



MEN TALK

THE MEN'S CENTER NEWS

June/July 2007 VOL. 31 #3

Leonard Pitts, Mary Cheney and Children with no Father Image.

— © 2007 BY BILLY GLOVER

Here is a different context for thinking about Leonard Pitts' thoughts on children growing up without a father image, which is not "PC" but I think the right context for us to view the aspects of women having babies without fathers being around to support the child financially and emotionally, etc. Perhaps he will not like the idea I think is in the back of his mind, but it is in the back of a lot of black people's minds – listen to Bill Crosby, et al.

In the February, 1963 issue of ONE Magazine, the first public publication to deal with homosexuality, the editor, Don Slater (co-founder of ONE, Inc and the Homosexual Information Center and one of the best "thinkers" on issues of homosexuality) wrote the editorial that discussed the then issue of over population. His thinking was that if people are concerned with too many babies being born, homosexual behavior is a form of natural birth control. And it is time to say that sex acts are not just for procreation, but can be just for pleasure, comfort, etc.

Now today I don't hear much about over population, except of certain religious or racial populations. I hear that the (white) populations in European countries are not staying level and they are being overrun with babies of Muslim households. And there may still be some people, who think that too many young black women are having babies and going on welfare and those babies, without a father's influence will end up criminals, on drugs and in prison. But if anyone is not aware of the facts, in America, the white and black populations are soon to be outnumbered by Asians and Mexicans/Hispanics. See California today.

This brings up Leonard Pitts' thoughts that women should not have babies that will not have the influence and support of a father. If he is thinking of women who have unwanted babies, often because they are too ignorant or lazy to use birth control, such children do start life with a handicap.

That is not the situation with black and white women who have children because they want them and will be good mothers and will have the support of a partner, or family and friends of both sexes. A child needs masculine and feminine influence/images. But the "ideal" household is found less and less in America and in many parts of the world. Certainly when a single mother or father, or same sex partners decide to adopt a child, they have thought about what is involved in raising a child today, financially, emotionally etc.

As I understand it from anthropology, there have been societies in which children are not raised by a mother or a father or a two parent household, but by the whole community. I doubt those children have any more problems than those raised in our households today. In today's world, with the resources on the internet, a cell phone to use to get help and keep in contact, and people taking college classes on computers in their homes, perhaps there will be different ways of dealing with children but I suspect even ivory tower sociologists, psychologists and religious and legal experts all have to admit that the only concern should still be "the best interest of the child."

Resources: The Learning Channel broadcast a program on families with two moms, including video daughters have done. (See <http://tlc.discovery.com/tv/specials/my-life-child/bios/kids_02.html>)

Other resources can be found online at the Gayellow Pages website <<http://gayellowpages.com/>> such as www.COLAGE.org, for children with homosexual parents; www.PFLAG.org for parents with homosexual children, and local groups for homosexual parents. Also, check out the Homosexual Information Center website at <<http://www.tangentgroup.org>>

Billy Glover is a writer and gay activist, and one of the founders of the Homosexual Information Center, along with Don Slater, Joe and Jane Hansen, Tony Reyes, Jim Schneider, et al. Websites for parts of ONE and HIC are: www.tangentgroup.org, www.oneinstitute.org.

Pride Volunteers Needed!

Hello, I'm John Ruud, the new Pride Coordinator for the Men's Center. Anyone who wishes to volunteer at the Men's Center Pride booth at Loring Park, please call me at 651-808-0291. Also call if you'd like to help out with the Monster Truck in the parade.

The 2007 Pride Festival is June 23-24 and the Pride Parade is Sunday, June 24th.

JOHN RUUD

- 2007 MEN'S CENTER PRIDE COORDINATOR

Library Corner

— RAY CLARE, LIBRARIAN

We are pleased to offer our members a unique and extensive collection of quality reading on men's topics.

