



MEN TALK

THE MEN'S CENTER NEWS

June/July 2006 VOL. 30 #3

30 Years of Men's Center Pride

— © 2006 BY JERRY OLSON

Greetings from the Twin Cities Men's Center, Uptown area located at 3249 Hennepin Avenue South. We take pride in serving the Twin City area and beyond for 30 years. We currently operate ten different support groups along with the Wednesday Night Presentations, and Anger Management classes. Our groups are very different to accommodate the very diverse issue areas and situations of our attendees, such as sexual orientation, divorce, and many more differences. Last year, in 2005, our visitor count was more than 4000 people!

MISSION STATEMENT: 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.

"When it hurts to look back, and you are too scared to go forward, look beside you and your Men's Center will be there"

A trained facilitator hosts the Men's Center support groups. Although each group has a specific focus, all groups are open to general discussions and attended on a drop-in basis. Visitors to our numerous support groups learn to accept themselves for themselves and the people around them. Group members have a chance to become better family members, better partner relationship members, and/or single individuals. Groups deal with self fulfillment, happiness, emotions and feelings. Feelings, at the Men's Center are regarded as just feelings, and are not judged to be right or wrong. They are simply feelings, which can be expressed within a group setting. The group facilitator will not allow anyone to "come down on you" for expressing your feelings. The group facilitator will then ask you if you would like some feedback on those feelings from the group members, and that is up to you.

All group members are asked at each meeting to keep all information discussed in the group session as confidential and nothing said in group should leave the room. *This greatly encourages group members to trust and release additional information that then is extremely helpful to group members in helping each other through a given issue.*

Other reasons for attending support groups are brought about by a crisis involving family matters, divorce, partner relationships, and work issues. All can end up with loss of sleep or showing anger. All of the above qualifies you as a good candidate for attending one of the groups, to seek out help and to gain full recovery faster.

Let's not forget our Wednesday Night Presentations and our Anger Management Classes which have been extremely helpful to many visitors to our Center. The presentations and classes can help with issues that can cause a great amount of negative emotions and stress that can be harmful to our health and also affect our relationships with co-workers and friends. Take the first step and help yourself, then tell others about the Men's Center, or better yet, hand them a brochure describing the total Men's Center programs which includes the very impressive Mission Statement.

Outside our groups, we have pride in our resource department. We are very fortunate to have a well-qualified individual holding this position. I found out by going into the center, just for a personal visit to the resource person, that doesn't work very well, because he is constantly answering telephone callers who need advice or information. *As you celebrate Pride at our 30th Anniversary, as you may celebrate the Pride festival, or celebrate pride in your daily life, take pleasure in experiencing those good feelings.*

The Twin Cities Men's Center Group support groups, Anger Management, and Wednesday Night Presentations with 30 years of experience speaks for itself. Would all these benefits come with a monetary cost? Sure! We accept donations from people like you, grants, and contributions from employers who realize the high value of service our organization brings to the Twin Cities area and beyond. Our policy expresses acceptance of everyone, regardless of religious beliefs, race, or sexual orientation or whatever else makes us different from one another. TODAY: Take a Men's Center brochure and hand it to your employers and your friends. Ask them to call the Men's Center after reading it, and give their opinion of the brochure.

THIS MEN TALK HAS A COMPLETE DESCRIPTION OF EACH SUPPORT GROUP AND PRESENTATION AND MEETING TAKING PLACE IN JUNE AND JULY 2006.

*"There are two primary choices in life:
To accept conditions as they exist,
or accept responsibility for changing them"*

— Denis Waitley (Author of The Psychology of Winning)

Library Corner

— *RAY CLARE,*
LIBRARIAN



One of our most important resources is the Men's Center Library that is available to all members as a free privilege of a current membership. We have more than 1000 books on nearly every subject of interest to men. A moment spent browsing our library may bring into your hands a tool that can yield rich dividends for improving your life, your health, or healing your pain. Wherever you stand on the journey of life, there is a book here that can speak to the problems or challenges you are facing. 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 browsing our large and growing selection of periodicals.

