

## *Re-FIREment! Staying Young While Getting Older*

— BY NORM PETRIK

I am an older man, yes I am 70 and now retired for one year, I had been scared about retirement, what would I do when I have nothing to do? I used to ask myself, and thus I organized a retirement support group at the Men's Center about 6 years ago, and that has been very satisfying for me and for some others too. We meet monthly and welcome new members, and we have a core group who keeps coming back.

Well in this past year I became a student again, I applied for and was accepted in a Czech language immersion program in Dobruska Czech Republic, a small town of 7,000 residents, East of Prague, near the Polish border. It is a scholarship program provided by the Czech government to have people from many different lands be welcoming to Czech immigrants in foreign lands. So I became a student again, living in a dormitory, sharing a room with an older man from Brazil. We learned language and culture, though I was somewhat familiar with both since I have been active in the Czech Slovak Sokol organization in St Paul, and the Czech Slovak Cultural Center. And I had studied Czech language in the Army 49 years ago, and still retained some of it, having visited relatives several times in the Czech Republic in recent years and I expect these are the reasons I was given the scholarship which did not include transportation costs.

There were 76 students from 36 countries, about half under age 30, and about one fourth over 60, so it was quite an experience being in such a diverse group, by age and country of origin, and relating together a lot. We were divided into 6 classes of about 12 students each, according to ability. I was in class 4 of 6, with class 6 being the most advanced students. Each weekday we had 5, 45 minute class sessions, in which we studied from a text book, and had to respond in class to questions from the instructor, I still remember being scared when the instructor asked me questions, and I didn't know for sure the correct answer even though most of the time I got the correct answer! We had homework assignments, and there were always some corrections made on my and others' work, actually I believe I was better at writing and grammar than most in my class, but less good at understanding.

We ate meals together, all at no cost to us, breakfast was in the dorm, and dinner and supper were usually in a nearby restaurant. So we usually gathered together in small groups, people were very friendly. We took a lot of trips in the nearby towns, and saw lots of points of interest, palaces, monuments etc. That was the way we really connected with the culture. We had an assignment in the last week to go to nearby small village and find out some information out about the village to bring back to class, and we did! Each class also had to perform

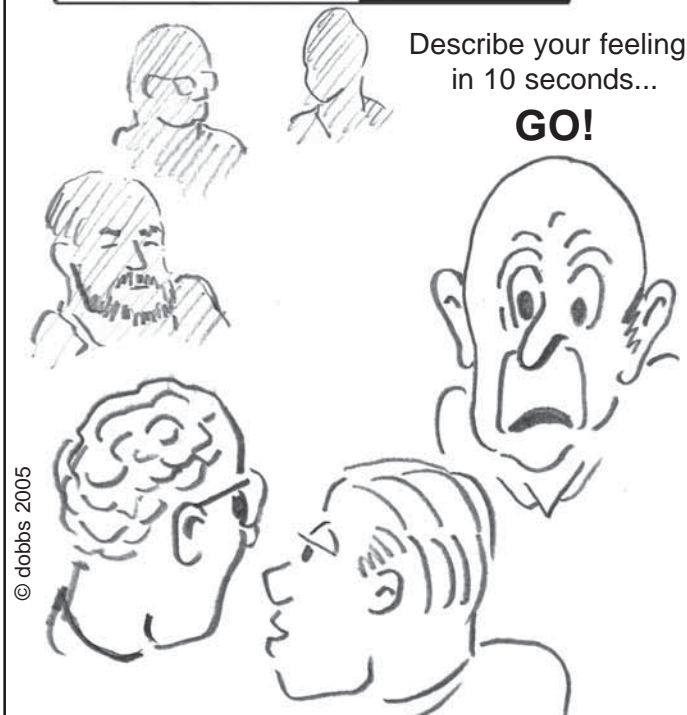
a small skit for the other classes during our last week, we chose a comic story about WW I and Good Soldier Swek, who faked lots of things including illness to try to get out of serving. It was fun, and I was one of the soldiers in the hospital acting sick!

We spent our final day in Prague, touring the President's Castle, and being greeted in the gardens there by the President's wife. That was fun, and then the next day I boarded a plane for home, wow, what an experience, being an older man can have lots of interesting elements to it. I am glad I went, and glad to be home.

