

men talk

tcmc
twin cities men's center

in our 37th year
of public service

Feb / Mar 2013
Volume 37 #1

Jim Lovestar Received the 2012 Ron Hering Award - part 2

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The Mankind Project

Lovestar stated during our interview that he had been with the Mankind Project since 1984. He stated that his initial experience with MKP was disappointing. "In 1984 I went to a men's conference in Madison. I was really disappointed in the content of the conference – men apologizing male – and for men identifying men as oppressors. I wouldn't buy it. I ran into a gray haired - gray bearded man I got to talking with, a man from Milwaukee and he and I agreed on that. He had been working on at this time an anecdotal to this (adult beating) or (self-defeating masculinity). I felt he should keep me in the loop. He took my address and my phone number. I still have a copy of the letter he sent me. That was in January of 1985 and the man was Bill Kauf."

Lovestar stated, "The work we do during the warrior weekend is based on the mythopoetic. We're telling a story about the hammer and the nail, and letting each man decide for himself. That is, whether he is or is not the hammer or the nail."

"What I wanted to do with men in the MKP is to help them think for themselves. You help men come to be the man they want to be. You don't make them be the man they want to be - you help them you provide them with guidance and support and connection with other men to provide modeling behavior as well as demonstrating emotional literacy to help through depression, to hug each other. I wanted to be there for them, to help them and to guide them – that was the kind of leadership I provided. The Mankind Project has really called my leadership forward in many significant and wonderful ways."

A quote from Robert Moore perhaps best cites what it is that Lovestar is doing.

"Robert Moore once said at rally, *The ManKind Project, I believe, represents a sincere effort to try and create for*

the first time in the history of our species a vessel of masculine initiation that strives truly to be inclusive This is a new thing on this planet – a grandiose undertaking, but a worthy undertaking that we have decided to work on." He finished by saying, "These are the words I want to leave with you – Keep love alive, keep love alive! And if we keep love alive, my personal judgment is, nothing is going to stop us."

Lovestar believes he received the Ron Hering Award for his volunteer commitment with veterans and in urban agriculture. Lovestar has done that and much more.

The key words in Moore's quote were "inclusive" and "love". It is perhaps the combination of both "inclusive" and "love" that may be illustrative of Lovestar's work.

Jim Lovestar, it seems to me, wants to open up as well as to be part of facilitating the construction of among men channels of self-awareness, self-actualization as well as connectedness. That may be helpful to men who had never been in the military as well as for male and female veterans. It may also be a focus to journey for people who may want to be part of an urban agriculture program. For others, it may be to participate in Lovestar's work through conscious body. For some men, it may be what Lovestar does through the MKP.

To contact Lovestar and to learn more about his work with veterans, urban agriculture, conscious body, and MKP, e-mail him at --<jimbo@consciousbody.info>.

Part one of this article was published in the Dec 2012 / Jan 2013 issue of Men Talk.



THE
ManKindProject
INTERNATIONAL
RON HERING MISSION
OF SERVICE AWARD

Library Corner

— JIM HEANEY, LIBRARIAN



THE MISSING PEACE,
Solving the anger problem for
alcoholics, addicts, and those who love them. By

John Lee If you or someone you love is navigating their way through recovery, there's one thing that will either be a roadblock or a catalyst on the journey: a true, holistic understanding of anger. Unfortunately, most recovery programs don't address or properly understand anger, and many times, this leads to relapse or a rougher transition, even for people who don't consider themselves "angry." True happiness and fulfillment is not only possible-but within your grasp.

Using his Detour Method, a proven process used at seminars and workshops, Lee shows you how to free many of the anger issues that are holding you back. Through his expert advice, personal stories and his step-by-step program, he will open your eyes to the pervasive myths about anger; help you recognize if you or someone you love has issues with anger; and he will reveal the red-flag scenarios you need to be aware of in day-to-day situations. When you put down the anger, you make room in your life for love, laughter and joy to flourish.

Address Change Notifications

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Men's Center \$1.14 each.
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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 Manager
John Hesck - Anger Mgmt Coord.
Office Volunteers: Daniel Raemeer,
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Editor - Bill Dobbs

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Greetings from the Chair

I've been thinking lately about gender roles and how as men we can be defined by and thus trapped by them, or we can choose to transcend them and live lives of integrity.

