



# MEN TALK

THE MEN'S CENTER NEWS

December 2007 / January 2008 VOL. 31 #6

## *My Father's Hands*

— © 2007 BY BOB ANDERSON

One day my father asked me to help him clean out the trap under the basement sink. It was a simple job, requiring little skill -- some quick adjustments to the jaws of the wrench for a snug fit, a few firm shoves on the end of the long orange handle to loosen the nuts, and the trap could be removed easily by hand. Hardly open-heart surgery.

As I sat cross-legged on the cool concrete floor, ducking my head to avoid the tub, I muttered under my breath at this disruption of my Saturday routine. Besides, I wasn't getting along all that well with Dad; his drinking, always a problem, had gotten worse since retirement. By evening his speech was slurred, he was irritable, and he sometimes forgot what he said from one sentence to the next.

With the morning's semblance of sobriety settling uncasily on his face, he hovered over me, fussy with inactivity. His hands hung at his sides like a boxer who knows he's been defeated and only awaits the verdict of the judges. He tried to be useful, providing me with moral support and coaching me through the steps of the simple procedure. "Jesus Christ," I thought, "Mission Control." Afterwards I asked Mom why he needed my help.

"It's his hands -- he thinks they're clumsy, he's always been ashamed of them," she said. The drinking can't be helping much, I thought, for once checking my sharp tongue.

Dad's hands, one of the givens of childhood. I had never paid much attention to them. Now they suddenly seemed large and blocky, thick-fingered and big-knuckled, fleshy and slow to move as if trapped in thick gloves.

It was another of those intimate details about the private lives of parents. You were sprung from their loins, raised by them, lived with them for years, knew their curious and irritating habits, smelled their stink when they left the bathroom, but you didn't know beans about their all-too-humanness, what made them vulnerable. Either that was kept hidden from you, or you chose, for reasons of your own, to ignore it.

My father's hands, what did I know of them as a child? I remember them laying out his keys, wallet, pipe, tobacco and mints in a tidy row on the top of the dresser every night so he could leave for work at exactly 7:10 the next morning. Was he ever late?

Those hands gripped the buckling bottom of his briefcase when he came home from work every afternoon, tie loosened, grey fedora tipped back on his head. Inside the worn leather pouch, scrawled on yellow legal pads in his almost indecipherable script, lay those case histories of his elderly clients so elegantly written they were read and admired by his colleagues at the welfare office.

During the fall he'd schedule his clients so he could come home

early and take me hunting in the fields and sloughs west of Robbinsdale. I remember those hands, strong and sure, grasping the barrel and stock of his twelve-gauge shotgun, leading with a long, steady arc the startled flight of a pheasant flushed from the stubble of the corn rows. They shone bright with blood as he knelt before the fallen bird and ripped its belly open with his thick-hafted hunting knife before wiping his fingers clean on the dry field grass.

On paydays, every other Friday without fail, he came home later than usual, his face flushed, those hands full of booty, clutching a six-pack of Pepsi and a bag full of comic books and candy bars for me and my brother, and a bottle of Four Roses for him and Mom. On one of those drunken Friday nights, in our cramped kitchen, those hands flashed in front of my face, knotted in fists, as he danced round me, a tall, thin sissy boy of thirteen, taunting me to box with him: "C'mon, it'll make a man of you."

How could I have known then the full story behind those jabbing fists, their mysterious mix of mastery and insecurity, accomplishment and failure? Not till much later, when I was grown and had a child of my own, did I learn from my Aunt Virginia how devotedly those hands had scrubbed his mother's kitchen floor, scoured her pots and pans, steadfast in their toil even when the neighbor kids came calling to invite him to join in one of their sandlot baseball games.

And not until later still, when it was no longer possible to deny his alcoholism, did I grasp the full extent of the bitterness that lay behind those sharp jabs at the air with his thick fingers whenever he was in a mood to indict his own father. Grandpa was a proud, aloof Swede

*continued on page 2*



# Library Corner

– RAY CLARE, LIBRARIAN



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

As a Men's Center member, you are eligible to check out books from our library. The next issue of Men's talk will list the recently donated books – watch for it!

