

men talk

tcmc

twin cities men's center

in our 40th year
of public service

Aug/Sep 2016
Volume 40 #4

Prison Survival Circa 2016

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The numbers of Americans behind bars are staggering. 6,851,000. One person for each 36 adults in the US, was under some type of correctional supervision at the end of 2014. In Hennepin County in 2011, more than 6000 people were admitted to incarceration facilities.

In many minority and inner city communities, going to prison is so common it is practically considered a rite of passage. And it is men who fill our prisons. 92.5% of the prison population are men. And given this historically high percentage of male incarceration, the Men's Center, which provides transitional supports groups for men exiting prison, should endeavor to understand what these men have been through. We should also familiarize ourselves with the barriers and challenges they face when they are released- and over 90% of people doing time as I write this will get out.

Which is one reason, among many, why what men endure to survive their prison sentence should concern the Men's Center. Many of our brothers who walk through our doors, have done time, and it's critical to understand the ways they have been affected by the time they see the light of day upon completing their sentence.

Above all else, prisons are maintained as secure facilities with little or no thought given to personal growth or reflection about life circumstances, that contributed to the initial sentence. Though often rehabilitation is touted as the main focus, it is punishment meted out through institutional policies that place security front and center. The prisoner's humanity evaporates as their assigned number reinforces their role as criminal and inmate. Prison personnel universally view them as cogs serving a specific function: to contribute to the daily task of a smooth running institution. Two additional elements that aggravate this scenario are racial inequities that have insured guards are overwhelmingly white and prisoners Black and the number of mentally ill inmates residing in our nation's prisons.

Imagine that ten times more people with a history of mental illness are living in prison and jails as opposed to state

psychiatric hospitals. Needless to say there is little to no treatment (save medications which unfailingly produce numerous side effects as well).

Surviving prison can be seen through any number of lenses: physical, mental, emotional, spiritual, environmental, and social. When I teach anger management classes at the Men's Center, I instruct participants that they have no power to influence external provocations, which, in the course of any human life, will always appear. Situations and actions by others enter our lives entirely without our consent. Yet at any moment we choose to will it, it is entirely within our power how we choose to react to trying and difficult situations.

In the world we know and experience, I believe the most disturbing, upsetting and regular occurrences that require fortitude, mettle and grit, exist to the greatest degree, in most prison environments. Imagine incessant yelling, commotion, lack of privacy, spending time with other inmates who are at the end of their rope psychologically and emotionally, all immersed in the harshness of an environment that thrives on brute force and arbitrary and capricious decisions. Throw in wholesale institutionalization, complete restriction of movement, lack of natural light, scarce medical and psychological services mixed together to create a cocktail of generalized despair that could easily overwhelm most healthy people's coping system

So how does one survive and cope with this onslaught of negative and mind numbing deprivations? Judging by the recidivism numbers, 26% (those that return to prison-according to MN Dept. of Correction), released inmates find the transition back to life outside the walls extremely challenging.

As you can imagine, there is no one way to survive prison 'intact' without psychological harm or degradation. Some people retreat into their own psyche, building internal walls to keep everyone out. Others cultivate a reputation of ferociousness and intimidation to allow them to maintain their own personal illusion of control within the pecking order of

Prison 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.**

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

Right now, the world seems like a hopelessly divided place in many ways. Good and evil, right and left, righteous and unjust. In politics, racial issues, and international relations, whatever middle ground there used to be has disappeared and been replaced with forced choices – Democrat or Republican, racist or fair-minded, for the terrorists or against them. Each side in these arguments digs in to their position ever more deeply, pushing the other side further away and making any kind of shared understanding more unlikely.

It wasn't always like this. There was a time when you could argue politics or social issues with someone holding diametrically opposed views, agree to disagree, and still walk away friends. This doesn't happen much these days because arguments on issues too often degenerate into attacking the credibility of the person you're arguing with. Ad hominem attacks like this do nothing to further understanding because we are all too busy protecting our self-esteem to think rationally. It's as if the goal when debating policy is to silence the people arguing against you by whatever means necessary, often by loudly calling them names. If you can make your opponent stop debating by impugning their dignity, then you are apparently one step closer to winning

the wider argument - one down, several million to go.

This kind of "debating by attrition" reminds me of the saying that "an eye for eye leaves the whole world blind". Arguing against a point of view by attaching labels to those that hold it is not only a logical fallacy, it ensures they will do the same to you and that neither of you will be inclined to listen to the other about any other issue. Is "winning" on any one issue worth destroying the ability to work constructively on all future issues? It doesn't take long before we all realize who will agree with us and who will insult and embarrass us. Which means that whatever dialog we had with those holding different views is now silent.

