



# MEN TALK

THE MEN'S CENTER NEWS

April/May 2009 VOL. 33 #2

## *Injustice: My Story*

— © 2009 BY BILL RONAN

I am a 62 year-old widowed father for 14 years of a now 17 year-old son. I am a Licensed Independent Clinical Social Worker. I have treated victims and perpetrators of violence successfully. I have published articles on this very subject in professional peer review journals.

I discovered that the women I was meeting after my wife died were not interested in a man who had a child full time. Most single parents are really not single parents. They have an ex to give the child to and or other family to help out. I had none of these. I was truly a single parent. When I tried to join other single parents (if the group was women) there would be an immediate change in the conversation. I would be closed off or resentment would build if I was or was not coming on to anyone.

I decided to look overseas to find a partner. The information I was reading was that foreign women valued marriage and family more than the traditional American women and that they would be quite happy to come to America with an American husband.

I wrote several women in the Philippines with this in mind. I then went to the Philippines and met a woman I took for an honest, decent person. She had a Masters in Education from a Catholic school. Her father was an undercover drug agent. I must now admit I did not know her well at all.

For about 6-7 months I sent her money for her to live and complete certification so that she would be able to teach in America and money for various health problems she told me she was having and for her mother. For me this was a lot of money.

Finally she came to America. I hoped for a decent life, and a woman that I thought was at least ball park honest and decent. I thought that if I treated her well and with respect things would eventually work out. She, however, had other plans.

At first she avoided me whenever possible and refused to consummate our relationship. She insisted we get married and that she would then change, saying her morals were such that she felt uncomfortable having a complete relationship with my son in the house.

We married, she insisted we take the license to the state offices immediately. Nothing changed in our relationship. In fact things got much worse. She was trying to aggravate me as much as possible. I tried to view these things as cultural differences and age differences. She was significantly younger than me.

After about two and a half months I suggested to her that we needed to see a marriage counselor or to have the marriage annulled. I suggested we talk that evening about the situation. Instead that evening she falsely accused me of domestic violence and had me arrested. I did

not understand at all what was happening. When the police came to my house I had no idea what was happening. They asked me a few questions. I had no idea it related to anything to do with violence. Then the handcuffed me and arrested me in front of my son and a friend of his who was staying over night.

The next day I was released from jail and began my defense, calling an attorney etc. A few days later I was called by Russ Schultz who told me about how my wife had been bragging to him, his wife Emily and other Filipinas that she was pulling a scam on me and had nothing but contempt for me.

He, and then Emily, told me about how she learned about the Violence Against Women Law and related laws that would allow her to accuse me of domestic violence and the to get orders for protection kicking me out of my house so that she could get a green card/citizenship.

She accused me of the most terrible crimes any man can be accused of. Fortunately for me she got her green card a couple of weeks after she initiated, and since she was busy now scamming others she did not want to be tied down prosecuting me. So eventually all of the

*Injustice: My Story continued on pg 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. And while you are enjoying our many book resources, consider a browsing our large and growing selection of periodicals.

- Men's Health
- Lavender
- Transitions
- Men's Journal
- Voice Male
- Fathering Today

Several books have been donated recently by friends of The Men's Center. Come in, browse, and check out books that interest you. A copy of Bob Anderson's book, *Out of Denial, Piecing Together a Fractured Life* is available for check-out in the office

**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. Call 612-822-5892, or e-mail us at [tcmc@tcmc.org](mailto:tcmc@tcmc.org) Staff

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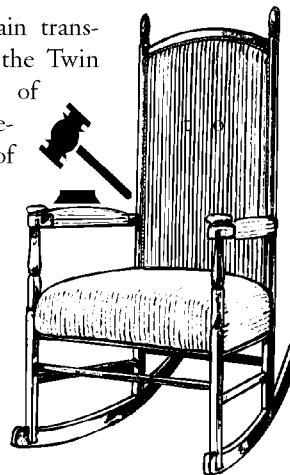
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**Greetings from the Chair**

**G**reetings to all members, friends, families, and allies of the Twin Cities Men's Center.

As the season is once again transforming, so are the faces of the Twin Cities Men's Center Board of Directors. I for one am grateful for the opportunity to be of service and to do so along side powerful and committed men. It is the mission of the TCMC that creates and allows men to courageously take steps forward. Whether they are leaps or tiny movements, progress and integrity are the outcome.

