

# men talk

tcmc   
twin cities men's center

in our 39th year  
of public service

June/July 2015  
Volume 39 #3

## *Confessions of a Bio Dad after 30 years*

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### Scene I

It's hot. And I mean hot. I bet you don't remember the temperature April 19th, 1985 or you rarely give it a second thought. That's simply because it wasn't a momentous occasion for you. It was for me. That was the day my son arrived in this world. He was obstinate about coming out. We (his mom and I) all too well remember walking the halls of Fairview Riverside Hospital with the drip drip drip of the pitocin IV nary making a difference. She was a dedicated member of the prodromal labor squad... and this baby, though full term, was not happy about entering this world.

Well now he's here, and honestly 30 years later, it's difficult to tell if he's any happier about being born into this world than the day he was born. His life has not been easy, nor predictable. Drug use, homelessness, commitment, it's all part of the record. His SSI check makes it unnecessary for him to hold a job which is a mixed blessing. He's hard to read and harder to know. Sometimes I'm welcome and sometimes he dismisses me. Right now, I'm persona non grata, but that too will pass. And he will ask for a small favor that involves currency. This all sounds depressing but really there's an upside. He's a white male with lots of privilege and a chance to make his life whatever he chooses. And he's as healthy too- no medical problems causing him to curtail any of life's activities. So there you are.

### Scene II

OK... After Jesse, there was not much time to think about more children. He was a handful and much later (at 15) he was diagnosed with Asperger's Syndrome among other things. But life has a way of reminding us that unless one does something drastic (vasectomy) there's always a possibility even when practicing birth control! So almost four years to the day Max came along.

To tell you the truth, I don't remember what the temperature was on April 7th, 1989. There was way too much drama during this pregnancy. Max was born at home as his mother insisted he would be, and we kept the midwife very busy what with the dog jumping on her stomach at inopportune times! He was jealous and the baby wasn't even born yet! Max had some initial issues (blue-not breathing) and the midwife kept pleading with us "talk to your baby". I was in disbelief at his color and the words seemed stuck inside me. Frankly I wasn't feeling terribly con-

versational at that moment. He had to be suctioned out very quickly so his lungs could start to adjust to working on their own. Initially, we wouldn't at all sure he would pull through but now he's 26, so he's quite the survivor. Very soon will be on his way to Hawaii leaving Minnesota and the snow to the rest of us cold weather aficionados who celebrate and relish turning blue and frostbite.

Max is a free spirit and reminds me of nothing so much as myself. Of course not a day goes by that I don't hope and pray he doesn't repeat all my foolish mistakes which were borne of ignorance and not seeing my many blind spots. Hindsight is 20/20 of course but how many 26 year olds (boys in particular) have the emotional tools to see or recognize their blind spots ?

I am now 60 and they (those pesky blind spots) keep turning up, lurking here and there. However some of them are probably hidden just beneath the placid sea of complacency. In any case I feel with 7 billion souls roaming the earth, what harm could adding two more possibly do? And one day you may unwittingly meet them!

*Harry Greenberg is a perpetual Anger Management facilitator at the Men's Center and a licensed clinical therapist. You can find him at [www.iacounseling.com](http://www.iacounseling.com)*

Choosing Healthy Sexual Boundaries:

### THE HANDBOOK

by Tommy Jones and Bobby Schauerhamer

Now on sale, a new e-book written by two of TCMC's facilitators, **Choosing Healthy Sexual Boundaries: The Handbook**

Available on iTunes, Amazon, Barnes and Noble, Kobo Books, Google Books, and ebookit.com.

**Get Yours Today!**



## 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.**

In addition to members having borrowing privileges from our library, we also have a reading room with **free WiFi access**. Stop in for a cup of coffee and catch up on your men's literature, and check out a book to go!

## 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

My friend Rob from Chicago was visiting Minneapolis recently on business, and for a variety of reasons, we weren't able to spend much time together until the day he flew back home. I was free at noon, his plane left at 7, so we had a few hours to ourselves.

We decided to take a walking tour of taco spots on Lake Street. We parked, then started walking, stopping wherever it looked like we could get a taco. At one taco truck, Rob imprudently asked for "the hottest sauce you've got", then spread it liberally over his tacos without tasting it. After two bites, the color of his face made it obvious he was in pain, so I helpfully asked if he needed any habaneros. In between tacos and jokes, we talked about all of the things we had lost touch on living in different states - family, relationships, jobs, shared history, and goals for the future were all discussed, along with weird dreams about cows and an incredibly inappropriate men's room painting we found at one stop. It was a lot of fun, and I had no notion of time passing, we were both just absorbed in the flow of the moment. And I don't think either of us were aware that we were "processing our issues", but in reality we were.