*Norm Petrik is a many year board member, facilitator of programs at The Men's Center, and a co-developer of the Retirement Support Group.*

### New Reality Support Group

## Feelings factor

Describe your feelings  
in 10 seconds...**GO!**

© dobbs 2005

You know, I liked it better when I could take up the whole two hours on just me

## Library Corner

—DON JENSEN,  
LIBRARIAN



Using the library is a membership privilege. So come on in and take a look.

Please – Check your shelves at home for overdue Men's Center books. Many checkout cards have no phone #s so we can't contact borrowers. Also, calls to people have resulted in only a few returns. We need these books back — others would like to enjoy reading them.

New book — “*Bi America – Myths, Truths and Struggles of an Invisible Community*” Donated by author and Men's Center member, Bill Burleson. Pages 89, 90, 92, 98, and 99 make reference to the Men's Center. (Bill was a former facilitator of the Bi Group.) We have many periodicals and newsletters for your use:

- Men's Health
- Voice Male
- Lavender
- Men's Journal
- Transitions
- Rainbow Families
- Bi All Means
- Essential Wellness
- Edge Life
- Everyman
- D.A.D.S #1

### 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)

Editor

Bill Dobbs

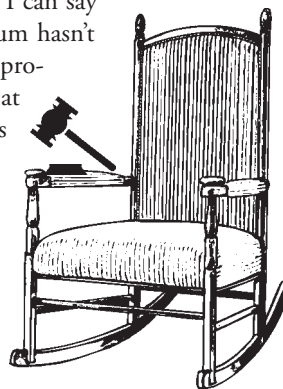
### Board of Directors

- Bob Eng, Chair
- Langford Dudley, Vice-Chair
- Norm Petrik, Secretary
- Gerry Obremski, Treasurer
- Tommy Jones
- Andy Mickel
- Bobby Schauerhamer

## Greetings from the Board Chair

Summer's rolled along and I can say that this sun baked cranium hasn't anything even remotely profound to attempt in this space at this time. So I'll use a few lines to remind you good kind-hearted souls that the work of the Men's Center moves on volunteer power and it's always gratifying to be around those whose energies are directed toward the common good of, in this case, men and that there is no profit motive or other ulterior goals. One could say that we operate a “green operation” since we run on “clean” fuel.

As an example I'd like to direct your eyes to last issue's lead article which highlights a few guys making their contribution on a fairly cutting edge social issue, that of men in transition from the corrections system who none of us want to see fall back into old



patterns. Such endeavors expands the mission of the Center, employs untapped expertise, and inspires new efforts to find new funding sources so that those attending these and other support groups of limited means can be helped.

I have told my kids during numerous mini-lectures that at the end of the day if you have found that your time and thoughts have been fully directed toward your own personal interests,

I hope that day feels a little unsatisfying. So many men at the center have stepped out of the other routines to simply give what they can for a few hours and sometimes quite a big chunk of time. They are society's heroes, here and elsewhere, not the dudes and dudettes who capture headlines

**LIVE LONG AND PROSPER,**

### Emotional Abuse Support Group: Turning the Last Page

BY L. DUDLEY

After eight years, Tracy of the Emotional Abuse Support Group (EA Support Group) will be leaving the Men's Center. The Emotional Abuse Support Group was created out of the need to address issues necessary to support the communities and members of the Men's Center. During those eight years on Thursday night, Tracy created an environment to which people could find a safe place to heal and learn. Through her own experience and education, Tracy shared her knowledge and support for others to gain skills and self-awareness in re-establishing their own personal boundaries and self-worth.

Those that came to the EA Support Group were representative of all of the demographics to whom the Twin Cities' Men's Center provide services and support. Those that came also found kindness, empathy and understanding. While hundreds have attended the EA Support Group, thousands have benefited from Tracy's work, generosity and support through sharing with their family and friends.

Once healed and strengthened, many members would move on — an inherited compliment to the Emotional Abuse Support Group; occasionally dropping in to share their gratitude and stories of their families, spouses, grandchildren and professional accomplishments.