I am also happy to sit with men, to be supportive, and to discuss what the TCMC might look like as we all continue to work towards our personal and collective growth.



Thank you to all who have offered your time and strength. My journey as a board member has proven to be inspirational. As a result, I continue to advocate for what this group of men represent and continue develop.

My hope is that many others will find us and learn to reward themselves once again. All who volunteer at the TCMC are that beacon that thrives in this community. And I sometimes sit in awe as another man begins down that path towards the love of self.

It has been a pleasure thus far to experience this place of growth in body, mind, and spirit. I look forward to being with you in circle.

**RON STRANGER HORSE  
BOARD CHAIR**

*Injustice: My Story continued from pg 1*

charges were dropped or I was found not guilty.

The judges (referees) at the two trials I got either would not allow any of my witnesses to testify or the judges attacked them without any reason to do so other than prejudice against men. One of the witnesses, Jesse Cruz, had flown up from Texas to testify was accused of being a paid witness by the judge. He was scared to be there because my wife had called him attempting to bribe him, saying a friend of her father would stop by with the money. He was scared for his family. It was obvious to him and myself we were dealing with organized crime. A month later he had a massive heart attack, open-heart surgery, and was out of work for 6-7 months.

The judge also attacked Emily Schultz saying her husband was forcing her to testify. Although this was not true at all, the judge had her prejudices all lined up and nothing was going to penetrate.

I am not so much angry with my wife. I was a fool and she was/is a criminal. She does/did what criminals do. I am angry at the judicial system for the laws that are unconstitutional (i.e., VAWA) and the complete disregard for objectivity and fairness by those in the judicial system.

I am currently going bankrupt because of the legal fees. I had excellent credit up until this time. In order to get the divorce I was ordered not to report a felony. The judicial system is working for the criminals, not the decent citizens. Something needs to be done ASAP. I was found not guilty or the charges were dropped. So in a way I am considered to have won. The incredible injustice moves me out of a desire to prevent others from being victimized by this system that appears to work for criminals.

*Bill Ronan is a Licensed Independent Clinical Social Worker.*

<p><b>UPTOWN AREA SPACE TO RENT</b></p> <p><b>The Men's Center, 3249 Hennepin Ave S</b></p> <table style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;"><i>Non-Profit</i></td> <td style="text-align: center;"><i>Profit event</i></td> </tr> <tr> <td><i>Full Day (8 hrs)</i></td> <td style="text-align: center;">\$50</td> <td style="text-align: center;">\$100</td> </tr> <tr> <td><i>Half Day (4 hrs)</i></td> <td style="text-align: center;">\$25</td> <td style="text-align: center;">\$50</td> </tr> <tr> <td><i>Hourly</i></td> <td style="text-align: center;">\$7.50</td> <td style="text-align: center;">\$15</td> </tr> </table> <p><b>(612) 822-5892</b></p>		<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	<p><b>MEN TALK ADVERTISING RATE</b></p> <p><b>SCHEDULE</b></p> <table style="margin-left: auto; margin-right: auto;"> <tr> <td>Full Page</td> <td>7 1/2" x 10"</td> <td>\$200</td> </tr> <tr> <td>1/2 Page</td> <td>7 1/2" x 4 7/8"</td> <td>\$125</td> </tr> <tr> <td>1/4 Page</td> <td>3 5/8" x 4 7/8"</td> <td>\$65</td> </tr> <tr> <td>Biz Card</td> <td>2" x 3 1/2"</td> <td>\$25</td> </tr> </table> <p>E-mail the editor at <a href="mailto:tcmc@tcmc.org">tcmc@tcmc.org</a></p>	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
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# 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
<b>Apr/May 09</b>			<b>PRESENTATION</b> Family Law Clinic 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 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>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>SUPPORT GROUPS</b> General 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	<b>PRESENTATION</b> A Circle of Warriors 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 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>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 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Man2Man 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 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>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	
<b>BRUNCH</b> 10:00 a.m. Men's Retirement 5:30 p.m.	<b>SUPPORT GROUPS</b> General 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Escalations 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 p.m.	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m. Two Spirit Circle & Potluck 7:00 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>19</b>	<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 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Journeyman 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 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.
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<b>24</b>	<b>MEMORIAL DAY HOLIDAY</b>	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	<b>PRESENTATION</b> To Be Announced 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 p.m.	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m. Two Spirit Circle & Potluck 7:00 p.m.	<b>MT MAILING</b> 9:00 am. <b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	