As the American election season grinds on, I invite you to remember one of the key principles that makes TCMC the place that it is. Men, all men, whether gay, straight, bi or trans, regardless of our life experiences, and independent of our personal beliefs, have much more in common than we have to separate us. The same is true, in a wider context, of Americans and humans in general. Let's focus on those commonalities.

JOE SZURSZEWski
BOARD CHAIR

Prison continued from page 1

prison society.

The Prison Mindfulness Institute (www.prisonmindfulness.org) believes teaching mindfulness to inmates can be a very powerful tool in allow inmates to access adaptive coping behaviors. They have created a twelve session curriculum including topics such as Training the mind, Change, Inside out/ Outside in, Transforming Pain, Empowerment and the Art of Communication to name a few. People interested in mindfulness and prison work (including the author) have been trained all over the world to utilize this curriculum when volunteering their time in their local prison.

Being incarcerated is somewhat akin to serving in the military. It's next to impossible to understand if you have not experienced it directly. But we should endeavor to learn as much as we can about the stresses men locked up have faced, so we can better prepare ourselves to address their multiple needs when they are released.

Harry Greenberg is a licensed therapist and facilitates anger management groups at the Men's Center. He has been to prisons numerous times-but as had the privilege to leave at the end of each day!

YOU ARE INVITED!
TO THE TWIN CITIES MEN'S CENTER 40TH ANNIVERSARY CELEBRATION.
OCT. 22ND, 2016, 1:00PM TO 5:00PM

Our hope is that everyone who has been helped by and/or has helped organize and run the Men's Center will attend.

We all have a story of why we first went to the Men's Center. Likely, for most of us, the Men's Center was there at a time in our lives when we needed a helping hand or an ear to listen. You may have been experiencing anger, confusion, compulsions, discrimination, overload, or victimization. The list is pretty much endless! But you knew then, and know now, the Men's Center was there for you. We continue to be a resource for all who seek out the solace of a supportive environment.

At TCMC, men have been supporting men for forty years. Was it important to you? Is it important to you? Do you wonder how the Center is doing today? Are you curious about how we began or how we have changed over the years?

We encourage you to come, share your story, and listen to those of others.

THE GATHERING (WITH APPETIZERS!) STARTS AT 1:00PM
CHECK-IN CIRCLE AT 2:30PM.
THE LOCATION IS 300 CLIFTON AVE, MINNEAPOLIS MN 55403.

We are fortunate to have the use of this newly restored Mansion donated to the TCMC



for this event by Men's Center members John and Norman.
This house has a long history and now is being run as a bed & breakfast and event center.
Check it out at www.300Clifton.com

What to expect:

- Bring back memories while browsing Pictures and Memorabilia. Read vintage copies of Men Talk.
- Participate in what could be the Men's Centers largest "Group Check In Circle".
- Sign the 40th Anniversary Banner while learning about TCMC time line!
- Relax and play yard games.
- Bring along your own pictures and memorabilia.

Now turn the page over and please complete the Questionnaire on the reverse side!

Please share your Men's Center experiences with us.

- 1) Why did you come to your first Men's Center support group meeting?
What were you feeling or needing at that time?

- 2) Which group(s) did you attend?

- 3) When did you start? Year _____ Month _____
And how long did you attend?

- 4) Reasons for staying in the group, and then what led you to leave?

- 5) What did you get out of your participation that you value the most?

- 6) What activities, skills and events do you think are important for the future of the Men's Center?
Which were important for you?

Is it ok to display your questionnaire even if you are not attending the party?

To help us prepare for this gathering, please take time to answer a few questions.

- 1) Will you be attending on Oct 22?

- 2) Would you like to share your reflections personally, 2-4 minutes, after the check-in circle?

- 3) Will you bring memorabilia to share? ____ (list items somewhere on this flyer)

Printed Name _____ (as always, it is okay to remain anonymous)

Email _____ Phone _____

If you cannot come, but wish to donate, please send it by mail it to the
Twin Cities Men's Center at 3249 Hennepin Avenue south, Suite 55, or use the PayPal button on our web site.
Each \$25.00 donation will receive a 40th anniversary tee shirt.

I will pick the shirt up at the event ____M ____L ____XL ____2XL

If you cannot attend, but want a shirt, for an extra \$5.00 we can mail it to you.

