

men talk

tcmc 
twin cities men's center

in our 39th year
of public service

Oct/Nov 2015
Volume 39 #5

U. S. Supreme Court's Decision on Homosexual Marriage

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The founders of the continuing movement to gain equal/civil rights for homosexual Americans THOUGHT about the subject, religiously, legally, etc.

What most thought was that the main legal argument against sodomy laws, etc, was the Constitution and mainly the Ninth Amendment. It says (what most founders worried about being misunderstood if some citizens were later denied "rights" not listed) that all citizens, as individuals, kept control of their private lives and society and only gave various governments control of necessary means to conduct the nation's business and protect them.

In theory there should have been no reason for a 14th Amendment, etc. If we believe the Declaration of Independence, etc, then from the start, despite the temporary (compromise) allowance of slavery and other errors in the Constitution, we all had our rights.

Therefore, it is irrelevant as to whether marriage is a federal or state issue-it is not the government's right to tell citizens who to marry. It is in a sense the right of various religious groups to tell its members-but NOT their right to tell non-members- who to marry. So there should never have been a need for the "Loving" case since only the individual has the right to decide who they will marry. And the separation of church and state has made this nation a shining light to other nations on the issue of freedom of religion.

"Christianity" has been so dominant in this nation that it is caught by surprise that some citizens feel it is getting too involved with the state-a mistake that has

had bad consequences for most Orthodox Churches-Russian, etc.

Fear of the threat of communism and now the push of militant/radical Islamism, has led many fearful "Christians" to push for the government to protect them.

And that push has found a "cause" in the issue of homosexual marriage-many believe that if the term had not been changed to marriage equality, or gay and lesbian marriage we might not have made progress on the issue.

What true Christians need to proclaim is that the reason it is strong in the United States is because it has NOT been controlled by or tried to control the government. AND, if "Christians" can get control of the state today, if Muslims, or Hindus, etc, grow in number, tomorrow THEY may gain control and be anti-Christian.

That is why the government has to be neutral and NOT get involved in inter-religious disagreements, nor let one religious group control the lives of-members of other groups.

So the government can not decide who someone should marry based on one religious group's beliefs or traditions. Laws or non-laws that protect glbt Americans also protect Christian Americans, Jewish Americans, Hindu Americans, etc.

Billy Glover is a writer and gay activist, and one of the founders of the Homosexual Information Center, along with Don Slater, Joe and Jane Hansen, Tony Reyes, Jim Schneider, et al. Websites for parts of ONE and HIC are: www.tangentgroup.org, www.oneinstitute.org.

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. **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

If you are of a certain age, you may remember the "Little Rascals" black-and-white comedy shorts. They were produced from 1922 to 1944, but were replayed heavily on TV through the 1970's. The basic premise was that depression-era boys led by Spanky and Alfalfa got into all sorts of trouble while acting like adults and doing adult things. Among other things, they formed a club called the "He-Man Woman-Haters Club", complete with a clubhouse and a sign outside that read, "No Girls Allowed".

When I talk to people about TCMC, I often get the impression that they are confused about the "men only" aspect of much of TCMC's programming and think that men are essentially isolating themselves inside a clubhouse with a "No Girls Allowed" sign. Why is it important for men to meet and talk without women present? What are we hiding?

I like to answer this by turning the question around. The point of TCMC's men-only support groups and classes is less about excluding women and more about including as many men as possible. The more men that become involved with TCMC, the more experiences there are available for each of us to relate to. It often comes as a revelation to men that regard-

less of sexual orientation, career, family of origin, economic status, and many other factors that are often used to separate and stratify us, all men have many things in common. By focusing on men in TCMC's programming, these commonalities are easier to appreciate, and once a man sees this, he is better able to take advantage of support and encouragement from other men. And this is the real power of TCMC's support groups and classes -- men helping men. Our volunteer facilitators don't have the answers, they are simply there to help men get support for dealing with the issues in their lives from other men who have gone through, or are going through similar issues. If you have experienced the power of hearing from another man that he knows how you feel and he knows that you will make it through your current situation and come out the other side a better, stronger man, than you know how life-changing TCMC can be.

