

men talk

tcmc

twin cities men's center

in our 40th year
of public service

Feb. / Mar. 2016
Volume 40 #1

Robert Bly: Film Tribute to a Radical

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Poet Robert Bly, now 89 years old, is a radical, by which I mean he returns to the roots. Haydn Reiss has captured him in his new, moving film *Robert Bly: A Thousand Years of Joy*.

Watching the film was a trip down my memory's lane, dating back to meeting the National Book Award-winning poet in the sixties. I was in boot camp training at Ft. Riley, Kansas, home of the Army's First Division, the Big Red One. I intended to follow our family tradition, which gave our name to Ft. Bliss, Texas. I was on my way to the American War on Vietnam.

Bly and others in the group Writers Against War, including poet Allen Ginsberg, came to Kansas with their poetic, prophetic message. They initiated my doubts about America's War. Bly spoke from military experience, having served in the Navy during World War II.

I eventually resigned my officer's commission, accepting the consequences, which included alienation from my family. Robert possibly saved my life, and certainly my soul, if I had gone to war those 50 years ago. I have enough of what is described as "Post Traumatic Stress" and "moral injury" from having been raised on military forts.

Bly has been a life-long radical, which this film documents. His deep roots are Norwegian, farmland, Mid-Western, Minnesotan, and Lutheran. Bly is an uncle figure to many. He provides an image of a deep, nurturing, strong masculinity, distinct from the rigid military model under which I was raised. His male model was militant yet caring; it emboldened my courage to reject war-making.

"Why don't we lift our voices and cry over what is happening today," Bly lamented during the first American War against Iraq. I echo this today, as the U.S. continues to widen its war-making.

Robert Bly has made a big difference in the lives of many. He brought a contentious, creative presence into his prophetic work. A big man, he has a Viking-like quality.

Bly brought the reverent, oral tradition of taking a poem into your heart and soul, memorizing it, and reciting it, to the delight of thousands. He wrote his own great poems, as well as essays, edited books, and supported peers and young poets and writers. He translated Chilean Nobel laureate Pablo Neruda, who appears in the film, and many other lesser-known poets, expanding their readerships. Many poets and writers attest to Bly's importance in this film.

Bly helped create contexts within which people could grow, including the Great Mother Conferences and men's gatherings in the woods. Bly did not agree with one of my Neruda translations, which I did not change to please him. My Spanish is better than his. I think that he appreciated my standing up for my translation.

Among my friends was Elissa Melamed, who wrote the book *Mirror, Mirror: The Terror of Not Being Young*, which is about the double standard of aging. When they were in college, Bly invited her out on a date. She accepted. That date was to go to a firing range.

Bly continued on page 2

TCMC Anger Management Program

For two decades we have worked tirelessly to help men learn how to manage their anger – and this month we were recognized by a lead article featured in the Hennepin County Public Health Online Magazine. Congratulations to our co-ordinator, John Hesch, who was interviewed for the article.

Read the entire piece online at:
<http://healthyhennepin.org/stories/anger-management>

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.

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Greetings from the Chair

As I write this, the nation is gripped with Powerball fever. \$1.5 billion is up for grabs and anyone who's bought a ticket (or 20) will tell you about the extravagant purchases they plan to make if they wind up holding a winning ticket. Why? The subtext of this dreaming always seems to be that buying an elaborate mansion or a fleet of Italian super cars will make the winner truly happy.

Leaving aside the fact that you are more likely to win an Olympic Gold Medal, be elected President of the United States, or be canonized as a saint in the Catholic Church, there are a couple of problems with believing that winning the lottery will make you happy. First, happiness is not a state of enhanced being that is simply bestowed upon the lucky or the deserving. It is more like the period of semi-euphoric relaxation that comes after an intense workout. This isn't to say that happiness requires hard work, but it does require intentionality – you have to at least want to be happy and willing to do something to achieve it. I think this is something a lot of us have trouble with. We are often subtly taught that happiness is a reward for being a good person or for living our lives in a certain way, whereas I believe happiness is simply a choice that we make. If we want to be happy we can be if we do something to get there. Ultimately, I think this boils down to the difference between people who feel like life happens to them

and people who actively shape their life into what they want it to be.

