

# men talk

tcmc   
twin cities men's center

in our 38th year  
of public service

Dec/Jan 2014  
Volume 38 #6

## *The Man*

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I was recently the only white man in the midst of an intense and emotional discussion. The other nineteen people were white, black, and Latina women and one Latino man. We had gathered for a weekend retreat to explore and discuss how our Quaker communities might engage in new and deeper ways around the issue of racial justice.

Throughout the weekend, I was peripherally aware of walking on eggshells, withholding some passionate feelings, playing it safe. I was less candid and more scared than I am when sitting in the company of men, especially men I know. I knew many of these women. They are liberal, open-minded, and kind people. And yet, I was tight and fearful.

At the same time, I'll bet that I appeared present emotionally and forthright in my opinions. I have developed a polished public persona to cover my inner anxiety.

Okay, you're probably wondering, what was this man afraid of? I was, and still am, to some extent, afraid of being The Man. Whew, even as I enter that, I feel this queasiness in my belly. Right there, you know the place.

I spent my childhood and adolescence being taught by my dad that I had to be the "big brother/protector" for my six younger sisters. Neither of us consulted them on the topic. Later, in my young adulthood during the 1970s, I spent a lot of time with feminist women and men who repeatedly instilled in me the belief that women are oppressed by men. That men routinely dominate women. That I should treat women carefully. Or, at least those are some of the messages I internalized.

At the same time, I considered myself innocent of oppressing women. I regarded women as fellow pilgrims on the journey. In fact, I had been bullied in school and in the military. I saw that I had common cause with women who feared The Man. In high school, in the Marine Corps, and in college, I made choices to distance myself from the competitive cultural expectations of masculinity. Rather than work for a corporation, rather than seek that prestigious career/good job/breadwinner/ambitious social climber stereotype, I stepped back. In

those 70s days, a lot of people became involved in collective enterprises, co-ops, or intentional communities. I chose self-employment as my way of taking distance from the dominant paradigm. I, in no way, wanted to work for or become The Man. And yet, folks were telling me that simply because of my gender, I was The Man to many women. Wanting to be accepted and loved, I became careful, apologetic, fearful. As much as I have worked to get past that fear, it continues to whisper warnings and directions. Too often, I fall into old patterns that neither serve me nor the women in my life.

At the same time, I continue to find my voice and speak my truth. I married a strong woman fifteen years ago. We both are working to find and express our authentic selves.

Nearing the end of that weekend retreat, I simply took a leap of trust in the compassion of those present and spoke my fear and sadness in holding myself back. Without meaning to, I wept openly. The depth of my feelings was a surprise to me. My sweet spouse told me afterwards she was so glad I came clean.

No doubt, I'll squeeze myself off again. I'll choose being safe over being vivid. I may even blame someone for my behavior. And, somewhere in this journey, I'll acknowledge that no one is to blame. That some women, and men, and people of other races, will look at me and see The Man, in spite of my best efforts to distance myself from that. That, at times, I will see The Man in others. And so it goes, so we go.

One last thing. As I write this, I notice something quite unexpected. I am feeling empathy and compassion for The Man. He is also scared to be seen and protects himself. He also knows the ache of loneliness. He hides in ways I define as abhorrent and I have my own judgements about that. And, in ways I resist accepting, He is Me.

*Jim Lovestar is the founder and president of the Institute for Men's Health and Well-being. More information is available by visiting [www.consciousbody.info](http://www.consciousbody.info) or calling 612-588-8984.*

## Library Corner

— JIM HEANEY, LIBRARIAN



We have a unique and extensive collection of books on men's and general topics which can be checked out by members. Our periodicals include; *Fathering Today*, *Men's Health*, *Men's Journal*, *Lavender*, *Transitions*, and *Voice Male*.

The books in the Men's Center Library are sectioned off into 14 categories. These categories are: Fathers, Children & Families, Fiction, Gay & Lesbian, Health & Therapy, Humor, Men's Movement & Masculinity, Men's Stories & Poetry, Miscellaneous, Relationships & Friendships, Reference, Relationships & Friendships, Sexuality, Spirituality, Valued Elders, Women.