New offerings include:

No More Mr. Nice Guy, by Dr. Robert A. Glover, *Sober for Good*, by Anne M. Fletcher, *Many Roads, One Journey, Moving beyond the 12-steps* by Charlotte Davis Kasl Ph.D., *Addiction, Change and Choice, The new view of alcoholism* by Vince Fox, *The Truth about Addiction and Recovery* by Stanton Peele, Ph.D. and Archie Brodsky, *Rational Recovery, The new cure for substance addiction* by Jack Trimpey, *The small book, A revolutionary alternative for overcoming alcohol and drug dependence* by Jack Trimpey, and *A Million Little Pieces* by James Frey

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

Book Returns Needed:

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



Greetings from the Chair

I had an opportunity this past April to staff an event for the Mankind Project in South Sioux City, Nebraska. I was looking forward to this event with great anticipation as it was my first experience with staffing this type of event. What I gained is clearly beyond the scope of this brief letter.

Lakota men from the Pine Ridge Indian Reservation in South Dakota made the trek to participate. Some adjustments were rapidly made on behalf of the presence of these men to accommodate our cultural differences.

What really impressed me was the quickness and flexibility of the changes made in this event by the leadership. I have recently been on a quest for more information about what it takes to be a good leader. I was in awe of the men in leadership roles at this event and wanted to bring back as much as I could absorb from their examples.

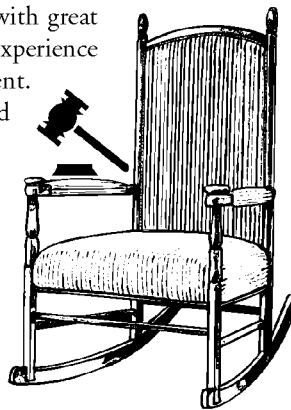
Additionally, I found that men from racial, religious, and cultural backgrounds looked far more different from myself from a distance. These differences seemed less perti-

nent and meaningful when we interacted in close quarters. Rather, when we were close, it became easier to see what we have in common and to have respect for our differences.

It also impressed me that having clear intentions supersedes the specifics of an approach. Mistakes and missteps may be made in our approach and we can recover and return to our intention. The overriding intention at this particular event was to be present for all men who were in attendance, regardless of their background.

I was left wondering about the clarity of my own intentions at the Men's Center. Do I always have clarity surrounding any man in need who walks into our offices? We can always make adjustments in our approach, but it is my feeling from this experience, that I must always start with a clear intention to be present and available to any man who seeks our services.

**BOBBY SCHAUERHAMER,
BOARD CHAIR**



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

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TWO SPIRIT – GATE KEEPERS ANNOUNCEMENTS

Two Spirit – Gate Keepers is introducing an Open Drum and Dance Circle starting in June 2007. All sessions will be held at Intermedia Arts, 2822 Lyndale Ave. S, Minneapolis. Our circle is open to women and men 18+ and is facilitated by local drum and dance instructors. No experience in drumming or dancing is needed. Bring a towel and some water and be ready to move.

Beginning in July, TSGK also offers an opportunity to release your creative energies through various expressions of multicultural arts and crafts. Our inspiration stems from intuitive knowledge and modern mediums. Facilitators are local artists who offer their knowledge in developing personal growth through our minds, our hearts and our hands. These social groups will take place at the Men's Center on the 2nd Saturday of the month from 2:00-4:00 p.m. A light lunch will be provided at 1:30 p.m.

Lastly, our final installment for the TSGK Community at the Men's Center is a group to awaken your dreams. In August, on the 2nd Sunday afternoon, we offer "Dreams & Meditations". Traditionally, every indigenous tribe of Mother Earth has relied upon the messages we receive as we sleep. Join us as we enlighten our individual journeys through dream meditation and group discussion. Please see the information below to discover where we will meet for brunch before our gathering at The Men's Center.

Please call 651-983-8531 or e-mail twospiritsnmn@yahoo.com for a monthly schedule.