Tracy has helped many people over the eight years and has made many friends. As with many of the members of the Emotional Abuse Support Group, she is entering new and exciting ventures. Her absence will be noticed, and her work will not be forgotten.

Thank you Tracy

### Board Member Resignation

Dear Men's Center Board, and et. al:

I, Malik, would like to formally resign my position on the Men's Center Board of Directors and simply stay on as active Core membership effective immediately.

I have recognized with my job and other things happening in my life I am not being effective as a Board members especially towards the grantwriting / fundraising activities. I will however stay on as a member to help wherever the Men's Center needs me for fundraising, outreach or otherwise. Thank you so much for letting me serve on as long as I have.

Sincerely: Malik Holt-Shabazz



# MEN'S CENTER EVENTS

The mission of the Men's Center is to provide resources for men seeking to grow in body, mind, and spirit; and from that foundation to advocate for healthier family and community relationships.

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

## Oct/Nov 05

The Men's Center  
number is  
612/822-5892.

Call us about  
Anger  
Management  
classes.

SUPPORT GROUP  
Healthy Sexual  
Boundaries  
10:00a.m.-----

	SUPPORT GROUPS General Issues.12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Addiction Busters in Mpls Gay Issues in Mpls 7:30 p.m.-----	PRESENTATION Addiction Busters 7-9 p.m.----- Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General: .. Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues.7:30 p.m.-----	SUPPORT GROUP Healthy Sexual Boundaries 10:00a.m.-----
	BOARD MTG. 7 p.m.----- SUPPORT GROUPS General Issues.12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Addiction Busters in Mpls Gay Issues in Mpls 7:30 p.m.-----	PRESENTATION A Circle of Warriors 7-9 p.m.----- Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General: .. Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues.7:30 p.m.-----	SUPPORT GROUP Healthy Sexual Boundaries 10:00a.m.-----
BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.m.-----	SUPPORT GROUPS General Issues.12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Addiction Busters in Mpls Gay Issues in Mpls 7:30 p.m.-----	PRESENTATION Positive Psychology 7-9 p.m.----- Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General: .. Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues.7:30 p.m.-----	SUPPORT GROUP Healthy Sexual Boundaries 10:00a.m.-----
	SUPPORT GROUPS General Issues.12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Addiction Busters in Mpls Gay Issues in Mpls 7:30 p.m.-----	PRESENTATION No Presentation 7-9 p.m.----- Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General: .. Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues.7:30 p.m.-----	SUPPORT GROUP Healthy Sexual Boundaries 10:00a.m.-----
	SUPPORT GROUPS General Issues.12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Addiction Busters in Mpls Gay Issues in Mpls 7:30 p.m.-----	PRESENTATION Weight-Mgt for Men 7-9 p.m.----- Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General: .. Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues.7:30 p.m.-----	SUPPORT GROUP Healthy Sexual Boundaries 10:00a.m.-----
	SUPPORT GROUPS General Issues.12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Addiction Busters in Mpls Gay Issues in Mpls 7:30 p.m.-----	PRESENTATION A Circle of Warriors 7-9 p.m.----- Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General: .. Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	MT. ARTICLE. DEADLINE SUPPORT GROUP Men's Bisexual issues.7:30 p.m.-----	SUPPORT GROUP Healthy Sexual Boundaries 10:00a.m.-----
	BOARD MTG. 7 p.m.----- SUPPORT GROUPS General Issues.12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Addiction Busters in Mpls Gay Issues in Mpls 7:30 p.m.-----	PRESENTATION The Elements of BEING 7-9 p.m.----- Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General: .. Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	MT.FINAL DEADLINE.... SUPPORT GROUP Men's Bisexual issues.7:30 p.m.-----	SUPPORT GROUP Healthy Sexual Boundaries 10:00a.m.-----
BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.m.-----	SUPPORT GROUPS General Issues.12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Addiction Busters in Mpls Gay Issues in Mpls 7:30 p.m.-----	PRESENTATION The Elements of BEING 7-9 p.m.----- Transition 7:30 p.m.	THANKSGIVING HOLIDAY	SUPPORT GROUP Men's Bisexual issues.7:30 p.m.-----	MT MAILING 9:00 a.m. SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.-----
	SUPPORT GROUPS General Issues.12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Addiction Busters in Mpls Gay Issues in Mpls 7:30 p.m.-----	PRESENTATION The Elements of BEING 7-9 p.m.----- Transition 7:30 p.m.			

