

men talk

tcmc 

in our 38th year
of public service

twin cities men's center

Aug/Sep 2014
Volume 38 #4

A Second Chance—25 Years Later

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A “Second Chance,” after 25 years of absence, was recently offered Shepherd by Assumpta in an email from Europe. We met in Barcelona in 1988. I quickly answered her email with an abiding feeling of connection.

“Where are you staying?” this cinnamon-shaded woman had inquired in Spanish, after I presented at an international conference. “You could stay at my home.” I appreciated her Catalan hospitality, but declined. I eventually moved in for a few days. Assumpta later visited me in Boston. When she moved to Montreal for graduate studies, I visited her. My “Making Love in Spanish Differs,” appeared in two books.

Assumpta remembers our beginning as “an irrational, intuitive, impulsive, deep experience.” She felt “an immediate affection when your eyes locked on mine. I was a free woman. I felt loved and understood in my whole person, alive and energetic.” She describes the indispensable elements of love as “empathy, solidarity, communication, friendship, altruism, intimacy, respect, and reciprocity.”

We discussed sharing a life together. She wanted a child; I did not. Many different things can be both/and. Having a child is either/or. I was afraid. Given my military genes—including the fort named after our family, Ft. Bliss, Texas—I was unwilling to take the risk. Having served in the Army during Vietnam, I did not want to sire another Bliss boy who might go to war and kill or be killed.

Assumpta eventually had a son; the relationship with his father dissolved. This year Assumpta again took the initiative to connect. I plan to return to Barcelona in July. This “golden opportunity” ignites me with energy. We email every day. We skype and look longingly at each other.

“Such dreams stimulate endorphins that positively influence the nervous system,” says Assumpta. “In the midst of economic crises, senseless wars, earthquakes, and climate changes that accelerate the destruction of nature, it is possible to love deeply.”

A year before Assumpta’s return, I began to love another creature, who opened my heart. A 12-week-old puppy came toward me and jumped into my arms. “May I walk her around?” I asked her owners. I returned later. “She’s adopted you,” they said. “Oh, no, I’m not looking for a dog,” I replied. “You should take her home.” I did. Winnie has been the love of my life for slightly over a year—

the midwife to my relationship with Assumpta. This four-footed helps heal me. Both Assumpta and Winnie are spontaneous and act with flair; they help connect me to the primitive.

On our reconnection’s one-month anniversary, Assumpta sent me her “Love History.” It began with her parents; he spent time in a concentration camp. My father fought during World War II. Neither spoke of their war experiences.

Assumpta and I have some important cultural and language differences. A salient similarity is fascism touched us both directly—she by the Spanish Civil War and myself by “the other 9/11,” when the military toppled the democratic government of Chilean President Salvador Allende. It initiated a reign of terror throughout Latin America’s Southern Cone, which took the lives of thousands, including my friends. We both carry what Assumpta describes as “the suffering and cruelty of war.” We have the “genetic information of torture and isolation. The same capacity that makes us sensitive to pain can make us sensitive to love.”

This second time around, we are experiencing what Assumpta describes as “a direct, spontaneous, and irrational experience unhindered by the repressive mind.” She voices her “doubts and fears,” writing that “we express our feelings continuously. We are compatible in mental, spiritual, and emotional levels. But we are on earth in a physical plane and yet have no physical contact.” We need to “avoid idealization,” she adds. She writes about what she describes as “mature love,” which is what it feels that we are experiencing.

Fortunately, our goals are now compatible, which they were not in 1980’s. We each want a life partner with whom we can “become who we are” and “express the self.” Assumpta wants a man “to support my head resting on his shoulder.” She “wants to feel a man’s hand wrapped around my hand. I want to feel the gaze of a man penetrating my eyes.” I also want that from this woman in our “Second Chance.” We cry tears of joy often.

I hope that my friends and community might welcome Assumpta with open hearts when she comes to visit here. Having a village can help keep couples and families together.

Shepherd Bliss teaches at Dominican University, has operated a small farm in the Sebastopol countryside for 20 years, has contributed to two dozen books, and can be reached at 3sb@comcast.net.

Library Corner

— JIM HEANEY, LIBRARIAN



Book of The Month:

The TCMC Library is very pleased and proud to have a new book authored by two members of the Men's Center. *Choosing Healthy Sexual Boundaries: THE HANDBOOK*, By Tommy Jones and Bobby Schauerhamer, 2014. Bobby & Tommy originally formed, and have facilitated our Healthy Sexual Boundaries support group for the past ten years. It is now our most attended support group. Tommy and Bobby's hope is that this Handbook will share the cumulative experience and wisdom of their support group to a wider audience.

