

men talk

tcmc
twin cities men's center

in our 39th year
of public service

Aug/Sep 2015
Volume 39 #4

The Trauma of "Proving Manhood"

© 2015 DR. MICHAEL OBSATZ

Boys growing up in America experience trauma. They don't have to come from dysfunctional families, or poor neighborhoods. This is a rash statement, but from my 50 years of working with boys and men, I have concluded that the male socialization process can be traumatic for most boys.

Herb Goldberg wrote in *The New Male*, "Women bend and men break. The blueprint for masculinity is a blueprint for self-destruction." Terrence Real, in *I Don't Want to Talk About It*, claims that many boys and men are depressed and isolated.

When we look at the number of men in prison, men who are homeless, men who are drug addicts, men who are violent, men who lack meaningful relationships and connections -- we can begin to see that the old messages are still very potent in 2015.

Be strong. Be sexually active. Be straight. Be independent. Don't ask for help. Don't cry or show vulnerability. Focus on the goal, not the process. Take control. Be dominant. Be right. Pretend to know what you are doing even if you do not. Give up your life for your country.

I believe that men and women have different bodily and hormonal structures. Their brains are different. Michael Gurian has written about this in *Boys and Girls Learn Differently*.

But these difference do not take away from the fact that boys are whole people who give up part of their wholeness to conform to an image of masculinity that may make for good soldiers, or corporate employees — but make for poor life partners, fathers, uncles and friends. So boys and men grieve the loss of part of themselves, and project that onto resenting others, or putting others down who show vulnerability, sensitivity, and compassion. They become angry or depressed, or both, two aspects of the grief process.

The losses that boys and men experience in their early years leave lifelong scars and pain. Boys who don't "fit" the traditional macho image, are marginalized, ostracized, harassed, and physical and psychically punished. Bullying results in trauma. Bullying is not easily fixed with band-aid programs and simple answers. While we acknowledge that some men are "nerds," they are usually portrayed in sitcoms and provide lots of laughs.

The trauma that males experience is lethal, large, and hard to work through. Many men who have hurt others have been hurt themselves. Some men who try to control others have been controlled from the moment left the womb. Boys are taught in the early years by mothers and female teachers who don't have the visceral understanding of what it means to be a boy.

Michael Thompson says that some boys are viewed as "defective girls." Men are taught they need to be reigned in by females if they want to develop any sense of morality.

Why do boys and men act out? They do so out of a gaping internal hole of despair. They have been deprived of their essence by a culture that does not value their "being-ness." Capitalism, hierarchy and competition become the major ways boys and men get to prove their manhood.

It is foolish to have to prove manhood. One is a boy or a man. There is nothing to prove. And yet, manhood is defined by some type of bravery that transcends the normal every day way of living. Rising to the top means having to put someone beneath you. If you are not the winner, you are a loser.

Jennifer James wrote a book called *Success is the Quality of Your Journey*. It is not a destination but a process. Proving one is better or right results in people warring with each other, and nations warring with each other. Along with this is the notion of scarcity. There is not enough to go around so you better take yours before someone else does, or if they have taken theirs, take it away from them. War is trauma, and we have an incredible number of victims of war to prove that.

It is believed that society benefits from the all-powerful male image. The longterm losses include a wide array of suffering that gets passed on from generation to generation.

Unless men and boys are allowed to claim their wholeness — including their fear and vulnerability — we will have to live with the collateral damage. The core issue is about being whole.

Dr. Michael Obsatz is Professor Emeritus from Macalester College where he taught education and sociology courses for 40 years. He is an author, filmmaker, workshop leader, and was in the "Men's Survival Resource Guide" written in Minneapolis in the 1970's. His websites are www.angeresources.com, and www.mirrormanfilms.org



Chair of the Board, Joe S. and Mr. Anger Management, John H., man the 2015 TCMC Pride booth.

Library Corner

—JIM HEANEY, LIBRARIAN



We have a unique and extensive collection of books on men's and general topics which can be checked out by members. Our periodicals include; *Fathering Today*, *Men's Health*, *Men's Journal*, *Lavender*, *Transitions*, and *Voice Male*.