**THE LIBRARY NOW HAS A CATALOG OF EVERY BOOK ON THE SHELF.**

You do not need a password to access this new catalog. The new catalog is in a white 3 ring binder. Our entire collection of books is sorted 3 different ways; by Author, Category and Title.

### Address Change Notifications

from the post office cost the Men's Center \$1.71 each. Please let us know in advance of mailings! Thanks!

*Men Talk* is a bi-monthly publication of the Twin Cities Men's Center. Call 612-822-5892, or e-mail us at [tcmc@tcmc.org](mailto:tcmc@tcmc.org). Staff: Randy Genrich - Office Mgr, Bryan Wistrom - Office Asst, John Hesch - Anger Mgmt Coord. Office Volunteers: Rick Charlson, Jim Heaney, Dick Madigan.

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## Greetings from the Chair

In this final Chair Letter of 2014, I want to reflect on some unfortunate news stories from the past year, and how we as men can do better.

In 2014, a number of well-known sportsmen were accused of domestic abuse against their wives, partners, and children. Michael Sam became the first openly gay player to be drafted by an NFL team, but was greeted with hate and blinkered attitudes. And a wealthy professional sports team owner was revealed to have racist views toward African Americans even though he owes at least part of his vast wealth to the African Americans who play on the basketball team he used to own.

All of us, men and women, bear personal responsibility for our words and actions. Just like telling the state trooper who pulls you over for speeding that you didn't know the speed limit was 55, not knowing that your behavior is racist or misogynistic isn't an excuse. Neither is an upbringing in which violent and hateful behavior was tolerated. It is our responsibility as humans to educate ourselves to the point where we are able to treat our fellow humans with dignity and respect.

This is good in theory, but harder to do in practice when the culture we live in sends us highly questionable messages. Regular readers of this column know that I have, on more than

one occasion, lamented the portrayal of men in the media and popular culture, and that I worry that this portrayal encourages men to do the wrong thing. If you don't behave the way men behave on TV, is there something wrong with you? Are you less of a man if you aren't always thinking about where your next beer or your next sex are coming from?

I believe there is a connection between the violent misogyny, antediluvian racism, and repugnant homophobia on display in 2014, and the portrayal of men in our media and popular culture. If a man is lionized and paid handsomely for knocking people senseless on the playing field, it's not surprising that he might carry over that behavior to his off-the-field life. In a culture that prizes financial success above all else, a wealthy businessman probably thinks he should be excused for his sickeningly racist beliefs.

My wish for all men in 2015 is that you think for yourself about what it means to be the best man you can be. Don't be influenced by popular culture or media. Consider what you can do to make yourself and your community happier and healthier. Happy Holidays to you and your family, and best wishes for a healthy and fulfilling 2015!

**JOE SZURSZEWSKI  
BOARD CHAIR**

## The Annual Facilitator Training

will be held Saturday January 10th, 2015 after the annual meeting which begins at 9am, and facilitator training will begin about 11:00am. We will take a lunch break about 1pm with a free lunch provided by the Men's Center! Training will continue after lunch. If you have your facilitator training manual, please bring it to the training session.

Randy Genrich and Norm Petrik will again lead this annual training to update facilitators on expectations for facilitators, including setting limits quickly if a group member expresses anger at another group member. We will give needed help on how to lead groups and share our experiences. I hope all facilitators and men interested in learning to become a facilitator, will come. We very much appreciate your help for the Men's Center by facilitating!

— Norm Petrik, Chair Program Committee

## Addiction Busters Support Group Notice

The long running Addiction Busters Support group will no longer be open to new members as of December 1. The group will be facilitated until the current membership moves on or when the TCMC Board chooses a closing date. There are two non-TCMC Addiction Alternative groups that meet at the Men's Center on Sundays and Wednesdays. Both are very popular and should fill the small gap in community support that the closing of Addiction Busters will leave.

## Men Talk Mailing Party

ATTENTION: WOW! Free snacks, split gut laughter! Openings at your Men Talk mailing event on a Saturday morning. Check your schedule or call in to the office to confirm the time. Join this cool group to really make your day! Really!