This book is not a workbook which will walk you through a strictly regimented series of exercises, nor will it tell you what you must or must not do to be healthy or cured. The handbook is to provide suggestions, choices, and options for establishing healthier boundaries and support for you while you are on the path of discovery and change. Tommy and Bobby believe that the power to change comes from within us. This book will provide tools which will help you construct and/or repair your sexual boundaries.

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. **Office Volunteers:** Rick Charlson, Jim Heaney, Dick Madigan, Steve Magner **Editor:** Bill Dobbs

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Greetings from the Chair

Watching the World Cup, I started thinking about sports metaphors and how they are often applied as guides for living life. And I thought about the win-at-all-costs mentality that is reflected in so many sports sayings, and how it has gone global. The sight of strapping Euro-studs collapsing in theatrical agony whenever an opponent gently brushes against them in order to draw a penalty is certainly amusing. But I think this mindset that whatever it takes to win is OK, or more philosophically, that the ends justify the means, can get men in trouble.

Whether or not it's OK to feign injury for the good of the team doesn't interest me much. What interests me here is how the philosophy behind this behavior gets applied to every day life, and how too many men embrace the notion that life is a sport to be won. The prevalence of sports sayings and metaphors like "Winning isn't everything, it's the only thing", and "Second place is the first loser" show just how deeply entrenched this attitude is.

As a motivational technique for inspiring peak athletic performance, saying like this are fine. But when men start living their lives as if there is no room for falling short in anything, or for failing at something but learning a lot in the process, then they are incapable of growing or improving themselves.

Life is an experience to be enjoyed, whatever it brings, not a sport to be won. And even if it were a sport, I very much doubt that it could be won by amassing the most money or possessions. We live in a society obsessed with winning and competition. From your job performance to your credit score to the company bowling league, you are graded, ranked and compared many times a day. If you are a man hoping to make improvements in your life or overcome obstacles in your way, consider running out the clock on sports sayings as a way to motivate yourself.

JOE SZURSZEWSKI
BOARD CHAIR

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 essential 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 earth and 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 (Aug. 10, Sep. 7), and together we'll help mend the sacred masculine at TCMC. Open to all men, all ages. No fee, donations welcome.

The mission of the Men's Center is to provide resources for men seeking to grow in body, mind, and spirit; and from that foundation to advocate for healthier family and community relationships.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Aug/Sep 2014

Call us
about Anger
Management
Classes.

					1	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 ----- 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.
3	4	5	6	7	8	9
Men's Healing Ritual 1:00 - 3:00 p.m.	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.
10	11	12	13	14	15	16
BRUNCH 10:00 a.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 Crisis Connection 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.
17	18	19	20	21	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 Couples Commun- ication 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.
24	25	26	27	28	29	30
	LABOR DAY HOLIDAY	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 ----- 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.
31	1	2	3	4	5	6
Men's Healing Ritual 1:00 - 3:00 p.m.	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.	MEN TALK DEADLINE SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
7	8	9	10	11	12	13
	SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION Seven Feathers 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.
14	15	16	17	18	19	20
BRUNCH 10:00 a.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 Boundaries 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.	MEN TALK MAILING 9:00 am ----- SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
21	22	23	24	25	26	27
	SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.				
28	29	30				

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

1976 In Our 38th Year 2014
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 **Dean Andrew, Harry Greenberg, Dan Gorbunow, Diane Long, Kelley Lorix, Bob Manson, Andy Mickel, 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: Bob Manson
When: Wed, Aug. 6, 7:00-9:00 pm

Open to all genders

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

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

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

Mankind Project Open Circle

Presenter: Andy Mickel
When: Wed, Aug. 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.

Crisis Connection: A Volunteer's Perspective

Presenter: Dean Andrew
When: Wed, Aug. 20, 7:00-9:00 pm

Open to all genders

What does Crisis Connection do and who does it serve? What kinds of calls do you get? What training is involved to become a volunteer counselor? These questions and others will be discussed.

Crisis Connection answered over 43,000 calls in 2013 with many of them coming through the National Suicide Prevention Lifeline. The challenge of empathetic listening and asking the right questions continues, and there are new challenges and "aha moments" practically every week. The Crisis Connection mission, "to ensure no one in crisis is alone," is more important today than it has ever been. Suicide rates are on the rise in Minnesota and Crisis Connection is certified for suicide prevention. How we handle calls about suicide, what you can do if you suspect someone is contemplating suicide, and a typical "day in the life" (four hour session) will be covered.