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

Jun/Jul 07

Our phone number is
612 / 822-5892.
Call us about
Anger Management classes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
	SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION 101 Things About Divorce 7-9 p.m. ----- Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. ----- Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
3	4	5	6	7	8	9
MEN'S RETIREMENT 5:30 p.m.	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. 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 7:30 p.m. ----- Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m. ----- Two Spirit & Gatekeeper Circle 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
10	11	12	13	14	15	16
Father's Day BRUNCH 10:00 a.m.	SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION If My Thoughts Create My Reality 7-9 p.m. ----- Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. ----- Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	PRIDE Festival SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
17	18	19	20	21	22	23
PRIDE Festival and Parade	SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Two Spirit Cultural 7-9 p.m. ----- Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. ----- Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m. ----- Two Spirit & Gatekeeper Potluck 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
24	25	26	27	28	29	30
	SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION July 4 Holiday	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. ----- Male Surv. Sex Abuse 7:30 p.m.	MT ARTICLE DEADLINE SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
1	2	3	4	5	6	7
	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. 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 7:30 p.m. ----- 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 10:00 a.m. ----- Two Spirit Social Group 2:00-4:00pm
8	9	10	11	12	13	14
BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.m.	SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Insights from "The Power of Now" 7-9 p.m. ----- Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. ----- Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m. ----- Two Spirit & Gatekeeper Circle 7:30 p.m.	MT MAILING 9:00 am SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
15	16	17	18	19	20	21
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	SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.				
29	30	31				

1976 — In Our 31st Year — 2007
of Public Service

Check out our web site: www.tcmc.org
e-mail: 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: Steve Daniel, Kevin Eliza, Jim Guswiler, Jay Maasch, Andy Mickel, Jennifer Moore, and Bobby Schauerhamer.

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

101 Things You Can't Afford Not to Know About Divorce

Presenter: Jennifer Moore
When: June 6, 7:00-9:00 p.m.

Open to men and women.

- What is physical/legal custody?
- How much child support will I receive/ have to pay?
- What is spousal maintenance?
- Who gets the dependency exemptions?
- Do I have to go to Court?
- How much will a divorce cost me?
- How do I find a good attorney?

With her sixteen years of legal experience, Jennifer Moore will provide the answers to these questions and more in a

fast paced, energetic presentation designed to give you a framework for making good decisions in one of the most difficult times of your life. Understanding the law of divorce can save you money, but more importantly, can minimize the trauma and stress your family experiences during the transition of divorce. This seminar is not designed to substitute for the advice of an attorney and specific cases will not be discussed.

Jennifer Moore is the principal attorney with Moore Family Law, P.A., located in Champlin, Minnesota. She practices exclusively in the area of family law. Ms. Moore received her undergraduate and law degrees from the University of Minnesota, both with honors. She worked as a law clerk for the Minnesota Court of Appeals and for judges in Hennepin County District Court before opening her own firm. She is a member of the Hennepin County, Minnesota, and American Bar Associations. For more information about this seminar or Ms. Moore please email MooreFamilyLaw@abanet.org or call Moore Family Law at (763) 746-0835.

A Circle of Warriors

Presenter: Andy Mickel
When: June 13, 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.

If My Thoughts Create My Reality, Why Ain't I Rich?

Presenter: Jay Maasch
When: June 20, 7:00-9:00 p.m.

Open to men and women

Movies like "What the (Bleep) do we know?", "The Secret" and others are popularizing a spiritual principal: "Your thoughts create your reality." Is this just common sense or "New Age" mumbo-jumbo? IF IT WERE TRUE, what would you want? More money? Less stress in your life? More fulfilling work? Weight loss? WHO CARES IF IT'S TRUE, IF

YOU DON'T KNOW HOW TO DO IT?!!!! In this short workshop, you'll learn a simple model based on scientific study and years of practical experience that explains HOW your thoughts create your reality, WHY you may not be living the life you desire, and HOW you can begin to have it FASTER than you thought possible. Learn about the gifts inherent in "negative" thoughts, beliefs, and behaviors, and how to use them to achieve the life you want. We'll also discuss how to greatly increase the power of "positive thinking," visualization, and affirmations, so that they REALLY WORK FOR YOU®.