And while you are enjoying our many book resources, consider a 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

### 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.

## 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)

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# Greetings from the Chair

The holiday season has now arrived and we are reminded of reasons that we are thankful. It is a time of gratitude for the numerous ways in which we have experienced abundance in our lives. For many of us, it is also a time to reflect on years past and to engage in a tradition of setting goals for the coming year

Travel is common and some of us who are struggling with addictive behaviors need to be especially vigilant about the "travel beast" (that inner voice that attempts to convince us that we will not suffer the same consequences of our misguided behaviors when we are away from home). We may find additional needs for support surrounding uncomfortable issues as we experience our families that are otherwise distant for most of the year. Holiday gatherings can also remind us of how some of our families have not yet accepted us for who we are.

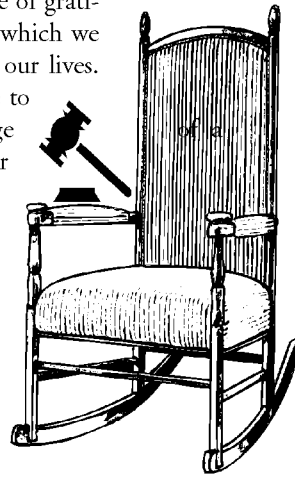
At times I struggle with gratitude as I

face my own darkness. Yet, I have huge support in my life which was initiated at a time of my greatest adversity. Possibly you have had a similar experience. It seems to me that there is no greater gift than that friend who has survived jointly experienced tribulation.

I am personally grateful to the presence of the Men's Center for over 31 years as a place where men can gather and receive support around sharing their experiences and their desires to grow. It is an important part of my family of choice. It is a place where I feel free to express my truth without the fear of negative judgments. I hope to see many of you during this holiday season at the Men's Center.

Wishing you and yours the happiest of holidays and prosperity in the new year,

**BOBBY SCHAUERHAMER,  
BOARD CHAIR**



*continued from page 1*

whose large, skillful hands had painted houses and churches, built cabinets and remodeled basements, directed the activities of countless work crews. Grandpa doted on his daughters, disparaged his sons. Dad used to joke that if by some chance he had been elevated to the presidency, Grandpa would have thought the office somehow demeaned. Once, in a fiery "j'accuse," with that lucidity of despair peculiar to the drunk, Dad held Grandpa accountable for the death of my Uncle Kenneth, who died at 38 from acute alcoholism in a flophouse in L.A.

But these hands were not the hands I knew as a boy. Those hands expressed quiet mastery. They turned the earth, raked in peat moss and manure, culled out the rocks and glass, transforming hard, lumpy clay to fertile loam. Spring after spring they planted tomatoes, beans, onions, cucumbers and strawberries. They laid in the tender shoots of our buckthorn hedge, then watered and weeded and pruned it year after year till it grew thick and matted, an impenetrable wall. Every Saturday I saw those hands, floured and poised above the large crockery bowl, ready to begin the ritual of punching and kneading the bread dough, whose mysterious risings under the damp towel set the rhythms of the day for more than thirty years. And though my father has been dead for five years now, I can still see those hands wrapped in tender embrace of the bowl of his briar pipe as he sat alone, silent, on the front stoop in the deepening dusk, fingering and fussing over the sweet tobacco, repeatedly tamping it down to keep the coal pulsing and alive, perfuming the humid summer air with its pungent smoke.

That Saturday morning, as I cleaned the trap, stuck in my resentments, the awkward remnant of an unfinished childhood, what did I know of those hands that now hung heavy and useless at his sides? It was more than the drinking -- that was a symptom of something deeper, a long, slow slide into defeat and despair. A life in which the forces of creation and destruction, order and chaos, had been kept perilously, beautifully in balance, was unraveling before all our eyes.

*Bob Anderson is a long-time Men's Center member and Anger Management facilitator.*

## SUPPORT/ADVOCATE GROUP

For anyone who has been falsely accused of anything.  
Call the Men's Center at 612-822-5892 or 952-270-2833.