The second problem with the lottery-happiness theory is that it supposes that happiness is externally based. Aside from the fact that this model means you give up control of your own happiness, this just doesn't make sense. Your happiness is a state of being that originates inside of you. External things and events are input of course, but the fabric of your happiness is woven entirely inside your head. Given this, if you're not happy doesn't it make sense that the first place to look for a solution is inside yourself?

Of course saying all of this is one thing and being able to put it into action is another, so that is where I'd like to suggest that TCMC can help. If you are a man who is unhappy with some aspect of your life, our classes and support groups can help you to help yourself. You will receive support and encouragement to grow and make changes that will help you move toward the life and happiness you want.

By all means buy a lottery ticket the next time you want to indulge in a little fantasy. But please don't imagine that winning means you would be transported to a magical land of perpetual happiness for the rest of your life. True happiness is achieved, not won.

**JOE SZURSZEWSKI
BOARD CHAIR**

Bly continued from page 1

The first of many Bly's gatherings that I attended were the Great Mother Conferences, where he honored mythology and the feminine. His co-teachers included novelist Ursula Le quin and Gioia Timpanelli, often called the "dean of American storytelling."

Robert was not an easy man in the decades that I had regular contact with him. He loved a good conflict. We argued, as I did with his key collaborators—the psychologist James Hillman and the drumming Irish-American storyteller Michael Meade. They engaged in spirited, friendly male banter. My arguments with them were often about gender.

Few American poets have sold many books or become famous during their lives. Bly's best-selling book *Iron John*, an analysis of a Grimm Brothers story, brought him fame. Bly often taught from mythology and ancient stories. I first met the noted mythologist Joseph Campbell at a Bly forest gathering.

Bly continued on page 5

EVENTS CALENDAR

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 |
|---|--|--|---|--|--|--|
| Call us about Anger Management Classes. | 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 Family Law 7pm H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm | SUPPORT GROUPS Divorce/General 7:30 Mankind Circle 7pm 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. SEMINAR SPIRITUAL ROADBLOCKS 1:00 p.m. |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | 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 Gratitude 7pm H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm | SUPPORT GROUPS Divorce/General 7:30 Mankind Circle 7pm 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. |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | 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 None H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm | SUPPORT GROUPS Divorce/General 7:30 Mankind Circle 7pm 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 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| BRUNCH 10:00 a.m. SUPPORT GROUP Men's Retirement 5:30 p.m. | SUPPORT GROUP General/Div/Uncpl 12:30 p.m. | SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. Gay Issues 7:30 p.m. Anger Management 7pm | PRESENTATION None H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm | SUPPORT GROUPS Divorce/General 7:30 Mankind Circle 7pm 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. |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | SUPPORT GROUP General/Div/Uncpl 12:30 p.m. | 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/General 7:30 Mankind Circle 7pm 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. |
| 28 | 29 | 1 | 2 | 3 | 4 | 5 |
| | SUPPORT GROUP General/Div/Uncpl 12:30 p.m. | SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. Gay Issues 7:30 p.m. Anger Management 7pm | PRESENTATION None H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm | SUPPORT GROUPS Divorce/General 7:30 Mankind Circle 7pm 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. |
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| | SUPPORT GROUP General/Div/Uncpl 12:30 p.m. BOARD MTG. 7 p.m. | SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. Gay Issues 7:30 p.m. Anger Management 7pm | PRESENTATION None H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm | SUPPORT GROUPS Divorce/General 7:30 Mankind Circle 7pm 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. | SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. Gay Issues 7:30 p.m. Anger Management 7pm | PRESENTATION None H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm | SUPPORT GROUPS Divorce/General 7:30 Mankind Circle 7pm 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. | SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. Gay Issues 7:30 p.m. Anger Management 7pm | PRESENTATION None H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm | SUPPORT GROUPS Divorce/General 7:30 Mankind Circle 7pm Sexual Trauma & Abuse Survivors 7:30 p.m. | | |
| 27 | 28 | 29 | 30 | 31 | | |

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

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 **Kelley Lorix, Bob Manson, Rasheen Tillman and Mark Scannell.**

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: Rasheen Tillman
When: Wed, Feb. 3, 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.

Gratitude

Discussion Leader: Mark Scannell
When: Wed, Feb. 10, 7:00-9:00 pm

Open to all genders

Many different spiritual traditions & a number of studies highlight the power of giving thanks and expressing gratitude for what we have been given. In this presentation, we will explore: what gratitude is, examine some of the studies that have been done on gratitude, talk about the importance of being specific in giving thanks and looking at gratitude as a two-way street that involves both giving thanks & receiving thanks.