1976 - In Our 29th Year - 2005  
of Public Service

Check out our web site: [www.tcmc.org](http://www.tcmc.org)  
email: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)

## PRESENTATIONS

Workshops and presentations have been a part of The Men's Center offerings to the community since it's beginning 28 years ago.

We welcome your suggestions for new topics and presenters. Please call Randy at 61-822-5892 with your suggestions.

Presenters new to the Men's Center are: **Matthew Mahmoodi**, and **Joe Stuart**. Returning to continue their support of the Men's Center are: **Daniel Farris Braun**, **Tommy Jones**, **Kelley Lorix**, **Jim Lovestar**, **Andy Mickel**, and **Sharol Tyra**.

The Men's Center Board appreciates the volunteer presenters who return from time to time and welcomes first timers. Their presentations add a new dimension to our weekly Wednesday night gatherings.

All presentations meet at TMC, 3249 Hennepin Ave. So, Suite 55, unless otherwise noted. These low cost presentations are shown in the Calendar of Events and a more extensive description follows. No pre-registration is needed; entrance fees collected at the door are:

Non-Members of TMC – \$5.

Regular Members (\$20 level) – \$3

Sustaining Members – FREE

Please take time to read the

descriptions and plan to attend if they stimulate your interest. Bring a friend to share the experience and acquaint him/her with the Men's Center.

Each presentation is intended to promote personal growth, stimulate your interest in a topic, and to give you an opportunity to interact with other attendees.

Note: All events are for men only unless otherwise stated.

Presentations are the sole responsibility of the presenter(s). The Men's Center does not endorse, takes no specific position, nor does it hold any opinion on the presentations, or of any information imparted, or of the presenter(s) themselves.

## DESCRIPTIONS

### Addiction Busters

Presenter: Tommy Jones

When: Wed, Oct. 5, 7:00-9:00 p.m.

*Open to Men and Women*

Struggling with chemical or behavioral addiction? AA not helping you? Frustrated with 12-step programs? Don't like feeling powerless? Would you like to hear about Rational Recovery, SMART Recovery, the works of Stanton Peele, Ann Fletcher, James Prochaska and others? Come to Addiction Busters informational presentation and learn about alternative, cognitive approaches that may help you battle your addiction in new and different ways.

*Tommy, a teacher for 26 years, struggled with alcohol and other addictions for most of*

*his adult life. Frustrated with 12-step programs, Tommy would like to share his knowledge of programs and approaches that provide alternatives to AA and similar 12-step programs; roads that helped him on his journey to abstinence and good chemical health.*

### A Circle of Warriors

Presenter: Andy Mickel

When: Wed, Oct. 12, 7:00-9:00 p.m.

The ManKind Project is an organization of men working together to improve their lives and help other men. As New Warriors we are an order of men called to reclaim the sacred masculine and provide a model for men to generate and maintain a world for the betterment of ourselves, our families, tribes, communities and cultures.

We are all familiar with a man's physical tools (a hammer, a sword, a plow...). Is this enough? What about integrity, commitment, authenticity and clarity? Observe—ask Questions—or Participate if you like with a group of men who are practicing authentic connection to feeling in a safe container. The New Warrior Training Adventure is an "Inventing" opportunity that has changed men's lives.

*The initiation of men is the hope of the world. - Don Jones, former chairman, ManKind Project.*

### Positive Psychology: Research That Benefits You

Presenter: Joe Stuart

When: Wed, Oct. 19, 7:00-9:00 p.m.

*Open to Men and Women*

Positive Psychology is a dynamic new trend that goes beyond what is often referred to as "pop psychology" and into legitimate research with practical applications. Positive psychology hopes to advance the field of psychology beyond the study of deficiencies and problems of the human psyche, such as depression or aggression, and into the realm of what makes human beings happy and their lives worthwhile. A few topics to be discussed in the presentation are the factors in life that make us happy, identification and nurturance of virtues, and dispelling myths about how having more money makes us happy. This introductory presentation is derived from a semester long course taught in Autumn of '05 by Professor Donna McMillan at St. Olaf College.

