

men talk

tcmc 
twin cities men's center

in our 39th year
of public service

Feb/Mar 2015
Volume 39 #1

Dreaming and a Deeper Wisdom

© 2015 BOB ANDERSON

In my second year of coming out I reported a disturbing dream to a therapist. I was dating a man and though I cared for him deeply and felt attracted, I couldn't come to climax. That was the tip of the iceberg.

In the dream I am sitting cross-legged in the alley behind our house in Robbinsdale where I grew up, idly poking at cinders with a stick. Hearing derisive laughter, I look up to see a figure standing on the balcony of a nearby house. It's my ex-wife, or wait, it's my boyfriend – no, he's standing just behind her. The figures blur and separate and merge again. The mocking laughter is Judy's. She's throwing me something, tossing back something I've given to her, and as I track its arc high in the sky, I realize to my horror that it's my severed scrotum.

Doug sits opposite me, cool and unflappable as usual, smartly dressed, firmly toned, his dark moustache crisply trimmed, taking notes and saying nothing.

I watch the sac spin wildly through the air, flopping end over end, and feel frantic that my testicles will spill out. The laughter rises to a shriek and my face burns with shame. "What have I done, what have I done?" I think.

"I know why she's laughing," I tell Doug. "A couple of years before the marriage ended, I had a vasectomy. Judy and I were hardly having sex at all – I was in the worst depression of my life – but I did it so she wouldn't have to keep taking the pill. It was a grand, empty, self-sacrificial act. I can still hear the metallic snip of those scissors. What a fucking joke!"

"What's the joke?" Doug asks.

"My marriage, my whole life." More silence, more scribbling.

By the time the sac lands in my lap, I'm relieved to discover it's neatly sewn up like a coin purse, testicles intact. In the next scene of the dream I am on a quest, going from house to house, milling through crowds of strange men at one party after another. I am excited, bewildered and lost, trying to find someone or something. At the last house I get a call from my father: "Go home, your house is in ruins."

I hurry home to find our Fifties-style rambler apparently intact, but on entering I'm shocked to find the interior gutted, walls stripped to the studs, rafters gaping overhead. All that remains is a mirror in the entryway. I look and I'm sweating blood, oozing red from every pore. I shake my head and look again. I'm decomposing like a corpse,

my flesh rotting and peeling off the bones.

"That's it, then I wake up." Doug is scribbling furiously now. I imagine him rushing into print as soon as the session is over.

"Wow, that's some dream," he says as he finishes. "What do you think it means, what did you feel afterwards?"

"Despair," I say. "The ridiculous, utter folly of it all, my grand hollow gesture, the whole marriage. I sacrificed my sexuality, and for what? I was striving year after year to make something work that was inherently impossible. How do I even begin to make up for what I've lost?" My eyes fill with tears.

"Well, Bob, look at it this way, you got your balls back, didn't you?" I laugh. Doug has a practical wisdom, a way of putting things into perspective. "I think it's a classic coming-out dream," he continues, and with his gentle coaching I begin to see in the shifting nuance of the dream's details, the hope that lies just the other side of despair. I see the man-boy playing in the alley, my boyfriend standing watch like a guardian angel, my home stripped for one helluva remodeling job and my bones spanking clean, ready for new life.

In our dozen or so sessions Doug and I do not solve the problem of my not climaxing – that's for later. What he gives me is an openness to the adventure, a flowing with what it has to teach me.

"Isn't it rich?" he says during one particularly fruitful session, looking up from his notes to comment on the sea of issues bubbling just below the surface. Rich indeed, this mix of grieving, shame, ingrained tricks of mind, mistrust of the body and sex itself, the fear of moving forward and embracing an unknown future – all the impediments to my being fully present in the moment, any moment.