Dean Andrew has 20+ years experience with Crisis Connection as a volunteer counselor, participates in outreach to inform others of the services provided, has created training and in-service training, and was named Volunteer of the Year in 2013.

Couples Communication

Presenter: Harry Greenberg
When: Wed, Aug. 27, 7:00-9:00 pm

Open to all genders

Divorce or leaving a long-term relationship is often a profoundly life-changing event, but everyone experiences the process differently. What is often helpful is an understanding of both the intellectual and emotional contours of the journey.

In this experiential and participant focused workshop, we will explore a variety of factors that play a major role in how one understands, and manages the divorce process, reviewing behaviors to avoid and strategies to employ.

Harry Greenberg is an educator, social worker, and social justice activist. He received his masters degree in social work and his teaching license from the University of Minnesota. He is licensed as a graduate social worker in the state of Minnesota. He has been involved in divorce education since 2000 working at both Storefront and Chrysalis. Much of his passion in this topic came about through the lessons learned in his own divorce.

Family Law Clinic

Discussion Leader: Kelley Lorix
When: Wed, Sep. 3, 7:00-9:00 pm

Open to all genders

See Aug. 2nd Description

Mankind Project Open Circle

Presenter: Andy Mickel
When: Wed, Sep. 10, 7:00-9:00 pm

See Aug. 13rd Description

Seven Feathers Program for Healing and Recovery

Presenter: Dan Gorbunow
When: Wed, Sep. 17, 7:00-9:00 pm

Open to Men and Women

Ready for a different approach to your recovery and healing? Experience community in a fresh way by honoring culture, tradition, values, and beliefs that shape our healing patterns. This is a fun, practical venture in the use of sacred space and ritual to help our journey of healing from addictions. In the Warrior Healing Circle of Seven Feathers, all beliefs (or any lack of) are welcome, and participants are invited to "Bring whatever is sacred to you, with you, and respect the truth of others." Participants will learn to value the wisdom carried in each person's culture and experience, to discover that there are many paths to recovery and wholeness, and to have fun while doing "the work" of personal transformation.

Seven Feathers Program is designed and facilitated by Dan Gorbunou, AMT. Dan is a Shamanic Bodyworker specializing in men's health at Red Earth Sanctuary in Uptown. He is an experienced facilitator and pioneered the Seven Feathers Program for work with youth and adults in treatment centers in the region. Please contact Dan if you plan to attend, however registration is only recommended, NOT required. Email: thunderbird@live.com

Boundaries, Self-Care and Creating a Sense of Safety

Presenter: Diane Long
When: Wed, Sep. 24, 7:00-9:00 pm
Open to all genders

Learn strategies to create more safety, choice and agency for yourself, for partners and friends, through dialogue and interactive exercises. Develop greater "sensory literacy". Expand your sensory and emotional vocabulary to better recognize and respond to body cues in support of self-care. Practice verbal and physical skills to clarify needs, values and preferences, identify and maintain boundaries, and become more assertive in daily life.

Diane Long has taught sex-positive self-defense for 22 years and has been practicing holistic bodywork since 1996. A Board Certified Massage Therapist and Somatic Experiencing Practitioner, Diane specializes in trauma-informed approaches to violence prevention and healing.

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): **August 17th 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.). **September 21st (Fall equinox) at Andy Mickel's**, 106 SE Arthur Ave, Minneapolis, 55414 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). 7 men attended Jim Lovestar's brunch in June and 9 men attended Tom Weaver's brunch in August. – Andy Mickel, 2014-07-20.

"I wish TCMC would offer a seminar/discussion group (like Anger Management) on the **subject of "The Shame-Based Personality"**. This subject is discussed in the Anger Management text but its coverage isn't thorough enough. I don't know who the resource person(s) would be. The group wouldn't be a therapeutic group. It would be a group led by the resource person(s) presenting the subject and its parts and the group discussing how shame affects personality and ideas about how to deal with it. I think this is a pervasive problem." – Gary H. 2014-06-27.

"The support that I received from the "Gay Issues" support group saved my life. I have been able to live my life as an openly gay man. Without this group's support this would not have happened, and I probably would have taken my own life. Kudos to Ben Strong and Randy Miller for the great job that they do!" – D.D. 2014-05-07.

"First Time Fathers" a nearly 2-page feature in the Sunday Father's Day Variety Section featured Nate Knox, 27 & Titus; Thuyet Nguyen, 35 & Elliot; Phil Sheridan, 39 & Leander & Edrick; Chris, 40 & Rik Robergelund, 45 & Joe; Courtney, 35 & Courtney, Jr. – Aimee Blanchette, *Minneapolis StarTribune*, 2014-06-15.