*Joe Stewart is a "wet behind the ears" 2005 graduate of St. Olaf College, receiving a B.A. in psychology. Currently, Joe is working and living in Minneapolis while pondering the next step of his life that will invariably take him to graduate school for an advanced degree in counseling psychology and/or masculine studies.*

### No Presentation

When: Wed, Oct. 26, 7:00-9:00 p.m.

### Weight-Management for Men: A Commonsense Approach

Presenter: Jim Lovestar

When: Wed, Nov. 2, 7:00-9:00 p.m.

Few men live without weight and appearance related issues. Jim will cover the research and offer coaching on simple and effective techniques to manage your weight. You will learn basic nutrition, how to make peace with food, and tools to maintain the weight you desire.

*Jim Lovestar is the founder and president of the Institute for Men's Health and Well-Being. He has worked with men individually and in groups for over 25 years.*

### A Circle of Warriors

Presenter: Andy Mickel

When: Wed, Nov. 9, 7:00-9:00 p.m.

The ManKind Project is an organization of men working together to improve their lives and help other men. As New Warriors we are an order of men called to reclaim the sacred masculine and provide a model for men to generate and maintain a world for the betterment of ourselves, our families, tribes, communities and cultures.

We are all familiar with a man's physical tools (a hammer, a sword, a plow...). Is this enough? What about integrity, commitment, authenticity and clarity? Observe—ask Questions—or Participate if you like with a group of men who are practicing authentic connection to feeling in a safe container. The New Warrior Training Adventure is an "Inventing" opportunity that has changed men's lives.

*The initiation of men is the hope of the world. - Don Jones, former chairman, ManKind Project.*

### The Elements of BEING

Presenter: Daniel Farris Braun

When: Wed, Nov. 16, 23, 30, 7:00-9:00 p.m.

*Open to Men and Women*

Have you read self-help books? One will suggest 7 principles and another 11 or 12. So be it. As a seeker, Mr. Braun intuited and discovered that there is but 1 principle by which to live. As an educator and popularizer, he sought to reduce all the verbiage to one formula. Understand this ONE-Principle and everything else falls in place. As a guide, Mr. Braun simply points at a path, your Path. With just a bit of orienteering your Path becomes the Way of being fully your SELF!

One can spend thousands of dollars

on therapy or thousands of hours searching a better way. Save time and money by coming to a three-part workshop to learn and practice a simpler Way of BEING. The three two-hour sessions will each be comprised of lecture, practice/exercises, and discussion. The time between sessions will help for applying and internalizing the method. This workshop provides tools for being your fullest SELF.

A hardcopy of Mr. Braun's newest manual "The Elements of BEING" will be given to those attending. In addition to the TMC nightly entrance fee (see Presentations), a one-time fee of \$10 for materials will be requested. Please, come and bring your friends.

*Greatly influenced by his involvement in the ecology movement of the 60's, Mr. Braun has traveled an amazing spiritual journey, one of meditation, contemplation, and artistry. As an indicator of his arrival he boldly says, "HERE I am!". Yes, HERE we are. He hopes to johnnyappleseed it about this wondrous world to show just how simple it is to be fully HERE... to live the good life. As a neurolinguistic philosopher, consultant, counselor, and life-coach, he helps point the Way. To contact Mr. Braun (via the Men's Center) call 612-822-5892.*

## Issues Relating to Divorce

Presenter: Kelley Lorix

When: Wed, Dec. 7, 7:00-9:00 p.m.

*Open to Men and Women*

Kelley's presentation will include how to prepare financially and strategically for divorce, child support, spousal maintenance, custody and visitation – what the options are and how it will affect support, property – what happens to the house, pensions and other items acquired during the marriage. This session will include question and answer session geared — helping you with the exact problems you may be faced with in your lives.

