



THE
MEN'S
CENTER

MEN TALK

THE MEN'S CENTER NEWS

June/July 2004 VOL. 28 #3

Twin Cities Pride Festival – 32 Years Notable Changes

— ORIGINAL ARTICLE BY CAROL ROTH. UPDATED, CONDENSED BY J. OLSON

Pride in the Twin Cities began in 1972 when a small group of people gathered in Loring Park for a picnic and a march down Nicollet Mall. Since that time, it has grown to become the third largest Pride in the United States, with over 400,000 people attending in 2003. It has also grown from a picnic to six events including the Pride Festival, Ashley Rukes GLBT Pride Parade, Pride Block Party, Pride Art Show, Pride Boat Cruise/Pageant and the Pride Picnic at Como Zoo.

The first Pride festival in the Twin Cities, held in 1972 on the third anniversary of the Stonewall Riots, was actually more of a picnic, and went largely unnoticed by the straight community. About 50 people gathered in Loring Park

1973 A program was printed on single sheets of paper. Saturday was the picnic and march (with signs this time), and Sunday there were other events, like a softball game, a canoe ride and a dance.

The next year the ranks had swelled to about 200, and an article on Pride was featured in the Minnesota Daily, the University of Minnesota's newspaper. The featured speaker was State Senator Allan Spear, and much of the rhetoric was focused around "attitudes, not legalities" as the main issue, along with recognizing commonality with other oppressed groups.

1975 was an exciting year: The Minneapolis City Council had just unanimously declared the last Saturday of every June to be Gay Pride Day and it had been reported in the Minneapolis Star Tribune. Participation was about 250 people, and Sue Born, billed as the first female Gay activist in Minnesota, was the featured speaker. 1976 was not quite as successful. The celebration was split between Minneapolis and St. Paul, and many participants didn't bother to attend both parts. Only about 100 people were at the Minneapolis parade and rally, and poor weather and anti-Gay hecklers further dampened the mood.

Between '76 and '77, Minneapolis city councilmen first renamed, then abolished the official designation of Gay Pride Day. But the real news was anti-Gay activist Anita Bryant's campaign against the St. Paul Gay rights ordinance, which served to give 1977 Pride a rallying point. About 450 marched and more participated in the festival, which included booths, the first full Pride program booklet, a parade with floats and much lampooning of Bryant. Gay Pride was stronger than ever.

In April of 1978, the St. Paul Gay rights ordinance was repealed. The Pride Festival that summer was a nadir of fear and anger, and at the insistence of several activists, including Gay rights pioneer Koreen Phelps, was held in St. Paul to show support in the wake of the disastrous news. In unseasonable cold, about 200 people gathered.

1979 marked the tenth anniversary of the Stonewall Riots, and the Twin Cities celebration was appropriately more festive and cheerful. The following year attendance rose to over 2,000. Galvanized by the 1980 turnout, organizers Brad Golden and Jack Baker took on the Minneapolis City Council that fall to obtain a block party permit for 1981 Pride. They were met with resistance, but in the end a one-hour block party was

allowed, and 3,500 people attended. For the first time the festival name was changed to Lesbian and Gay Pride Week, to be more inclusive.

1982 Pride marked a temporary rift between Gay men and Lesbians in Minnesota. After the Pride committee decided to drop the word "Lesbian" from Pride Week's name again, a group of Lesbians boycotted Pride and held their own festival, Womynfest '82, in Powderhorn Park. About 1,000 marched in the Pride parade (5-10% of them women), while Womynfest drew a crowd of 400.

By 1983 the two factions had reconciled and a single festival was once again held. The City Council dispute over the block party also ended, in favor of Pride, so the organizers celebrated by making the block party the main focus of the festival, whose theme was "Taking it to the Streets."

1985 was a year of mixed results. AIDS was becoming a major issue and so more funds went to that crisis rather than to Pride.. A first attempt to charge admission to the festival, an extravagant festival was underfunded and sparsely attended and the current Pride committee collapsed in debt. However, in 1986 several GLBT organizations, including the Minnesota AIDS Project and the publication Twin Cities GAZE, banded together spontaneously with very little notice and produced a festival that drew 5,000 attendees.