The books in the Men's Center Library are sectioned off into 14 categories. These categories are: **Fathers, Children & Families, Fiction, Gay & Lesbian, Health & Therapy, Humor, Men's Movement & Masculinity, Men's Stories & Poetry, Miscellaneous, Relationships & Friendships, Reference, Relationships & Friendships, Sexuality, Spirituality, Valued Elders, Women.**

In addition to members having borrowing privileges from our library, we also have a reading room with free WiFi access. Stop in for a cup of coffee and catch up on your men's literature, and check out a book to go!

Address Change Notifications

from the post office cost the Men's Center \$1.71 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. **Staff:** Randy Genrich - Office Mgr, Bryan Wistrom - Office Asst, John Hesch - Anger Mgmt Coord.
Office Volunteers: Rick Charlson, Jim Heaney, Dick Madigan.

Editor: Bill Dobbs

Board of Directors:

Joe Szurszewski, Chair
Tom Weaver, Vice-Chair
Norm Petrik, Secretary
Rick Charlson, Treasurer
Jim Heaney
Ken Knoll
Andy Mickel
Damon Starks
Todd Fogelberg - Alternate
Harry Greenberg - Alternate
Malik Holt - Alternate
Dave Webb - Alternate

Greetings from the Chair

It might seem obvious that masculinity is at the heart of TCMC's mission, but what exactly is masculinity? A dictionary isn't much help, usually suggesting things like physical strength and boldness as representative characteristics. Does this mean you aren't masculine if you don't have these traits? And isn't trying to find even one characteristic common to almost half of the planet's population a little ridiculous and a more than a little pointless? Because what could more than 3 billion men possibly have in common?

I've been thinking about gender identity since Caitlyn Jenner went public with her gender transition. Whatever masculine means, Bruce Jenner was probably the epitome of it. He won the 1976 Olympic gold medal in the decathlon, and with it the informal designation as the world's greatest male athlete. Bruce Jenner was masculine to the max. So what does it mean when a figure so masculine transitions to being a woman? Does knowing that Bruce Jenner suffered from gender dysphoria for most of his life before his transition in some way negate his earlier masculinity?

Regular readers of this column know that I am extremely skeptical of definitions of masculinity created by organizations with something to sell. If a beer company thinks they can peddle more beer by declaring that "real men" behave in a way that includes drinking more of their product, you can bet that is exactly what

they will do. But saying it doesn't make it so. Leaving aside the fact that a definition created to lump men together so they are easier sales targets has no basis in reality, what is the point of trying to find characteristics shared by all men? If not to sell them more things, it would only seem useful as a way to identify outliers who aren't quite masculine enough.

All of which brings me to an inevitable conclusion: forget about masculinity because there is no such thing. Some men are short and strong and some are tall and unable to bench press more than 10 lbs. Some men are cautious and aggressive while others are fearless and shy. Some men are ruggedly handsome but have a lot of self-doubt about their looks, and some men would not be considered good looking but carry themselves with plenty of confidence. The point is, all of us are men, all of us are worthy of being recognized for our strengths, and none of us should hold ourselves up to a contrived standard of what it means to be a "real man." Focus instead on being true to yourself. If we really need a definition of masculinity, how about this: being a real man means embracing who you really are and not trying to change aspects of yourself that don't fit someone else's definition of masculinity.

**JOE SZURSZEWSKI
BOARD CHAIR**

Pride Experience

This year TCMC participated in the Pride celebration and I had the privilege of serving as the committee chair for our booth. I came on as the committee chair at the last minute, but with the help of an awesome committee; Rick Charlson, Jim Haney, and Tom Weaver and the support of the board I feel TCMC represented itself well at Pride.

As the chair my objective for Pride was "Branding". In previous years we made an asserted effort in educating people on TCMC, and this year we wanted put more of an effort into being "SEEN". Our theme was "To Being Seen Luau Style" and we converted our tent into a cabana complete w/ the fronting of a grass roof and tiki torches anchoring the sides. For give-aways we passed out leis with the TCMC information attached to them.