In coming out, I am mapping new circuits of thinking and feeling, learning how to integrate fantasy and reality, tenderness and desire. I am learning to cope with the impetuosity of the male sex drive, the problem of getting sexual too quickly, then playing catch-up with my feelings afterwards. Having felt closer and more comfortable with women all my life, while desiring men from afar, now I am learning to like and trust them up close. All this I am confronting clumsily in a kind of delayed adolescence, without rules, rituals or role models to guide me... and everything, like the least shift of a lover's weight, registers in bed.

"No wonder you have trouble coming," he says. Doug gives me permission, and confidence, to trust myself. He is one of the first

Dreaming continued on page 2

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 Men's Center is proud to have a signed copy of Timothy Young's recently published *To the Palace of Kings*. Timothy is very active in the mens movement. This is the book which was referenced in the last Men Talk.

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. Staff: Randy Genrich - Office Mgr, Bryan Wistrom - Office Asst, John Hesch - Anger Mgmt Coord.
Office Volunteers: Rick Charlson, Jim Heaney, Dick Madigan.

Editor: Bill Dobbs

Board of Directors:

Joe Szurszewski, Chair
Tom Weaver, Vice-Chair
Norm Petrik, Secretary
Rick Charlson, Treasurer
Jim Heaney
Ken Knoll
Andy Mickel
Damon Starks
Todd Fogelberg - Alternate
Harry Greenberg - Alternate
Malik Holt - Alternate
Dave Webb - Alternate

Greetings from the Chair

The phrase "Je suis Charlie" (I am Charlie) became popular in the wake of the massacre at the offices of the French newspaper Charlie Hebdo as a way to show support for free speech and to show opposition to the mindset behind the killings. But while the killings were of course reprehensible and incomprehensible, and while free speech should be an ideal worth fighting for at any cost, I'm not sure if I am Charlie.

Charlie Hebdo is a sophomoric and racist publication that looks like what might happen if the Ku Klux Klan started publishing Mad magazine. It seeks to offend for the sake of offending, and probably appeals to a young, disaffected, and mostly male audience. The killing of its employees for any reason is indefensible, but killing to silence free expression is especially heinous. Condemnation of the perpetrators and those who support them should be (and mostly has been) stated in no uncertain terms. But in expressing support for the victims, must we identify so strongly with the magazine and its juvenile brand of hate? Must we all be Charlie?

Ironically, it was a Frenchman, Voltaire, who said, "I may not agree with what you say, but I will defend to the death your right to say it." With this in mind, isn't it possible to empathize with the French and support free speech, while not embracing the repellent vitriol of Charlie Hebdo? Blindly embracing this publication solely because it was viciously attacked by radical Islamic terrorists seems like a version of the questionable proverb, "The enemy of my enemy is my friend." Of course no clear-thinking person supports terrorists, so they are our enemies. And obviously, radical Islam considers Charlie Hebdo to be an enemy. So therefore, we must be friends with Charlie Hebdo?

Isn't this the same kind of thinking behind t-shirts like, "My two favorite teams are the Vikings and whoever is playing the Packers"? Life is never so simple that we can afford the luxury of such broad sweeping judgments. To jump to such conclusions just because it saves us the trouble of thinking does a disservice to all involved.

Ultimately, I think the problem is that we are uncomfortable experiencing what seems like conflicting feelings. I remember hearing worried men in the Thursday night Divorce and Uncoupling support group say that they thought they were going crazy because they still felt love for their wives even though their wives had left them for other men. How could they still feel love in those circumstances? Wasn't this a sign of mental instability? Humans are complex creatures and we are perfectly capable of holding seemingly conflicting feelings. The key is what those feelings are based on. You may still love your estranged wife for the good times you shared, while hating her for her actions at the end of your marriage. Similarly, you can empathize with Charlie Hebdo and its staff for the unimaginable trauma they have suffered, and you can support their right to continue publication because you believe in free speech, but still feel repulsed by what they publish.

I encourage you to be open to conflicting feelings, and to be suspicious of attempts to herd public opinion on the basis of simplistic reasoning. Life is complex, so the feelings you have as you go through life will be complex too. This isn't a sign of weakness. It means you're alive.