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

And even more

Some of these books and periodicals have become so important in some of our member's lives that they seem to have been out a very long time. Please return them to make them available to others. Thanks!

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

Editor
Bill Dobbs

- Board of Directors**
- Langford Dudley, Chair
 - Len Zimney, Vice-Chair
 - Norm Petrik, Secretary
 - Gerry Obremski, Treasurer
 - Tommy Jones
 - Andy Mickel
 - Bobby Schauerhamer
 - Alternate: John Ruud
 - Alternate: Malik Holt-Shabazz

Greetings from the Board Chair

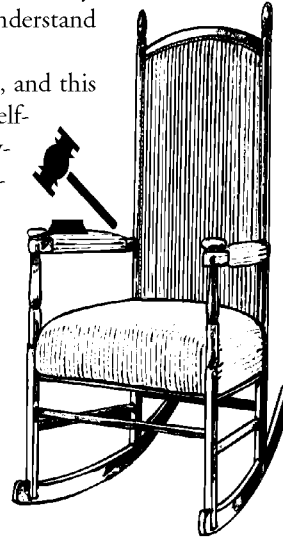
The one person that you will always be with and must understand is you.

We are complicated beings, and this can be a life long process. Self-awareness is only part of knowing who you are; another pertinent segment is Acceptance.

June is GLBT Pride Month. While the calendar list only 30 days, the Pride is everyday.

Accepting who you are is a core character foundation. That foundation is most grounded when you embrace what an incredible being you are. Others may try to tell you differ. However regardless to the number of persecutions, attacks, and weathered political storms, when you truly know who you are, you stand strong.

For more than forty years, there have been rally cries for that Pride to be shouted from the roof tops. Sometimes it is a grand



party, a quiet gathering, confronting prejudicial attitudes or comments, being supported by friends and/or family, or helping those still struggling to create that foundation.

So celebrate with your family, friends, the community, and with the Twin Cities Men's Center. Celebrate the joy of knowing who you are; accepting it; and embracing the security that no matter how many persecutions, attacks, or hell-bent storms, we are grounded in the pride, knowledge and acceptance of who we are.

It's not arrogance or boisterous banter. It is a fact. We are here and we belong

**LIVE LONG AND PROSPER,
L. DUDLEY, BOARD CHAIR**

**NO COST
MEN'S CENTER
BENEFIT PACKAGE PLAN**

Men's Center members may select their own preferred plan(s) from the list below:

- Option Plan A: Career Advancement** – Receive tested and proven people skills.
- Option Plan B: Personal Satisfaction** – From assisting others with information about the Twin Cities Men's Center.
- Option Plan C: New People** – Meet new people through conversation and name exchange.
- Option Plan D: All of the above plans.**

The Benefits Package Plan can be acquired by signing up with your name and contact information to choose your fast two-hour shift for assisting at the 2006 Pride Festival Booth on Saturday, June 24th from 10 am to 8 pm, and Sunday, June 25th from 10 am to 6 pm.

Be sure to call early to get the best times available.

The guide, "People Hints" will be located at the Men's Center booth. It is a 2-minute, easy, tested and proven aid to working the fair. Contact: Dick M. at (612) 822 5892, leave your name, and phone # with the best time to contact you. THANKS!



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
<h1>June/July 06</h1>				SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
	SUPPORT GROUPS General Issues 12:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m. ----- Anger Management Alumni 7:00 p.	PRESENTATION Weight-Mngment for Men 7-9 p.m. ----- Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
MEN'S RETIREMENT 5:30 p.m.	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 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 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
FATHER'S DAY BRUNCH 10:00 a.m.	SUPPORT GROUPS General Issues 12:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m.	PRESENTATION The CHI Factorization 7-9 p.m. ----- Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	PRIDE FESTIVAL SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
PRIDE FESTIVAL & PARADE Stop by the Men's Center Booth in Loring Park!	SUPPORT GROUPS General Issues 12:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m.	PRESENTATION Dare to Explore Adult Matters 7-9 p.m. ----- Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
	SUPPORT GROUPS General Issues 12:30p.m. ----- Anger Management Alumni 7:00p.m.	JULY FOURTH HOLIDAY	PRESENTATION Healing Through Cutting-Edge Tech 7-9 p.m. ----- Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	MT ARTICLE DEADLINE SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m. ----- Anger Management Alumni 7:00 p.	PRESENTATION A Circle of Warriors 7-9 p.m. ----- Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	MT FINAL DEADLINE SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS 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.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m.	PRESENTATION Healing Through Cutting-Edge Tech 7-9 p.m. ----- Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	MT MAILING 9:00 am SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
	SUPPORT GROUPS General Issues 12:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m.	PRESENTATION Shamanism Today 7-9 p.m. ----- Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
	SUPPORT GROUPS General Issues 12:30p.m.	The Men's Center number is 612 / 822-5892. Call us about Anger Management classes.		1976 — In Our 30th Year — 2006 of Public Service Check out our web site: www.tcmc.org email: tcmc@tcmc.org phone: 612 / 822-5892		

