

It Just Keeps Going

The first time I heard the phrase “Hate Train,” I was stationed in Japan with the Navy, attempting to enjoy a bowl of oatmeal. Our previous officer-in-charge (OIC) had finished turning over with his replacement and the new guy was proving to be a micromanaging, all-knowing, pain-in-the-ass. Mind you, I didn’t dislike him as a person, he was a nice enough guy. Still, he was awful to work for and his poor leadership, frivolous requests (usually demands), and attempts to force us to endure awkward esprit-de-corp events were a frequent topic of conversation. It was during one of these conversations, early one morning, that the phrase “Hate Train” came up. We all know what the Hate Train is because we’ve all been passengers on the Train at one time or another, hidden away behind closed doors or out to lunch, hating on someone who angers or frustrates us by way of their words or actions.

We all board the Train for different reasons. I can tell you why I ride: a fissure between reality and expectations. I remember hearing a lecture once about relational conflict. The point was that frustrations stem from failed expectations. If all week I’m planning to lay around and do nothing on the weekend and my wife suddenly decides to spend the entire weekend with her long-lost college roommate, whom I barely remember from our wedding and haven’t seen since (about 8 years now), then the odds are there’s going to be a problem.



“Long exposure of a Piccadilly line train leaving Leicester Square station, looking south-southwest.” Copyright Robert Lamb, licensed for reuse under Creative Commons Licence.

Regardless of why we're frustrated, or where it comes from, there are good and bad ways of handling that frustration. In past versions of this essay, I would have logged the Hate Train under “bad ways” to handle frustration. But, if I've learned anything since I first wrote about the Hate Train, I don't think it's as simple as “good” or “bad.” Like hearing the same story from two rival sources, the truth lies somewhere in the middle.

I made a friend riding the Hate Train. For the sake of dispelling ambiguity, we'll call him Tom. Tom and I were stuck in an untenable situation involving a lazy and inept supervisor and, in our desperation, we became close. Granted, we had other things in common, certain personality quirks and interests but, even when we met away from work, usually for coffee, most of our discussions took place on the Hate Train. By the time we were ordering refills, we had moved on to other

topics, but I'd be lying if I said I can remember a conversation that didn't start on the Train. We'd criticize our supervisor for his lack of presence during training exercises or, when he was present, the way he lapped up all the credit for the work we were doing. You know, real "leadership" stuff. I realize complaining isn't a great foundation for a friendship—and this is probably why we aren't friends anymore—but riding the Train, Tom and I latched onto each other. At the time, we genuinely believed that we were the only ones who knew what the other was dealing with.

There were other people I talked to and there were things that I had to overlook about Tom, nuances of character that I chose to tolerate because this was a "friend." We can all relate to that, wanting to see only the best in the people we choose to associate with, because if we realized that the people we associated with were less than perfect, what would that say about us? While in time, the source of our frustration disappeared, that didn't mean we stopped riding the Train.

Unfortunately, after awhile, the Hate Train got old. That's not to say I didn't enjoy my time on the Train with Tom, but I learned there's a limit to the amount of "talk" I can handle before my eyes start to glaze over, even if it's coming from a "friend." There should be more to a friendship than ripping on others for their inadequacies and blunders. And so, in an effort to expand our friendship, when we met for coffee, I tried to get Tom to talk about his family (I have one too), books (I enjoy reading), movies (who doesn't like movies?), or just life in general. My hope was that in time we would move beyond just being work friends to being "real" friends. It didn't quite work out.

Maybe that sounds needy. Honestly though, at this point in my life, though acquaintances are nice, I have plenty of obligations (that family thing), and if I'm going to take the time to sit down with someone in the morning for a cup of coffee, I'm more interested in investing in an authentic

friendship, not just one built on shared inconveniences.

About six months ago, Tom moved to a different division, work grew busy, we met less often for coffee, and we just kind of fell apart. When I did see him it felt hollow, like going through the motions of a friendship, and so I started finding other things (and other people) to occupy my time. Maybe I should have tried a little harder, put myself out there more, but when there are only so many hours left in a day after work and family have taken their "pound of flesh," you have to be a little selfish with your time.

When I stopped riding the Train, those flaws I had overlooked started to become more apparent. Tom was good at a lot of things but he was lazy and, honestly, it annoyed me. When it came to the less-than-sexy parts of the job training units preparing to deploy, other people consistently had to pick up his slack because he simply refused to do the work. He was opinionated (who isn't?), but not in the sense that encourages conversation. He refused to listen because no one else knew better than him. And, he was shysty, playing little power games and utilizing his personal relationships to push agendas that only benefited him. Plus, when things didn't go his way, he concocted elaborate conspiracies to avoid the reality of his failures. When one of his training events fell apart, instead of reflecting on his utter lack of presence before, during, and after the "shit hit the fan," he blamed the guys in other divisions who were forced to run it in his absence.