The leis were a big success for every one liked the idea of being "lei'd" and we wanted people to walk away from the booth w/ something that would continue to promote TCMC. I felt a sense of accomplishment as I walked through the park and saw our leis being worn w/ our logo in clear site, and I chuckled when I went to a bar later the Sunday evening of Pride and saw a young lady wearing our lei. Let me also note that we were the only organization giving out leis

In closing I must say that the biggest reward in doing Pride this year was witnessing the pride and enthusiasm our volunteers exhibited in working the TCMC booth. The misconception is that only the Men's Center members who identify as bi/gay should represent TCMC at Pride, but it says a lot about our organization and the support of our mission when all men regardless of sexual orientation show visible support for Pride. Needless to say our volunteers were diverse and the energy was magnetic. It made this experience for me worth all of the hard work the committee put into the booth. I cannot thank you all enough for giving me the opportunity to serve as the committee chair for the 2015 TCMC Pride booth.

by Damon Starks, Pride Committee Chair

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
--------	--------	---------	-----------	----------	--------	----------

Aug/Sep 2015

web site: www.tcmc.org
e-mail: tcmc@tcmc.org
phone: 612 / 822-5892

Call us
about Anger
Management
Classes.

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

	SUPPORT GROUP General/Div/Uncpl 12:30 p.m. ----- Anger Management 7pm	SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. ----- Gay Issues 7:30 p.m. Anger Management 7pm	PRESENTATION Family Law 7pm ----- H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
2	3	4	5	6	7	1
	SUPPORT GROUP General/Div/Uncpl 12:30 p.m. ----- BOARD MTG. 7 p.m. Anger Management 7pm	SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. ----- Gay Issues 7:30 p.m. Anger Management 7pm	PRESENTATION Mankind Circle 7pm ----- H.S.B. East 5:30 pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
9	10	11	12	13	14	15
BRUNCH 10:00 a.m. SUPPORT GROUP Men's Retirement 5:30 p.m.	SUPPORT GROUP General/Div/Uncpl 12:30 p.m. ----- Anger Management 7pm	SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. ----- Gay Issues 7:30 p.m. Anger Management 7pm	PRESENTATION Transportation 7pm ----- H.S.B. East 5:30 pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
16	17	18	19	20	21	22
	SUPPORT GROUP General/Div/Uncpl 12:30 p.m. ----- Anger Management 7pm	SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. ----- Gay Issues 7:30 p.m. Anger Management 7pm	PRESENTATION No Presentation ----- H.S.B. East 5:30 pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
23	24	25	26	27	28	29
	SUPPORT GROUP General/Div/Uncpl 12:30 p.m. ----- Anger Management 7pm	SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. ----- Gay Issues 7:30 p.m. Anger Management 7pm	PRESENTATION Family Law 7pm ----- H.S.B. East 5:30 pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
30	31	1	2	3	4	5
	LABOR DAY HOLIDAY	SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. ----- Gay Issues 7:30 p.m.	PRESENTATION Mankind Circle 7pm ----- H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
6	7	8	9	10	11	12
	SUPPORT GROUP General/Div/Uncpl 12:30 p.m. ----- BOARD MTG. 7 p.m. Anger Management 7pm	SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. ----- Gay Issues 7:30 p.m.	PRESENTATION Wise Thinking 7pm ----- H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.	MEN TALK DEADLINE SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
13	14	15	16	17	18	19
BRUNCH 10:00 a.m. SUPPORT GROUP Men's Retirement 5:30 p.m.	SUPPORT GROUP General/Div/Uncpl 12:30 p.m. ----- Anger Management 7pm	SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. ----- Gay Issues 7:30 p.m.	PRESENTATION Sexual Pleasure 7pm ----- H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	MEN TALK MAILING 9:00 am SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
20	21	22	23	24	25	26
	SUPPORT GROUP General/Div/Uncpl 12:30 p.m. ----- Anger Management 7pm	SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. ----- Gay Issues 7:30 p.m.	PRESENTATION Co-parenting 7pm ----- H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm			
27	28	29	30			

PRESENTATIONS

Nearly every Wednesday evening, the Twin Cities Men's Center (TCMC) is proud to offer a presentation on a wide range of subjects of interest to men as well as to the wider community. This tradition has been part of TCMC's offerings since its founding. 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 TCMC for them. Each presentation is intended to foster personal growth and to stimulate interest in the topic.