# 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

**Dec/Jan 07**      **1976 - In Our 31st Year - 2007**  
 of Public Service      Check out our web site: [www.tcmc.org](http://www.tcmc.org)  
 e-mail: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)      phone: 612 / 822-5892

	<b>SUPPORT GROUPS</b> General Issues 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	<b>PRESENTATION</b> Family Law Clinic 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Unclp/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00a.m.
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Two Spirit Dreams & Meditation 11:30 a.m.	<b>BOARD MTG.</b> 7 p.m. <b>SUPPORT GROUPS</b> General Issues 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	<b>PRESENTATION</b> A Circle of Warriors 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Unclp/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>BRUNCH</b> 10:00 a.m. Two Spirit Arts & Crafts 2:00 p.m. Men's Retirement 5:30 p.m.	<b>SUPPORT GROUPS</b> General Issues 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	<b>PRESENTATION</b> Attachment Parenting 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Unclp/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m. Two Spirit Circle 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	<b>SUPPORT GROUPS</b> General Issues 12:30 p.m.	<b>CHRISTMAS HOLIDAY</b>	<b>NO PRESENTATION HOLIDAY</b>	<b>SUPPORT GROUPS</b> Div/Unclp/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m. <b>HOLIDAY PARTY</b> 6:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	<b>SUPPORT GROUPS</b> General Issues 12:30 p.m.	<b>NEW YEAR'S DAY HOLIDAY</b>	<b>PRESENTATION</b> Family Law Clinic 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Unclp/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Two Spirit Dreams & Meditation 11:30 a.m.	<b>SUPPORT GROUPS</b> General Issues 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	<b>PRESENTATION</b> A Circle of Warriors 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Unclp/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m. Vets Addiction Busters 7:30 p.	<b>MT ARTICLE DEADLINE</b> <b>SUPPORT GROUP</b> Men's Bisexual Issues 7:30 p.m.	<b>ANNUAL MEETING</b> 9:00 a.m. <b>FACILITATOR</b> <b>TRAINING</b> 11:00 a.m.
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	<b>BOARD MTG.</b> 7 p.m. <b>SUPPORT GROUPS</b> General Issues 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	<b>PRESENTATION</b> Psychological Autopsy of Elvis 1 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Unclp/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m. Vets Addiction Busters 7:30 p.	<b>MT FINAL DEADLINE</b> <b>SUPPORT GROUP</b> Men's Bisexual Issues 7:30 p.m. Two Spirit Circle 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
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<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	<b>SUPPORT GROUPS</b> General Issues 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	<b>PRESENTATION</b> Chinese Medicine Health & Longevity 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Unclp/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m. Vets Addiction Busters 7:30 p.	Our phone number is <b>612 / 822-5892.</b> Call us about Anger Management classes.	
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

## 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: Jim Amundson, Chuck Boe, Jim Guswiler, Benjamin Lamb, Andy Mickel, Keith Pederson, and Volunteer Attorneys.

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

### Family Law Clinic

**Discussion Leader: Kelley Lorix**

**When: Wed, Dec. 5, 7:00-9:00 pm**

*Open to Men and Women*

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

*Attorneys will volunteer their time and expertise for the benefit of those who*

*attend. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.*

### A Circle of Warriors

**Presenter: Andy Mickel**

**When: Wed, Dec. 12, 7:00-9:00 pm**

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.*

### Attachment Parenting: What, Why and How

**Presenter: Jim Guswiler**

**When: Wed, Dec. 19, 7:00-9:00 pm**

*Open to Men and Women*

This presentation will explain the theory behind attachment and explain why it is so important. Parenting practices that foster a secure and healthy attachment (or bonding relationship) of parents/caregivers with their babies and younger children, especially parents of adopted and/or special needs kids. However, these parenting strategies would be valuable and applicable to all children. Attachment Disorder will also be defined and explained.