The irony of our briefly-lived bromance was that as we moved apart, I became a topic of discussion on the Hate Train. Of course I never heard it myself, but people talk and I found out that my "friend" had gathered around himself his own little cohort of travelers. From what I'm told, they practically lived on the Hate Train. Easy to believe given the palpable toxicity that they exuded when they were together and the general air of superiority they put on when interacting with anyone not on the Train. It's sad, but I have to wonder

if that was me at some point. And that possibility, that I was one of those people, more than anything else is what keeps me from setting up shop on the Train—a brief visit maybe, but no permanent residence.

I don't know if the Hate Train is "good" or "bad." Does the Train get old? Yes. Should we try not to ride? Sure. Still, I know the Train is good for something. I learned a lot while riding the Train: how I react to frustrations and how those frustrations can be a catalyst for change. I learned what kind of leader I wanted to be listening to other people's frustrations. I made it a priority to foster an environment of inclusiveness, where everyone had a say, so long as we kept it civil, about how we wanted to execute training, run the division, or where to get breakfast on short days. Not least of all, I learned that I wanted to surround myself with people who didn't need to resort to riding the Train when frustrated, but who would challenge me about the decisions I'd made and work with me to solve our problems rather than walking away to bitch and moan in secret.

Above all, I learned how long term exposure to the Train is toxic and how when I leave military I don't want my legacy to be that of just another shit talker. It's not in me to not act when I can see the solution. Is it easier to just ride the Train and spew hate at everyone as they struggle? Sure, but does that mean it's "right?"

I don't know if it makes sense to label the Train as "good" or "bad," but the Hate Train is a reality we have to confront because the Train won't stop going, not as long as there are people willing to ride.

New Essay by Patrick Medema: Being Acquainted with Violence



I was in junior high the first time my friend was bullied. This was during the late 1990s, before we could maliciously attack someone from our phones or smart devices, when belittling someone took a personal touch, away from keyboard. I wasn't there but the bully had hit my friend, nothing serious, no broken bones, just a little hurt pride. However, when his father found out, he got in touch with my father and together they agreed that my friend and I needed to learn how to defend ourselves. I wasn't asked, I was told that I would learn to fight. Thus began my acquaintance with the practice of violence.

I've never thought of violence as being "evil." I was taught that violence is a tool, the same way a gun or a knife is a

tool. And while violence isn't the solution to every problem, the proper application of violence can be a good thing. There are limits though, a time and a place to call it quits before violence begets violence or you find yourself on the wrong side of a jail sentence. That being said, I've never understood pacifism, the idea that violence serves no purpose or that civilized society has no need for violence is a joke and a poor one at that. Violence can be a good thing, a necessary thing so long as you understand its proper application. It's a thin, hazy line at times but a line nonetheless.

After the decision was made, my first acquaintance with violence came in the form of a boxing ring. Boxing, or Pugilism to the sophisticant, is an art. There's a finesse to it that is lacking in the more popular mixed martial arts. It's hard to explain to someone that's never done it but it's like a dance, a graceful and violent series of motions, second nature to the practitioner but magic to the people watching.

It's easy throwing a punch but throwing a punch well, that's the trick, and it's not all about throwing punches. The secret to being a good fighter is making the other guy miss, going blow for blow with a guy doesn't mean you know how to fight, all it means is that you can take a beating. Sometimes that's enough but there's a difference between a brawler and a fighter. This is the way I was taught to fight, with style and finesse and, most importantly, with my head. But, for all the talk of magic and finesse, boxing is all about the show, it's a sport. Two equally matched fighters in a ring with a referee and gloves isn't the same thing as a brawl in the street. In the ring, your title may be on the line but odds are that you're going to walk away afterwards. There is no such security in the real world, a fight in the street or a brawl in a bar could end up costing you your life, whether that means a cell or a box.

Knowing how to fight in a ring or an octagon doesn't means you

can handle yourself on the streets, where we visit violence upon each other not for sport but for real, where anything can happen and anyone can catch a beating. The man that places all his hopes in his ability to perform is a fool, especially when violence is involved. Just because you can fight, doesn't mean you should. There are no guarantees in a fight. It doesn't matter if you're the greatest fighter in the world; if you go looking for a fight, you're going to find one, one you might not be able to win.

The thing about violence is that even when it's justified, it doesn't mean that your problem will be solved. In life or death situations, violence can save your life. In a combat zone, violence is a daily occurrence and while you are justified in defending your life, or the life of your comrades, there are consequences. The harming of another human being is anathema to our souls. The long-term effects of war and posttraumatic stress disorder are only now being fully realized as so many of our veterans are struggling to overcome the mental and emotional scars of facing and perpetrating violence. Even a simple street fight can have long term repercussions. A fist is a little like a bullet, once it's been fired, everything else that happens afterwards is on you, the good and the bad.

My father was, and is, an old-school kind of guy. His father, my grandfather, was a cold man, detached and distant from his children, a veteran of the Korean War and a champion fighter. My father grew up in a time when streets and neighborhood were sacred and you defended them at all costs. My father was a good fighter and good fighters earn a reputation. There's a certain mystique when it comes to neighborhood tough guys, those guys that people cross the street to avoid, the way the room gets quiet when they walk in. It's intoxicating, the kind of power you can cultivate with the threat of violence. But neighborhoods don't last and when the neighborhoods went away and he was forced to participate in society, my father brought

his reputation with him. And, as a teamster in Chicago during the 80's and 90's, a penchant for violence was a good thing.