1987 and 1988 Pride were both held in Powderhorn Park instead of Loring, and only showed small growth. For 1989, the festival returned to Loring Park. Attendance swelled to 10,000 and the festival was a rousing success. Amazingly, '90 and '91 Pride continued this forward momentum, with the festival expanding to two days and attendance booming to 15,000 and 25,000 respectively.

1992 marked the twentieth anniversary of Twin Cities Pride. History was a major theme, with a new History

Continued on page 2

Library Corner

—RANDY GENRICH,
LIBRARIAN



Using the library is a membership privilege. To check out a book, all you have to do is write your name, phone number, and the date on a checkout card and leave it in the box. Or just come in and browse – you will be surprised at how stimulating it can be to expose yourself to the books in our collection. So come on in and take a look.

We also have many periodicals available for your use, (current and archive copies) such as:

- Men's Health
- Voice Male
- Lavender
- Men's Journal
- Transitions
- Rainbow Families
- Bi All Means
- Wellness Journal
- The Edge
- and Everyman.

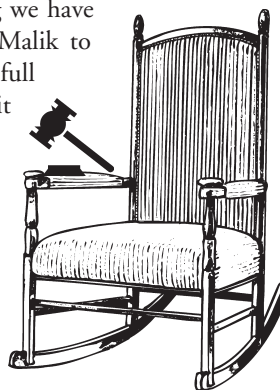
The Apr-June '04 issue focus is on War and Peace (good stuff).

Enjoy your library!

Letter from the Chair

Greetings from the chair. At the time of this writing we have added Bobby and Malik to the board bringing us to full strength. Look out! In fact it is terrific to have new energies and ideas to tap as we continue the mission of promoting healthy men and relationships so we are very pleased to have them.

Part of the message embedded in this issue is about tolerance so I'd like to add to our collective wisdom by saying a few words about differences in general and how this may relate to the 'always safe to discuss' subject of, what else, politics. Since none of us can fully escape the ongoing barrage of negativity till November, it makes sense for me to put my own positive 'spin' on things. Last time around, nearly four years ago I took particular note of the maps of red and blue that the media constantly fed to us essentially implying that the voting public of our fine country was nearly perfectly divided. Sure I can understand that in any election candidates can appeal to different constituencies but the political strategies of activity promoting and increasing intolerance and all



manner of sub groupings seems to abandon higher goals and nobler virtues. Frankly, as I go about getting my daily dose of news I can't help but think that the short-term political goals of getting to 51% at the expense of 49% carry explosive consequences. Why can't leadership in this county take advantage of their positions of privilege to educate and build the bridges for greater unity? Are we getting what we are collectively asking for? Could

I be someone who feels superior because of education, or good health, easier access to resources and, in general, greater acceptance from mainstream culture? Am I someone who has struggled with school, inherited some misfiring genes, and feel doors to opportunities closed by cold hearts? If our representatives actually represent who we are, then it's clear that more than a simple majority of us need to actively promote common bonds. Negativity does no one any good.

**PEACE AND LONG LIFE,
BOB ENG
BOARD CHAIR**

Pride continued from page 1

Pavilion featuring a vast display of GLBT artifacts from all over the world.

In 1994, St. Paul's mayor, Norm Coleman, caused a furor by refusing to sign the GLBT Pride proclamation, as had been the custom of mayors of both Twin Cities for years. He chose to take that stance because the language of the proclamation included "Bisexual" and "Transgender," designations he considered mere "lifestyle choices" and unworthy of city recognition. Five St. Paul City Council members hastened to present a "declaration," which didn't require the same approval process. In 1995, Coleman again refused to sign and continued his refusal throughout the course of his term.

In 1996, St. Paul GLBT citizens asserted the independence of their city by organizing a separate event, Capital City Pride, on a different weekend. By 1999 the two groups reconciled, and though there were still separate celebrations, Twin Cities mentored and helped sponsor Capital City, and designated a special section of the Twin Cities parade for them.