Jay Maasch is a Certified Therapeutic Coach®, Certified Master of NLP and Hypnosis. As a Therapeutic Coach®, Jay has been helping people transform their lives and create their desired realities with ease and joy

Two Spirits & Gate Keepers

Presenter: Bobby Schauerhamer
When: June 27, 7:00-9:00 p.m.

Open to men and women.

A brief history of the gay rights movement and the local Pride celebration..

On the Fourth Wednesday of each month, we offer an opportunity to experience diversity in culture. We have invited several local and national members of the Two Spirit – Gate Keeper Community, as well as, members of the local Community Based Organizations who are committed to Social Progress, to share an evening of education and round table discussion.

We offer this safe and inclusive environment as we strive to re-open doors to our ancestors, through encouragement of cultural sensitivity and recognition of our personal power and creative energies.

Further details can be obtained from Kevin (612-870-3667) or Ron (651-983-8531 or Twospiritsnmmn@yahoo.com

July 4th Holiday

No presentation

A Circle of Warriors

Presenter: Andy Mickel
When: July 11, 7:00-9:00 p.m.

See the June 13th description

Insights from "The Power of Now"

Presenter: Jim Guswiler
When: July 18, 7:00-9:00 p.m.

Open to men and women.

PUBLISHER'S PREFACE by Marc Allen: Enlightenment is attainable here and now. It is possible to live free of suffering, free of anxiety and neurosis. To do this, we have to understand our role as creator of our pain; our mind causes our

SUPPORT GROUPS

problems, not other people, not "the world out there." It is our mind, with its nearly constant stream of thoughts, thinking about the past, worrying about the future. We make the great mistake of identifying with our mind, thinking that's who we are – when, in fact, we are far greater beings.

Jim Guswiler is a certified instructor of "Constructive Living," a life skills program and has been a frequent presenter at TCMC in times past. Jim holds a Master of Arts in Teaching degree from Tulane University.

Two Spirits & Gate Keepers

Presenter: Kevin Elzia
When: July 25, 7:00-9:00 p.m.

Open to men and women.

A Man in Metamorphosis: via Hawaii to Minnesota

On the Fourth Wednesday of each month, we offer an opportunity to experience diversity in culture. We have invited several local and national members of the Two Spirit – Gate Keeper Community, as well as, members of the local Community Based Organizations who are committed to Social Progress, to share an evening of education and round table discussion.

We offer this safe and inclusive environment as we strive to re-open doors to our ancestors, through encouragement of cultural sensitivity and recognition of our personal power and creative energies.

Further details can be obtained from Kevin (612-870-3667) or Ron (651-983-8531 or Twospiritsnmn@yahoo.com

The Aging Mind in the Aging Body

Presenter: Steve Daniel
When: August 1, 7:00-9:00 p.m.

Utilizing resources from psychology and literature, this presentation will outline the theory and practice of staying vitally involved as one moves through the later years. Neuroscientific data will help explain the paradox that as one's physical ability declines, a growth in wisdom may help one find meaning in life and the aging process.

Steve Daniel is a native of Minneapolis who earned a doctorate in interdisciplinary humanities at Emory University. His interests include literature, philosophy, religion, healthcare, and gerontology. He has taught high school, undergraduate, and graduate courses in these subjects and has had several articles published. He has been ordained both as a Jesuit priest and Congregationalist minister and is retired from work as a hospital chaplain. His current part-time job is to help seniors move into senior living. He is also adjunct faculty at the U of M, where he conducts graduate seminars. He is married to Sally, a flight attendant, and has a son who is a jazz musician.

"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 7:30- 9:30 pm

General Men's Issues/Divorce/ Uncoupling/Family/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 12:30 - 2:30 pm
• Thursdays 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 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 7:30 - 9:30 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.