What address should we send it to?

Email your completed form to tcmc@tcmc.com, (A copy of it is online at www.tcmc.org),
or mail it to the TCMC 40th Anniversary, 3249 Hennepin Ave S Suite 55, Minneapolis, MN 55408

*Thank you for sharing your experiences with us, for reflecting and helping us grow TCMC into the next 40 years.
We hope to see you on October 22nd.*

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 Divorce/General 12:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. 12:00 pm Gay Issues 7:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. East 5:30 pm Transition 7:30 pm CLINIC Family Law 7	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm CLASS Mankind 7pm	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm	SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
	7	8	9	10	11	12
	SUPPORT GROUP Divorce/General 12:30 pm BOARD MTG. 7 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. 12:00 pm Gay Issues 7:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. East 5:30 pm Transition 7:30 pm	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm CLASS Mankind 7pm	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm	SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
	14	15	16	17	18	19
BRUNCH 10:00 am SUPPORT GROUP Men's Retirement 5:30 pm	SUPPORT GROUP Divorce/General 12:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. East 5:30 pm Transition 7:30 pm	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm CLASS Mankind 7pm	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm	SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
	21	22	23	24	25	26
	SUPPORT GROUP Divorce/General 12:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm. CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. East 5:30 pm Transition 7:30 pm	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm CLASS Mankind 7pm	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm	SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
	28	29	30	31	1	2
	LABOR DAY HOLIDAY	SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 p.m. CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. East 5:30 pm Transition 7:30 pm CLINIC Family Law 7	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm CLASS Mankind 7pm	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm	SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
	4	5	6	7	8	9
	SUPPORT GROUP Divorce/General 12:30 pm BOARD MTG. 7 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. 12:00 pm Gay Issues 7:30 pm	SUPPORT GROUPS H.S.B. East 5:30 pm Transition 7:30 pm	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm CLASS Mankind 7pm	MEN TALK DEADLINE SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm	SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
	11	12	13	14	15	16
BRUNCH 10:00 am SUPPORT GROUP Men's Retirement 5:30 pm	SUPPORT GROUP Divorce/General 12:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. 12:00 pm Gay Issues 7:30 pm	SUPPORT GROUPS H.S.B. East 5:30 pm Transition 7:30 pm	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm CLASS Mankind 7pm	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm	MEN TALK MAILING SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
	18	19	20	21	22	23
	SUPPORT GROUP Divorce/General 12:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. 12:00 pm Gay Issues 7:30 pm	SUPPORT GROUPS H.S.B. East 5:30 pm Transition 7:30 pm	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm CLASS Mankind 7pm	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm	
	25	26	27	28	29	30

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 40 years providing classes and support groups promoting personal growth to many men and women. Professional leaders in the community have led weekly presentations providing a wide opportunity for educational, spiritual and emotional growth for 30 years.

In recent years, attendance of the presentations by TCMC supporters has diminished to the extent that the TCMC Board of Directors has agreed to schedule them intermittently as the interest arises.

The 1st Wednesday of the month Family Law Clinic will continue by providing legal support for those experiencing legal issues.

The Board wishes to express appreciation to the supporters who attended the presentations and the many volunteer professionals who gave their time and talent to support a strong educational component of the TCMC mission.

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, classes, and clinics meet at The Men's Center, 3249 Hennepin Ave. So, Suite 55, Minneapolis, MN 55408 (unless otherwise noted).

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).

CLINICS

Family Law Clinic

Leader: Rasheen Tillman

When: Wed, Aug. 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.

Family Law Clinic

Leaders: Bob Manson

When: Wed, Sep. 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.

CLASSES

Mankind Project Open Circle

Facilitator: Jamie Wellik

When: Every Thurs, 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.

- Thursdays 7:00 - 9:00 pm

Anger Management

Facilitator: various

When: See calendar for dates

Open to Men Only

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.

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.

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 all genders.

• 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

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

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

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 Tom Duvall, Hardy, Rich Powell, Tommy Jones, Bobby Schauerhamer and Gary Weldon.

- **Minneapolis Location**
3249 Hennepin Ave. S. Suite 55
- Tuesdays 12:00 pm - 2:00 pm
- Saturdays 10:00 am - 12:00 pm
- **St. Paul Location**
Project Pathfinder
570 N. Asbury Street, Suite 300
St. Paul, 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

ANNOUNCEMENTS

The next New Warrior Training Adventure will be October 7-9 near Brainerd, Minnesota.