*A private practice attorney, Kelley Lorix has better than fourteen years in state courts throughout Minnesota litigating, arbitrating and mediating the issues of concern to all of us as we go through divorce. Kelley has presented numerous times at the Men's Center.*

## SUPPORT GROUPS

*"The mission of the Men's Center Support Groups is to create a safe place, in times of personal and social challenge, for any men and women to receive and give support to one another and share feelings and experiences to facilitate SELF-ACCEPTANCE and PERSONAL GROWTH."*

*The Men's Center support groups are hosted by a trained facilitator. Although each group has a specific focus, all groups are Open to general discussions and attended as a Drop-In basis. Support groups begin promptly at 7:30, so arrive early such that you can browse the many resources and library materials. A donation of \$3-9 helps keep TMC operational. Liquid*

*refreshments are available at a separate donation rate. All groups are men only, except where listed for women and men.*

• **Minneapolis Location**  
3249 Hennepin Ave. S. Suite 55

### Twenty-Something GLBT

*Open to Men and Women*

A discussion/support/social group for Twentysomething GLBT persons. Any GLBT in her/his 20s is welcome to attend. GLBT topics and issues are discussed in an open, affirming and supportive environment. Ideas for discussion topics or social events are welcome!

• Mondays (Mpls) 7:30 - 9:30 pm

### Addiction Busters

*Open to Men and Women*

Struggling with chemical or behavioral addiction? AA not helping you? Frustrated with twelve-step programs? Don't like feeling powerless? Want to bust your addiction rather than being busted FOR your addiction? Would you like to talk about Rational Recovery, SMART Recovery, the works of Stanton Peele, Ann Fletcher, James Prochaska and others in a supportive, confidential, comfortable atmosphere? Come to Addiction Busters support group and discuss alternative, cognitive approaches that may help you battle your addiction in new and different ways!

• Tuesdays (Mpls) 7:30- 9:30 pm

### Emotional/Psychological Abuse

*Open to Men and Women*

This group is for people who are or have been in abusive relationships that interfere with health living.

• Thursday (Mpls) 7:30 - 9:30 pm

### Divorce/Uncoupling/Family of Origin/ Workplace

Men express feelings about separation, divorce, breaking up with a lover, and topics such as child custody/legal hassles. Men can express what it means to be a man in our culture and other issues in their lives.

• Mondays (Mpls) 12:30 - 2:30 pm

• Thursdays (Mpls) 7:30 - 9:30 pm

### Gay Issues

Men express feelings about life's challenges and experiences, and what it means to be gay and male (you don't have to be gay to attend.)

• Tuesdays (Mpls) 7:30 - 9:30 pm

### Transitions

This group is intended to focus on the difficulties persons face when leaving a prison environment and reentering the community, where a former prisoner can go for emotional support when he returns to the community, and where he can be openly honest about his discouragements, frustrations, temptations, and fear of public attitudes.

• Wednesdays (Mpls) 7:30 - 9:30 pm

• Saturdays (Mpls) 1:00 pm - 3:00 pm

### Male Survivors of Sexual Abuse

You may feel alone. It is a brave step to

seek out other men who can share from this perspective the deep feelings of shame. Only by talking it out can freedom evolve from this secret prison.

• Thursday (Mpls) 7:30 - 9:30 pm

### Bisexual Men

This group will allow Bi men to explore personal issues of all kinds while learning from each other what it means to be a Bi man.

• Fridays (Mpls) 7:30 - 9:30 pm

### Choosing Healthy Sexual Boundaries

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worries about excessive, compulsive or obsessive sexual activities? Too much pornography in your life? Too many strip clubs? Ever feel like a sex addict? Feeling uncomfortable about inappropriate fantasies/thoughts/urges? Hurting or disappointing someone you love?

This group is a safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries.

• Saturdays (Mpls) 10:00 am - 12:00 pm

### Men Facing Retirement Issues

A support group for men thinking about retirement or who have already retired. It is an opportunity to share feelings with other men about the importance of work and what happens when paid employment is no longer part of a man's life.

• 3rd Sundays (Mpls) 5:30 - 7:00 pm

Many thanks to

The logo for Factor 4, LLC, featuring the text "[F•4]" in a stylized, red, blocky font. The "F" and "4" are enclosed in large, thin red brackets, with a small red dot between them.

**Factor of 4, LLC**

for the generous donation  
of web hosting to  
The Men's Center.