At one point, we were talking about TCMC, which reminded me that my next column for Men Talk was due soon, so I asked Rob if he had any ideas for a column I could write. He thought for a second, then said,

"Write about the importance of men having male friends. Write about how male friends give you the space to be yourself while processing problems or asking for advice." Hearing this, I think I may have actually smacked myself in the forehead Homer Simpson style. Of course!

So thanks for the idea Rob, and here it is. I think men face some obstacles to having long-standing, close male friends in their lives. For one thing, our society tries to tell men that they should be rugged individualists who don't need help or friends. For another, men sometimes feel like it's cheating to actively seek out male companionship. If you meet a guy when you're both reaching for the last officially logoed jersey of your favorite football player, that's OK, but admitting that you're lonely and would like to find a good friend is somehow seen as weak.

Having close male friends in your life won't solve all your problems, but it may give you the space and the support you need to better tackle them yourself. And having a close male friend in your life might do something else for you - it might reassure you that the challenges you face are not unique, and that if your friend can handle them, then maybe you can too.

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

## Announcements

**The Men's Retirement Group** which usually meets on the 3rd Sundays, will meet the 4th Sunday of June, the 28th, at the usual time 5:30pm. The 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

**PLEASE let us know when you have a Change of Address.** It costs us over \$50 each mailing for returned and re-mailed Men Talks. Thanks!

— Randy Genrich, Office Manager

**Volunteers needed to pickup bakery** at Breadsmith on 50th and France at 7:45 on Weds. nights. (takes approximately 45 minutes). Call Randy at 612-822-5892 for details.

**The 2015 Pride Festival is June 27-28.** Call Damon S and Dave W at 612-822-5892 to volunteer staffing the TCMC Booth. Please visit our booth in Loring Park anytime during the festival. We'd love to chat!

# 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/Div/Uncpl 12:30 p.m. ----- Anger Management 7pm	SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. ----- Gay Issues 7:30 p.m.	PRESENTATION Family Law 7pm ----- H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	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>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. Anger Management 7pm	SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. ----- Gay Issues 7:30 p.m.	PRESENTATION Mankind Circle 7pm ----- H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	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/Div/Uncpl 12:30 p.m. ----- Anger Management 7pm	SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. ----- Gay Issues 7:30 p.m. Anger Management 7pm	PRESENTATION Mindfulness Healing 7p ----- H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	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
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
FATHER'S DAY BRUNCH 10:00 a.m.	SUPPORT GROUP General/Div/Uncpl 12:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. ----- Gay Issues 7:30 p.m. Anger Management 7pm	PRESENTATION Inner Warrior Wisdom 7p ----- H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	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.	PRIDE FESTIVAL 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>
PRIDE FESTIVAL SUPPORT GROUP Men's Retirement 5:30 p.m.	SUPPORT GROUP General/Div/Uncpl 12:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. ----- Gay Issues 7:30 p.m. Anger Management 7pm	PRESENTATION Family Law 7pm ----- H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	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>28</b>	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	SUPPORT GROUP General/Div/Uncpl 12:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. ----- Gay Issues 7:30 p.m. Anger Management 7pm	PRESENTATION Mankind Circle 7pm ----- H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	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>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	SUPPORT GROUP General/Div/Uncpl 12:30 p.m. ----- BOARD MTG. 7 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. ----- Gay Issues 7:30 p.m. Anger Management 7pm	PRESENTATION No Presentation ----- H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	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>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
BRUNCH 10:00 a.m. SUPPORT GROUP Men's Retirement 5:30 p.m.	SUPPORT GROUP General/Div/Uncpl 12:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. ----- Gay Issues 7:30 p.m. Anger Management 7pm	PRESENTATION Mind & Emotions 7p ----- H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	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>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	SUPPORT GROUP General/Div/Uncpl 12:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. ----- Gay Issues 7:30 p.m. Anger Management 7pm	PRESENTATION No Presentation ----- H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	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.	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

## 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 **Jerry Buchmeier, Dan Gorbunow, Tim Kuss, Bob Manson, Noah Simcox, and Rasheen Tillman,**

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, June 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: Tim Kuss  
When: Wed, June 10, 7:00-9:00 pm

*Open to men only*

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.*

### Mindfulness and Healing

Presenter: Noah Simcox  
When: Wed, June 17, 7:00-9:00 pm

*Open to men only*

It can be easy to feel overwhelmed by anxiety, worries or depressive thoughts. By learning mindfulness meditation skills and applying them to our daily life, we can feel greater ease in how we experience difficult thoughts and emotions. By allowing ourselves to have our experience just as it is in the moment, we can start to heal and move toward greater compassion for ourselves and self-acceptance. Psychotherapist, Noah Simcox, will present about applying mindfulness and self-compassion skills to daily life and will lead some exercises.