JOE SZURSZEWSKI
BOARD CHAIR

Dreaming continued from page 1

fully out, well-adjusted gay men I have met, and he tells me enough about himself that I have a sense of where this new life of mine might lead. I will take as my own this glorious adventure of discovery, uncharted, unauthorized, heady with risk and promise, with no guarantee of an outcome, no seal of approval other than my own. It's all of a piece, this life of mine. I will put on the new man, trusting to his growing wisdom to lead me through the deeper currents of my life.

Bob Anderson is a long-time member of the Men's Center and author of Out of Denial: Piecing Together a Fractured Life (Lulu.com, 2008), from which this article is adapted. A copy of the book is available in the TCMC library, along with a collection of his writings, Awake and Sing!

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
	SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.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.
1	2	3	4	5	6	7
SUPPORT GROUP Men's Retirement 5:30 p.m.	SUPPORT GROUP General/Div/Uncpl 12:30 p.m. BOARD MTG. 7 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.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.
8	9	10	11	12	13	14
BRUNCH 10:00 a.m.	SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m.	PRESENTATION Gratitude 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 Outreach and Support Committee Meeting 10am
15	16	17	18	19	20	21
	SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m.	PRESENTATION Jumpstart Your Career 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.
22	23	24	25	26	27	28
	SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.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.
1	2	3	4	5	6	7
	SUPPORT GROUP General/Div/Uncpl 12:30 p.m. BOARD MTG. 7 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.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.
8	9	10	11	12	13	14
BRUNCH 10:00 a.m. SUPPORT GROUP Men's Retirement 5:30 p.m.	SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m.	PRESENTATION Sexual Trauma & Abuse 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.
15	16	17	18	19	20	21
	SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m.	PRESENTATION Volunteering with Amicus 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.
22	23	24	25	26	27	28
	SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.					
30	31					

1976 In Our 39th Year 2015
of Public Service

Call us
about Anger
Management
Classes.

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

Feb/Mar 2015

PRESENTATIONS

Nearly every Wednesday evening, the Twin Cities Men's Center (TCMC) 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 TCMC's offerings since its founding. 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 TCMC for them. Each presentation is intended to foster personal growth and to stimulate interest in the topic.

Our presenters are **Jill Barnes, Jerry Buchmeier, James Jenneman, Kelley Lorix, Bob Manson, Kathleen McDowell, Andy Mickel, Mark Scannell, 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 the office at 612-822-5892 with your ideas.

The Twin Cities Men's Center does not endorse, takes no specific position, nor holds 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. 4, 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, Feb. 11, 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.

Developing An Attitude Of Gratitude

Presenter: Mark Scannell
When: Wed, Feb. 18, 7:00-9:00 pm

Open to all genders

In this presentation, Mark will address some of the obstacles to developing an attitude of gratitude as well as what we can do to develop this attitude in ourselves. There will be input on gratitude, discussion of the material and experimenting with different practice ways to develop gratitude.

Mark Scannell is retired, having been part-owner of a manufacturer's rep company in plumbing. Before that, he was a Roman Catholic priest. Presently, he officiates at weddings and umpires softball in Minneapolis. He is married. He is working on a book of gratitude which suggests that gratitude is a missing element in the Serenity Prayer, which he is looking forward to publishing in 2015.

Jumpstart Your Career in 2015

Discussion Leader: James Jenneman
When: Feb. 25, 7:00-9:00 pm

Open to all genders

Whether you're unemployed, working and staying put, or looking for greener pastures, you'll benefit from this presentation and open discussion. We'll talk about practical tips to make your resume stand out from the crowd, how to ace a job interview, why improved corporate culture starts with

you, and much more! Come with your questions about your career, your job search, your company's culture (and what you can do to improve it), and your sticky workplace situations. Time permitting, resume help will be provided at the end, so bring a copy of yours if you'd like a chance at personalized advice!

James Jenneman is an HR professional and coach in Minneapolis. His mission is to help people live and work as humans, rather than resources.