Thus, a man who thrived on violence, or the threat of violence, and who chose to isolate himself from others raised a son to believe that violence was an easy way of getting what he wanted and that people in general were only useful if they served your needs. If they couldn't help, then they were discarded. If they could, then they were cultivated. And, if they threatened you, you hurt them. Growing up, it got to a point where it was easier sizing a person up for a fight rather than getting to know them. I'll be honest, I'm not sure which came first, the ability to commit violence or the ability to isolate, but it's a symbiotic relationship. Turn yourself off to people and you start to lose interest in their well-being. Once that happens, hurting them isn't all that difficult. Not when you're the most important person you know.

When violence is an easy means of dealing with a person, that person's value as a human is diminished. The amount of time you're willing to invest in a person is directly proportional to the value you attribute to that person. Why waste the time talking to them, understanding them, empathizing with them, if it's easier to just shut yourself off? It's a lot harder learning to live with someone instead of just hurting them when they don't do what you say or want. It's a time saver too. It's much faster to hit someone than it is to sit down and talk with them.

Devaluing a person means deciding that they are not worthy and therefore require minimal effort on my part. This is hubris, believing that I'm better by virtue of who I am and what I've accomplished, as if such things hold any real meaning. The funny thing about arrogance, you're never really as good as you think you are and there is always someone better. Diminishing a person's status to that of a "thing" is unnatural, it's a conscious act driven by our selfishness or, if we're being really honest, our insecurities and fears. This

is what relationships are all about, sharing who we are, imperfections and all, and having that vulnerability reciprocated. I dare say that kind of rejection is more painful than a punch to the face.

It wasn't until years after I'd joined the military that I started seeing people as being meaningful, not just "useful." So many of my problems with relationships were a result of my belief that people were just "things," an attitude I had chosen to pursue for so long. It sounds silly to say aloud but people have value, even the ones that you don't like. And while I still struggle to build and maintain relationships, they are worth the investment. And not only that, what kind of life is that, plotting, manipulating, using people to your own ends? Pop culture wants to glamourize it on T.V. and in movies but like everything else pop culture produces, it's a bunch of lies. Think about all the craven, sycophants trying to earn their way to the top. Is that how you see yourself? Is that how you want others to see you?

As long as we exist in relationships with each other, violence is a possibility. If we agree that some violence is acceptable, how do we avoid unnecessary violence? Who is our enemy? The guy that talks shit about you behind your back? So what? The guy that cut you off in traffic? So what? Your shitty neighbor down the block? Call the police if you have a problem. What good is violence in any of these situations? It's satisfying, or it can be, hurting someone. But what does it accomplish? What does it do for you other than cause more problems? In the right situation, violence can save lives. In the wrong situation, it can ruin them. If we value people and want to avoid violence then we must be willing to humble ourselves, to quiet that nagging voice that tells us every slight or perceived insult should be answered with violence. Life cannot be spent sizing people up in preparation for violence. Man was never meant to live that way.

I'm not an expert but it takes someone acquainted with

violence, comfortable with violence, to know when it's appropriate to use it. I feel bad for people that have been sheltered from violence all their life. These people are ill prepared for the reality that violence is an inevitable part of life. I don't think we need to revel in it but we need to be prepared for it. This isn't a rally cry for the Second Amendment or a revitalization of the "Affliction" mixed martial arts culture. If anything, it's an appreciation for those that accept violence as a part of life and are willing to use violence to protect others, our military, and our law enforcement.

But, even amongst our armed forces, what percentage have actually taken part in violence? And of that percentage, how many have the requisite maturity and experience to apply violence in an appropriate manner, enough to save lives but not so much as to appear savage or malicious. Ditto for our law enforcement. We want to believe that those charged with the use of necessary violence are grizzled, battle tested, level-headed men and women but the truth is that most of them are no different from the people they "protect." An oath of service or a badge doesn't mean you are exceptionally qualified to use violence. I'd go so far to say that the majority of controversy surrounding excessive force and wrongful deaths is not only a failure of judgment on the part of the individual involved but a lack of preparation on the part of law enforcement in general when it comes to the proper use of and application of violence in a high-risk situation. And I don't mean to second guess anyone, I won't play armchair officer, but we owe it to our police, and our military, to prepare them as best we can for a job only a few are willing to undertake.

I think it would be great if we lived in a selfless society dedicated to the preservation and betterment of man, where egos are non-existent and where people are valued as equals rather than treated like "things." But that just isn't the

case. Ego is a part of who we are. We can fight against our baser instincts but inevitably we all give into selfishness. In "civilized" society, there are times when the need for violence seems so distant but I urge you not to be so naive. The need is real. It's with an appreciation of this truth that I continue boxing, attempting to perfect the art I started so long ago. The capacity for violence is like a cushion, a safety net designed to protect me and mine from the uncertainties of life. The trick is not losing sight of the fact that there is still a cost even if justified. This is how we keep our humanity while still being acquainted with violence.