*Noah Simcox is a psychotherapist and meditation instructor, living in St Paul. He blends western therapy and eastern philosophy in his private practice.*

### Inner Warrior Wisdom: Seven Feathers Of Recovery

Presenter: Dan Gorbunow  
When: Wed, June 24, 7:00-9:00 pm

*Open to men only*

Share a space of healing, sacredness, and earth wisdom for men of all faiths, and

backgrounds with drum, meditation, and circle discussion. Practical Eastern medicine will also be introduced to explore the roots of men's health issues in mind, body, and spirit. Useful for men seeking support for spiritual or personal growth, healing trauma or addictions, dual-recovery, or general health concerns. This is also a great networking opportunity, so please bring your community mission and share your goals in the circle. Men and youth (under 18 years must be accompanied by adult), all ages welcome!

*Dan Gorbunow, AMT is Director of Men's Healing at Sattva Healing Arts, 3133 Hennepin Av S, Mpls. He has over 20 years of alternative health care experience and many years of practical experience as ritual facilitator and circle leader in dual recovery centers and youth programs in the Twin Cities area. For more info, visit websites: [www.sevenfeathers.weebly.com](http://www.sevenfeathers.weebly.com) and [www.sattvahalingarts.com](http://www.sattvahalingarts.com)*

### Family Law Clinic

Discussion Leader: Rasheen Tillman  
When: Wed, July 1, 7:00-9:00 pm

*Open to all genders*

See June 3 description

### Mankind Project Open Circle

Presenter: Tim Kuss  
When: Wed, July 8, 7:00-9:00 pm

*Open to men only*

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/*

### No Presentation

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

# Mind and Emotions: A Universal Treatment

Presenter: Jerry Buchmeier, Ph.D. in  
Therapeutic Counseling  
When: Wed, July 22, 7:00-9:00 pm  
*Open to all genders.*

This presentation is based upon the workbook, *Mind and Emotions; A Universal Treatment for Emotional Disorders*, by Matthew McKay, Patrick Fanning, and Patricia Zurita Ona. We will review the basic ideas in the book, pick out a sample issue in our lives, and find an appropriate exercise from the book that may help with the issue.

This short presentation will be followed by a low-cost class for those interested to be offered here on Thursdays in September and October, 6 pm to 7:30 pm.

The skills and techniques provide a single therapy for Anxiety, Phobia, PTSD, Anger, Shame and Guilt. They are based on proven techniques from Cognitive Behavior Therapy, Acceptance and Commitment Therapy, and Dialectical Behavior Therapy.

The class teaches skills and techniques that enable us to set aside the short-term coping strategies that create emotional chaos in our lives. We replace old strategies with new ones including clarifying and acting on your core values, mindfulness and acceptance, detaching from negative thoughts, self-soothing and relaxation exercises, assertiveness and interpersonal skills, and gradually facing your strong emotions.

*Jerry co-facilitates the Sexual Trauma and Abuse Survivors group at the Men's Center on Thursdays, 7:30 to 9:30. He has a private psychotherapy practice in Plymouth, MN. If you are interested or have questions, please call Jerry at 763-546-4133, or email at [jeromebuchmeier@gmail.com](mailto:jeromebuchmeier@gmail.com)*

## No Presentation

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

## Family Law Clinic

Discussion Leader: Bob Manson  
When: Wed, Aug. 5, 7:00-9:00 pm

*Open to all genders*

See June 3 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 all Genders*

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

### Choosing 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.

Facilitated by Tommy Jones and Bobby Schauerhamer.

**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 all Genders*

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

### Choosing 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 Rich Powell, Tommy Jones and Bobby Schauerhamer.

- Tuesdays 12:00 pm - 2:00 pm
- 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): **June 21st** (Father's Day—children welcome) at Jim Lovestar's backyard picnic table, 2629 Upton Ave N, Minneapolis 55411 (1 block east of Theodore Wirth Parkway and near the Broadway/Lowry Jct), 612-588-8984. **July 19th** 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.). 11 men attended Andy Mickel's brunch in April on a sunny day. – Andy Mickel, 2015-05-13.