Family Law Clinic

Discussion Leader: Kelley Lorix
When: Wed, Mar. 4, 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, Mar. 11, 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.

Healing Sexual Trauma & Abuse

Presenter: Kathleen McDowell & Jerry Buchmeier

When: Wed, Mar. 18, 7:00-9:00 pm

Open to all genders

More than 25% have been sexually abused in childhood, adolescence, or have experienced sexual trauma as adults. Learn about these issues and how we support growth and change within our group. Hearing others' stories builds trust, and releases shame, isolation, and feeling different. But each person's story turns out to be both shattering and heartening for us all as we listen.

Co-facilitated by Jerry Buchmeier, PhD Therapeutic Counseling (763-546-4133), Kathleen McDowell, MA Human Development/Child Sexual Abuse. They both are survivors themselves, and have gone through long journeys towards health and balance. They now are helping others through the same process as part of their personal and professional life goals.

Volunteering with Amicus

Presenter: Jill Barnes

When: Mar. 25, 7:00-9:00 pm

Open to all genders

Far too often, people who are incarcerated return to community with few positive connections or friendships. For over 45 years, Amicus (Latin for "friend") has been matching trained and supported volunteers with people in prison or jail. Learn how these simple friendships can make a huge difference in the lives of both volunteer and participant.

Jill Barnes is a volunteer with Amicus and can be reached at jill.barnes@voamn.org / 612-877-4254.

Family Law Clinic

Discussion Leader: Bob Manson

When: Wed, Apr. 1, 7:00-9:00 pm

Open to all genders

See Feb. 4th 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

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 15th at Stephen Sewell's**, 647 Lincoln Ave #E, St. Paul, 55105 (just west of Dale Av.) 612-229-6699. and **March 15th at Damon Stark's** 5108 Washburn Ave N 55430 612-529-5243 (near the Hwy 100 / Brooklyn Blvd interchange). 14 men attended the brunch at Jamie Wellik's in December; around 10-12 men attended Frank Brandon's brunch in January on another sunny morning. – Andy Mickel, 2015-01-20.

Minnesota AIDS Project BYOB (Buy Your Own Brunch) February 7th, 11am. Monthly social gathering where we get together and have no agenda and enjoy brunch together. Meet at Bulldog, N.E. 401 East Hennepin Avenue, Minneapolis, MN 55414 – Nic Dehning, 2015-01-02

Minnesota AIDS Project Disclosure Dialogues will be held on February 21st 2015. A light breakfast will be served at 8:30am and the program will start at 9 am. This workshop discusses the disclosure of your HIV status to family, friends, coworkers, and the challenges surrounding it. This is the same workshop we have had for a while. Please feel free to ask other people who attended what their thoughts were regarding the workshop. If you missed the previous ones and would like to attend, contact Steve or Nic. There is some paperwork needed before the workshop begins. Please contact one of us and we can snail mail, email or have you pick it up here at MAP. Whatever would be easiest. Minnesota AIDS Project- PrideAlive, 1400 Park Ave, Minneapolis 55404. FFI

<positivelink@mnaidproject.org> – Nic Dehning, 2015-01-02

Why Men Use Porn: 8 Simple, Yet Surprising, Reasons

My son, Aaron, and his family visited us recently. His real love is doing music which he is very good at. He gave us a little taste by playing at the open mic at our local pub. I was amazed at how good he's become. It had been awhile since I had heard him sing, play piano and guitar. I got tears in my eyes hearing his poignant lyrics and passionate melodies.

In his day job, though, he's a computer whiz-kid. He's the tech guy for a large company and we got talking about the "net." His feeling was that there was still very little real value being delivered. "The only industry that has consistently been making money from the beginning is pornography," he told me. It got me thinking. Why do so many men use porn? What do they really want? Do they find what they are looking for? More at: <http://menalive.com/men-use-porn-8-simple-yet-surprising-reasons/> – Jed Diamond, 2014-11-25

The Men's Retirement Group which usually meets on the 3rd Sundays, will meet the 2nd Sunday of February, the 8th, at the usual time of 5:30 pm. This group is for men who are thinking of retirement, or who have 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 a part of a man's life. – Norm Petrik, Facilitator

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.