Mark Scannell, a former Roman Catholic priest and resident of the Twin Cities for forty years, is presently retired. He is a veteran 12-Stepper. In his retirement, he officiates both at wedding and softball games. He has been exploring the theme of gratitude for a number of years and just recently wrote a book on gratitude called – The Gratitude Element: A New Look at the Serenity Prayer..

No Presentation

When: Wed, Feb. 17, 7:00-9:00 pm

No Presentation

When: Wed, Feb. 24, 7:00-9:00 pm

Family Law Clinic

Discussion Leader: Kelley Lorix
When: Wed, Mar. 2, 7:00-9:00 pm

Open to all genders

See Description on Feb. 3

No Presentation

When: Wed, Mar. 9, 7:00-9:00 pm

No Presentation

When: Wed, Mar. 16, 7:00-9:00 pm

No Presentation

When: Wed, Mar. 23, 7:00-9:00 pm

No Presentation

When: Wed, Mar. 30, 7:00-9:00 pm

Family Law Clinic

Discussion Leader: Bob Manson
When: Wed, Apr. 6, 7:00-9:00 pm

Open to all genders

See Description on Feb. 3

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

570 N. Asbury Street, suite 300

St. Paul, 55104

- Wednesdays 5:30 - 7:30 pm

Mankind Project Open Circle

Open to Men Only

Presenter: Tim Kuss

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 Gilette's book.

- Thursdays 7:00 - 9:00 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

BLAMING, SHAMING, JUDGING, GUILT AND MAKING EXCUSES:

SPIRITUAL ROADBLOCKS

The Men's Center will co-sponsor a seminar presented by Kathleen McDowell on February 6th from 1:00 to 3:00pm at the Men's Center. This workshop will identify and explore how we learned to blame, shame, guilt, judge and make excuses while holding onto resentments then seeing how these impediments keep us from moving forward. Open to men and women. Cost is \$20.

Kathleen McDowell, MA, is an author and educational speaker about adult survivors of child sexual abuse, the long-term health effects and recovery. She is a consultant with I've Got a Message! on family violence, abuse and recovery education toward finding a life worth living by moving through being stuck in the story.

Bly continued from page 2

Bly invited me to teach with him and others at a men's conferences in the Mendocino Woodlands. I came prepared, not only with words, but with buddies—Capt. Ray Gatchalian, a green beret medic in my vets group, San Francisco artist Doug von Koss, and Larry Stefl, a musician with The Sons of Orpheus.

I anticipated that Robert would challenge me. When he did, Doug and Ray merely stood up at my side. They did not need to say anything. Much of male intimacy is side-by-side, as well as covering someone's back. Larry played Black Orpheus on the guitar and led the room in singing (scatting) along. Strengthened by their firm masculine presence, I continued. I do not remember what the issue, the challenge, or my response to Bly were on that day. What I do remember is Ray, Doug, and Larry backing me up.

“Wake up” has been one of Bly's essential poetic, spiritual, and political messages. “Don't go back to sleep,” he would quote the 13th century Sufi poet Rumi, whom he translated and brought forward into American culture. Bly calls us “to disappear into the wild.” He translated the great Spanish poet Antonio Machado, who ends a poem with the words “what have you done with the garden entrusted to you?”

Hayden has made previous films that include Bly, including “Every War Has Two Losers,” about poet and conscientious objector William Stafford, and “Rumi: Poet of the Heart.”

www.robertblyfilm.com.

Shepherd Bliss {3sb@comcast.net} has operated the Kokopelli Farm in Northern California since 1992, contributed to 24 books, and recently retired from college teaching.)

Upcoming **Monthly Men's Sunday Brunches**, drop-in anytime 10AM-1PM (bring something to share/cook up): **February 21st at Daniel Heist's**, 2925 Monterey Ave S, St. Louis Park, 55416; 612-750-6990. (on the west side of Lake Calhoun, off Lake St.). and **March 20th at Damon Stark's** 5108 Washburn Ave N 55430 612-529-5243 (near the Hwy 100 / Brooklyn Blvd interchange). 14 men attended the brunch at Jamie Wellik's in December; around 10-12 men attended Frank Brandon's brunch in January on another sunny morning. - Andy Mickel, 2016-01-13.