So maybe TCMC is a sort of clubhouse, but the imaginary sign outside our door doesn't say "No Girls Allowed", it says "All Men Welcome".

JOE SZURSZEWSKI
BOARD CHAIR

ATTENTION TCMC MEMBERS/SUPPORTERS:

The time has come for use to freshen up our facility. We've talked about it and now it's time for us to act on it. Please join us November 20 from 4pm-7pm and November 21 from 12-4pm for a TCMC Fall Cleaning/Decluttering. Please contact Damon Starks at dam.star@hotmail.com if you have any questions.

by Damon Starks,

HEALTHY SEXUAL BOUNDARIES - EAST IS MOVING

Project Pathfinder is moving in a week and so will the Boundaries East group. the new address, as of 30 September will be 570 N. Asbury Street, Suite 300, St .Paul, 55104, near intersection of Thomas and Snelling in the midway area. There will be free parking in attached ramp.

VOLUNTEERS NEEDED

Volunteers needed to pickup bakery at Breadsmith on 50th and France at 8:00 p.m. on Weds. nights. (takes approximately 45 minutes). Call Randy at 612-822-5892 for details.

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
<h1>Oct/Nov 2015</h1>				SUPPORT GROUPS Divorce/General 7:30 Mankind Circle 7pm 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.
	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 Family Law 7pm H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	SUPPORT GROUPS Divorce/General 7:30 Mankind Circle 7pm 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	8	9	10
	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. Anger Management 7pm	PRESENTATION No Presentation 7p H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	SUPPORT GROUPS Divorce/General 7:30 Mankind Circle 7pm 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
11	12	13	14	15	16	17
BRUNCH 10:00 a.m.	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 Restorative Justice 7 H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	SUPPORT GROUPS Divorce/General 7:30 Mankind Circle 7pm Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m. Anger Mgmt. 7pm	SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
18	19	20	21	22	23	24
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 After Death Comm 7 H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	SUPPORT GROUPS Divorce/General 7:30 Mankind Circle 7pm Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m. Anger Mgmt. 7pm	SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
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	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/General 7:30 Mankind Circle 7pm Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m. Anger Mgmt. 7pm	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 GROUP Healthy Sexual Boundaries 12:00 p.m. Gay Issues 7:30 p.m. Anger Management 7pm	PRESENTATION No Presentation 7pm H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	SUPPORT GROUPS Divorce/General 7:30 Mankind Circle 7pm Sexual Trauma & Abuse Survivors 7:30 p.m.	MEN TALK DEADLINE SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m. Anger Mgmt. 7pm	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/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 Methods of Healing H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	SUPPORT GROUPS Divorce/General 7:30 Mankind Circle 7pm Sexual Trauma & Abuse Survivors 7:30 p.m.	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m. Anger Mgmt. 7pm	SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
15	16	17	18	19	20	21
	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 7p H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm	THANKSGIVING HOLIDAY	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m. Anger Mgmt. 7pm	MEN TALK MAILING 9:00 am SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.
22	23	24	25	26	27	28
	SUPPORT GROUP General/Div/Uncpl 12:30 p.m.					
29	30					

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Call us
about Anger
Management
Classes.

1976 In Our 39th Year
of Public Service 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 Gary Beaver, Jerry Buchmeier, Gabriel Gibson, Kelly Lorix, Bob Manson, 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, Oct. 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.

No Presentation

When: Wed, Oct. 14, 7:00-9:00 pm

Restorative Justice and Healing

Discussion Leader: Gabriel Gibson

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

Open to all genders

When crime or wrongdoings happen harm occurs to the victim and the community. In the criminal justice system we focus on the harms done to the state and ask what laws were violated and how can we punish the offender. In Restorative Justice we focus on those who've been harmed, the victim or community, to help them find justice, healing and peace. Restorative Justice isn't new. Native and aboriginal communities have been using it for years to repair harm, resolve conflict and to keep their community together. In this presentation you'll learn the basic principles of Restorative Justice, its uses and the benefits. We create a safe, non-hierarchical place where everyone has a voice and the values of respect, compassion honesty and confidentiality are upheld. Come learn how victims, offenders and community can come together to repair harm, resolve conflict, have a sense of justice, better relationships, heal, and have safer communities.