For your web site design  
or web hosting needs, call

**612-279-6400**

or visit us at

**www.factorof4.com**

# Here and There

– Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up): **Sunday, October 16th** at the Men's Center 29th anniversary celebration, 3249 Hennepin Ave, Suite 55, Andy Mickel will host. **Sunday, November 20th** at Stephen Sewell's/Paul Busch's, 1795 Summit Ave, St. Paul (west of Snelling Av) 651-917-2495. **Sunday, December 18th** at Rick Gravrok's 2925 Monterey Ave S, St. Louis Park, 952/926-6655. (on the west side of Lake Calhoun, off Lake St.).

These brunches are open to all men from 10 a.m. until 1 p.m.; plan to come and chat and eat for a 1/2-hour to 2-hour period anytime – inevitably some men stay on until 2 p.m. 4 men attended August's Men's Brunch and 22 were at September's Brunch. – Andy Mickel, 2005-09-18.

The **Race to Empower**, held Saturday morning, August 6th at Lake Harriet, was a success in perfect weather—141 people registered and more about \$4000 was raised to benefit Prevent Child Abuse Minnesota, the Rape and Sexual Abuse Center and the Men's Center Anger Management Program. There will be a 2nd annual Race in 2006. FFI: <<http://www.RaceToEmpower.org/>> – Sarah L. – 2005-08-11.

**Prevent Child Abuse Minnesota Parenting Tip of the Month:** Remember you don't have to know everything; the demands of the parenting job, like the child, grow gradually. When the stress of parenting overwhelms you, don't be afraid to ask for help! FFI: <<http://www.pcamn.org/>> – 2005-08-17.

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held October 21-23 at Eagle Lake Camp near Brainerd, MN. The cost is \$595, with payment plans available. To learn more, attend an Open Circle event. Observe, Ask Questions (or

## Anger Management Scholarships Offered

The Men's Center board has approved the offering of scholarships to help men with low incomes participate in anger management classes. Up to half of the \$195 course fee can be covered by these scholarships, which are awarded at the discretion of the program coordinator John Hesch. For information call the anger management phone at 612-229-3102.

The money for these scholarships was made available through the Men's Center's cooperation with the Race To Empower, which was held August 6th at Lake Harriet and sponsored by the Domestic Empowerment Project. Thanks to all who participated.

## Call Direct for Anger Info

For quicker response, those interested in getting information about the Men's Center's Men Helping Men with Anger Program, or wanting to enroll in one of the classes, should call the anger management phone at 612-229-3102. General information about the program is also available by going to our website at [www.tcmc.org](http://www.tcmc.org), or by contacting the Men's Center at 612-822-5892.

Participate if you like) in a safe container with a group of men who are practicing authenticity and connection to feeling at **Open Circle of Warriors** events at the Men's Center every second Wednesday, 7-9 p.m. Contact **Andy Mickel 612-279-6416** or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times and with any questions. Register with Eric Lucas, 20388 Idaho Avenue, Lakeville, MN 55044, 952-469-6497, <[welucas4@frontiernet.net](mailto:welucas4@frontiernet.net)> – Andy Mickel, 2005-09-09.

**Dads Make a Difference** (a paternity education program of Concordia University and the Minnesota Department of Human Services Child Support Enforcement Division) has scheduled 1-day trainings this Fall for Teens: Monday, October 24, Mankato Best Western Motel, \$45, and Sunday-Monday, November 13-14, Plymouth Radisson Hotel & Conference Center, \$55. Trainings are for 10th-12th grade male and female teens statewide accompanied by at least one adult advisor. An equal number of males and females is preferred. FFI: Jan Hayne, Program Director, 651-603-6312, <[hayne@csp.edu](mailto:hayne@csp.edu)> – Jan Hayne, 2005-09-01.

**Everyman - A Men's Journal #69**, Jul-Sep, 2005 ("the world changes when we do") features "Male Depression & Suicide" as its theme. Articles include: "The Eternal Silence of a Group of Rarely Mentioned Men", "The Devastating Effect of Divorce on Some Men", "Canaries in the Coalmine—Men and Depression", "Is There Meaning in Life?", "Suicide and the Soul", "NonViolent Action", "Depression: an Extreme Case of 'Yes, But'". FFI: <<http://www.everyman.org/>> – David Shackelton, 2005-08-31.

