

# men talk



in our 37th year  
of public service

twin cities men's center

April / May 2013  
Volume 37 #2

## *State Enabled Entrapment*

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**Y**our wife or girlfriend has decided she is done with you. But she wants the house, kids, car, citizenship, whatever. So she gets an order for protection (OFP) that kicks you out of the house and you no longer have access to these things. But she feels you might want them and that you think there must be a misunderstanding of things because no domestic violence occurred that you could identify except perhaps for her hitting you, or the abuse of filing false allegations so that the police would do all of the abuse against you. So you think it must be a misunderstanding and that eventually she will come to her senses.

It's Christmas, she calls you explaining that the kids miss you and that she wants you to share in the Christmas activities and that she will not report you to the police. This is done for the family. You have not seen your kids in 4 months. She sounds rational and is admitting to you that she did wrong in kicking you out of the house. So out of love for your kids and hoping for love from her you go.

But this is a trap. She may have even called the police previously saying she thinks you are planning to come over and violate the OFP. You are supposed to know this is wrong, no matter how much she pleads with you to come. Even if you recorded the conversation it would be of no hope for you. You could be facing 5 years in prison and a \$10,000 fine. You were notified when you were served the orders for protection and you had 15 minutes to gather everything from the house that you would need and find new residence on the street. It is in this timeframe you are expected to read and comprehend everything on the orders for protection served against you. You are overwhelmed by the injustice you are experiencing. Yet you "should have known better".

You are not given classes in this by the Domestic Violence industry like your wife has likely received. Those

classes were meant to empower her. This is the kind of thing that empowers her. You don't know how much the deck is stacked against you. You never expected this because the allegations are not even closely true. You think this is something between you and your spouse. The following is the law in Minnesota and therefore what is in reality used against you. You have never read this before, at least in a calm state of mind, because you think this scenario could never happen to you, because you are the least violent person you know of. And this only happens to others. Right?

### **518B.01 DOMESTIC ABUSE ACT.**

Subd. 18. **Notices.** (a) Each order for protection granted under this chapter **must contain a conspicuous notice** to the respondent or person to be restrained that:

(1) violation of an order for protection is either (i) a misdemeanor punishable by imprisonment for up to 90 days or a fine of up to \$1,000, or both, (ii) a gross misdemeanor punishable by imprisonment of up to one year or a fine of up to \$3,000, or both, or (iii) a felony punishable by imprisonment of up to five years or a fine of up to \$10,000, or both;

(2) **the respondent is forbidden to enter or stay at the petitioner's residence, even if invited to do so by the petitioner or any other person; in no event is the order for protection voided;**

(3) a peace officer must arrest without warrant and take into custody a person whom the peace officer has **probable cause to believe has violated an order for protection** restraining the person or excluding the person from a residence; [probable cause simply means an accuser says to the officer that a person has done something — in other words, no proof at all.]

*Continued on page 2*

## Library Corner

— JIM HEANEY, LIBRARIAN

Book of The Month:

**IRON JOHN, A Book About Men.** By Robert Bly, 1990.



Poet and translator Robert Bly offers nothing less than a new vision of what it is to be a man. Bly's vision is based on his ongoing work with men and reflections on his own life. He addresses the devastating effects of remote fathers and mourns the disappearance of male initiation rites in our culture. Finding rich meaning in ancient stories and legends, Bly uses the Grimm fairy tale "Iron John," in which the narrator, or "Wild Man," guides a young man through eight stages of male growth, to remind us of archetypes long forgotten—images of vigorous masculinity, both protective and emotionally centered. Simultaneously poetic and down-to-earth, combining the grandeur of myth with the practical and often painful lessons of our own histories, Iron John is a rare work that continues to guide and inspire men-and women. Other Robert Bly titles in our library: *TIMES ALONE*; Selected Poems of Antonio Machado, *PILLOW AND THE KEY, WHAT HAVE I EVER LOST BY DYING?*, *WALKING SWIFTLY*, *The Rag & Bone Shop of the Heart*, *THE SIBLING SOCIETY, MEN'S SHAME* Tape April 1989.

### Address Change Notifications

from the post office cost the Men's Center \$1.14 each. Please let us know in advance of mailings! Thanks!

