

men talk

tcmc

twin cities men's center

in our 38th year
of public service

Feb/Mar 2014
Volume 38 #1

Men Talk Interview with Randy Genrich - Andy Mickel

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Randall (Randy) Genrich has actively volunteered and staffed at the Men's Center since 1985—over 28 years! He grew up in central Wisconsin and came to the U of Minnesota and graduated in 1953 with a master's in education as a specialist in deaf and hard-of-hearing students. Over the years he has been involved with Men's Center support groups, conferences and workshops as a facilitator and participant. He was a principal in the Man-Made Radio collective on KFAI Fresh Air Radio for many years. Randy plans to turn 85 on March 1, 2014.

MT (A.M.) : I remember you got active in the Men's Center (TCMC) after the 1985 Midwest Regional Men's Conference organized by Jim Lovestar and David Kaar. You began organizing regularly scheduled Wednesday workshops (now called presentations) and have been doing that ever since.

RG: Actually, I first came to the Men's Center after seeing a support group model demonstrated at my church and led by Ron Jervy of the Minnesota Men's Council (1984 Robert Bly Conference). My wife encouraged me to stay involved at TCMC, and I met Michael Kogan White at the Men's Center annual meeting in early 1986 at the Minnesota Church Center. He and I volunteered to organize presentations twice/week, but he dropped out, and so after the 1985 conference I continued to do this (ever since) scaled back to once/week and we moved to our current building in 1986.

MT: Your job as Office Manager began in 1992 initiated by board chair David Kaar so that we had regular office hours. In that role you have been available to hundreds of men who walk-in and ask for help or resources. What is this experience like for you?

RG: I actually volunteered in the office for 8 years prior to becoming paid staff. It's gratifying and humbling that to realize that I was of value to other people. A guideline for my life is a quote from Albert Einstein: "Try not to become a man of success, but rather try to become a man of value." So as a retired person, it's important for me to have a job where I feel fulfilled and of value to people.

MT: What do you like best about the Men's Center?

RG: The association with other people—not only walk-ins, but also what I call "Men of the Men's Center"—the volunteer facilitators, board members, and regular participants in support groups and events. Another thing I like best is just how many men have been helped by TCMC. To quote a man from a support group recently: "There was a

miracle that happened to me at the Men's Center. I wouldn't be here without it."

MT: Describe the passion you have for the Men's Center as an organization.

RG: I believe there ought to be people lining up to get help here; men who don't realize there's a lot of help to get from men that they can't necessarily get from women. My passion is committed to men getting healthier, their becoming better citizens, better people in their homes and in their communities. I believe I'm able to give unconditional love to men because of the strong support I got from my father. I interviewed him for Man-Made Radio and he vowed that he would treat his kids differently than his father did.

MT: How much has your background as an educator helped you in your role as the "public face" of the Men's Center on a daily basis?

RG: I see more connection to my role as a befriender in my church where I learned to listen to people and not try to solve their problems. This idea is in our Support Group Guidelines—We don't solve people's problems; we give people the tools to be more healthy.

MT: In your judgment what are the Men's Center's best achievements?

RG: 1) The initiation of the Men Helping Men with Anger Management program.

2) Being a reliable place for men to get together with men to find a support group where they can feel comfortable in sharing their stories and being a witness to what's happening in their lives.

MT: What future do you want to see for the Men's Center?

RG: I hope we can have a temporary housing facility for so many men and their children who cannot find a place to live—that is one hope. But I think the future of the Men's Center is to continue what we're doing with support groups. I want to see more men take advantage of what we have to offer. I want us to do more outreach to more men and women, to encourage more men to come to the Men's Center, as my wife did for 29 years ago.

Andy Mickel is a long-time volunteer at the Twin Cities Men's Center, a many-year board member, and often referred to as "the historian of TCMC."

Library Corner

-JIM HEANEY, LIBRARIAN



There are more new books on the shelf.