• Thursdays 7:30 - 9:30 pm

Two Spirits & Gate Keeper Community

Open to Men and Women

We are Two Spirit People and Gatekeepers of the Spirit World, offering a Safe & Connective environment. Serving the LGBT & Queer & Questioning community, our allies & our families in Minnesota. Our focus is to remain inclusive of every ethnic genre; allowing for positive community interaction to promote spiritual & emotional growth, emphasizing self awareness, group enlightenment & personal empowerment. We live in a world that resists our journey to seek those pathways that reconnect us to the indigenous teachings of elders long ago. We create this circle to receive kindness, express compassion and speak our truth with one another.

• 3rd Friday - Talking Circle
7:30 - 9:30 pm

• Last Friday - Potluck Gathering
7:30 - 9:30 pm

• 4th Wednesday - Cultural Presentation
7:00 - 9:00 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 7:30 - 9:30 pm

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 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 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 17th (Father's Day--children welcome)** at Jim Lovestar's backyard picnic table, 2629 Upton Ave N, Minneapolis (1 block east of Theodore Wirth Parkway and near the Broadway/Lowry Jct), 612-588-8984. **Sunday, July 15th** at Bobby Schauerhamer's 5100 N. Bryant Ave. Minneapolis, 55430 612-670-6508 (6 blocks west of the 49th-53rd Ave Exit off I-94 North). **Sunday, August 19th**, Tom Weaver co-hosting together with Dave Mueller at Dave's home in Hastings at 1318 Ramsey St, 55033 (Hwy 61 south of St. Paul 20 minutes) at 1318 Ramsey St (take a left on 10th from 61), 612-827-6442. - Andy Mickel, 2007-05-19.

"First, I wanted to thank you for the wonderful work you're doing with the clients I've sent to your **Men's Anger Management classes**. All of the men I've sent have learned a tremendous amount about themselves and are taking far more responsibility for their own abusive behaviors in their intimate relationships. Second, To give you a bit of negative feedback, I've heard from two of these men, both of whom complained that before starting the program, they had to leave multiple messages for the group leader before he returned their calls. Thanks again for the work you do." - Betsy Sansby, MS, LMFT, Minnetonka, 2007-05-21.

National Men's Health Week: June 11-17 "Awareness, Prevention. Education. Family. FFI: <<http://www.menshealthweek.org/>><info@menshealthweek.org>, 202-543-6461 x101. Awareness materials such as brochures, T-shirts, mugs and bumper stickers can be purchased at the MHN Store: <<http://www.mhnstore.com/>> - Men's Health Network, P.O. Box 75972, Washington, DC 20013, 2007-03-28.

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held October 12-14, 2007 at Eagle Lake Camp near Brainerd, MN. Registrations received by August 31 are discounted \$65. The cost is \$650, with many 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 online at <<http://minnesota.mkp.org>>. - Andy Mickel, 2007-05-19.

One Voice Mixed Chorus presents: **Generations ROCK!** June 16, 7:30 p.m. and June 17, 3:30 p.m. Fusing choral music and spoken word, Generations ROCK! highlights the wit and wisdom of youth and elders and features a new commission by performance artist Mankwe Ndosi. With guests Teens Rock the Mic, and independent artist Tish Jones. History Theatre, 30 E 10th Street, St. Paul. Call 612-332-1302 or visit <<http://www.ovmc.org>> or e-mail <info@ovmc.org> - Karen Muleski, 2007-05-16

Queer Music Consortium presents: FREE concert featuring: One Voice Mixed Chorus, Twin Cities Gay Men's Chorus, Calliope, TransVoices, the Minnesota Freedom Band and the Minnesota Philharmonic Orchestra. Monday June 4, 7:00 p.m. Como Park Pavilion, Lexington Avenue, St. Paul. Call 612-332-1302 or visit <<http://www.ovmc.org>> or e-mail <info@ovmc.org> - Karen Muleski, 2007-05-16

Men seeking support and encouragement in their spiritual journeys are invited to attend the **Men's Contemplative Spirituality Group** that meets at the **Benedictine Center** on the fourth Monday of every month, from 7 to 9 p.m. Upcoming meetings are May 28 and June 25. This ongoing group has been in existence for five years. It is an opportunity for men who want to integrate contemplative spirituality into their everyday lives. David Sagula, PhD, a psychologist and retreat leader, facilitates the meeting and discussion. The cost is a freewill offering. FFI: <<http://www.stpaulsmonastery.org/>> (click the Benedictine Center link) 651-777-7251, <benedictinecenter@stpaulsmonastery.org>. The Benedictine Center, a ministry of the Benedictine Sisters at St. Paul's Monastery, is located at 2675 Larpenteur Avenue East in Maplewood 55109. - Kathleen Lindstrom, 2007-04-30.