Call us about Anger Management Classes.  
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

1976 — In Our 33rd Year — 2009  
of Public Service

## 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 33 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: **Bob Anderson, Charlie Borden, Jim Gerharter, Jim Lovestar, Kelley Lorix, Andy Mickel, Bob Monson, and Keith Pederson.**

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: Bob Monson  
When: Wed, Apr. 1, 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, Apr. 8, 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.*

### Men Who Have Sex With Men

Presenter: Keith Pederson  
When: Wed, Apr. 15, 7:00-9:00 pm

Keith will be discussing issues pertinent to the lives of men who have sex with men (MSM). Some of the topics covered in this discussion will be the rise in new incidence of syphilis among MSM in Minnesota; relationships and support; the use of the Internet and how it is affecting the lives of MSM; age specific risk behavior and how to find and access community supports.

*Keith Pederson is the Project Coordinator for the Man2Man Sexual Health Seminars, a program of the University of Minnesota.*

### Escalations - where do they come from, what can they teach us?

Presenter: Bob Anderson  
When: Wed, Apr. 22, 7:00-9:00 pm

*Open to Men and Women*

We've all done it -- in an instant said something we can't take back, flared out of control, spiraled into hopelessness or withdrawal. These escalations may seem to erupt out of nowhere but the truth is, they have a source and a history and follow predictable patterns. We can learn to slow down and observe our process, identify underlying causes such as shame or a core hurt from the past, reframe our negative self-talk and redirect our energy more

constructively. This is a practical workshop for men seeking an introduction or a follow-up to the Men's Center's anger management course.

*Bob Anderson has co-facilitated anger management classes at the Men's Center for the past dozen years. He is the author of Out of Denial: Piecing Together a Fractured Life.*

### Journeyman

Presenter: Charlie Borden  
When: Wed, Apr. 29, 7:00-9:00 pm

*Open to Men and Women*

Charlie Borden will present a special screening of the documentary *Journeyman* and hold a discussion. The movie *Journeyman* documents some of those experiences of some of those in the Boys to Men Community. We will view the movie and follow up with a discussion of the power of mentoring in the 21st Century. Boys to Men, Minnesota is committed to supporting men & boys in living healthy, vibrant lives <[www.boystomenmn.org](http://www.boystomenmn.org)>.

*Charlie Borden is cofounder of "Boys to Men, Minnesota" and Executive producer of the documentary "Journeyman"*

### Family Law Clinic

Discussion Leader: Jim Gerharter  
When: Wed, May 6, 7:00-9:00 pm

*Open to Men and Women*

See Apr. 1 Description

### A Circle of Warriors

Presenter: Andy Mickel  
When: Wed, May 13, 7:00-9:00 pm  
See Apr. 8 Description

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

Presenter: Jim Lovestar  
When: Wed, May 20, 7:00-9:00 pm

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.*

### Presentation

To Be Announced

When: Wed, May 27, 7:00-9:00 pm

# Family Law Clinic

Discussion Leader: Kelly Lorix

When: Wed, June 3, 7:00-9:00 pm

Open to Men and Women

See Apr. 1 Description

## 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

Do you feel like you are the only one this has ever happened to? It's not true that men/boys cannot be raped or otherwise sexually abused. Many boys have survived abuse at the hands of parents (both Mothers and Fathers), relatives, siblings, neighbors, clergy and strangers. Early sexual experiences do not make a boy "lucky"; they can cause lasting feelings of being used and make adult intimacy difficult. You are not alone. You are not to blame. We provide a place where it is safe for survivors to talk. It is helpful to be heard by others who know what you are saying is true.

