosed please find \$\_\_\_\_\_  \$20 (Regular)  \$40 (Patron).
- I want to make an additional, tax-deductible gift of \$\_\_\_\_\_. Thanks much.
- My new/correct address/phone is printed below.
- Please remove me from The Men's Center mailing list; the pre-addressed gummed mailing label is attached.
- I have these feelings, thoughts, opinions, ideas, news items for The Men's Center:

Date \_\_\_\_\_

FROM: name \_\_\_\_\_

Mailing address \_\_\_\_\_

Home phone \_\_\_\_\_

Work/other telephone \_\_\_\_\_

**Anger Management Program**

The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger.

Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

**Length of Class:**

12 consecutive weeks

**Number of Participants:**

Space is limited to 12 participants with 2 facilitators per class

**Cost:**

\$215 for Men Center Members

\$225 for Non-Members

**Starting Dates:**

Classes are filled on a first come, first served basis. Please call TMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Or call our Anger Management coordinator, John Hesch, if you are interested in planning the event or need further detail at the new Anger Management phone 612-229-3102.

<b>MEN TALK ADVERTISING RATE SCHEDULE</b>		
Full Page	7 1/2" x 10"	\$200
1/2 Page	7 1/2" x 4 7/8"	\$125
1/4 Page	3 5/8" x 4 7/8"	\$65
Biz Card	2" x 3 1/2"	\$25

Announcing a new book  
by local author  
Ken Schmitz

**Search for the Grail  
A Man's Guide for Developing  
an Inner Life**

Written for men who are seeking  
to live more authentically.  
Women readers will gain a  
deeper understanding of the  
men they know.

For more information and to  
purchase this book go to:  
[www.searchforthegrail.com](http://www.searchforthegrail.com)

**TMC Office Hours: M, Tu, Th, F ;1-4:30pm. Our telephone (612) 822-5892 is answered 24-hours per day by US West voicemail, and an attempt is made to return calls within 1 or 2 days. Our FAX number is (612) 821-6424.**

*TMC is in the lower level of "Uptown Office Park," a brick office building on the Northeast corner of West 33rd Street and Hennepin Avenue in south Minneapolis, Enter through the door on the north (3249) end of the building (it has 2 numbers: 3249 and 3255!), immediately turn left and descend the stairway through the fire door to Suite 55. (Formerly) handicapped access is easiest through a side door on West 33rd Street.*

*Check out our web site: [www.tcmc.org](http://www.tcmc.org) or correspond at our e-mail address: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)*

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**MEN TALK**

**The Men's Center News**

**4**

## *Twin Cities Men's Center 30th Anniversary Celebration!* *Sunday, October 15 at the Men's Center*

Join us on Sunday, October 15 for a special "birthday" celebration marking the 30th Anniversary of the Men's Center. Board Member Malik Holt-Shabazz is organizing the event which will include food and refreshments. The monthly potluck Men's Brunch runs from 10:00 a.m. - 1:00 p.m. The anniversary program runs from 1:00 - 3:00 p.m.

### **TENTATIVE PROGRAM:**

- A. Historical Introduction
  - 1. Founder Recognition (2 min)
  - 2. Introduction of Network of "Like Organizations"
    - Chrysallis
    - ManKind Project
    - Resource Center for Fathers & Families
- B. Men's Center Today
  - 1. Review of Efforts
    - 2 minutes from Support Group Facilitators
  - 2. City Representative
    - 5 minutes on role of Men's Center in Mpls.
  - 3. Anger Management
- C. Future
  - 1. Interfaith Church Council
  - 2. Concern for Youth and Growth
  - 3. Questions & Answers



**What's  
Inside**

Page 1 *Maintaining Men's Health*  
by Larry Johnson

Page 2 *Library Corner*  
by Ray Clare

Page 2 *Letter from the Chair*  
by Len Zimney

Page 3 *All Purpose Coupon*

Page 4 *TCMC 30th Anniversary*  
by Malik Holt-Shabazz

Inserts *Oct/Nov Calendar*  
*Here & There*  
by Andy Mickel