*Owen Konecnik is a Licensed Graduate Social Worker and therapist in part-time private practice in south Minneapolis. He is the parent of a 6-year-old son whom he adopted at birth and a foster parent through Hennepin County's Foster/Adopt program.*

### Holiday

**No Presentation**

**When: Wed, Dec. 26, 7:00-9:00 pm**

### Family Law Clinic

**Discussion Leader: Linda Wray**

**When: Wed, Jan. 2, 7:00-9:00 pm**

*Open to Men and Women*

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family

law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

*Attorneys will volunteer their time and expertise for the benefit of those who attend. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.*

### A Circle of Warriors

**Presenter: Andy Mickel**

**When: Wed, Jan. 9, 7:00-9:00 pm**

See description for Dec. 12

### The Psychological Autopsy of Elvis 1

**Presenter: William J. Ronan**

**When: Wed, Jan. 16, 7:00-9:00 pm**

*Open to Men and Women*

In "A Psychological Autopsy of Elvis Presley," Bill Ronan has created a fascinating vortex of ideas and theories, all of which swirl around the ever-engaging life and death of Elvis Aron Presley.

*Bill Ronan, LICSW, Practitioner of Medical Hypnoanalysis for nearly 35 years. To learn more about this style of analysis go to [www.americanpsychotherapy.com](http://www.americanpsychotherapy.com) and go to the bottom of the page. Read the reviews of others. To learn more about Medical Hypnoanalysis go to [www.aamh.com](http://www.aamh.com) or [www.mnhypnosis.com](http://www.mnhypnosis.com)*

### The Psychological Autopsy of Elvis 2

**Presenter: William J. Ronan**

**When: Wed, Jan. 23, 7:00-9:00 pm**

*Open to Men and Women*

See Description for Jan 16

### Chinese Medicine for Health and Longevity

**Presenter: Stephen Thompson L.Ac. and Miriam Delosantos L.Ac.**

**When: Wed, Jan. 30, 7:00-9:00 pm**

*Open to Men and Women*

Acupuncture, as a modality under the umbrella of Oriental Medicine, seeks to maintain the balance and function of internal organs as well as maintain harmony with the external environment. Learn how a medicine over 4000 years

old can help manage the cold and flu season as well as aid in treatment of stress, depression, addiction, and pain. The ultimate goal of Oriental Medicine and Acupuncture is to bring a patient back to a state of well-being and, more importantly, to improve their quality of life.

*Stephen Thompson and Miriam Delosantos are board licensed and certified acupuncturists with the National Certification Commission for Acupuncture and Oriental Medicine, the Minnesota Board of Medical Practice, and the California Acupuncture Board. Their specialties include women's health, men's health, addiction, and pain management.*

## Family Law Clinic

**Discussion Leader: Jim Gerharder**  
**When: Wed, Feb. 6, 7:00-9:00 pm**

*Open to Men and Women*

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

*Attorneys will volunteer their time and expertise for the benefit of those who attend. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.*

## 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

### General Men's Issues/ Divorce/Uncoupling

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

### 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

### 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

*Open to Men and Women*

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

### Addiction Busters For Veterans

Are you a veteran dealing with addiction? Looking for something other than AA, NA or other 12-Step programs? Want to learn and talk about different ways to battle addiction such as Rational Recovery, SMART Recovery, Stages of Change, Mindful Recovery, the writings of Stanton Peele, James Prochaska, Jack Trimpey and others? All in a safe, comfortable, confidential setting with other vets?

The Twin Cities Men's Center, having offered the popular Addiction Busters support group for nearly three years, would now like to offer a veterans-only version of the group. Tommy Jones, Addiction Busters facilitator, will lead this new group. Tommy is a VietNam Vet ( Army medic, Republic Of Vietnam, '68) who struggled with

addiction and its consequences for most of his adult life. He shares his knowledge and experience with alternative approaches with all who seek to change their behavior around addiction. This group will be open to all service branches, men and women, combat and non-combat vets...Any War, Any Addiction. Give us a try.(Begins Jan. 10, 2008.)

- Thursdays 7:00- 9:00 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.

- 2nd Sunday - Dreams & Meditation  
2:00 - 4:00 pm
- 3rd Sunday - Arts & Crafts  
2:00 - 4:00 pm
- 3rd Friday - Talking Circle  
7:30 - 9:30 pm
- Last Friday - Potluck Gathering  
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 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): **December 16th** at Rick Gravrok's 2925 Monterey Ave S, St. Louis Park, 55416, 952-926-6655. (on the west side of Lake Calhoun, off Lake St.). **January 20th** at Frank Brandon's, 975 Como Blvd E, St. Paul, 55103 651-487-3008. (on the east side of Lake Como). **17 men attended October's brunch** at The Men's Center and **12 men attended the November brunch** at Stephen Sewell's. - Andy Mickel, 2007-11-19.