Key of See Storytellers has organized a summer one-day version of their 6-week class, **Storytelling for Grandparents, Parents, and other Activists, Trainers and Leaders**. Watch for it July 21, 9a.m. - 5p.m. \$35 if paid by June 1, \$40 by June 15, \$45 by July 4, and \$50 at the door. Larry Johnson, Box 27314, Golden Valley, MN 55427. Questions to 612-747-3904 <topstory7@comcast.net> - Larry Johnson, 612-747-3904 - 2007-05-18.

The **Men's Leadership Alliance** has created programs in the **Art of Leadership** for 20years. July 13-20 at the Traditional Wilderness Camp and September 16-22 at a comfortable New England Lodge. Also available in 2007 are **Colorado Men's Spirit Camps, Vision Fast for Men, Boys Wilderness Trip, Elder Retreat, and Men's Leadership Alliance**. FFI: Men's Leadership Alliance, 2115 Poplar Ave, Boulder, CO 80304, 303-444-9066, <<http://www.mensleadershipalliance.org/>> - 2007-02-02

The **Fathers' Adoption Registry** provides a way for you to be notified if a petition to adopt your child is filed within the state of Minnesota. This helps both you and your child and protects your rights as a father in the adoption process. You will be asked to either establish your paternity or deny it. **Minnesota Department of Health**, 717 SE Delaware St. Minneapolis, MN 55440. 1-888-345-1726. - 2007-05-19

Bill Dobbs and I will be updating our website, <<http://www.tcmc.org/>> this summer allowing you to bookmark interior pages. - Andy Mickel. - 2007-03-04.

IN JUNE THE RETIREMENT GROUP WILL MEET THE 2ND SUNDAY, JUNE 10TH AT 5:30PM INSTEAD OF THE USUAL 3RD SUNDAY TO AVOID FATHER'S DAY. THE GROUP IS FOR MEN WHO ARE CONSIDERING RETIRING, OR HAVE RETIRED AND WISH TO DISCUSS THEIR FEELINGS ABOUT THIS CHANGE OF LIFE.

– NORM PETRIK, RETIREMENT GROUP FACILITATOR

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.
(You won't receive Men Talk if this box is checked.)

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 if you need further details, call our Anger Management coordinator, John Hesck, on the Anger Management phone 612-229-3102.



The next class starts on June 6 in Hopkins.

**IF YOU COULD MAKE ONE LASTING
CHANGE IN YOUR LIFE TODAY,
WHAT WOULD IT BE?**

- Making change is easy and fun!
- Negative emotions, weight loss, "addictive" behaviors
- Usually only a few sessions necessary & take skills with you!

Jay Maasch
Therapeutic Coach@/Personal change and Healing
Artist
612-986-5091 jmmmeditate@hotmail.com

THANK YOU!

**The Men's Center receives generous
donations of baked goods from
Wuollet's and Breadsmith Bakeries.**

**You can find them at
25th and Hennepin or 50th and France
or online at:
www.wuollet.com
www.breadsmith.com**

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

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MEN TALK

The Men's Center News

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How to Get to Know a Man or Asking for Directions

*If you want to know a man,
you must get cozy with uncomfortable
silences, appreciate the awkward moments,
take joy in the slow, painstaking shedding
of his attachment to everything being fine.*

*Delight in the moments when he realizes
he doesn't know what to do,
doesn't have an answer,
just
doesn't
know.*

*If you're patient,
it will happen the way leaves turn colors and
fall to the ground one at a time,
ten thousand times,
until the tree like the man stands bare.*

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