— Yours Truly, Jerry Olson

# EVENTS CALENDAR

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Call us about Anger Management Classes.	SUPPORT GROUP General/ 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. ----- WINTER BLUES WORKSHOP by Seven Feathers 12:30 p.m.
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	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.
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION What Guys Do: 7pm ----- H.S.B. East 5:30 Transition 7:30	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.
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
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.	CHRISTMAS EVE HOLIDAY	CHRISTMAS HOLIDAY	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUP 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>
	SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	NEW YEAR'S EVE HOLIDAY	NEW YEAR HOLIDAY	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
<b>28</b>	<b>28</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
	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.
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	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.
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
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 Sex Talk: 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.
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION None ----- 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.
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>



## 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 **Rod, Bob Manson, Andy Mickel, Rasheen Tillman, and Linda Wrey.**

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

Non-Members of TCMC – \$5.

Regular Members (\$25 level) – \$3

Sustaining Members – FREE

All presentations meet at The Men's Center, 3249 Hennepin Ave. So, Suite 55 Minneapolis, MN 55408

We welcome your suggestions for new topics and presenters. Please call 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, Dec. 3, 7:00-9:00 pm

*Open to all genders*

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

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

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

### Mankind Project Open Circle

Presenter: Andy Mickel

When: Wed, Dec. 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.*

### What Guys Do: A Masturbation Master Class

Presenter: Rod from Upside Life Skill

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

*Open to men only*

"The Fast and The Furious" -- how most guys masturbate -- much like we did when we were 14. It was magnificent then, but somehow our masturbatory magic stopped short. Put some pride and panache into your personal sex life! If you are a penis owner, join us for two hours of fun and laughs as we learn how to build an awesome personal masturbation practice. You'll be tempted to tear off your clothes, but we'll keep 'em on because you'll take home an eBook of 101 Masturbation Techniques as Rod's gift to you. Guaranteed fun till spring!

*Rod is a sexuality educator, sex coach and founder of Upside Life Skill. Rod teaches many topics in male sexuality in workshops and retreats and is a one-on-one coach for men navigating change in their sex lives or developing sexual skill. To talk further about coaching or invite Rod to speak, contact him at 612-234-5510 or through his website: [www.upsidelifeskill.com](http://www.upsidelifeskill.com).*

### Christmas Eve

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

No Presentation

### New Year's Eve

When: Wed, Dec. 31, 7:00-9:00 pm

No Presentation

### Family Law Clinic

Discussion Leader: Linda Wrey

When: Wed, Jan. 7, 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, Jan. 14, 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.*

### Sex Talk: What You Say Is Who You Are

Presenter: Rod from Upside Life Skill

When: Wed, Jan. 21, 7:00-9:00 pm

*Open to men only*

"Tell me about yourself!" Some of the most terrifying words any of us will hear. Amp it up a bit. "Tell me who you are sexually!" Words are power. Any guy can

answer either question once prepared. If you believe there's an amazing sexual guy inside of you and would like to begin to learn how to talk about yourself sexually, join us for a couple lively hours as we craft some stories of pride. You'll go home with your own sexual profile which you can speak! And some easy ways you can build your story as a sexual man.

*Rod is a sexuality educator, sex coach and founder of Upside Life Skill. Rod teaches many topics in male sexuality in workshops and retreats and is a one-on-one coach for men navigating change in their sex lives or developing sexual skill. To talk further about coaching or invite Rod to speak, contact him at 612-234-5510 or through his website: [www.upsidelifeskill.com](http://www.upsidelifeskill.com).*

## No Presentation

When: Wed, Jan. 28, 7:00-9:00 pm

## Family Law Clinic

Discussion Leader: Rasheen Tillman

When: Wed, Feb. 4, 7:00-9:00 pm

Open to all genders

See Dec. 3rd 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

Closed Group

The long running Addiction Busters Support group will no longer be open to new members as of December 1. The group will be facilitated until the current membership moves on or when the TCMC Board chooses a closing date. There are two non-TCMC Addiction Alternative groups that meet at the Men's Center on Sundays and Wednesdays. Both are very popular and should fill the small gap in community support that the closing of Addiction Busters will leave.