I've just returned from my honeymoon in Fiji. It's an incredible place to start married life together, and my wife and I were very lucky to spend 2 weeks in paradise. But apart from the beaches, flora and fauna, rain forests, amazing food, and genuinely friendly people, something else stood out to us. Fiji is a patriarchal society that is still very much rooted in an agrarian, hunter/gatherer way of life. The men plant and harvest, fish, and hunt boar. At night, they gather around the kava bowl and sing or swap stories. Women tend house, raise children, and wash clothes in streams and rivers. More than one man told us men were in charge in this society, and that both men and women were better for it. So it was a pleasant surprise to meet several flamboyantly gay Fijian men. It's hard to imagine the difficulties they face being honest about their sexuality, but they had found a role for themselves different from what their friends and families might have chosen, and we're living their lives as they chose, not according to a defined gender role.

Back home, Lance Armstrong has admitted to doping to win the Tour de France seven times. As a cancer survivor and avid cyclist, I've got lots of thoughts on the damage he has done to both of these interests, but it's the way in which he seems to have conformed to an all-too-common male gender role that interests me here.

His answer when asked why he did it was simply, "to level the playing field." In other words, he doped because otherwise he didn't have a chance to win. This implies that winning is more important than playing by the rules and telling the truth, never mind not endangering your health. This sounds a lot like the slogans boys hear when they start to play organized sports - "Winning isn't everything, it's the only thing," or "Second place is the first loser," or "Are you in it to win it?" The message is clear: sports isn't about fitness, recreation, or socializing, it's about winning, end of story. Given this environment, it's not surprising men choose to embrace the gender role and cheat to win.

Which makes the story of Ivan Fernández Anaya all the more refreshing. Anaya is a Basque cross-country athlete who was a running a distant second in a race in Navarre. The leader pulled up 10 meters short of the finish, thinking he had already finished, and when Anaya caught up to him, he did something remarkable. He gestured to the other man that he hadn't crossed the finish line, and waited while he started running again and finished first. He could have run past the man without a word and taken first place, in other words, he could have won at any cost, but he chose not to. He defied the expected male gender role and chose to be true to himself and his fellow competitor, and in the process, he showed us all that being a man does not mean living according to a fixed set of selfish rules. It means living with integrity.

JOE SZURSEWSKI
BOARD CHAIR

Annual Facilitator Training report

We had 5 new persons attending our Annual Facilitator Training on January 5th after the Annual Meeting. Randy Genrich and Norm Petrik led the training. We went through the Facilitator training manual and we had excellent discussions on how to facilitate support groups, which are a very important part of the Men's Center. And we also had lunch paid for by the Men's Center. Thank you facilitators for stepping forward to lead groups.

— Norm Petrik, Chair Program Committee

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

Feb/Mar 2013

Call us
about Anger
Management
Classes.

	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION Family Law 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
3	4	5	6	7	8	9
	SUPPORT GROUPS General/Div/Uncpl 12:30 p.m. ----- BOARD MTG. 7 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION Mankind Project Open Circle 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
10	11	12	13	14	15	16
BRUNCH 10:00 a.m. SUPPORT GROUPS Men's Retirement 5:30 p.m.	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION What is Holding You Back? 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
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EASTER HOLIDAY

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web site: www.tcmc.org
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1976 - In Our 37th Year - 2013
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 the wider community. This tradition has been part of the Men's Center offering since its founding 35 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 are **Andy Mickel**, **Rasheen Tillman**, **Tony Voelker**, and **Linda Wray**.

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

Non-Members of TCMC – \$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: Linda Wray
When: Wed, Feb. 6, 7:00-9:00 pm

Open to Men and Women

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

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

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

Mankind Project Open Circle

Presenter: Andy Mickel
When: Wed, Feb. 13, 7:00-9:00 pm

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.

What is Holding You Back?

Presenter: Tony Voelker
When: Wed, Feb. 20, 7:00-9:00 pm

Open to Men and Women

Are you feeling stuck? Are you unable to move forward with your life? Are there things holding you back from being happy? Are there emotions that keep you feeling bad, angry, and stuck? Are you living your life in the past, and unable to move forward? Do you get angry, and don't know how to get past the anger? Are there additions that you want control over? Are there fears keeping you back? Is low self-esteem affecting your life? This class will give you the tools to get unstuck from your past. Introduce you to the tools and resources that you can use to help you move forward into the life you want and deserve.