GETTING TO RESOLUTION,
Turning Conflict into collaboration,
Stewart Levine.

HEALING THE SHAME THAT BINDS YOU, John Bradshaw.

HEALING THE SOUL IN THE AGE OF THE BRAIN, Becoming conscious in a unconscious world, Elio Frattaroli M.D.

A MAN'S RECOVERY FROM TRAUMATIC CHILDHOOD ABUSE, Robert Blackburn Knight with Mark Falstein.

MIND WIDE OPEN, Your brain and the neuroscience of everyday life, Steven Johnson.

STANDING IN THE SHADOWS, Understanding and overcoming depression in black men, John Head.

TRANSFORMING MADNESS, New lives for people living with mental illness, Jay Neugeboren

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. Staff: Randy Genrich - Office Mgr, Bryan Wistrom - Office Asst, John Hesch - Anger Mgmt Coord.

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Greetings from the Chair

I think I speak for all who attended TCMC's 2014 annual meeting when I say that there was a tangible energy in the room and a strong desire by all present to strengthen and improve this organization that means so much to so many of us.

Among many other agenda items, there was discussion of a new support group, a review of our finances and revenue sources, and a demonstration of a presentation TCMC uses to promote itself to like-minded non-profit organizations. The new support group has been approved by the board and will be starting soon. It is a group for Sexual Trauma and Abuse Survivors. It will be open to men & women, and will be co-facilitated by a man and a woman, both professionals in the field. Please see the calendar section of Men Talk for details.

Treasurer Rick Charlson's report on 2013 showed a small shortfall compared to the budget for the year, but also showed that we have money in the bank. The budget for 2014 should restore more balance to our finances, but for this to happen, we need our 3 major sources of revenue, anger management classes, support group donations, and memberships, to perform better this year. There was also discussion of other ways that TCMC could raise our operating funds, and Board Alternate Harry Greenburg collected a list of people interested in joining a task group to focus on fundraising.

Board members Ken Knoll and Tom Weaver have been showing a slide show to organizations such as halfway houses and coun-

selling hotlines that are in a position to send their clients to TCMC. The slide show is funny, informative, and does a great job of covering the many ways that we help men in the Twin Cities.

Finally, there were many opportunities mentioned for you, the members of TCMC to volunteer. One of my goals for TCMC in 2014 is to streamline the process of finding and training volunteers. I would like to have a Volunteer Coordinator, or similar position, that was a single point of contact for anyone interested in helping TCMC. A Volunteer Coordinator could also better make the case for why we need volunteers. I recently realized that when I appeal for volunteers at TCMC, it may sound like a non-profit organization looking for free labor. Honestly, this is only a small part of it. The lifeblood of any non-profit organization is its volunteers, not just because they do the many things required to make the organization run, but primarily because they are the passionate and committed people who provide the energy and new ideas that carry the organization forward. Without them, any non-profit will wither and die. Because of this, it is less important what you do when you volunteer at TCMC, and much more important that you simply volunteer to do something. Your presence, enthusiasm, and life experience are what will ensure that this organization can continue to serve Twin Cities men for many years to come.

**JOE SZURSZEWSKI
BOARD CHAIR**

Give to the Gerald Obremski Anger Management Scholarship Fund

Gerald was a long time facilitator of the anger management program and a treasurer of the twin cities men's center. For over 12 years Gerald conducted classes and generously donated not only his time but also office space in Hopkins. Gerald was always reaching out to other men, giving them support to help men become more than their childhood patterns. Last September, Gerald passed away.

A scholarship fund to partially cover the cost of the class(now \$250) has been set up to honor Gerry's legacy and to continue the work of helping men. If you are grateful for the anger management class, please send a contribution so others can take this class. Please send in the coupon below with your contribution.