The TCMC Outreach and Support Group Sub-Committee will have its' next meeting on Saturday, February 21st, 10:00am till noon. On the agenda of this newly formed sub-committee is documenting our present activities, and defining our needs and goals for the future. Participation is open to all. – Jim Heaney, 2015-01-15

TCMC Brainstorming Meeting.

There will be a Brainstorming Session held at TCMC Saturday March 28, 2015 at 10am-12 noon. The purpose for this session is for TCMC Board Members, members of TCMC and supporters to collectively brainstorm, assess, and rank the needs of TCMC, and develop a course of action/timeline to address those need(s) we feel are most important and attainable.

This meeting will be very informal yet structured and a lot of fun. It's a great way for us to come together in the spirit of improving TCMC and all ideas are welcomed. While we understand that not every idea will warrant an action it is our goal to ignite some sort of change weather it's a new committee or understanding of resources TCMC has not explored.

If you are not able to attend this session there will be another session the last Saturday in September. If you have any questions please feel free to email Damon Starks at dam.star@hotmail.com.

In Memoriam: Rev. William E. Cox, Past Executive Director of the Men's Center, past editor of Men Talk

The Twin Cities Men's Center notes with sadness, the passing of Rev. William E. Cox on January 2, 2015. A funeral service was held at 11 a.m., Wednesday, January 7, at Faith United Methodist Church in St. Anthony. William (Bill) Cox was an ordained deacon and an elder, and served in New York, West Virginia, Ohio, and Missouri before coming to Minnesota in 1970. In Minnesota, he served an urban parish in St. Paul and in addition to his ministerial duties, he provided training for corporations and private counseling.

In 1973, a small number of men in the Twin Cities, including Bill, were beginning to question the roles that had been placed on them. They formed the Men's Awareness Network (MAN). By January 1977, this evolved and was incorporated as The Men's Center. In February of 1977, the first issue of the monthly newsletter of The Men's Center, *Men Talk*, was published. It marked the official debut of the new community organization, The Men's Center (TCMC).

In January of 1981, a new position was created to oversee the day to day operations of the center, and Bill Cox was appointed to the position of director. Under Cox's leadership from January 1981 to May of 1983, The Men's Center consistently published the *Men Talk* newsletter, expanded the number of support groups, trained new facilitators and organized various retreats and activities. In addition, the organization received several grants, which facilitated further growth. In short, the TCMC became what it is today, due in part to the early leadership of Bill Cox. May we continue and expand on that vision.

This history partially excerpted from Men Talking, by Sean Philip Faulk <<http://www.tcmc.org/mtalking.html>>

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/Cell 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!

Infinite Aperture Counseling

harry greenberg, msw, licsw
Specializing in Men's Issues

2435 Garfield Avenue South
 Minneapolis, MN 55405
 (612) 870-9418 (OPTION 1)

hgreenberg@iacounseling.com
www.iacounseling.com



Many thanks to

Factor of 4, LLC

for the generous donation
 of website services to
 The Men's Center.

Responsive Website Services

612-279-6400

www.factorof4.com

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**

	Non-Profit	Profit event
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 or correspond at our e-mail address: tcmc@tcmc.org

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

ADDRESS SERVICE REQUESTED

NON-PROFIT ORG.
US POSTAGE
PAID
TWIN CITIES, MN
PERMIT NO. 1100

men talk

twin cities men's center news

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.

19 Years of Successful Classes

*What's
Inside*

Page 1 *Dreaming
by Bob Anderson*

Page 2 *Library Corner
Letter from the Chair*

Page 3 *Family Law Clinic
Community Ads*

Page 4 *Back Page:
Anger Management*

Inserts *Feb/Mar Calendar
Presentations
Support Groups
Here & There*