*Men Talk* is a bi-monthly publication of the Twin Cities Men's Center. Call 612-822-5892, or e-mail us at [tcmc@tcmc.org](mailto:tcmc@tcmc.org)

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## Greetings from the Chair

**T**CMC is a great place for men to work on making significant, difficult, and positive changes in their lives. Beating an addiction, coping with loss, or changing troubling behavior; there are men working on all of these and many other noble projects at TCMC. It goes without saying that such a path is hard and fraught with setbacks. Not only is such work inherently difficult, but outside of places like TCMC, our society doesn't provide many resources for men doing this kind of work. So if you are a man embarked on such a journey, how do you motivate yourself? Are you your own drill sergeant, barking out orders and harshly chastising any slips and deviations from the path of perfection you've planned out in your mind? Or are you more of a gentle and forgiving coach who focuses more on what you can do in the future, and less about what you've done in the past?

I was reminded of the way we sometimes try to harshly motivate ourselves to accomplish difficult things as I've followed the saga of the federal budget sequester. You are no doubt (overly) familiar with this story, but from my perspective, the point is this: to force themselves to reach a future compromise on spending, the US Congress put in place harsh and irrevocable across-the-board budget cuts scheduled to go into effect at the beginning of March.

*Continued from page 1*

So one person is given a perfect scenario to entrap another by our legal system. That person is not held accountable for anything. That person along with a chorus of others will claim they have been discriminated against and lack power in our society. You thought the laws would resemble something like justice. You are in for an extremely painful learning experience. According to Attorney Tom James:

"Guys have been prosecuted, sometimes at the felony level, for such seemingly innocuous conduct as: Sending an email message agreeing to get together in response to an emailed invitation to attempt a reconciliation; sending a birthday card to one's child after receiving a letter from the child asking why dad doesn't love him enough to even send him a birthday card anymore; or even for sending a simple 'thank you' card to a child in response to a gift the child sent her father in the mail.

It is foolish to think that police and prosecutors will not concern themselves with trivial, minor or well-intentioned violations of OFP's. They do."

*Bill Ronan, Licensed Independent Clinical Social Worker, Practitioner: Medical Hypnoanalysis, Author: The Psychological Autopsy of Elvis Presley. He can be reached at [Bill@MNHypnosis.com](mailto:Bill@MNHypnosis.com) or 952-933-3460*

The theory was that the cuts were so draconian and onerous that both sides would be forced to compromise to avoid disaster.

As we used to say in my support group, "How's that working out for you?" Obviously, the plan didn't work, and we wound up with the cuts anyway. The reasons the plan failed are many and complicated, but to me a big reason is that negative and harsh motivation is almost never productive. We humans almost always respond better to positive and encouraging support than to threats of impending doom. Congress wasn't sufficiently motivated to compromise by the threat of serious consequences, and in the same way, I don't think we as men are set up for success when we try to motivate ourselves with internal threats to ourselves. We are more attracted to the light than we are repelled by the dark.

If you are a man working on a difficult life change, consider being a supportive friend to yourself rather than a harsh taskmaster. Not only will you have better chance of success, you'll be much happier because you aren't constantly beating yourself up with negative self-talk. In short, replace the stick with the carrot. You'll thank yourself.

**JOE SZURSZEWSKI**  
**BOARD CHAIR**

# 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.	<b>SUPPORT GROUPS</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Family Law 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<b>SUPPORT GROUPS</b> General/Div/Uncpl 12:30 p.m. ----- <b>BOARD MTG.</b> 7 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Mankind Project Open Circle 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	<b>SUPPORT GROUPS</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Homes & Mortgages 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>BRUNCH</b> 10:00 a.m. <b>SUPPORT GROUPS</b> Men's Retirement 5:30 p.m.	<b>SUPPORT GROUPS</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> NV Communication 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	<b>SUPPORT GROUPS</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Family Law 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>SUPPORT GROUPS</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Mankind Project Open Circle 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	<b>SUPPORT GROUPS</b> General/Div/Uncpl 12:30 p.m. ----- <b>BOARD MTG.</b> 7 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Are You Stressed Out? 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm	<b>MEN TALK DEADLINE</b> <b>SUPPORT GROUP</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
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<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	<b>MEMORIAL DAY HOLIDAY</b>	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> MN Family Law Fundamentals 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

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Apr/May 2013

1976 - In Our 37th Year - 2013  
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## 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 it's 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 Ray Hall, **Andy Mickel**, **Bill Ronan**, **Rasheen Tillman**, **Tony Voelker**, **Jan Wikstrom**, 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: Bob Monson

