

LAUREN BENN photo

Manology, a course at the Roundhouse Centre, enables men to talk about their feelings in a safe and confidential environment — even the strong and silent types.

Sensitive space for men to bond

Manology course offers 21st century men a place to open up about feelings

By TYLER ORTON

The traditional roles of men are not sustainable in a century wrought with climate change and financial meltdowns, says male issues specialist David Hatfield.

That's why in the fall of 2009 Hatfield started what he calls "Manology" sessions on Monday evenings at the Roundhouse Community Centre.

"It's a non-academic experiential course for men," says Hatfield, who acts as the program director. "It's a place for men to plug into the shared socket of masculinity."

Hatfield says he wants men to feel comfortable walking into a room and expressing their emotions. That's something a lot of men have trouble doing, he says.

Men who attend the 12 fall sessions talk about whatever that week's theme happens to be. Among the issues covered are sexuality, father issues and rites of passage.

The session is a chance for the participants to be in an emotionally secure environment and talk freely about what's at issue without feeling embarrassed. Discussions are led by Hatfield or one of a number of guest instructors.

At a session this week, the subject was sexuality. Participants talked about monogamy, polyamory, intimacy and sexual inadequacy.

The session wrapped with all the participants making eye contact and acknowledging each other's willingness to be present and share with the group.

The session is a very private environment, but afterwards one of the participants, Carlos, who asked that only his first name be used, said: "What I like about this group are the different ages, nationalities and [sexual] orientations of the men who come."

He appreciated the emotional openness of those who attend.

All the male Langara students The Voice spoke to about Manology said they would be unwilling to go to a seminar where they are expected to engage with other men in an emotionally honest setting.

Hatfield isn't surprised. Males are taught not to be emotionally honest with each other, he says. But he adds, "It's been great for young men who have been wrestling with the [questions] of what's my purpose, what should I be studying, what kind of job do I want to have."

"The problem for men is that they get tremendous advantages for fulfilling the so-called masculine ethos," said Langara College interdisciplinary studies instructor Nancy Pollak. "I think it would be fantastic if men took it upon themselves to study the ideology of masculinity."

Hatfield wants young men to know, "If you feel this whole thing sounds a little bit weird or even kind of disturbing then you're totally average."

For less than the cost of a movie, he says guys can choose a topic that interests them and bring a male friend for an evening of Manology.

For more information visit <http://masculinity21st.wordpress.com/>



By SHARRON HO

Aries (March 21 - April 19)
You may be feeling a bit amorous or protective of your loved ones. Try to carefully consider your actions and restrain all impulsive desires. Be wary of inclinations to profess love, but don't refrain from being honest. Patience will reward you in the future.

Taurus (April 20 - May 20)
Some form of debt or money related stress may be burdening you. In order remain productive, relax and find refuge in your earthy roots.

Gemini (May 21 - June 20)
Something from your past may re-emerge and cause emotional turmoil. Don't let a flood of thoughts and memories cloud your judgment. Approach it rationally and base your decisions on facts. Silence your indecisive tendencies, commit and follow through with your final decision.

Cancer (June 21 - July 22)
You life has just undergone big changes. Either going to a new school, moving to a new place or simply a personal revelation. These changes may throw you out of sync, but don't let perfectionism stress you out because balance will find itself with time. You may feel skeptical about relying on friends, but their help will be needed during this transition.

Leo (July 23 - Aug. 22)
You may feel a sudden urge to be a lone wolf and to stray from people in your life. Follow your intuitions, but do not completely disconnect yourself.

Virgo (Aug. 23 - Sept. 22)
You have realized something about yourself that will alter your lifestyle. Try not to analyze and pick it apart, but understand it and adapt your life to it.

Libra (Sept. 23 - Oct. 22)
You are causing a lot of self-inflicted trouble in your life. Seek help from friends in analyzing the pros and cons of your decisions.