Gabrielle Gipson is the Executive Director of You Have The Power. Since 2008, as a trainer, coach and consultant, she has worked in community engagement, restorative justice and peace building programs. At the core of her work she creates safe spaces for meaningful dialogue that offers healing, a sense of justice, better relationships and safer communities. Gabrielle was the first Circle of Support and Accountability (MnCoSA) coordinator and a participant in the first VOCARE (healing circle) regarding sexual harm for the MN Department of Corrections. She continues that work through Welcome Homes, Dakota County Community Circles and You Have The Power.

Induced After Death Communication

Discussion Leader: Gary Beaver
When: Wed, Oct. 28, 7:00-9:00 pm

Open to all genders

Induced After-Death Communication is a miraculous psychotherapy which heals grief to a degree never before possible. In a successful session a person will have a direct experience which most experiencers consider to be an authentic encounter with the deceased loved one (including deceased pets).

Gary R. Beaver, M.A. is a Licensed Psychologist who has been practicing in the Twin Cities since 1990. He specializes in grief and loss, death and dying and trauma. Gary completed Induced After Death Communication (IADC) training with Dr. Allan L. Botkin,

the discoverer of the technique. Gary is a Certified IADC Trainer and also serves on the Induced After Death Communication International Board. He has extensive training and experience in the use of Eye Movement Desensitization and Reprocessing (EMDR), which is the basis of IADC.

Family Law Clinic

Discussion Leader: Kelly Lorix

When: Wed, Nov. 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.

No Presentation

When: Wed, Nov. 11, 7:00-9:00 pm

Conscious, Subconscious, Superconscious Methods of Healing and Growth

Discussion Leader: Jerry Buchmeier
When: Wed, Nov. 18, 7:00-9:00 pm

Open to all genders

This presentation reviews methods, skills and techniques for moving forward in life, subcategorized as oriented around our conscious, subconscious, and superconscious selves. I roughly define methods of the conscious self as those which primarily involve conscious thought processes, such as logic, analysis, categorization, conscious choice, etc. Methods of the subconscious self include resources extracted from the totality of one's life experience, even those not consciously available, such as open-ended access of subconscious bodily sensations, needs, desires, and processes, or forgotten memories. Methods of the superconscious include resources that come from beyond one's present physical, emotional or mental life experience, and beyond simple human experience, such as access to the wisdom of the Divine, angels, saints, spirit guides, or ancestors through

prayer, meditation, and past or future life regression/progression. In my work as a psychotherapist/hypnotherapist, I've noticed that many people seem to need input, healing, and guidance from all of these resources within themselves, focusing more on one aspect more than another at different times in their healing or growing processes.

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.

No Presentation

When: Wed, Nov. 25, 7:00-9:00 pm

Family Law Clinic

Discussion Leader: Bob Manson

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

Open to all genders

See Oct. 7 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

570 N. Asbury Street, suite 300

St .Paul, 55104

- Wednesdays 5:30 - 7:30 pm

Mankind Project Open Circle

Open to Men Only

Presenter: Tim Kuss

ManKind Project Minnesota began in 1990 and over 800 men are in our community. We have more than 20 on-going men's groups which serve as places where men can develop their Emotional Intelligence, practice Accountability to their Commitments of Service to others, and practice Authenticity in Actions and declarations.

This Open Circle enables participants to witness other men practice clarity of self-expression from their hearts rather than their heads. Join us in our 5-round format and ask questions to learn more and even participate yourself if you choose. Our structure is based on the masculine archetypes of King, Warrior, Magician & Lover in Moore and Gilette's book.