PRESENTATIONS

Nearly every Wednesday evening, the Men's Center is proud to offer a presentation on a wide range of subjects of interest to men as well as to our community. This tradition has been part of the Men's Center offering since it's founding 30 years ago. These drop-in meetings require no pre-registration, and volunteer experts in the respective subjects conduct them all. Because of our primary mission, all presentations are for men only unless it is otherwise indicated in the individual descriptions.

Please read through these various descriptions to determine which is of interest to you, and consider bringing a friend. This could be an excellent introduction to the Men's Center for them. Each presentation is intended to foster personal growth and to stimulate interest in the topic.

Our presenters include: **Tim Cope, Jim Duffy, Jim Lovestar, Andy Mickel, Brenda Miller, and Jim Monickin.**

A small fee is collected at the door for each person attending:

Non-Members of TMC – \$5.

Regular Members (\$20 level) – \$3

Sustaining Members – FREE

All presentations meet at The Men's Center, 3249 Hennepin Ave. So, Suite 55 Minneapolis, MN 55408

We welcome your suggestions for new topics and presenters. Please call Randy at 612-822-5892 with your ideas.

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. Presentations are the sole product and responsibility of the presenter(s).

DESCRIPTIONS

Weight-Management for Men:

A Commonsense Approach

Presenter: Jim Lovestar

When: June 7, 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: June 14, 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 provides a model for men to generate and maintain a world in such a way as to include and yet rise above one's own issues for the betterment of one's self, one's own family, tribe, nation and race."

We are all familiar with a man's physical tools (a hammer, a sword, a plow.....) Is this enough? What about integrity, commitment, action and clarity? I know that most men want and need these tools. The New Warrior Training Adventure can help. Join a circle of warriors to ask questions and hear how the adventure has changed men's lives.

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

The CHI Factorization: A New Technology & How It Can Work for You

Presenter: Tim Monickin

When: June 21, 7:00-9:00 p.m.

Open to Men and Women

Since the 1980's, various groups have been actively researching the operative framework of the collective human intellect (the 'CHI') for use in the cybernetic systems. Short of "divine intervention," the advent of this technology will ostensibly create sentience in the made-man systems of tomorrow. This will result in a veritable "mixed bag." To what extent the applications will eventuate as "Promethean" and "Pandorean," will be largely up to the public's awareness and willingness to participate in building intelligent consensus. The "intuitive model," made available to those interested, can, in the meantime, be internalized and brought into advantage for creative problem solving and finding of common ground in areas otherwise steeped in false dichotomies. This model helps to build reflexive mentalities founded on complementary dialectics, rather than the all-too-prevalent oppositional, simple-minded thinking found nowadays... even in our nation's capital. The architectures in the public model will be explored, along with suggested readings, websites, blogs, etc. for those wanting to pursue the offerings of the model and related areas of interest.

Trained in Design Science, Systems Theory, The Cognitive Sciences, & Social Sciences, Timothy Monickin is cofounder of the twenty-year-old research group pioneering an "auto-epistemologically" driven operating

system – an intellect, for the human-made "cyber-systems" of tomorrow. He is President - Applications Director of The Tensegrity Group, Inc., which is presently helping to spearhead an outreach program focused on bringing an ever-increasing awareness (and literacy) into the public's scope pertaining to this technology.