Tony Voelker is trained in many forms of Therapy tools EFT, NLP, Ericson style Hypnosis, and other advanced tools to empower you to move forward, take charge of yourself and live a more fulfilling and happy life. Call with questions if this class is right for you, 612-875-1970.

What is Holding You Back?

Presenter: Tony Voelker
When: Wed, Feb. 27, 7:00-9:00 pm

Open to Men and Women

Are you feeling stuck? Are you unable

to move forward with your life? Are there things holding you back from being happy? Are there emotions that keep you feeling bad, angry, and stuck? Are you living your life in the past, and unable to move forward? Do you get angry, and don't know how to get past the anger? Are there additions that you want control over? Are there fears keeping you back? Is low self-esteem affecting your life? This class will give you the tools to get unstuck from your past. Introduce you to the tools and resources that you can use to help you move forward into the life you want and deserve.

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Family Law Clinic

Discussion Leader: Rasheen Tillman
When: Wed, Mar. 6, 7:00-9:00 pm

Open to Men and Women

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

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

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

Mankind Project Open Circle

Presenter: Andy Mickel
When: Wed, Mar. 13, 7:00-9:00 pm

See Dec. 12th description

What is Holding You Back?

Presenter: Tony Voelker
When: Wed, Mar. 20, 7:00-9:00 pm

Open to Men and Women

Are you feeling stuck? Are you unable to move forward with your life? Are there things holding you back from being happy? Are there emotions that keep you feeling bad, angry, and stuck? Are you living your life in the past, and unable to move forward? Do you get angry, and don't know how to get past the anger? Are there additions that you want control over? Are there fears keeping you back? Is low self-esteem affecting your

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What is Holding You Back?

Presenter: Tony Voelker

When: Wed, Mar. 27, 7:00-9:00 pm

Open to Men and Women

See Feb. 20th description

Family Law Clinic

Discussion Leader: Bob Monson

When: Wed, Apr. 3, 7:00-9:00 pm

Open to Men and Women

See Feb. 6th 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/Decoupling

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

Abuse Survivors

Open to Men and Women

Many adults have been sexually abused in childhood or adolescence. Whether you have clear memories or vague recollections you probably experience difficult feelings of fear, anger, grief, or embarrassment. Sharing your story and feelings with others is proven to be a critical part of the healing process. The Abuse Survivors 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 victims into survivors.

- On Hold 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

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 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

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.

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

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

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 Tommy Jones and Bobby Schauerhamer.

- 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

Here and There – Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up): **February 17th** at **Eric Mann's** 632 Morgan Ave S., Minneapolis, 55405, 612-481-2839 (on the north side of I-394, Penn Ave Exit). **March 17th** **Stephen Sewell's**, 647 **Lincoln Ave #F, St. Paul, 55105** (just east of Dale Av) 612-229-6699. Eight men attended the November brunch at Mark Bloom's; 15 men attended the January brunch at Frank Brandon's. - Andy Mickel, 2013-01-20.

"Thanks Randy & Andy M. and the board for your work and commitment." - Allan Rieper, 2013-01-03.

"Any interest in other articles or workshops? Do you have annual conferences?" - Roy Schenk, 2012-12-31.

INTO THE BELLY OF ICE AND SNOW FOR THE THIRD TIME: A MEN'S RETREAT SAT- SUN FEBRUARY 9-10, CAMP ST. CROIX in HUDSON, WI. \$195 (includes Friday event)

An Evening for MEN AND WOMEN on Friday February 8, 7:30 pm \$15 **Mayflower Congregational Church in Minneapolis**

For thousands of years, during the short days and long nights of the boreal winter, men have left the comforts of the village to gather in woodland lodges and share their ancient stories, their poetry, laughter, music, ritual, deep feeling and the resonant silence of the whitened woods. Some wild old fire would rekindle in the belly.

Annual Meeting Report

On Saturday, January 5th, Vice-Chair Tom Weaver called the meeting to order with 14 members in attendance. This was significantly fewer than previous years. Reports on Finances, Programs, Administration, and Outreach were presented by these men active in each area. Goals for 2013 include: more income from support groups, upgrades to our website, and possibly a new support group. Ken Knoll received special recognition for organizing the Men Center Booth at the Pride Festival. Board member elections concluded the business.