Men are invited to apply for this powerful, one-of-a-kind men's training before Friday, September 2nd at: nwta.mkp.org or call Jamie Wellik at 612 267-2467.

Calling All Men's Center Group Participants!

We Need You!

What: Come help refurbish the Twin Cities Men's Center later this summer and prepare our spaces for the Fall Season and 40th Anniversary!

Who: Carpenters, Painters, Electricians, Men of All Types

Kickoff/Prep Day: Saturday July 30th, 12 noon – 5:00 p.m. (food provided)

Paint Day #1: Saturday, August 6th, 12 noon - 5:00 p.m.

AND other Saturdays in August (13, 20, 27) and September (3, 10, 17) as needed.

Questions? Call Damon Starks (314) 283-1763 or Jamie Wellik (612) 267-2467.

SAVE the DATE!

The TCMC 40th Anniversary Party is coming!

Join us on a journey of creating a year of "Celebration and Renewal" geared toward a fun community celebration on

Oct 22, 2016.

Details to follow.

Upcoming **Monthly Men's Sunday Brunches, drop-in anytime 10AM-1PM** (bring something to share/cook up): **August 21st at Harry Greenberg's**, 2435 Garfield Ave S, 55405, 612-599-3298. **September 18th at Andy Mickel's** 106 SE Arthur Ave, 55414, 612-331-8396. 16 men attended David's brunch in July. – Andy Mickel, 2016-05-16.

Minnesota ManKind Project New Warrior Training Adventure (NWTa) for men in Minnesota will be hosted by Central Plains MKP and held at Eagle Lake Camp near Brainerd, MN the weekend of October 7-9. Cost is \$595 with some scholarship assistance available from Thursday Open Men's Circle at Twin Cities Men's Center. To register and for more information, go to www.newwarriortraining.org. FFI: Jamie Wellik, 612-267-2467. – Jamie Wellik, 2016-07-19.

Robert Moore, co-author of "King, Warrior, Magician, Lover" in 1990 along with Doug Gillette, died the second week in June. Jim Lovestar, TCMC board chair from 1985-87 wrote: "He was brilliant. He said in a

speech to an ManKind Project gathering in 1995: 'Could it be in the 25th century, some elder is going to be telling a story like this to a group of children: It came to pass in the later years of the 20th century that a small band of men of different races, from different walks of life, woke up, looked around, and saw what time it was. They saw how desperate the situation was, and how bad the odds were that they could do the work that needed to be done, but they nevertheless said 'YES' to the challenge. Children, though we cannot remember their names, we are eternally grateful to them.'" – Jim Lovestar, 2016-06-20.

I am with the comedy and improv theatre **Brave New Workshop** in Downtown Minneapolis and am reaching out to the Twin Cities Men's Center to invite men to attend a **free improv class in August** — a 90 minute one-time class that's a great introduction to basic improv and an awesome way to meet new people. Two dates to choose from: Tuesday, 8/2/2016 from 6:30-8:00pm & Tuesday, 8/16/2016 from 6:30-8:00pm Register at: <https://campscui.active.com/orgs/>

BraveNewWorkshopStudentUnion#/selectSessions/1507502

FFI: <http://www.bravenewworkshop.com> for more information on adult improv classes. – Julia Plasyński julia@bravenewworkshop.com 952.687.1629, - 2016-06-27

"Why Campus Rape is a Men's Issue"

At the beginning of his presentation at Metro State University, Keith Edwards showed a slide of a poster that upon first glance read: Men Rape. That certainly got the attention of a packed classroom full of educators, there for the first statewide summit on sexual violence on college campuses. If you looked a little closer, however, the words "men" and "rape" were sandwiched around the words, "can stop." Both statements are true, but Edwards was trying to make the point that his social change approach to sexual violence turns the traditional way of looking at rape upside down. More at: <http://www.startribune.com/tevlin-why-campus-rape-is-a-mens-issue/382587241/> – Jon Tevlin, Star Tribune, 2016-06-12

New Warrior Training in Minnesota Celebrates 25 years! – Jamie Wellik

The local Community of ManKind Project (MKP), congratulates the Men's Center on forty years of service to men! It has been a full quarter century since the New Warrior Training Adventure (NWTa) first came roaring into Minnesota. Ever since several men organized to bring this powerful men's training from its original site in Wisconsin, the New Warrior Training has grown to more than 90 communities throughout the United States and today has a presence in over 21 countries world-wide. Mexico and Scandinavia are the latest places to initiate men into greater authenticity, integrity and mission with the NWTa.