"Please continue your excellent services for men. You are one of a kind." Warmly, John and Bonnie Driggs, 2015-12-23

Support the Effort to Create a White House Council for Boys and Men... be a part of getting the word out for the need for a White House Council for Boys and Men!! (There is already an established White House Council for Girls and Women.)

When our boys and men get the support they need to step into their authentic wholeness, everyone will benefit and our society will be transformed.

- (1) please forward this announcement to your network, and
- (2) sign the petition at the website listed on the announcement, and
- (3) consider asking your Presidential candidate to support this effort RIGHT NOW during the pre-caucus period and beyond.

Announcement from Warren Farrell and the Steering Committee Proposal for a White House Council on Boys and Men: Thank you! Thank you! Thank you for supporting boys and men.

We are reaching out to you because of

your interest in helping to shape the lives of boys and men. We celebrate you for signing the petition to create a White House Council on Boys and Men and want to bring you up to date on our most recent action for a Proposal for a White House Council for Boys and Men. Our organization is growing and moving.

Our new website is up and running (whitehouseboysmen.org). We begin with new content and new features important to you. Our monthly E-Newsletter, "Proposal", will begin this month. The email goes to petition signers, co-aligned organizations, and is available to those who come to our website. Young Voices Radio and Television: A new program that features experts and young people who are enlightening us on the perspectives and hopes. All the Best for Youth and Community! Sincerely, Dan Gorbunow, 2016-01-13

The popular book, A Circle of Men is back in print! Same powerfully useful "how-to" book with a whole special new added section on The ManKind Project called "MKP History from a Founders Perspective" Originally published in 1992 by St. Martins Press my book kept selling for 15 years. Then the book rights returned to me and finally it is available again. This edition has all the same information on building a new men's group or deepening a current group, plus six new chapters devoted just to **The ManKind Project**. Now after 30 years and 70,000 men, I'm offering a detailed MKP history that covers how it all began, insights into amazing MKP men and so many fierce and tender stories along the way. It has 35 pages with 80 separate topic areas, photos and lots of charming cartoons. You can get a copy online or write to me directly for a signed copy (A gift for some one special?), to get many copies

at a good rate (Just for your group?), or just call me at 541-482-2335. Brother blessings, - Bill Kauth, 2015-12-08

The next ManKind Project New Warrior Training Adventure (NWTa) for men in Minnesota will be hosted by Central Plains MKP in April 15-17, 2016 at the Goodwill Camp in South Sioux City. Cost is \$595.00. Matching Fund Scholarships are available. To hold your place, send a deposit of \$150.00 to: Rod Clay Registrar Central Plains MKP, 712-301-8665 <RClay0596@gmail.com>. FFI: Jamie Wellik, 612-267-2467. - Andy Mickel, 2016-01-03.

Men's therapy group and Anger Management group both are held MN Mental Health Clinics Eagan Clinic 3450 O'Leary Lane Eagan, MN. 55123 651-365-8277 My name is Matthew Lindberg, M.A. LPCC and I am the outpatient therapist facilitating both of these groups. I am graduate of Adler Graduate School and intern at Men's Center and was trained on David Decker's Anger Management curriculum. I have strong Co-occurring disorder background working substance misuse and mental health. <mlindberg@eagancounseling.com> - Matthew Lindberg, 2015-12-04

13th Annual Summit Minnesota Fathers and Families Network "Father Child Relationships in Diverse Family Systems", Mon-Tues, February 8-9, 2016, Best Western Kelly Inn Plus, St. Cloud, MN 56301. Keynote presenters: "On Being a Dad", Mark Meier, MSW, LicSW and "Healthy Births, Healthy Babies: Fathers as Partners and Protectors", Bryan G. Nelson, RN, Optum Health & Metro State University faculty. Registration \$199 both days; \$125 single day: <www.mnfathers.org> MFFN, Box 225, Forest Lake, MN 55025, 651-303-1219. - 2015-12-12.

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*

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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
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 Minneapolis, MN 55405
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**THE GRATITUDE ELEMENT:
 A NEW LOOK AT THE
 SERENITY PRAYER**

By Mark Scannell

Explores the power of gratitude as well as a new expression of the Serenity Prayer by adding gratitude – gratitude for the serenity, courage and wisdom we have been given.

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MEN TALK ADVERTISING RATE SCHEDULE

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|-----------|-----------------|-------|
| 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

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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.

20 Years of Successful Classes

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