Our presenters are **Joanna Hubbard-Rivera, Tim Kuss, Bob Manson, Steve Onell, Larry Suess, Rasheen Tillman, Rod, Linda Wrey and Steve Yasgur**

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

Non-Members of TCMC – \$5.

Regular Members (\$25 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 the office at 612-822-5892 with your ideas.

The Twin Cities Men's Center does not endorse, takes no specific position, nor holds 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 Manson
When: Wed, Aug. 5, 7:00-9:00 pm

Open to all genders

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.

Mankind Project Open Circle

Presenter: Tim Kuss
When: Wed, Aug. 12, 7:00-9:00 pm

Open to men only

ManKind Project Minnesota began in 1990 and over 800 men are in our community. We have more than 20 on-going men's groups which serve as places where men can develop their Emotional Intelligence, practice Accountability to their Commitments of Service to others, and practice Authenticity in Actions and declarations.

This Open Circle enables participants to witness other men practice clarity of self-expression from their hearts rather than their heads. Join us in our 5-round format and ask questions to learn more and even participate yourself if you choose. Our structure is based on the masculine archetypes of King, Warrior, Magician & Lover in Moore and Gillette's book.

Over 50,000 men have attended ManKind Project experiential weekends for men all over the world to empower men to improve their lives and work together to help other men and families.

ManKind Project Minnesota offers two New Warrior Training Adventure weekends/ year.

Transportation - How to Ride

Presenter: Joanna Hubbard-Rivera
When: Wed, Aug. 19, 7:00-9:00 pm

Open to all genders

A PowerPoint presentation followed by Q&A.

- Information on how to ride the bus and light-rail (both Green and Blue line)
- Safety tips and suggestions
- Information regarding fare structure
- Each participant receives a free ride coupon!

Metro Transit Customer Advocate, Joanna Hubbard-Rivera, will lead this presentation.

No Presentation

When: Wed, Aug. 26, 7:00-9:00 pm

Family Law Clinic

Discussion Leader: Linda Wrey and Steve Yasgur

When: Wed, Sep. 2, 7:00-9:00 pm

Open to all genders

See Aug. 5 description

Mankind Project Open Circle

Presenter: Tim Kuss
When: Wed, Sep. 9, 7:00-9:00 pm

Open to men only

See Aug. 12 description

Wise Thinking

Presenter: Larry Suess
When: Wed, Sep. 16, 7:00-9:00 pm

Open to all genders.

Since we are always thinking, it's helpful to observe how we think and find ways to increase our productive thinking and lessen our non-productive thinking. Learn how to use your thoughts to improve your moods, manage your emotions, decrease your worries, improve your self-esteem, and become more creative.

Larry Suess is a Licensed Psychologist, Marriage and Family Therapist and Music Therapist in private practice in Minneapolis for 30 years at Uptown Counseling, 612-823-5101. He works with individuals, couples, and families and uses a variety of therapeutic interventions from Cognitive Therapy, Mindfulness, Positive Therapy and skill and creativity based methods.

The Sexual Pleasure Formula

Presenter: Rod from Upside Life Skill
When: Wed, Sep. 23, 7:00-9:00 pm

Open to men only.

There's good sex and there's not-so-good sex, and we know it when we feel it. What makes good sex really pleasurable? Sex isn't much different from any other recipe -- coffee, cocktail, novel, European vacation. Pleasure occurs when the ingredients are quality and combined well. Regardless of awesome coffee beans, if the water is bad, you get skunky coffee every time. Sex is no different. Join us for two hours of fun and laughs while you learn where pleasure can be found in your own sex life. Come a few minutes early so we can start right on time.

Rod is a sexuality educator, sex coach and founder of Upside Life Skill. Rod teaches many topics in male sexuality in workshops and retreats and is a one-on-one coach for men navigating change in their sex lives or developing sexual skill. To talk further about coaching or invite Rod to speak, contact him at 612-234-5510 or through his website: www.upsidelifeskill.com.