## 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

*Give a Gift*

Men's Center Membership

*Only \$25*

**612-822-5892**

# Here and There

– Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches**, drop-in anytime 10AM-1PM (bring something to share/cook up): **December 21st at Jamie Wellik's** 31 Meander Road, Golden Valley, 55422. 612-267-2467 (west of Hwy 100 off Glenwood Ave) and **January 18th at Frank Brandon's** 975 Como Blvd E, St. Paul, 55103 651-487-3008 (on the east side of Lake Como). 8 men attended the brunch at the Men's Center in October; 4 men attended Rick Charlson's brunch in November. - Andy Mickel, 2014-11-17.

*To the Palace of Kings* selected longer poems by **Timothy Young** is newly published by Red Dragonfly Press, 106pp, ISBN 9781937693657. In 1983, at the coaxing of the literary elder, Meridel LeSueur, Shadow Press, USA published Timothy Young's long broadside of poetry, "Men Don't Dance in America" [framed and hanging in the Men's Center], one of the early anthems of the then-budding men's movement. This long rhythmic celebration was the first of many poems Young published, recorded or performed over thirty years. This collection, *To the Palace of Kings* also includes *The "Mississippi Book of the Dead"*, eighty stanzas which "channel mid-life unrest into a kind of pan-heartland pilgrimage, transforming mundane observations of place into a numinous whole" both poems spanning "thirty years' worth of soulful grief and joy." FFI: [www.reddragonflypress.org](http://www.reddragonflypress.org) - Tim Young, 2014-11-06.

"I have been to a total of two support group meetings, so it would be a bit premature for me to have developed 'feelings' or 'thoughts' [for the Twin Cities Men's Center or Men Talk]. I don't know the membership well. I note on the schedule an absence of books, music, and current events." - Scott Westrom, 2014-11.

Ed Barton, for many years (several decades!) has been pursuing completing collections of

earlier publications such as *Men Talk* from the Men's Center. He recently contacted us to obtain missing back issues, and provided extensive research results of who else has (partial) archive collections in our area: The Minnesota Historical Society, the Wisconsin Historical Society, the U of Minnesota Library and Hennepin County Library. FFI: **Ed Barton, Research Coordinator ManKind Project International (MKPI); Volunteer Curator, Changing Men Collections, Michigan State University Libraries, E. Lansing, MI 517-336-7073.** - Andy Mickel, 2014-11-12.

**"New Shelter Also Serves Victimized Boys"** More resources are available for sexually exploited boys, provided by The Link which opened the Passageways Shelter and Housing Program in Prior Lake. It provides shelter not only for girls but also for boys and transgender youth. "Unfortunately, the majority of [local] services, until our program opened, have actually been very focused on girls and women being the victims and men being the perpetrators and johns" said executive director Beth Holger-Ambrose. Fully story at: <http://www.startribune.com/local/south/281398021.html> - Nicole Norfleet, Star Tribune, 2014-11-04

**"Healthy Parenting in the 21st Century: Unique Challenges of Fathers" 12th Annual Fatherhood & Family Services Summit, February 2-3, 2015 at Best Western Plus Kelly Inn in St. Cloud, MN**

Featured presenters include: Guy Bowling, Manager of the Goodwill Easter Seals Minnesota Father Project; Jay Fagen, Ph.D., Co-Director of the Fatherhood Research and Practice Network, and J. Michael Hall, Founder and President of Strong Fathers-Strong Families!

Minnesota Fathers & Families Network (MFFN) recognizes that fathers play a critical role in healthy parenting. Fatherhood in the 21st century comes with challenges

that are unique to fathers... including married and unmarried fathers, custodial and noncustodial fathers, teen fathers, stepfathers, grandfathers, foster fathers, etc. We can see a shift in expectations across cultures and socio-economic levels over the past decades. How men choose to meet these expectations, and how as fatherhood professionals we best support fathers today continues to be a challenge. FFI: [JenniferBarshack@gmail.com](mailto:JenniferBarshack@gmail.com) or call Jennifer at 651.271.0306. - [www.mnfathers.org](http://www.mnfathers.org) - 2014-09-08.

**Public Policy on Healthy Fatherhood Moving Forward - MFFN**

Minnesota Fathers & Families Network (MFFN) has had a goal to change public policy to encourage more positive father involvement in families has led to the formation of a Fatherhood Public Policy Working Group. This group has had representation from a variety of governmental agencies, direct service providers, social services, and MFFN.

The year long work of a **Fatherhood Public Policy Working Group** is coming together into an effort to: significantly increase funding for fatherhood services, and establish a state commission on fatherhood.