- Thursdays 7:00 - 9:00 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): **October 18th at the Men's Center 3249 Hennepin Ave S, Suite 55, Minneapolis 55408**, 39th anniversary celebration, Andy Mickel and Daniel Heist co-hosts. **November 15th Stephen Sewell's, 647 Lincoln Ave #F, St. Paul, 55105** (just west of Dale Av) 612-229-6699. About 10 men attended each brunch in August & September - Andy Mickel, 2015-09-20.

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, 2015-07-04.

"Instincts, Ancient Practices and Enlightenment" - Workshop by Diane Redmond & Belinda Gore, Thu-Sun Oct 15-18, \$350-700 (sliding) at the Carondelet Center, St. Paul. Our purpose in this retreat is to open and balance the three body-based instincts as understood in Enneagram theory, raising their vibration to allow a deeper or higher intelligence to manifest in us. During the four days of this intensive workshop, we explore the varied expressions of Self-Preservation, Sexual, and Social instincts, using experiential learning for opening, listening, and trusting our own direct experience of each instinct. In addition,

the ancient body-based practice of ritual postures uses breath, sound, and posture to expand our experience and capacity for contact with spirit. Since the instincts are also body-based, we come to understand them as aspects of the animal body that, once conscious and functioning harmoniously, move naturally toward the higher instinct for Enlightenment. FFI, diana.redmond@gmail.com - Curt Micka, 612-226-1702, 2015-07-18.

2015 Minnesota Fathers & Families Network Fall Seminar Series: Healthy Births, Healthy Babies: Fathers as Partners and Protectors A day-long workshop that explores the important roles fathers play during the early years in family formation, share information about resources and programs that focus on fathers as co-parents and strategies and tips for engaging fathers during this critical time. Recent research identifies this as a critical time for community professionals to work together to weave a network of support and create a "social womb" for new families that includes fathers as partners. October 19 in St. Paul at Northwest Area Foundation; October 26 in Duluth area (site to be determined) FFI: <http://www.mnfathers.org/upcoming-events/> - Andy Mickel, 2015-09-01.

Men Facing Retirement Issues support group which usually meets on the 3rd Sunday at 5:30 p.m, will meet on the 4th Sunday of October the 25th at 5:30 p.m. This support group is for men thinking about retirement or have retired, and want to share feelings about this major life changing event. - Norm Petrik, 2015-09-12

There are **three Transition Fairs coming up in October.**

Moose Lake is on Thursday Oct 1st, 8:00am – 2:30pm

Red Wing is on Thursday Oct 15th, 8:00am – 1:30pm

Stillwater is on Wednesday Oct 28th, 7:15am – 3:00pm

The registration deadline is Sept 15th. If you want to help represent the Men's Center at these fairs please email me back or let me know at the board meeting on Sept 14th. Having three fairs in one month may be a challenge to cover. If you have been thinking of working one of the fairs, now is the time. Feel free to call or email me if you have any questions. 763-458-6595
- Jim Heaney, 2015-08-31

I talked to some men at your booth at the Mounds View festival some years ago about circumcision. I didn't circumcise my son and I'm so glad. I've been running an advertising (via poster) service at colleges since 1992. My son printed up hundreds of anti-circumcision posters and I've been putting them up. Then this year I've been putting up copies of the Medical Study posters you had an example of at the booth. They are staying up better and I believe are making progress. I added at the bottom that most insurance no longer covers this and that Medical Assistance no longer covers circ in MN and at least 16 other states, and that Female Circ has been outlawed in the U.S. since 1997. Thank you for inspiring me. There are many anti-circ Facebook groups to join too. I'm active now on those.
- Ruth Castle, 2015-09-22

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

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

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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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!

THANK YOU!

The Men's Center receives generous donations of baked goods from Breadsmith Bakeries. You can find them at 50th and France or online at: www.breadsmith.com



Many thanks to

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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

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

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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 *Oct/Nov Calendar
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