Obremski Scholarship Fund

Name _____

Address _____

Phone # _____ Dollar Amount _____

Thank you, John Hesch, Anger Management Coordinator, cell 612-229-3102



twin cities men's center

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 Healthy Sexual Boundaries 10:00 a.m. I
		Feb/Mar 2014				
2	SUPPORT GROUP 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 GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m. 8
9	SUPPORT GROUP 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 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. 15
16	BRUNCH 10:00 a.m. Men's Healing Ritual 1:00 - 3:00 p.m. Men's Retirement 5:30 p.m.	SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Choose to Inhabit Your Life!™ 7pm H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m. 22
23	SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Let It Go 7pm H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m. I
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16	BRUNCH 10:00 a.m. Men's Healing Ritual 1:00 - 3:00 p.m. Men's Retirement 5:30 p.m.	SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Choosing HSB: The First Ten Years 7:30 H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m. MEN TALK MAILING 9:00 am
23	SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Choose to Inhabit Your Life!™ 7pm H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m. SUPPORT GROUP Healthy Sexual Boundaries 10:00 am 22	
30	SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.			web site: www.tcmc.org e-mail: tcmc@tcmc.org phone: 612 / 822-5892	1976 In Our 38th Year of Public Service 2014	
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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 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 Bill Baldwin, Tommy Jones, Kelley Lorix, Bob Manson, Mac McElroy, Andy Mickel, Bobby Schauerhamer, and Rasheen Tillman

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: Rasheen Tillman

When: Wed, Feb. 5 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. 12, 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 Gilette'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.

Choose to Inhabit Your Life!™

Presenter: Mac McElroy

When: Wed, Feb. 19, 7:00-9:00 pm

Open to men and women

You are not alone - In feeling that life happens to you, and responding is confusing. Join with others in a joyful exploration of our dilemmas and stuckness. Gain appreciation for the gift of aliveness – learn to show up, open up, and share your precious gifts. Your world awaits!

Mac McElroy can help increase your conscious engagement with all aspects of life, for a fuller and deeper appreciation of one's aliveness and ability to choose. An MA in Applied Psychology, a deep adoption of Indigenous Spirituality, and numerous opportunities to reframe and transform his life makes Mac an effective Change Agent/Manager. 612-201-9067

Let It Go!

Presenter: Bill Baldwin

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

Open to Men and Women

Like it or not, emotions drive our lives. Negative, painful emotions, especially ones pushed down and buried for years, can destroy our health, our wealth, our joy, and our relationships. Come and learn how to quickly, easily, and permanently let go of any emotion you'd rather not carry with you any further, and move towards joy!

Bill Baldwin is a pastor serving two United Church of Christ congregations. Bill's passions are healing, spiritual growth, and whole-person health and well-being. Bill only teaches things he has had a positive track record with in his own life and seen great results. Bill is in his second year as a Men's Center board member.

Family Law Clinic

Discussion Leader: Kelley Lorix

When: Wed, Mar. 5, 7:00-9:00 pm

Open to Men and Women

See Feb. 5 Description

Mankind Project Open Circle

Presenter: Andy Mickel

When: Wed, Mar. 12, 7:00-9:00 pm

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

Choosing Healthy Sexual Boundaries: The First Ten Years

Discussion Tommy Jones/Bob

Schauerhamer

When: Wed, Mar 19, 7:30-9:30 pm

**NOTE: this starts at 7:30pm

Bob Schauerhamer and Tommy Jones started the TCMC support group, Choosing Healthy Boundaries, in April of 2004, nearly 10 years ago. Come and hear them discuss the birth, growth and success of their group. This is a great opportunity to learn about good boundaries, how men choose them and how they help keep themselves and the community safe.

In April 2013, Thomas Jones and Bob Schauerhamer were recipients of the

Distinguished Service Award presented by MNATSA (Minnesota Association for the Treatment of Sex Abusers.)

Choose to Inhabit Your Life!™

Presenter: Mac McElroy

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

Open to men and women

You are not alone - In feeling that life happens to you, and responding is confusing! Join with others in a joyful exploration of our dilemmas and stuckness. Gain appreciation for the gift of aliveness – learn to show up, open up, and share your precious gifts. Your world awaits!