Call 612-822-5892 if you are interested in this group because it's not a "drop-in" group.

- 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.

- Last Friday - Silent Group Meditation and Talking Circle and Potluck  
7:00 - 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

## 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 men per class

**Cost:** \$215 for TCMC Members  
(\$225 for Non-Members)

**Starting Dates:** Classes are filled on a first come, first served basis. Currently we have a Wed class in Hopkins, and a Mon class at Men's Center. A new Spiritual-based class in Edina began on Tues Mar. 17.

Please call TCMC 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 Hesch, on the Anger Management phone 612-229-3102.

# Here and There - Edited by Andy Mickel

Upcoming Monthly Men's Sunday Brunches (bring something to share/cook up): **April 19th** at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 55414, 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). **May 18th** 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.). 17 men attended the February brunch at Eric Mann's. - Andy Mickel, 2009-03-01.

John Stokes of The Tracking Project (TTP) in Corrales, New Mexico, has worked since 1986 with community educators and Native elders from around the world to design a series of teachings which connect individuals directly to the natural world. TTP programs of natural and cultural awareness include a wide range of skills— from traditional tracking and survival skills to music, storytelling, dance, peacemaking and martial arts training. The name Arts of Life was chosen to describe these programs, which emphasize indigenous knowledge, the lessons of Nature and the power of art. A diverse team of artists/educators and traditional Native elders from TTP have shared this unique awareness program with more than 100,000 people of all ages. Through Nurturing the Roots, a community mentor program, our work with the international community now includes partners/programs in Hawai'i, Brazil, the Philippines, Sweden, Japan and Australia.

TTP programs such as: **The Art of Tracking** provide tracking and Nature awareness skills to a general audience; **Women's Awareness Training** and **Bringing the Pieces Together Again** work specifically with women's and men's groups and TTP products such as: *Secrets of Natural Movement DVD* *The Tracking Project Workout* - from wisdom of tracking into the forests and deserts of four continents. TTP relies on this workout to keep students and staff strong, flexible and injury free. - TTP, P.O. Box 266, Corrales, MN 87048, 505-898-6967 <<http://www.thetrackingproject.org>>

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held May 1-3, 2008 at Eagle Lake Camp near Brainerd, MN. The cost is \$650, with many payment plans and partial scholarships 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.* - Andy Mickel, 2009-03-07.

**The Minnesota Fathers & Family Network MFFN NEWS March Excerpts:** *Daddy Book* Available for New Fathers is a 70-page workbook to guide new fathers through the important stages of infant development, with father-focused activities, reflections, and developmental milestones. Contribution: \$2.50 per copy for pick-up at the MFFN office. Copies requested by mail are \$4.50 (includes shipping and handling). Contact MFFN at (651) 222-7432 or <[info@mnfathers.org](mailto:info@mnfathers.org)>. Additionally, the book is free to download from the MFFN website here: <<http://www.mnfathers.org/08daddybook.pdf>>.

**Fatherhood Research: Men in Early Childhood Education:** Working with children is not "woman's work". More and more men take their part not only as fathers, but also as professionals in the field of child care and early childhood education. Learn about a research project at the University of Innsbruck, exploring male involvement in early education: <<http://www.uibk.ac.at/ezwi/elementar/index.html.en>>. - Paul Masiarchin, MFFN, 161 St Anthony Ave, Suite 845, St. Paul, MN 55103, 651-222-7432 <<http://www.mnfathers.org/>> - 2009-03-03.