Dare to Explore Adult Matters Hidden in Plain Sight

Presenter: Jim Duffy

Date: June 28, 7:00-9:00 p.m.

Open to Men and Women – Adults only

Fred Rogers, famous creator of the children's TV show "Mr. Rogers Neighborhood," was a wise psychological and philosophical genius. What is less known is that Fred's wisdom is immensely important to adults, too. Learn at this seminar how Fred spoke to the most profound concerns of adults and why this thinking provides a basis to critique our social institutions and how our human dignity is diminished by them. When Fred asked, "Won't you be my neighbor?" on each of his TV shows, he was also reminding us of our most profound human need - a need that is abused and neglected under our present social institutions. These are institutions harming our capacity to be neighbors, to care for each other, and simply put, to love! Learn about Fred's insights along with those of Robert Fulgham, author of "All I Need to Know, I learned in Kindergarten," and Patty Joe Shannon, creator of "Capitalism and Other Kids Stuff". You may wish to read Fred Rogers book, "You Are Special!" Why? Because you REALLY ARE!

Jim Duffy is a writer and freelance researcher in a wide variety of areas of human studies. He is a humanist, educator, and consultant whose popular presentations and many subjects at The Men's Center have been well received as both interesting and useful as well as often controversial.

Healing Through Cutting-Edge Technologies: Energy Medicine of the Future

Presenter: Brenda Miller

When: July 5, 7:00-9:00 p.m.

Open to Men and Women

Come learn about non-drug options, cutting-edge technologies, and Bio-Energetic Sensory equipment that are currently available to help regain your health. Learn how the future of health care is changing. Brenda will also

demonstrate equipment, not widely known or offered to the public, that holistically detoxify, oxygenate, helps naturally aid your body with cellular healing and improves your immune system. During this interactive presentation, attendees will have an opportunity to experience first-hand these new breakthrough technologies. Friends and family are welcome and encouraged to attend.

Brenda Miller, a Wellness Coach, Futurist, and featured columnist, regularly consults business, Health Spas, and Wellness Centers, as well as individuals who are facing a wide range of health challenges including Arthritis, Allergies, Asthma, Back Problems, Depression, Sleep Disorders, Headaches, MS, ADD-ADHD, Alzheimers, Cancer, Diabetes, Chemical and Environmental Toxicity, Chronic Fatigue and Fibromyalgia.

A Circle of Warriors

Presenter: Andy Mickel

When: July 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 provides a model for men to generate and maintain a world in such a way as to include and yet rise above one's own issues for the betterment of one's self, one's own family, tribe, nation and race."

We are all familiar with a man's physical tools (a hammer, a sword, a plow....) Is this enough? What about integrity, commitment, action and clarity? I know that most men want and need these tools. The New Warrior Training Adventure can help. Join a circle of warriors to ask questions and hear how the adventure has changed men's lives.

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

Healing Through Cutting-Edge Technologies: Energy Medicine of the Future

Presenter: Brenda Miller

When: July 19, 7:00-9:00 p.m.

Open to Men and Women

See description for July 5th.

Shamanism Today

Presenter: Timothy Cope

Date: July 26, 7:00-9:00 p.m.

Shamanism is the oldest spiritual tradition known to humanity, yet it remains a vital and viable path for today's world. This presentation will describe the essential nature of shamanism and consider its contemporary manifestations and applications. Participants will have the opportunity to take a brief shamanic journey.

Timothy Cope has been exploring the shamanic path for over twenty-three years. He is a Ministerial Guide for the Lake Harriet Spiritual Community and maintains a shamanic healing practice in Minneapolis.

Dare to Explore Adult Matters Hidden in Plain Sight

Presenter: Jim Duffy

Date: Aug. 2, 7:00-9:00 p.m.

Open to Men and Women – Adults only

See description for June 28th.