Co-parenting in the Present & Future

Presenter: Steve Onell
When: Wed, Sep. 30, 7:00-9:00 pm

Open to all genders.

This presentation on co-parenting will be led by Stephen L. Onell, M.S., LISW from FathersFIRST! Steve is a long time member of the TCMC and has about 35 years of teaching experience and 25 years of social work experience. He's been teaching Parents Forever which is the co-parenting curriculum from the University of MN Extension Service. Parents Forever is probably the most widely used and recognized co-parenting curriculum used across the State of Minnesota.

Steve has been teaching Parents Forever since about 1996 and uses this curriculum at FathersFIRST! Parents Forever, after a recent revision, focuses on resiliency, self-care, stress and co-parenting principles. This is very important material as divorce and separation are listed as one of the ACES (adverse childhood experiences). A short video will be shown and a number of handouts will be available.

Family Law Clinic

Discussion Leader: Rasheen Tillman
When: Wed, Oct. 7, 7:00-9:00 pm

Open to all genders

See Aug. 5 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 TCMC 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

Open to Men Only

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

Open to Men Only

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.) This is the Twin Cities longest

running gay support group.

- Tuesdays 7:30 - 9:30 pm

Transitions

Open to all Genders

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

Choosing Healthy Sexual

Boundaries - EAST

Open to Men Only

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.

The group is open to all men, not just Project Pathfinder clients or former clients. If you are currently in primary treatment at Project Pathfinder, please consult with your therapist before attending this group.

Facilitated by Tommy Jones and Bobby Schauerhamer.

Location:

Project Pathfinder Group Room "B"
Griggs-Midway Building (NE Entrance)
3rd Floor, Suite N385
1821 University Ave. W.
St. Paul, MN 55104

- Wednesdays 5:30 - 7:30 pm

Sexual Trauma & Abuse Survivors

Open to all Genders

Co-facilitators: Jerry Buchmeier, PhD (Therapeutic Counseling) & Kathleen McDowell, MA (Human Development)

Many adults have been sexually abused in childhood or adolescence, or have experienced sexual trauma as adults. Whether you have clear memories or vague recollections, perhaps you experience feelings of shame, self-hate, guilt, fear, anger, grief, or embarrassment. Sharing your story and feelings with others can release these feelings, while creating and renewing patterns of comfortable, healthy, and rewarding interactions with people of both sexes. This support group provides a safe environment to share your experiences and learn about how others are coping with these issues. Join us in developing healthier attitudes and behaviors that transform us from survivors into living life to the fullest.

Questions, call Jerry, 763-546-4133.

- Thursdays 7:30 - 9:30 pm

Bisexual and Gay Issues

Open to Men Only

Men of all orientations explore a wide range of personal issues including our sexuality. We focus on our feelings about who we are and how we choose to live in the future.

- Fridays 7:30 - 9:30 pm

Choosing Healthy Sexual

Boundaries

Open to Men Only

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.

Healthy Boundaries welcomes all men who are currently participating in, or who have completed, sex offender treatment. Facilitated by Rich Powell, Tommy Jones and Bobby Schauerhamer.

- Tuesdays 12:00 pm - 2:00 pm
- Saturdays 10:00 am - 12:00 pm

Men Facing Retirement Issues

Open to Men Only

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

Give a Gift

Men's Center Membership

Only \$25

612-822-5892

Here and There

– Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches, drop-in anytime 10AM-1PM** (bring something to share/cook up): **September 20th at Frank Brandon's**, 975 Como Blvd E, St. Paul, 55103

651-487-3008. (on the east side of Lake Como). **October 18th at the Men's Center** 3249 Hennepin Ave S, Suite 55, Minneapolis 55408, 39th anniversary celebration, Andy Mickel and Daniel Heist co-hosts. 5 men attended each brunch in June & July – Andy Mickel, 2015-07-19.