**Longtime Men's Center volunteer, staff person, and passionate believer in the power of men's healing through support groups, therapy and other modes (such as bioenergetics), Hank Bruns passed away on March 19th** after a long struggle with Parkinson's. He was board chair in 1981, on the board off and on for another 20 years, and helped create the outreach program for men in transition out of prison in the past 15 years. Hank also was influential early on in the anger management program. To many men, Hank was the "conscience" of the Men's Center. We will all miss him. – Randy Genrich and Andy Mickel, 2015-03-20

Longtime Men's Center member, Thursday night support group facilitator and 1985 board chair, **John (JET) Teisberg was featured as 1 of 5 Minnesotans as cancer survivors in the local TPT-produced documentary "Living Beyond Cancer"** which first aired on Monday, March 30 on Twin Cities public television channel 2 at 10p.m. just after the first installment of the Ken Burn's produced PBS documentary "Cancer: The Emperor of All Maladies". John created an online support group for men living with prostate cancer. With unusual matter-of-factness, John explained to the TV audience how the process works

for men who share feelings about their health and their bodies. <<http://www.tpt.org/?a=programs&id=24697#watch>> – Andy Mickel, 2015-04-04.

Proposal for the creation of a **White House Council on Boys & Men** will address: 1) Education, 2) Jobs, 3) Fatherlessness, 4) Physical Health, 5) Emotional Health. Such a WH Council would mirror the one created for Girls and Women, and put the boy crisis on the national agenda. In contrast to the existing My Brothers' Keeper, the WH Council on Men and Boys would be inclusive of all boys and men. The request is joined by over 50 nationally known scholars and practitioners such as: Jennifer Granholm, former governor of Michigan, Michael Gurian, and Dr. John Gray. FFI: <<http://www.whitehouseboysmen.org>> – Warren Farrell, Chair <[warren@warrenfarrell.com](mailto:warren@warrenfarrell.com)> - 2015-03-31

**"Make room (on the Web) for Dad"** describes the existence of digital havens such as Daddit that give guys a comfy place to talk about fatherhood online. Dad-only forums come complete with advice and comfort, and offer a "safe space" for them to blow off steam according to CNN journalist, Josh Levs, a father of three. (more) Complete story at: <http://www.nytimes.com/2015/05/03/fashion/making-room-on-the-web-for-daddy.html> – Hannah Seligson, New York Times, 2015-05-03

Documentary film **"Call Me Lucky" about the life of standup comic Barry Cummins** was shown at the 2015 Minneapolis/St. Paul International Film Festival (MSPIFF) in April to large audiences. Barry virtually invented the art of standup in Boston in the early 1980's at a Chinese restaurant. He had an aggressive and adversarial style which was exhibited in his often rageful and self-destructive behavior. He had no patience for members of the clergy in the

Boston-area Catholic churches abusing children, although he himself evaded such abuse. The film eventually reveals that he was repeatedly raped as a boy by the boyfriend of the mother of the teenage girl babysitter that his parents has often hired. He sought out and got help and became a pivotal advocate for male survivors of sexual abuse in the United States, raising the consciousness of primarily women in the process. Quite the story! FFI: <<http://www.mspfilm.org/>> – Andy Mickel, 2015-04-25

**"Boys Will Be Boys" is no longer a valid excuse** Rolling Stone's errant reporting of behavior by University of Virginia students still does not erase the fact that college men and women need to continue to build safe environments on campus free of sexual violence. The article quotes Ed Heisler, director of Duluth-based Men-As Peacemakers (MAP) who sees proof that the vast majority of young men don't commit sexual assault, and that a growing number of college-age men are joining their female peers to end sexual dominance, violence and objectification of women. (more) Complete commentary at: <http://www.startribune.com/rosenblum-boys-will-be-boys-is-no-excuse/299600931/> – Gail Rosenbaum, Minneapolis Star Tribune, 2015-04-14.

The next **ManKind Project New Warrior Training Adventure (NWTA) for men in Minnesota** will be hosted by Central Plains MKP Minnesota Community in mid-October, 2015 at Camp Voyageur in Mound, Minnesota. 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: Jamie Wellik 612-267-2467. – Andy Mickel, 2015-05-04.

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## NEW SUPPORT GROUP STARTED ON MAY 12, 2015

### *Choosing Healthy Sexual Boundaries – Tuesdays*

at The Twin Cities Men's Center, 3249 Hennepin Ave. So, Suite 55, Minneapolis, MN 55408

We had our first support group meeting of Healthy Boundaries - Tuesday. There was a good group of men present and we received donations on our first day. Over the years, we have had many men who have been required to come to the Healthy Boundaries group along with their treatment. Now we are also offering the group as an alternative to a sex offender treatment program. We really appreciate the support that we have received in opening this third group session.

Facilitators: Rich Powell, Bobby Schauerhamer, Tommy Jones

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

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**MEN TALK ADVERTISING RATE SCHEDULE**

Full Page	7 1/2" x 10"	\$200
1/2 Page	7 1/2" x 4 7/8"	\$125
1/4 Page	3 5/8" x 4 7/8"	\$65
Biz Card	3 1/2" x 2"	\$25

**(612) 822-5892**  
[tcmc@tcmc.org](mailto: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](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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**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, Tuesdays, 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*

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Inserts *June/July Calendar  
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