Into Minnesota's deepest winter weeks men will offer direct responses to questions such as "How do men live with soul and purpose?" "What is a man's role in chaotic times such as these?" "What gifts do men bring back from the wild?"

This weekend retreat will be a time for men to be heard, to seek inspiration, to reclaim and revivify the mythic ground they stand upon.

Weekend Leaders: Benjamin Dennis PhD & Rev. Lanny Kuester FFI: Timothy Young, tim@twoboots.net 612-968-7104 www.feedingthestory.com Mail Deposit or Payment to: Feeding the Story, 1610 Fernwood St., St. Paul, MN 55108 - Mark Stanley, 2012-12-17

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held April 26 - 28, 2013 at a camp in Minnesota to be determined. The cost is \$595, 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, 2012-11-18.

Jed Diamond's Men Alive Blog and Website "**Men's Health: The Real Reason Men Die Sooner and Liver Sicker**" Excerpts:

I learned that, like me, men often have fewer and fewer close friends as we get older. This may contribute to the fact that the suicide rate for men goes up dramatically as we age. Thomas Joiner, Ph.D. author of *Lonely at the Top: The High Cost of Men's Success* says, "Men's main problem is not self-loathing, stupidity, greed, or any of the legions of other things they're accused of. **The problem, instead is loneliness.**"

Joiner notes that with age, men gradually lose contact with friends and family. "And here's the important part," he tells us, "they don't replenish them." Instead of maintaining our friendships and developing new ones when old friends slip away, we look for Band-Aid solutions to cover our loneliness. Some of us become more workaholic, others escape into alcohol or drugs. Some have extra-marital affairs. These pseudo-solutions only serve to increase our loneliness. Most of us realize that it's never too late to change our diet or improve our exercise. Likewise, it's never too late for us to admit we're lonely, reach out to others, improve our relationships, and make new friends. It may be the best health advice we'll ever receive. The alternative isn't pleasant. A postmortem report on a suicide decedent, a man in his sixties, read, "He did not have friends... He did not feel comfortable with other men... he did not trust doctors and would not seek help even though he was aware that he needed help."

<<http://www.menalive.com/>> - Jed Diamond, 2013-01-06

Special Thanks

THE MEN'S CENTER WOULD LIKE TO SPECIFICALLY THANK THE ATTORNEYS WHO ARE THE DISCUSSION LEADERS FOR THE FAMILY LAW CLINIC. THESE ATTORNEYS VOLUNTEER THEIR TIME THE FIRST WEDNESDAY OF EACH MONTH. OUR SPECIAL THANKS GO OUT TO KELLEY LORIX, BOB MANSON, RASHEEN TILLMAN, LINDA WRAY.

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 Wed. 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 Men's Center mailing list; the pre-addressed gummed mailing label is attached.
- I have these feelings, thoughts, opinions, ideas, news items for The Twin Cities Men's Center / *Men Talk*

DATE: _____

FROM Name: _____

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PLEASE SUPPORT OUR MEN TALK ADVERTISERS!

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: \$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. The next class begins Tuesday Feb. 19th.

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 Hesck, on the Anger Management phone 612-229-3102.



Many thanks to
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MEN TALK ADVERTISING RATE SCHEDULE

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

(612) 822-5892
tcmc@tcmc.org

THANK YOU!

The Men's Center receives generous donations of baked goods from Wuollet's and Breadsmith Bakeries. You can find them at 25th and Hennepin or 50th and France or online at:

www.wuollet.com
www.breadsmith.com




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UPTOWN AREA SPACE TO RENT

**The 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

TMC Office Hours: M 11:30am-12:30pm, 2:30pm-4:00pm; Tu, Th, 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.

TMC is in the lower level of "Uptown Office Park," a brick office building on the Northeast corner of West 33rd Street and Hennepin Avenue in south Minneapolis. Enter through the door on the north (3249) end of the building (it has 2 numbers: 3249 and 3255!), immediately turn left and descend the stairway through the fire door to Suite 55. (Formerly) handicapped access is easiest through a side door on West 33rd Street.

Check out our web site: www.tcmc.org or correspond at our e-mail address: tcmc@tcmc.org

The Men's Center
3249 Hennepin Avenue South, Suite 55
Minneapolis, MN 55408 USA

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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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