When: Wed, Apr. 3, 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, Apr. 10, 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.*

### Homes & Mortgages

Presenter: Ray Hall

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

*Open to Men and Women*

No description submitted by press time. Please see our calendar online at <http://www.tcmc.org/events2/calendar.html>

*Ray Hall works for Allied Funding, an investment company that focuses exclusively on providing short-term funding to rehab entrepreneurs. He can be reached at 952-210-5055 or [lville@charter.net](mailto:lville@charter.net).*

### Nonviolent Communication

Presenter: Jan Wikstrom

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

*Open to Men and Women*

The Center for Nonviolent Communication (NVC) is an international organization "that supports the learning and sharing of nonviolent communication and helps people peacefully and effectively resolve conflicts in personal, organizational, and political settings. Through the practice of NVC, we can learn to clarify what we are observing, what emotions we are feeling, what values we want to live by, and what we want to ask of ourselves and others to move past words that blame, judge or dominate."

*Jan Wikstrom, M.Ed., is a grateful attendee of a men's center support group. She has been studying NVC since she was director of a domestic abuse shelter in 2005.*

### Family Law Clinic

Discussion Leader: Linda Wray

When: Wed, May 1, 7:00-9:00 pm

*Open to Men and Women*

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

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

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

### Mankind Project Open Circle

Presenter: Andy Mickel

When: Wed, May 8, 7:00-9:00 pm

See Apr. 10th description

### Are You Stressed Out?

Presenter: Bill Ronan

When: Wed, May 15, 7:00-9:00 pm

*Open to Men and Women*

Learn some tools that can help you to release the stress you are holding in. Learn to achieve a deeper state of relaxation than you have ever imagined possible and be able to implement it immediately in an unexpected stressful situation.

*Bill Ronan, LICSW, Medical Hypnoanalyst in practice for over 40 years. Call 952-933-3460 with any questions regarding this class or other areas of therapy the Bill addresses.*

### Nonviolent Communication

Presenter: Jan Wikstrom

When: Wed, May 22, 7:00-9:00 pm

See Apr. 24th Description

### Minnesota Family Law Fundamentals:

**Custody, Parenting Time, Child Support, Paternity, and Divorce**

Presenter: Craig Shriver

When: Wed, May 29, 7:00-9:00 pm

## Open to Men and Women

This presentation will discuss the establishment of parental rights and duties in Minnesota for children born in and out of wedlock. It will also include a discussion concerning court procedures unique Minnesota family law, specifically the expedited child support process, the ICMC (Initial Case Management Conference), the SENE (Social Early Neutral Evaluation) the FENE (Financial Early Neutral Evaluation) and beyond. Key statutes and cases will be discussed and translated into easily understood English. The goal of my presentation will be to demystify the family law process for men who are either already involved with a family law proceeding or are on the verge of being involved in such a proceeding.

*Craig Shriver received his High School Diploma from Ascension Academy, Alexandria, Virginia, 1982. He earned his B.A. from Washington & Jefferson College in 1988 with a Dual Major in English and Psychology, academic minor in Philosophy (Honors); and his J.D. from William Mitchell College of Law in 1993. Professionally, he's practiced law from 1993 to present in a variety of offices in St. Paul MN: Solo Practice; Associate Attorney, Westrick and McDowall-Nix, PLLP; and Associate Attorney, Jardine, Logan & O'Brien, PLLP.*

## Family Law Clinic

Discussion Leader: Rasheen Tillman  
When: Wed, June 3, 7:00-9:00 pm

Open to Men and Women

See Apr. 3th 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

## 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, drop-in anytime 10AM-1PM** (bring something to share/cook up): **April 21st at Andy Mickel's**, 106 SE Arthur Ave, Minneapolis, 55414 612-331-8396. (in Prospect Park off University Ave near I-94 and 280); **May 19th at Bob Schauerhamer's** 3232 Fremont Avenue North, #120, Minneapolis, MN 55412, 612-529-8245 (612-670-6508 cell). (South on Fremont from I-94/Dowling Ave N exit). More than 15 men attended the February brunch at Eric Mann's. - Andy Mickel, 2013-03-16.

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held **May 3-5, 2013 (note new dates!)** at a Eagle Lake Camp near Brainerd, Minnesota. 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 questions **612-279-6416** or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times. - Andy Mickel, 2013-03-01.