"I am currently working on a **research project** with Dr. Charlotte J. Patterson at the University of Virginia to **study families headed by gay fathers**. The study consists of an online survey and will take approximately 25- 35 minutes

of each participant's time. To qualify for the study the participant would have to identify as male, a father, and gay, bisexual or homosexual and have at least one child of any age; this child can be biological, adopted, foster, step, or other child. A man does not need to be the child's legal parent to participate. This study has been approved by the University of Virginia IRB #2008-0407-00. FFI: please contact Samantha L. Tornello at <[GayDadsStudy@gmail.com](mailto:GayDadsStudy@gmail.com)> or at 434-243-8558. - Samantha L. Tornello, M.A., University of Virginia Graduate Student <<http://sites.google.com/site/samanthatornello/>> - 2009-02-06.

**Northfield Potluck Group** usually meets 3rd Saturday evenings at various hosts' houses as a means of socializing with gay, lesbian, bisexual, transgender and otherwise people from Central and Southern Minnesota. Some members come from Blue Earth, Burnsville, Warsaw, Montgomery, Fairfax and other towns. Requirement is to bring a potluck dish to share. FFI: Jerry at 1-800-742-0150 <[otrio123@netzero.net](mailto:otrio123@netzero.net)> - 2009-01-10.

**An exhibit showcasing materials from the Robert Bly Papers** will be held by the University of Minnesota. The exhibit is running now through May 9, 2009. You may view this dynamic exhibit at the Elmer L. Andersen Library on the West Bank of the University of Minnesota. For directions and more information on the exhibit, please go to: [http://blog.lib.umn.edu/lib-web/events/2009/01/the\\_pen\\_still\\_moves\\_freely\\_rob\\_1.html](http://blog.lib.umn.edu/lib-web/events/2009/01/the_pen_still_moves_freely_rob_1.html)

There will be a creative and artistic conference entitled **Robert Bly In This World** which will be held April 16-19, 2009 on the West Bank of the University of Minnesota, as well. Here a link to that website: <http://staff.lib.umn.edu/communications/bly2009/>

## MEN'S CENTER TO FEATURE FLOAT, BOOTH AT 2009 PRIDE

The Men's Center has decided to enter a float in this year's Pride parade, which will take place on June 28th. Ron Stranger Horse, recently elected chair of the Men's Center board of directors, is heading the team that will construct the float. As in past years, we also will staff a festival booth in Loring Park throughout Pride weekend. Dick Madigan is overseeing this effort.

## HOW TO PARTICIPATE

To help with the float or booth, or to attend the next meeting of TCMC's pride committee, contact Don Haumant (612-801-8986, [Scoot.Vanderbean@gmail.com](mailto:Scoot.Vanderbean@gmail.com)) or leave your name, phone number or e-mail address at the Men's Center office.

**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 \_\_\_\_\_

**How to Handle Angry People  
and Relate to Women  
FREE Seminar — April 25, 2009**

David Decker, the creator of the anger management program used by the Men's Center will speak on these topics on Saturday, April 25, 2009. The free seminar will be from 9:00am - 12:00pm in the Parlor Room at Christ Presbyterian Church, 6901 Normandale Road, Edina, Minnesota. David Decker is a licensed psychologist in St. Paul where he conducts anger counseling for men, and therapy for individuals, couples, families, and groups.

The seminar is open to all men (and their significant others) who have taken or facilitated the Anger Management Class through the Men's Center. John Hesch, the Anger Management Coordinator says, "It's a great opportunity to review principles of anger management and meet David Decker."

Reservations are required. Please reserve your seat with the Men's Center at 612-822-5892. If you have questions about the anger management program, please call our coordinator, John Hesch at 612-229-3102

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The Men's Center receives generous donations  
of baked goods from Wuollet's and Breadsmith  
Bakeries. You can find them at 25th and Hennepin  
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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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**MEN TALK**

**The Men's Center News**

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# Family Law Clinic

Only \$5

Every 1st Wednesday of the month, the Men's Center is proud to present the Family Law Clinic. 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
- Paternity
- Custody
- Child Support
- Co-habitation
- Separation
- Property Division
- Spousal Maintenance
- Financial Settlements
- Your personal issue

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.

Where: The Men's Center, 3249 Hennepin Ave S #55, Minneapolis MN 55408

When: Every 1st Wednesday from 7:00 to 9:00 PM

Just come! No advance registration required!

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