**Minneapolis is the fittest city in the Midwest and the fifth fittest city in the nation**, according to a survey by the Men's

**Fitness** magazine. In its 2005 survey, the magazine looked at a number of factors to determine the country's "fattest" and "fittest" cities.

Minneapolis was cited for its residents' high life expectancy, fruit-and-vegetable consumption, low smoking and heart-disease deaths, healthy habits and good health-care access. The survey utilized data from the U.S. Census Bureau and a federal Health Resources and Services Administration report among other sources. Minneapolis ranked #18 in 2004. Other factors considered were jogging and bike trails, gyms, fitness centers, basketball and tennis courts, the availability of healthy food and parks and open spaces. <<http://www.mensfitness.com/rankings/4>> (2005 Survey Rankings) <<http://www.mensfitness.com/rankings/35>> (Why Minneapolis ranked #5)

– City of Minneapolis Website, <[www.ci.mpls.mn.us](http://www.ci.mpls.mn.us)>, 2005-08-10.

**Just Between Men Brunch**, 1st & 3rd Saturdays of every month from 11 a.m.-2p.m., Pillsbury House, 3501 Chicago Ave. S., Minneapolis. Sponsored by: Just Between Men FFI: Call R C Cass at 824-0708 x127,

Visit our web site, <<http://www.tcmc.org/>> for all kinds of Men's Resources for Twin Cities men! – Andy Mickel. – 2005-07-17

## Anger Training Moved

The next installment of training for anger management facilitators, to be presented by David Decker, will be offered this winter instead of this fall, as earlier announced. Watch for details in the December-January issue of Men Talk. This training is being provided thanks to a generous grant as part of an on-going effort to keep all facilitators, established and emerging, up to date in their skills and on-track regarding developments in the program. All facilitators are encouraged to attend these sessions.

## 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 \_\_\_\_\_

MEN TALK ADVERTISING RATE SCHEDULE		
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

### 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:  
\$185 for Men Center Members  
\$195 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.

### COUNSELING AND PSYCHOTHERAPY

**INDIVIDUAL & COUPLES  
FEES BASED ON ABILITY TO PAY  
25 YEARS EXPERIENCE.**

**DAVID W. JOHNSON**  
(612) 721-8048    dwjohn@umn.edu

**DARREL A. BASKA**

**Low Payment Plan (Ch. 13) or  
Fresh Start Bankruptcy (Ch. 7)**

**Free Phone Consultation  
Low Fees on Installments**

(612) 235-0691    (612) 872-8778

### UPTOWN AREA SPACE TO RENT

**The Men's Center, 3249 Hennepin Ave S**

**Space Rental Rate Schedule:**

	<i>Not for profit</i>	<i>Profit event</i>
Full Day (8 hrs)	\$50	\$100
Half Day (4 hrs)	\$25	\$50
Hourly	\$7.50	\$15

**(612) 822-5892**

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 email address: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)*

The Men's Center  
3249 Hennepin Avenue South, Suite 55  
Minneapolis, MN 55408 USA

ADDRESS SERVICE REQUESTED

Non-Profit Org.  
US Postage Paid  
Minneapolis, MN  
Permit No. 1100

**MEN TALK**

**The Men's Center News**

**4**

## *Fort Night*

© 2005 BY JERRY ESNOUGH

*Rising then falling  
I nto the endless  
Pointing outward  
Believing what never goes anywhere*

*Like a dog aware of table scrapes  
I nbred hope  
From were I began  
I gnoring the rules knowingly*

*Relentlessly suppressed  
Within my full days dream  
Walking through a vestibule  
Surrounded by illusionary light*

*Night finally falls  
The faithful time keeper  
Without emotion or judgment  
Weighs my wasted day*

**What's  
Inside**

Page 1 *Re-Firement!*  
by Norm Petrik  
Page 2 *Library Corner*  
by Don Jensen

Page 2 *Letter from the Chair*  
by Bob Eng  
Page 2 *E.A. Support Group*  
by L. Dudley  
Page 3 *All Purpose Coupon*

Page 4 *Fort Night*  
by Jerry Esnough  
Inserts *Oct/Nov Calendar  
Here & There*  
by Andy Mickel