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Family Law Clinic

Discussion Leader: Bob Manson

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

Open to Men and Women

See Feb. 5 Description

SUPPORT GROUPS

"The mission of the Men's Center Support Groups is to create a safe place, in times of personal and social challenge, for any men and women to receive and give support to one another and share feelings and experiences to facilitate SELF-ACCEPTANCE and PERSONAL GROWTH."

The Men's Center support groups are hosted by a trained facilitator. Although each group has a specific focus, all groups are Open to general discussions and attended as a Drop-In basis. Support groups begin promptly at 7:30, so arrive early such that you can browse the many resources and library materials. A donation of \$3-9 helps keep TCMC operational. Liquid refreshments are available at a separate donation rate. All groups are men only, except where listed for women and men.

• Minneapolis Location

3249 Hennepin Ave. S. Suite 55

General Men's Issues/ Divorce/Uncoupling

Open to Men Only

Men express feelings about separation, divorce, breaking up with a lover, and topics such as child custody/legal hassles. Men can express what it means to be a man in our culture and other issues in their lives.

- Mondays 12:30 - 2:30 pm
- Thursdays 7:30 - 9:30 pm

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

Sexual Trauma & Abuse

Survivors

Open to Men and Women

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

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): February 16 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.) & March 16 at Stan Bookout's, 2512 37th Av S Minneapolis 55406, 612-377-1414. More than a dozen men attended Frank Brandon's brunch in January and 10 men attended Stephen Sewell's brunch in December. — Andy Mickel, 2014-01-19.

The Crisis & Trauma Resource Institute (CTRI)'s public workshops in Minneapolis:

1. De-escalating Potentially Violent Situations - March 20, 2014
2. Crisis Response Planning - March 21, 2014

FFI: <<http://www.ctrinstitute.com/int/>>

— Amanda Humphries, Public Workshop Coordinator, CTRI Inc. <amanda@ctrinstitute.com> 2014-01-09

“Into the Belly of Ice & Snow” A Weekend Retreat for Men with Miguel Rivera and others Fri eve., Sat., Sun., Feb 7-9, 2014, Camp St. Croix, Hudson, WI \$225 FFI: Timothy Young, <tim@twoboots.net> or 612-968-7104 www.feedingthestory.com/events

Once again in early February, men will gather to tell and hear the old stories, and to connect those stories to our personal lives, our communal lives, and our ritual lives. I encourage men, who has wondered about these weekend retreats, or the annual

autumn Minnesota Men’s Conferences (out of which this weekend has come), to give our weekend a try. The \$225 fee is very affordable and a very good deal. -Tim Young, 2013-11-29

“Women Writers Awash in a Sea of Toxic Internet Misogyny” by Ross Douthat, New York Times, 2014-01-12 (Minneapolis StarTribune, 2014-01-14). (from the article): The year is new, but we already have a candidate for the most troubling magazine essay of 2014: Amanda Hess on “Why Women Aren’t Welcome on the Internet,” in the latest issue of Pacific Standard... One potential magnifier, of course, is the Internet itself, which by its nature is a kind of unreal space for many users — a place where a range of impulses can be discussed, explored and acted out in what feels like a consequence-free zone.

There is some evidence that the emergence of this fantasy space has actually made the real world slightly safer for women: studies have shown correlations between access to online pornography and lower rates of sexual assault. But the flip side is that many men who might have successfully regulated their darker impulses now have what seems like a green light to be “virtually” abusive ... because they’re just trying out a role, or because the woman on the receiving end seems no more real to them than a character in a pornographic film. Full article at: <http://www.nytimes.com/2014/01/12/opinion/sunday/douthat-the-war-on-women.html?ref=rossdouthat&_r=0>

“Is the term ‘bisexuality’ coming out of the closet?” by Michael Schulman, New York Times, 2014-01-16. Whatever you choose to call it, a more fluid understanding of sexuality may be gaining wider acceptance.