25th Annual Minnesota Festival for Fathers and Families Saturday, August 8th, Noon to 4 p.m. at North Commons Park: 1801 James Avenue N in Minneapolis (one block south of West Broadway Ave on James Ave). Everything is FREE! T-shirts will be available for fathers who bring their children. A meal will be served along with concessions, including popcorn, snocones, and cotton candy. Many activities will be available for families and children, including continuous entertainment on the “big stage,” pony rides, a petting zoo, moon bounce, giant inflatable slide, inflatable obstacle course and a rock climbing wall. There will be free haircuts and much, much more! This annual festival is planned and sponsored by a variety of community organizations. A sizable resource fair area will also be available along with free books, massages, family law legal advice, employment resources, and more. – Stephen Onell, 612-384-7078, 2015-07-10.

The next **ManKind Project New Warrior Training Adventure (NWTA) for men in Minnesota** will be hosted by Central Plains MKP Minnesota Community in **mid-October, 2015** at Camp Voyageur in Mound, Minnesota. Cost is \$595.00. Matching Fund Scholarships are available. To hold your place, send a deposit of \$150.00 to: Tim Greer, Registrar Central Plains MKP, 12727 W. Dodge Rd. #102A Omaha, NE 68154. FFI: Jamie Wellik 612-267-2467. – Andy Mickel, 2015-07-04.

One Voice Mixed Chorus has auditions August 24 & 25 (Monday & Tuesday) 7-9:30 pm, by appointment only. People can email info@onevoicemn.org or call 651-298-1954 to reserve an audition time. One Voice Mixed Chorus is Minnesota's

only—and the nation's largest—lesbian, gay, bisexual, transgender, and straight allies (LGBTQA) chorus. Founded in 1988, One Voice has been “building community and creating social change by raising our voices in song” for more than 25 years. One Voice is currently made up of 125 singers from ages 17 to 75. – Shelby Thomason, Operations Coordinator, OVMC, 651-298-1954, 2015-06-04.

The 5 Most Important Things That Make A Man Feel Loved. “There is a saying that we teach what we want to learn. I suspect it may be equally true that we write about issues most important in our lives. I grew up as an only child in a single parent-family. My father was gone by the time I was five years old. My mother had to go out and work and I was left alone a lot of the time. My main friends and companions were the imaginary friends that I turned to for comfort, love, and understanding...”

Some time ago I wrote an article, *7 Things That Make a Man Feel Loved*. I shared my experiences being married to my wife, Carlin, for more than thirty years. It felt wonderful to read so many comments and eventually learn that that 280,000 people had read and shared the article. I'm happy to report that our love has continued to deepen and grow and I'd like to share my current feelings and thoughts in my latest post: <http://menalive.com/make-a-man-feel-loved/> – Jed Diamond 2015-07-16.

“Instincts, Ancient Practices and Enlightenment” - Workshop by Diane Redmond & Belinda Gore, Thu-Sun Oct 15-18, \$350-700 (sliding) at the Carondelet Center, St. Paul. Our purpose in this retreat is to open and balance the three body-based instincts as understood in Enneagram theory, raising their vibration to allow a deeper or higher intelligence to manifest in us. During the four days of this intensive workshop, we explore the varied expressions of Self-Preservation, Sexual, and Social instincts, using experiential learning for opening, listening, and trusting our own direct experience of each instinct. In addition, the ancient body-based practice of ritual postures uses breath, sound, and posture to expand our experience and capacity for contact with spirit. Since the

instincts are also body-based, we come to understand them as aspects of the animal body that, once conscious and functioning harmoniously, move naturally toward the higher instinct for Enlightenment. FFI, diana.redmond@gmail.com – Curt Micka, 612-226-1702, 2015-07-18.

Sexualized women and ‘idiot’ men: How to fight stereotyping, Vancouver Sun, 2015-05-30

“The '50s also brought us Father Knows Best, in which Robert Young was held up as a thoughtful head of the household, with a warm, outwardly deferential wife. North Americans of the time soaked it up, with many internalizing the TV-culture models about what it was to be a man or woman. In the 60 years since, we've been struck by a gender-role revolution, at least in Western societies. And the dominant entertainment and media messages have flipped.