And the Twin Cities Men's Center has been home to a number of "New Warriors" over the years: the first 2 warrior brothers from Minnesota were Norm Petrik and Jim Lovestar, who was TCMC board chair 1985-87. Tom Weaver, Gerald Obremski, and Scott Benson were among the first year's participants in several weekend trainings offered in Minnesota for the first time in late 1990 and 1991. Others active at the Twin Cities Men's Center who completed the warrior training include board members and alternates Norm Petrik, Andy Mickel, Dan Gorbanow, and Malik Holt. The Anger Management Program, coordinated by warrior brother John Hesch is among several programs at the Men's Center, has benefited from a number of New Warriors active and engaged in taking their mission to the world.

The ManKind Project challenges men to find and develop their own life's mission and to live that mission fully with the support of other men. Men involved in MKP live with a sense of purpose grounded in their own unique experiences. With a commitment to self-awareness and universalism — new warriors create a web of interconnected communities working to change the world for the better.

This fall the larger Central Plains Area of ManKind Project will host two special New Warrior Training Adventures: returning to Camp Eagle Lake October 7-9 at Brainerd, Minnesota for the first time in several years and a first — ever Gateway Training for GBTQ men south of Des Moines, Iowa November 18-20th. Go to www.newwarriortraining.org for additional information or show up at the 7:00 p.m. Thursday night Men's Open Circle at the Men's Center.

Jamie Wellik is MKP Minnesota Community Coordinator and is a board alternate at TCMC.

The Hidden Impact of the Men Talk Newsletter And More

by Bill Baldwin, Twin Cities Men's Center Office Manager

Every other month over 2,300 copies of Men Talk are mailed out to addresses near and far. Of this number, just under 250 are members of the Twin Cities Men's Center. I can't help but wonder how many recipients actually read each issue and think about the lead article. I always find them thought provoking whether I agree with the premises or conclusions made or not. The article from our Board Chairman Joe Szurszewski does a great job of tapping into the current pulse of the men's center or what's happening in men's lives.

It would be wonderful in this 40th anniversary year to hear from some of our readers. Are you reading Men Talk? Are you enjoying what you read? The easiest way to give us feedback is to email us at TCMC@TCMC.ORG. Let us know what you like and also what you would find useful in upcoming issues. If you have an idea for a front page article or would like to submit one for consideration, feel free to contact us at the same email address.

We have bound copies of Men Talk going all the way back to our earliest issues. It is fun to look at changes in layout, changes in what's on men's minds, as well as how much remains the same in men looking to create healthier lives, healthier families, and healthier community connections. It is really remarkable how our little organization, the little men's center that could, has kept men's issues alive in the Twin Cities and beyond for all these years.

I have often heard the Twin Cities Men's Center referred to as the "best kept secret in the Twin Cities." That makes me kind of sad. We offer great support groups on a variety of topics and are always willing to offer new groups if an interested leader steps forward and wants to give a new group a try. True, most of our groups are fairly sparsely attended. Our consistently largest groups are the Creating Healthy Sexual Boundaries groups. The three offerings of the group each week draw an average of about 30 men per week. Again, I ask for your help and feedback. How can we "break the secret" about the Men's Center and have our groups be better attended? There are hundreds of thousands of men in the Twin Cities and surrounding communities. We have men regularly coming to groups from outstate and out of state from Wisconsin. Those who know about us love what we have to offer and find great benefit from our groups, but too few know. How did you find out about the Men's Center? What would help us

reach out to more men, younger men, men who need us but don't know we exist? Refer back to that email address above and share your wisdom about growing the organization.

A couple other thoughts come to mind regarding volunteers and support dollars. We have been a grass-roots, shoe string organization running on loving support from our closest supporters for forty years. I love to imagine what we might do if we had a new group of wise men stepping up and saying "I want to help the men's center in any way I can." A very direct and easy way to help is financial support. The board of directors spends way too much of its time just trying to make sure we have money to keep going from month to month. We operate on fumes, so to speak. It would be great if you and other Men Talk subscribers could solicit support from your companies or from your own generosity to help give us a little "fighting money" to cushion us from being so focused on how we're going to pay the bills. We also need donations of things like coffee, pop, creamer, plates, paper cups, and things of that nature. We very much need fresh ideas leading us on the board of directors and staffing committees for special events, fundraisers, and things like the old Men's Conferences that we used to hold.