A series of six statewide meetings is being organized to bring these ideas to stakeholders and listen to questions, concerns and comments about this effort.

- MFFN, [www.mnfathers.org](http://www.mnfathers.org), 2014-11-03

**The next ManKind Project New Warrior Training Adventure (NWTA) for men in Minnesota** will be hosted by Central Plains MKP in mid-April, 2015 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, 2014-11-03.

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## Winter Blues Workshop by Seven Feathers Natural Health & Recovery

**Facilitator: Dan Gorbunow, AMT**

Saturday, December 6, 12:30-4:30 pm

Cost: \$29 at the door, \$25 pre-register rate

Open to men of all ages

Visit: [www.sevenfeathers.weebly.com](http://www.sevenfeathers.weebly.com)

for more info and registration

**Fight the Blues and Have Fun with a Healing Workshop!**

Make a different experience for yourself this season with a fun, practical venture in the use of sacred space and ritual for personal growth and healing from addictions. Together we will share: drumming, purification, brotherhood, meditation, movement, visualization, spiritual warrior teachings, and healing wisdom. Stretch yourself mentally, physically, and spiritually into a healthier way of being!

In the Seven Feathers workshop, men of all creeds and backgrounds are welcome, and participants are invited to "Bring whatever is sacred to you, and respect the truth of others."



**Twin Cities Men's Center**

**ALL-PURPOSE FORM**

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

- I want to sustain the activities of The Men's Center by becoming a "20 x 12 Honor Roll Member."
- Please ENTER/RENEW my membership at The Men's Center for the next 12 months:  
Enclosed please find \$\_\_\_\_\_  \$25 (Regular)  \$50 (Patron).
- I want to make an additional, tax-deductible gift of \$\_\_\_\_\_. (*Thanks much!*)
- My new|correct address|phone is printed below.
- Please remove me from The Twin Cities Men's Center mailing list; this also cancels *Men Talk* deliveries.
- I have these feelings, thoughts, opinions, ideas, news items for The Twin Cities Men's Center / *Men Talk*

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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!**

**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 will begin December 8.

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.

**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**

**UPTOWN AREA SPACE TO RENT**

**Twin Cities Men's Center,  
 3249 Hennepin Ave S**

	<i>Non-Profit</i>	<i>Profit event</i>
Full Day (8 hrs)	\$50	\$100
Half Day (4 hrs)	\$25	\$50
Hourly	\$7.50	\$15

**(612) 822-5892**

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

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

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

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

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***twin cities men's center news***

**4**

## *Annual Meeting Notice & Proxy Statement*

**THE TWIN CITIES MEN'S CENTER 39TH ANNUAL MEETING WILL BE ON  
SATURDAY, JANUARY 10, 2015 AT 9 AM**

**AT THE MEN'S CENTER IN SUITE 55, 3249 HENNEPIN AVE., MINNEAPOLIS, MN**

The Annual Meeting will include election of new members to the Board of Directors, thanks to our volunteers, review of our achievements this past year, and socializing with your fellow Men's Center members. We have moved forward on many projects this year so come and celebrate what has been done and where we are going. If you have any questions, call the Men's Center offices at 612-822-5892.

The Men's Center By-Laws require a quorum of members to elect new board members. This mailing constitutes notice to all active members that a vote will be conducted by those members who are present at this meeting. If you cannot attend and wish to vote, please return this page to TCMC prior to Jan 10, 2015. Please include your address label. All members who do not vote by mail or in person, consent to the appointment of the Chair and the Vice-Chair the power to vote on their behalf, on all matters that come before the Annual Meeting.

- I VOTE **FOR** THE BOARD OF DIRECTORS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 10, 2015  
Directors up for re-election are: Damon S., Andy M., Ken K., Rich C.
- I VOTE **AGAINST** THE BOARD OF DIRECTORS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 10, 2015.
- I **ABSTAIN** FROM VOTING AT THE ANNUAL MEMBERSHIP MEETING, JAN. 10, 2015.

signed \_\_\_\_\_ date \_\_\_\_\_.

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*Community Ads*

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Meeting Notice*

Inserts *Dec/Jan Calendar*

*Presentations*

*Support Groups*

*Here & There*