Vancouver psychologist Randy Paterson is among those concerned about the new North American clichés. “Now that we have a society that is more equal, men are very much seen as fallible,” said Paterson, director of the Changeways Clinic and a blogger on issues in psychology. “But many people now say we've gone too far in the other direction, with males now being portrayed almost uniformly as idiots.”

Paterson has little doubt cultural messages about males and females are being “internalized.” That's a psychological term that describes how human beliefs, morals and values, especially those of children, are subconsciously shaped by their surroundings.

Before we look at ways to combat the internalization of such stereotypes about gender (or about sexual orientation, race or our other identities), however, let's examine the latest forms of typecasting.

With girls and women, many argue one of the worst things in advertising and entertainment is the increasing use of ultra-sexualized images to sell products or grab audiences. Feminists and others often rightly condemn such depictions. But the cultural pigeonholing of boys and men receives less attention...”

More at: <http://blogs.vancouversun.com/2015/05/30/sexualized-women-and-idiot-men-how-to-fight-stereotyping/> – Michael Martens, 2015-06-01

Twin Cities Men's Center

ALL-PURPOSE FORM

Men's Center members are entitled to: participate in our annual & monthly Board meetings, receive *Men Talk*, use the reference library, and enjoy reduced fees to Men's Center-sponsored events such as Weds. presentations.

- 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 \$_____ \$25 (Regular) \$50 (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 Twin Cities Men's Center mailing list; this also cancels *Men Talk* deliveries.
- I have these feelings, thoughts, opinions, ideas, news items for The Twin Cities Men's Center / *Men Talk*

DATE: _____
 FROM Name: _____
 Mailing Address: _____

 Home Phone: _____
 Work/Cell Phone: _____
 E-mail Address: _____

PLEASE SUPPORT OUR MEN TALK ADVERTISERS!

Family Law Clinic

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!

Infinite Aperture Counseling

harry greenberg, msw, licsw
 Specializing in Men's Issues

2435 Garfield Avenue South
 Minneapolis, MN 55405
 (612) 870-9418 (OPTION 1)

hgreenberg@iacounseling.com
www.iacounseling.com



Many thanks to

Factor of 4, LLC

for the generous donation
 of website services to
 The Men's Center.

Responsive Website Services

612-279-6400

www.factorof4.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	3 1/2" x 2"	\$25

(612) 822-5892
tcmc@tcmc.org

UPTOWN AREA SPACE TO RENT

**Twin Cities Men's Center,
 3249 Hennepin Ave S**

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

(612) 822-5892

TCMC Office Hours: M 11:30am–12:30pm, 2:30pm–4:00pm; Th 1:00pm–4:00pm, F 1:00pm–4:00pm. Our telephone (612) 822-5892 is answered 24-hours per day by voicemail, and an attempt is made to return calls within 1 or 2 days. Our FAX number is (612) 821-6424.

TCMC 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 Twin Cities Men's Center
3249 Hennepin Avenue South, Suite 55
Minneapolis, MN 55408 USA

ADDRESS SERVICE REQUESTED

NON-PROFIT ORG.
US POSTAGE
PAID
TWIN CITIES, MN
PERMIT NO. 1100

men talk

twin cities men's center news

4

Anger Management Program

Have you been told that your verbal and emotional expression of anger is out of control? Have you lost your job or spouse because you "blew up" one too many times? Have you been hit with a court order to take an Anger Management Class? Learn how to manage your feelings with the Twin Cities Anger Management Program. This is one of the best, and most affordable, programs in the area. It's ideal for men who desire to significantly improve their relationships at home and at work.

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: \$235 for TCMC Members (\$250 for Non-Members)

Starting Dates: Classes are filled on a first come, first served basis. Currently, there are classes on Mondays, Tuesdays, and Wednesdays.

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.

19 Years of Successful Classes

***What's
Inside***

Page 1 *The Trauma of "Proving
Manhood" by Dr. Michael Absatz*

Page 2 *Library Corner
Letter from the Chair*

Page 3 *Family Law Clinic
Community Ads*

Page 4 *Back Page:
Anger Management*

Inserts *Aug/Sep Calendar
Presentations
Support Groups
Here & There*