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

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

General Men's Issues/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

Here and There

– Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up): **Sunday, June 18th (Father's Day--children welcome)** at Frank Renner's, 7012 N 50th Ave, Crystal 55422, 763-536-7865. **Sun. July 16th** at Jeff Haas's 1423 E 35th St. Minneapolis, 55407 612-721-7010 (on the south side of Powderhorn Lake). 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. 12 men attended February's Men's Brunch at the Eric Mann's and 7 were at April's Brunch at Andy Mickel's in Minneapolis. – Andy Mickel, 2006-05-15.

Caring Families and Friends, 4th Sundays, University Lutheran Church of Hope, 601 SE 13th Ave, Minneapolis is a **support group for gay, lesbian, bisexual and transgender people, their families and friends**. The group affirms gay and lesbian persons as part of God's creation and believes all individuals are to be welcomed and included in the full ministry of the church. the group strives to provide a safe environment for dialogue and education. There is a speaker and discussion at each meeting. FFI: Meredith, 651-484-7914. – Randy Genrich, 2006-04-10.

The Naming Project, Sundays 4-6p.m. Bethany Lutheran Church, 2211 E. Franklin Ave, Minneapolis is a **faith-based youth group** serving gay/lesbian/bisexual/transgender/queer/questioning youth who can learn, grow and share their experiences, can comfortably discuss faith and come

to understand themselves—whether gay, lesbian, bisexual, transgender...or straight. Two volunteers/staff meet with youth at the weekly meetings. Programming varies (Bible studies, movies, field trips, service projects). Each weekend participants check in to share highs and lows. What is said at The Naming Project is kept confidential. FFI: <<http://www.thenamingproject.org/>> – Randy Genrich, 2006-04-10.

Nearly 400 people gathered on a beautiful Sunday evening (May 7) to celebrate the accomplishments of the **Men's Resource Center for Change** and three community leaders working in **western Massachusetts**: Luis-Orlando Isaza, Felice Yeskel, and Raul Matta. The award recipients, whose work on behalf of Latino and gay rights, military counter-recruitment, and raising consciousness about class issues, shared inspiring stories about their lives and work, while a wonderful mix of guests, representing a rich social justice community, took in a gorgeous sunset. At the end of the night, scores of people showed their support for our work by making contributions to the MRC—some of them with monthly or multi-year pledges.

The **Men's Resource Center** is hosting a day celebrating fathers, father figures and all families on Saturday, June 17th at Groff Park in South Amherst. The field day--from noon to 3 pm--will include fun games for children and adults to play together, music, and free bag lunches for up to 100 participants. – Gretchen Craig,

Development Coordinator and Editor, at 413-253-9887x16, gcraig@mrforchange.org. - 2006-05-12.

The 22nd Annual Minnesota Men's Conference, Sep. 12-17, Camp Miller, Sturgeon Lake, MN. Teachers: Robert Bly, Martin Prechtel, Haki Madhubuti, Daniel Deardorff, Miguel Rivera, and Doug von Koss. Topic to be announced. FFI: Craig Ungerman: (877) 333-3136, <hiddenwine@earthlink.net>, <<http://www.hiddenwine.com/MMC>>. – Mark Stanley, 2006-05-14.

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held October 27-29 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 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 2nd Wednesday, 7-9 p.m. Contact **Andy Mickel** with any questions 612-279-6416 or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times. Register with Eric Lucas, 20388 Idaho Avenue, Lakeville, MN 55044, 952-469-6497, <welucas4@frontiernet.net> – Andy Mickel, 2006-05-15.

Our web site, <<http://www.tcmc.org/>> will undergo a redesign this year – Andy Mickel. - 2006-06-05

Retirement Support Group

This support group which usually meets the 3rd Sunday of the month at 5:30 p.m. will meet in June on the 2nd Sunday June 11th to avoid meeting on Father's Day. The group is for men thinking about or have retired, and to discuss feelings associated with that major life change.

NORM PETRIK,
RETIREMENT SUPPORT GROUP COORDINATOR

Anger Management looking for Advisory Help and Volunteers

Want more input into the anger management program? I am looking for a few good men to serve on an advisory panel who will give their perspective on content, policies, procedures, training and other matters pertaining to program quality. Time commitment will be minimal. Call John Hesch 612-229-3102.