Charlie Borden and Kevin Obsatz of the group **Boys to Men Mentoring Network of Minnesota** <<http://www.boystomenmn.org/>> produced, directed a 1-hour **documentary film** entitled "Journeyman" which premiered on 2007-11-15 at the Riverview Theatre in Minneapolis. 520 tickets were sold, and most folks agreed that the movie made quite a statement about boys rites-of-passage and the need for adult men to step up as mentors. Scores of people from ManKind Project Minnesota, Woman Within and Twin Cities area mentoring groups such as Big Brothers/Big Sisters were in attendance. The film follows two Twin Cities boys, Joe and Eric who attend a Boys to Men weekend and then are mentored by two men. Read about the film and buy the DVD at the website: <<http://www.mirrormanfilms.org/>>. - Andy Mickel, 2007-11-16.

"Thanks for being an organization that supports the whole man—body, mind & spirit and the lives we live. For Peace in the World & a Healthy Environment, Bruce Kessler, 2007-10-16.

**Key of See Storytellers** events: the next Storytelling for Adults at Dunn Bros by Loring Park is **December 15** at 7 p.m. Elaine Wynne and Larry Johnson doing **COLD PAWS, WARM HEART**, with a surprise guest from one of our classes. A podcast on **HOW STORYTELLING IN YOUR CLASSROOM CREATES SUCCESSFUL LEADERS** is up for replay at [www.storytellingwithchildren.com](http://www.storytellingwithchildren.com) where you'll also find many guests from around the country, talking with Eric Wolf, about the importance of storytelling with children. There's a new show almost every Tuesday evening. In January we are creating Mitosis with our class, dividing it into (1)

**STORYTELLING FOR ACTIVISTS, TRAINERS, AND LEADERS**, and (2) **STORYTELLING FOR PARENTS, GRANDPARENTS, AND OTHERS WHO CARE ABOUT CHILDREN**. Times and places TBA. Larry Johnson is presenting **61 LESSONS FROM A 61 MILE HIKE (with music played on 6.1 pieces of trash picked up on the walk)** is to adult groups see: <<http://www.iam.mn/61/>> Questions to 612-747-3904. <[topstory7@comcast.net](mailto:topstory7@comcast.net)> - Larry Johnson, 2007-11-06.

**Men and Women Who Work With Men (MWWWM)** meets informally to network every 1st Friday morning at Maria's Cafe, 1113 E. Franklin Ave., in Minneapolis 55404. Randy Genrich, 2007-11-12.

Register now for the **Minnesota Fatherhood Summit**. Plan to join Minnesota Fathers & Families Network at their 5th annual winter conference at the St. Cloud Civic Center on **Monday & Tuesday, January 14 & 15, 2008**. Confirmed keynotes include "What is the State of Fatherhood in Minnesota?" "Dr. Glen Palm, St. Cloud State University and "Addressing Children and Families in the Minnesota" Senate Senator Tarryl L. Clark and "Working with Low-Income Fathers: Child Support, Marriageability, and More," Jacquelyn Boggess, Center for Family Policy and Practice. "Players, Predators, Partners, and Parents: Educating Young Men about Healthy Relationships," Bill Taverner, American Journal of Sexuality Education. Registration materials are now available. FFI: <<http://www.mnfathers.org/summit.html>>. - Paul Masiarchin, Executive Director, MFFN, 161 St. Anthony Ave. Suite 845, St. Paul, MN 55103, 651-222-7432, <[pmasiarchin@mnfathers.org](mailto:pmasiarchin@mnfathers.org)> - 2007-10-18.

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held April 25-27, 2008 at Eagle Lake Camp near Brainerd, MN. The cost is \$650, with many payment plans and a robust scholarship fund 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, 2007-11-15.