Scorpio (Oct. 23 - Nov. 21)
Let go of any grudges you hold and find time to build on a damaged relationship because reconnecting with a lost friend will bring more balance into your life. This is an excellent time for self-improvement.

Sagittarius (Nov. 22 - Dec. 21)
Something you expected to come to an end, may see its demise sometime this week. Do not let nervous energies compromise other important aspects of your life. Stay optimistic.

Capricorn (Dec. 22 - Jan. 19)
Although you are generally responsible, material things are suddenly irresistible must haves. Stay true to your frugal reservations and avoid these spontaneous purchases.

Aquarius (Jan. 20 - Feb. 18)
Lately, you have the need to please everyone in your life: friends, family, bosses, teachers and even strangers. Do not feel pressured to compromise your own beliefs in order to please others. If you submit to these demands, you will cause yourself unnecessary emotional distress.

Pisces (Feb. 19 - March 20)
You are in your element. Keep honing your creative craft and you will remain inspired. Be careful not to become overly absorbed in bringing your creative spirit to life because you may lose touch with reality. Nonetheless, now is that time to write that award winning novel or whip out the dusty paintbrushes.

Moustaches all the rage for fall 2010

Designers are looking back to the 70s this fall and the moustache is in full focus, even for the ladies

By MICHAELA GARSTIN

Moustache styles like the handlebar, the Fu Manchu and the walrus are adorning men's faces in increasing numbers.

According to fall 2010 fashion trends set on the runways of Paris and New York, they are all the rage right now. Expect to see more of them.

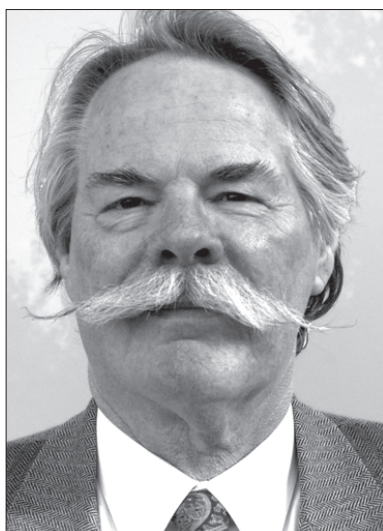
"It's a way for men to express themselves and show who they are fashionably," Vancouver makeup artist Cat Brick said. "Fashion styles are going back to the '70s, and men are growing more facial hair to show their masculinity."

"Women have heels and jewelry to show who they are," Brick said. "Men have all sorts of moustache styles to do the same thing."

But if women have had any moustache envy in the past, fall 2010 has been kind. More women are adorning themselves with upper-lip hair too this season. The moustache is no longer just for men.

Kelly Osbourne walked New York Fashion Week's runway wearing Betsey Johnson, complete with a faux black cop-stash.

Designer Vivienne Westwood accessorized her fall 2010 women's ready to wear line with pencil moustaches — thin lines of facial hair that trace the upper lip.



Local clothing company Rumpel Crumpstien is taking advantage of the new facial hair trend.

"We have a line of T-shirts with moustaches underneath the neckline hem so people can pull it up over their faces," co-owner Joel Fox said. The effect is a makeshift moustache for people who don't have one of their own.

(Above)
Langara's security and safety manager Mel Fearman rocks a stylish stash.

MICHAELA GARSTIN photo

The Langara stash'
What style is your moustache, and why do you wear it?



TYLER FARLEY
The Fu Manchu
I'll do the curl one day, and then I'll just trim it to a regular moustache. I think it suits me. When I look in the mirror, I look more like me.



COLE RUTHERFORD
The cop-stash
Sometimes I take the corners off. I've done the handlebar before. It's pretty sick, but most people find it pretty offensive.



Yathu Radhakrishnan
The soul-patched moustache
I'm from Sri Lanka and they grow moustaches there as a sign of manhood. I've had a moustache since grade nine or 10.

COMPILED BY MICHAELA GARSTIN