I'm also looking for someone to assist in publicizing the anger management program. We have enough facilitators to present the classes but we have difficulty getting enough guys to fill the class every month. With volunteer help, we could do a better job of getting the word out regarding this excellent and unique program. Please call me on the anger phone: John 612-229-3102.

20 x 12 Honor Roll

This is a new type of membership that is designed to acknowledge and make it easier for those members who have consistently supported us.

Here's how:

- Join by paying \$20 a month (or \$240 at once)
- On the Honor Roll, you no longer need to donate money at meetings
- You are recognized on a Men's Center plaque

Call 612 / 822-5892 today!

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.

UPTOWN AREA SPACE TO RENT

The Men's Center, 3249 Hennepin Ave S

Space Rental Rate Schedule:

	<i>Non-Profit</i>	<i>Profit event</i>
<i>Full Day (8 hrs)</i>	\$50	\$100
<i>Half Day (4 hrs)</i>	\$25	\$50
<i>Hourly</i>	\$7.50	\$15

(612) 822-5892

20-Something Group Ending

Oct. 5, 1996 - May 22, 2006

— BY JOHN RUUD, FOUNDER, FACILITATOR

Due to low attendance, I asked the board to discontinue the group. The vote was approved during the April meeting. So for nine and a half years of meeting at the Men's Center, I would like to thank each and everyone of you who have attended. Thanks especially for your kind words and to the Men's Center for giving me the opportunity to have a group. Thanks to your strength and problem solving, we have learned to be a rock and not to roll. As I end this group a chapter is closed, but a new one is beginning —stretching out and learning what is on the horizon.

Thanks Again!

**JOHN RUUD, FOUNDER AND FACILITATOR,
MEN'S CENTER 20-SOMETHING GLBT GROUP**

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

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 or correspond at our e-mail address: 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

Celebrating Pathos Found – © 2006 BOBBY SCHAUERHAMER

*The King said, "I am bored!"
So as to keep their heads,
His chief council gathered and invented
A war for his amusement.*

*The Archbishop approached the throne and
Told the King that there were many serfs
Who were for want and suffering.
The King flattened the jabot of his shirt with his
hand
So that he could look down upon the Archbishop
And exclaimed that acts of God and the elements
Should be allowed to diminish their numbers,
And thus, the burden on the Kingdom.*

*The King sat back in his throne and
Twirled a golden chalice encrusted with
Many uncut precious stones. He took a
Large drink of a deep red wine, not knowing
That it was from the last cask in the cellar;
The servants not daring to tell him that
His supply was nearly exhausted.*

*A messenger arrived and was announced
To the King. There was news of ill being spoken
Of His reign in the countryside.
The King summoned
Many mercenaries to disperse throughout the
kingdom
And listen surreptitiously for a source of this
maliciousness.*

*All this while, the jester was busily juggling balls.
He moved back and forth in front of the King
In a futile attempt to entertain him. The King,
Finally taking some notice, asked the jester,*

*"Of all these great things
That you have witnessed here,
What will story tellers and scribes
say of My divine glory in this reign?"*

*The Queen who had remained silent for a time
Dethroned and walked briskly into a hall with
Many doors, but no egress. She muttered to*

*Her attendant who was in hasty pursuit,
"We need a new fool."*

Her attendant questioned, "The jester?"

*The Queen replied, "No, the one with whom
I share a bed."*

*The jester paused, stopped his juggling for a
moment,
and said, "None of these things will be remembered
As they do not distinguish you from either your past
Or your future. Instead, it will be known that
during this time:*

*Even though we are but five,
We keep twenty five,
And the best of the best is now
Touching the souls of the worst of the worst,
Who did not know that they had one."*

*to Janine and her capacity to see even the faintest glow
within the darkest void*

**What's
Inside**

Page 1 *30 Years of Pride*
by Jerry Olson
Page 2 *Library Corner*
by Ray Clare

Page 2 *Letter from the Chair*
by L. Dudley
Men's Center Benefits
by Jerry Olson
Page 3 *All Purpose Coupon*

Page 4 *Celebrating Pathos Found*
by Bobby
Schauerhamer
Inserts *June/July Calendar*
Here & There