“Retire and Avoid Cruise Control” by Neal St. Anthony, Minneapolis StarTribune, 2013-12-22. Interview with Twin Cities executive coach and management consultant Richard Leider who writes about the importance of purpose and change and the founder and chair of Inventure Group since 1989. Leider’s new book, *Life Reimagined: Discovering Your New Possibilities*, was a joint effort with Fast Company’s Alan Webber and they collaborated with AARP to advocate “choice, curiosity and courage” in retirement.

The 40th Annual Conference of the Great Mother and New Father will be held May 31 to June 8, 2014 at Camp Kiev in Maine. The theme of the conference founded by Robert Bly in 1975 is **Character, Language and the Art of Growing Down**. Teachers include storyteller Martin Shaw, Stephen Jenkinson, Doug Von Koss, Miguel Rivera, poets Alison Luterman, Mary Ruefle and Tony Hoagland plus John Densmore, Rita Shumaker Ann Igoe and others. We are a community of men and women interested in imagination, story, poetry, myths, rituals, the wider arts and their influence on our souls and lives. This is an invitation to join us for an exciting week. FFI: <<http://www.greatmotherconference.org/>> — Jean D’Amico, 978-897-5853, 2014-01-10

Enjoy the Healing Power of Ritual at TCMC Monthly Men's Healing Ritual

Facilitator: Dan Gorbunow, AMT

All of us are indigenous to the Earth (presumably!), so each of us has within us an indigenous spirit that seeks expression more than ever in the bustle of modern life. The healing ritual is a homecoming for our indigenous self that seeks to rekindle its special purpose and mission of service out of the ashes of society’s consumptive, fiery nature. We lean in on our shadows and ancestors alike to help guide the way home to reconnection with our spirit, aided by drum, rattle, smoke, dance, and meditation. We show gratitude for the abundance of the earth by sharing a delicious feast with each other and to honor all life with a meditation for peace. Are you ready to come home and reclaim a bit more of your true self?

Join us each month near the full moon, and together we'll help mend the sacred masculine at TCMC. Open to all men, all ages. No fee, donations welcome.

Twin Cities Men's Center**ALL-PURPOSE FORM**

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

I want to sustain the activities of The Men's Center by becoming a "20 x 12 Honor Roll Member."

Please ENTER/RENEW my membership at The Men's Center for the next 12 months:

Enclosed please find \$_____ \$25 (Regular) \$50 (Patron).

I want to make an additional, tax-deductible gift of \$_____. (*Thanks much!*)

My new|correct address|phone is printed below.

Please remove me from The Twin Cities Men's Center mailing list; this also cancels *Men Talk* deliveries.

I have these feelings, thoughts, opinions, ideas, news items for The Twin Cities Men's Center / *Men Talk*

DATE: _____

FROM Name: _____

Mailing Address: _____

Home Phone: _____

Work/Other Phone: _____

E-mail Address: _____

PLEASE SUPPORT OUR MEN TALK ADVERTISERS!**Family Law Clinic**

Every 1st Wednesday of the month, the Men's Center is proud to present the Family Law Clinic. Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

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

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

CONFERENCE: THE GREAT MOTHER AND NEW FATHER

May 31-June 8, Maine

Martin Shaw, Alison Luterman, Tony Hoagland,
Mary Ruefle, Doug Von Koss, Stephen Jenkinson
John Densmore, Miguel Rivera and others

www.greatmotherconference.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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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

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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men talk

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4

Anger Management Program

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

The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger. Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

Length of Class: 12 consecutive weeks

Number of Participants: Limited to 12 men per class

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

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

18 Years of Successful Classes

What's Inside

Page 1 *Randy Genrich Interview
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Inserts *Feb/Mar Calendar
Presentations
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