According to the **Verizon Foundation** website, <<http://foundation.verizon.com>> they give support programs which encourage "Home / Safety and Health / Domestic Violence Prevention by **working in partnership with nonprofits to prevent domestic violence and help victims.**" The website notes these statistics:

- \* 57 percent of teenagers know someone who has been physically, sexually or verbally abused in a dating relationship.

- \* 21 percent of adults employed in the United States are victims of domestic violence (65% female, 35% male).

- \* More than 5,000 cases of workplace violence are reported every day in the U.S.

- \* Domestic violence is the single greatest cause of injury to women ages 15 to 44 in the United States - more than muggings, car accidents and rapes combined. Incidences and types of domestic violence in same-sex relationships are comparable to that in heterosexual relationships.

- \* One in four women will be a victim of domestic violence during her lifetime.

Look for a modernized **Men's Center website** <<http://www.tcmc.org/>> soon, which will allow you to bookmark interior pages. - Andy Mickel. - 2007-09-14

## **ANNUAL FACILITATOR MEETING**

Our annual facilitator training will be held Saturday January 12 after the Annual Meeting which begins at 9am, thus facilitator training should begin at about 11 am, with lunch provided by the Men's Center about noon. Randy Genrich and Norm Petrik will again lead this annual training to update facilitators on expectations for facilitators, give needed help with how to lead groups and to share our experiences. I hope all you facilitators will come. We very much appreciate your help by facilitating.

– **NORM PETRIK,**  
**PROGRAM COMMITTEE CHAIR**

**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:** Limited to 12 participants 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.

**ANNUAL HOLIDAY PARTY**

On Friday, December 28th hosted along with the TSGK monthly potluck. We invite all members, friends and families of the Men's Center to join us as we celebrate our journey throughout the past year and welcome the anticipation of a new year. The doors will be open from 6:00 - 9:00 p.m. Please bring a favorite dish to share and if you would like to receive a Holiday Gift, you are welcome to bring one of those also. There will be door prizes, music, singing and open-mic opportunities for anyone interested in enlightening. The evening will be hosted by A Special Guest MC. A prize will be given to the individual who displays the best use of the Holiday colors of silver, gold, red, white or green.

**THE GRAY EAGLES**

A social/support group  
 for maturing men attracted to men

Second Wednesday each month, 10:30 a.m. – noon  
 The Men's Center, 3249 Hennepin Ave. S., #55

For more info, call Don at 612-801-8986  
 gray.eagles@yahoo.com

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**MEN TALK ADVERTISING RATE SCHEDULE**

Full Page	7 1/2" x 10"	\$200
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1/4 Page	3 5/8" x 4 7/8"	\$65
Biz Card	2" x 3 1/2"	\$25

E-mail the editor at [tcmc@tcmc.org](mailto:tcmc@tcmc.org)

**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 e-mail address: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)*

The Men's Center  
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**The Men's Center News**

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## *Annual Meeting Notice & Proxy Statement*

**THE MEN'S CENTER ANNUAL MEETING WILL BE ON**

**SATURDAY, JANUARY 12, 2008 AT 9 AM**

**AT THE MEN'S CENTER IN SUITE 55, 3249 HENNEPIN AVE., MINNEAPOLIS, MN**

The Annual Meeting will include election of new members to the Board of Directors, thanks to our volunteers, review of our achievements this past year, and socializing with your fellow Men's Center members. We have moved forward on many projects this year so come and celebrate what has been done and where we are going. If you have any questions, call the Men's Center offices at 612-822-5892.

The Men's Center By-Laws require a quorum of members to elect new board members. This mailing constitutes notice to all active members that a vote will be conducted by those members who are present at this meeting. If you cannot attend and wish to vote, please return this page to TMC prior to Jan 12, 2008. Please include your address label. All members who do not vote by mail or in person, consent to the appointment of the Chair and the Vice-Chair the power to vote on their behalf, on all matters that come before the Annual Meeting.

I VOTE **FOR** THE BOARD OF DIRECTORS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 12, 2008

I VOTE **AGAINST** THE BOARD OF DIRECTORS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 12, 2008.

I **ABSTAIN** FROM VOTING AT THE ANNUAL MEMBERSHIP MEETING, JAN. 12, 2008.

signed \_\_\_\_\_ date \_\_\_\_\_.

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