"Wilderness Therapy for Vietnam and Iraq Veterans" by local therapist and teacher, Ted Harrison was featured in *My Outdoor Life* in the Outdoors Weekend Section. – *Minneapolis StarTribune*, 2014-06-27.

Harvey Hertz, pioneering bookstore owner who began A Brother's Touch, "Books & Stuff" store in Minneapolis in 1983, passed on July 27 at age 73. Former GLC Voice newspaper publisher Tim Campbell stated "[A Brother's Touch] was popular, and became a magnet for people coming out...In the early '80s, you didn't have a Starbucks on every corner. That made the Brother's Touch a great place, as important as any of the restaurants or coffee bars." – *Minneapolis StarTribune*, 2014-07-09.

30th Annual Minnesota Men's Conference September 16-21, Camp Du Nord, Ely, MN, FFI: www.minnesotamensconference.com. Cost: \$925. Teachers:

Francis Weller, MFT, psychotherapist, writer and soul activist; Joel Glanzberg from John Stokes "The Tracking Project"; Miguel Rivera, musician and drummer, who is in love with the language of sound; Tom Gambell: walks the warrior path as a practitioner of compassionate self-defense; Doug Von Koss joyously returns to lead early morning chanting; Thomas R. Smith, poet, essayist, editor, and teacher, whose work has appeared in hundreds of publications in the U.S., Canada, and abroad; Timothy Young poet and teacher, taught at-risk youth in Minnesota before starting The Two Boots Poetry Tour, The Como Cottage Salon Series, and Feeding the Story; Walton Stanley, well-known writer in the Twin Cities theater community with 27 years acting and developing professional theater productions; Benjamin Dennis, mythologist and writer, passionately involved in rites of passage and storytelling. – Craig Ungermann, 2014-06-30.

The next **ManKind Project New Warrior Training Adventure (NWTA) for men in Minnesota** will be hosted by Central Plains MKP on October 17-19, 2014 at the Goodwill Camp in South Sioux City. Cost is \$595.00. Matching Fund Scholarships are available. To hold your place, send a deposit of \$150.00 to: Tim Greer, Registrar Central Plains MKP, 12727 W. Dodge Rd. #102A Omaha, NE 68154. FFI: Alex Bender, 651-492-1243. – Andy Mickel, 2014-07-15.

The **6th Annual Community Empowerment through Black Men Healing Conference**, September 19th & 20th - Metro State University, Saint Paul Black men healing in this era of limited resources and increasing disparities in the areas of, but not limited to health, education, incarceration, unemployment and homelessness in the African American community. This conference provides the African American community and service providers an opportunity for meaningful community engagement and access to national as well as local educators, and community practitioners to discuss and introduce practical culturally competent trauma informed, outcome driven methods and services. The overall goal is to improve the health and wellness of African American men and their families, resulting in the larger community becoming healthier and safer. The conference is open to health care professionals, public officials, community practitioners, local educators, correction professionals, community members and other experts working in or with the African American Community. FFI: <http://www.brothershealing.com/> – Sam Simmons, 612-721-0106 - 2014-05-04

Family Law Reform Conference, November 15-16, 2014, in Alexandria, VA November 15-16. Registration \$99-199. FFI: www.divorcecorp.com – 2014-07-09.

Here at TCMC, our work would not be possible without the help of our volunteers. We are very fortunate to have supportive individuals, mostly men, who assist us in our daily operations. I, Randy Genrich, was amazed when I began to list the jobs filled by people like you.

The Executive Board consists of long-standing members, which include, The Chair, Secretary, and Treasurer. Also, there are over 25 facilitators that donate their time; Presentation Host and Presenters, Attorneys, Webmaster, Database Manager, 'Men Talk' (newsletter) Editor, Distributors and Mailers, Trainers, PRIDE helpers, Transition Fair participants, Prison Class leaders, Attendance Recorders, our Office help and or course, our Bakery Deliverers.

The upcoming year is going to be very exciting and we are proud of the direction we are headed. All of our volunteer opportunities at The Men's Center are considered to be "As Needed" positions. If you'd like to volunteer your time with us; please stop in, call us at 612-822-5892 or check the TCMC website (tcmc.org) for any upcoming opportunities.

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
- 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!



Many thanks to

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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

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

Notice: Change of TCMC Office Hours
 The TCMC board approved new office hours. The office will be open Mondays 11:30am - 12:30pm & 2:30pm - 4:00pm, Thursdays 1:00pm - 4:00pm, and Fridays 1:00pm - 4:00pm. The office will be closed on Tuesdays and Wednesdays, as well as weekends.

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

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

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Support Groups
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