If you're reading this article you've found your way into this issue of Men Talk. Thank you for taking valuable time to connect with us even if you haven't been to a group in a long time. Send us your loving energy and well wishes. But more than that, if it works for you, give us feedback on how we're doing. Offer your financial support. Offer us ideas on how to make us visible and viable in the 21st century. Offer to facilitate a group. Let us know a topic of personal interest and allow us to train you to start and lead a group. The possibilities are endless.

When our forefathers started the Twin Cities Men's Center in 1976 they probably couldn't imagine 2016 on the horizon, but here we are. And we can't imagine 2056, another 40 years from now. Men then will still need what we have to offer, but it will only be there for them through new ideas, new volunteers, loving financial support, and belief that we are making a difference in the lives of men who bring their health to their families, their work, and their communities. Thank you for supporting the Twin Cities Men's Center! Happy 40th Anniversary!!



Special Reprint from December 2005

A MEN'S ANGER MANAGEMENT CLASS

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Shame – A Barrier To Getting Help?

– BY BOB ANDERSON

Often guys call the anger program, and they're in crisis, or feeling an immediate need for help, but once they've had the initial phone contact, they don't follow up and register for a course."

This behavior puzzles the guy taking most of the calls, John Hesch, coordinator of the Men's Center's anger management program. "They're grateful it's there for them and they've got a friendly ear to turn to, but once they've told their story, it's as if the pressure's off and they forget how bad off they were – till the next crisis."

John suspects the culprit is shame. "When guys call, they're feeling bad about themselves. Maybe they've blown up at their partner, been verbally abusive with the kids, lost it on the job or acted crazy in the car. They're scared, not only for the possible consequences, but the person they're becoming. They're ashamed, and talking to me helps them with that awful sense of isolation.

"Then they think they're OK. They go back to minimizing or discounting their behavior." John, who's co-facilitated many classes in Hopkins, says that angry men are masters at minimizing, justifying, denying, rationalizing or blaming others – all tactics grounded in a shame-based approach to life. "They think: 'it only happened that one time, it won't happen again, I only have problems with this one person, it wasn't that serious, she'll get over it, he had it coming to him, she pushed my buttons, I don't give a damn, life's a bitch.' And they're back in the old, comfortable rut of cynicism, hostility, irritability, withdrawal or low-grade depression, till the next outburst or they can't take the bad feelings any longer.

"I just wish they could hold onto how they felt when they made that call, then they'd get the help they need."

Remembering, being aware, holding yourself accountable and taking responsibility for your behavior – are part of what the anger management program teaches. They are the opposite of shame-based living, and part of empowerment.

Anger and shame are linked. "If you're angry, you can be on top, you don't have to deal with sadness, fear, powerlessness or other feelings that call your masculinity into question," John says. "Anger ramps you up, gives you a rush of adrenalin. It's often a cover."

This is why the course stresses the importance of identifying the feelings underneath an escalation – a key de-escalation strategy. Many men have a limited emotional toolbox, but anger's always handy. Being able to recognize the other feelings involved helps men address their real issues and reduces the extra charge in an escalation, the energy that pushes them over the edge. If, for example, what sets someone off is a feeling of not being heard, he can address that issue directly in the situation or work on developing more effective communication skills.

"Most guys who have problems with anger have problems with shame," John says. "That's often why they have their anger in the first place, and then their angry behavior gives them more shame, so it's a vicious cycle. They hold back from admitting their problem, and then are reluctant to join with other men in a group and be real and honest. They see other men as competitors. That fear of being open – that's the cornerstone of a shame-based identity.

"Once men have made the leap and joined a group, they're amazed to discover how supportive men can be for each other," John says. "All they need to do is own their problem, remember how bad they felt when they made that first call for help, then follow up by joining a group. That act of connecting is the first step in getting better."

Bob Anderson is retired, a writer and a long-time facilitator in the anger management program.

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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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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UPTOWN AREA SPACE TO RENT

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 3249 Hennepin Ave S**

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

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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

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12

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men talk

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.

20 Years of Successful Classes

*What's
Inside*

Page 1 *Prison Survival 2016
by Harry Greenberg*

Page 2 *Library Corner
Letter from the Chair*

Page 3 *40th Anniversary*

Page 4 *Questionnaire*

Page 5 *Aug/Sep Calendar*

Page 6-7 *Classes, Clinics,
Support Groups*

Page 8 *Here & There*

Page 9 *Hidden Impact*

Page 10 *Anger Management*

Page 11 *Community Ads*

Page 12 *Back Page*