**"Healing the Angry Brain"** - Changing the brain & behaviors of aggressive, raging

and domestically violent clients is a local 1-day workshop by clinical psychotherapist Ronald Potter-Efron, PHD, LICSW. St. Cloud, Mon May 6, Bloomington, Tues May 7, Roseville, Weds. May 8. \$100 by April 15; \$130 after. FFI: [www.pesi.com](http://www.pesi.com), 1-800-844-8260.

**1 Billion Rising** <<http://onebillionrising.org>>, a worldwide set of events on Feb 14 to end sexual violence against women publicized a 2-minute YouTube video: **MenRISE: "Man Prayer"**. <<http://www.youtube.com/watch?v=nj7Zw4P8LPo>>.

Comments on the YouTube page in response to the video include:

"Violence against women hurts everyone, including men. We invite our brothers to take up this cause, and be free from the limiting strictures of our modern definition of masculinity!" #MenRise

"This movement is to help men realize the overwhelming numbers of women being abused." Considering that men are equally likely to be in abusive relationships...It's not about anger. It's about equality. When people start caring about men too, then maybe we'll be a worthy species. -DionysusVoice

"Either way violence isn't a gender issue and therefore can't be solved from that

perspective so there is no excuse for this veiled misandric propaganda." - kbest819

Notice was sent along by local forgiveness expert, Mary Hayes Grieco. - Eric Mann, 2013-01-28.

**Community Ed classes on Divorce** through the Maplewood school district this spring by attorneys Letty Van Ert and Nicole E. Billings:

**"Do it Yourself Divorce"**, Ramsey County, Mon Apr 1, 6:30 - 8:30, \$19.

**"Factors Considered in Custody & Parenting Time"** Mon Apr 8, 6:30 - 8:30, \$19.

**"Minnesota Guidelines for Child Support"**, Mon Apr 22, 6:30 - 7:30, \$19.

**"This Ain't working: Requesting Changes in Custody & Parenting Time"**, Mon Apr 29, 6:30 - 8:30, \$19.

**"How to Request a Modification of Child Support"** Mon May 6, 6:30 - 8:00, \$19.

**"The Intersection of Divorce & Estate Planning"**, Tue May 7, 6:30 - 7:30, \$19.

**"S/he Owes Me: Collecting on Unreimbursed Expenses"**, Mon May 13 6:30 - 7:30, \$19.

FFI: <<https://isd622.thatscommunityed.com/>>, <[nicole@tuftlaw.com](mailto:nicole@tuftlaw.com)> or 651-771-0050. - Nicole Billings, 2013-02-27.

## **Immediate Opening Assistant to Office Manager TCMC**

At its March meeting, the TCMC Board created a paid part-time Assistant's position, to support our Office Manager from 2 – 4 hours/week.

Applications are now being accepted.

### Requirements

1. Basic office computer and cleaning skills for a 6 room facility.
2. Willingness and openness to take direction
3. Experience and/or commitment in supporting the mission of TCMC through action.

Applications, one page, are available at [www.tcmc.org](http://www.tcmc.org) and the TCMC office.

Applications will be accepted through Wednesday Apr 3rd.

For Further questions and details contact:

Randy, Office manager at 612-822-5892 Email <[genrich@tcmc.org](mailto:genrich@tcmc.org)>

**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: \_\_\_\_\_

\_\_\_\_\_ Mailing Address: \_\_\_\_\_

\_\_\_\_\_ Home Phone: \_\_\_\_\_

\_\_\_\_\_ Work/Other Phone: \_\_\_\_\_

\_\_\_\_\_ E-mail Address: \_\_\_\_\_

**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 Monday April 8th.

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.

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**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**

**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:  
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3249 Hennepin Ave S

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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](http://www.tcmc.org) or correspond at our e-mail address: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)*

The Men's Center  
3249 Hennepin Avenue South, Suite 55  
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**4**

# 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!**

***What's  
Inside***

Page 1 *State Enabled Entrapment*  
by Bill Ronan

Page 2 *Library Corner*  
*Letter from the Chair*

Page 3 *All Purpose Coupon*  
*Anger Management*

Page 4 *Back Page:*  
*Family Law Clinic*

Inserts *Apr/May Calendar*  
*Presentations*  
*Support Groups*  
*Here & There*