1997 - 25th anniversary of Twin Cities Pride, 200,000 came to celebrate. 2001 had about an attendance of 267,000.

2002 the 30th anniversary of swelled with participants with widespread support and approval from the straight Twin City community.

2003 400,000 people (and a few pet dogs) attended.

2004 we gather this year to celebrate, accept and love ourselves, and especially to celebrate 32 years of pride that have brought us here today.

(Courtesy GLBT Pride/Twin Cities)

Address change notifications from the post office cost the Men's Center \$1.14 each. Please let us know in advance of mailings! Thanks!

Men Talk is a bi-monthly publication of the Twin Cities Men's Center, a non-profit organization. Call 612-822-5892 for subscriptions, or e-mail us at tcmc@tcmc.org

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MEN'S CENTER EVENTS

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
The Men's Center number is 612 / 822-5892 . Call us about Anger Management classes.		SUPPORT GROUPS Gay Issues in Mpls Divorce/Decoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION What About Men's Health 7-9 p.m. Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. Lecture Series 7:00 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP Harmfree Sex 10:00a.m.
	SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Decoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Family Law Seminar 7-9 p.m. Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. Lecture Series 7:00 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP Harmfree Sex 10:00a.m.
	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Decoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Taking Charge (Finally) 7-9 p.m. Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. Lecture Series 7:00 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP Harmfree Sex 10:00a.m.
FATHER'S DAY BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.m.	SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Decoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Exploring Our Life Through Story 7-9 p.m. Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	PRIDE FESTIVAL SUPPORT GROUP Harmfree Sex 10:00a.m.
PRIDE FESTIVAL	SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Decoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Yoga Class 7-9 p.m. Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP Harmfree Sex 10:00a.m.
FOURTH OF JULY HOLIDAY	SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Decoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION From Violence to Wholeness 7-9 p.m. Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	MT ARTICLE DEADLINE SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP Harmfree Sex 10:00a.m.
	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Decoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION A Circle of Warriors 7-9 p.m. Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	MT FINAL DEADLINE SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP Harmfree Sex 10:00a.m.
BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.m.	SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Decoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Achieving A Balanced Life 7-9 p.m. Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	MAILING PARTY 9:00 a.m. SUPPORT GROUP Harmfree Sex 10:00a.m.
	SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Decoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Understanding Relationships 7-9 p.m. Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP Harmfree Sex 10:00a.m.

1976 - In Our 28th Year of Public Service - 2004
Check out our web site: www.tcmc.org
email: tcmc@tcmc.org

June/July 04

PRESENTATIONS

Workshops and presentations have been a part of The Men's Center offerings to the community since it's beginning 28 years ago.

We welcome your suggestions for new topics and presenters.

Presenters new to the Men's Center are: **Daniel Braun**, and **Don Christensen**. Returning to continue their support of the Men's Center are: **Jim Duffy**, **John Fleetham**, **Harry Greenberg**, **Clarence Jones**, **Andy Miller**, **Andy Mickel**, **Steve Nichols**, and **Gerald Semmler**.

The Men's Center Board appreciates the volunteer presenters who return from time to time and welcome first timers. Their presentations add a new dimension to our weekly Wednesday night gatherings.

All presentations meet at TMC, 3249 Hennepin Ave. So, Suite 55, unless otherwise noted. These low cost presentations are shown in the Calendar of Events and a more extensive description follows. No pre-registration is needed; entrance fees collected at the door are:

Non-Members of TMC – \$5.

Regular Members (\$20 level) – \$3

Sustaining Members – FREE

Please take time to read the descriptions and plan to attend if they stimulate your interest. Bring a friend to share the experience and acquaint him/her with the Men's Center.

Each presentation is intended to promote personal growth, stimulate your interest in a topic, and to give you an opportunity to interact with other attendees.

Note: All events are for men only unless otherwise stated.

Presentations are the sole responsibility of the presenter(s). The Men's Center does not endorse, takes no specific position, nor does it hold any opinion on the presentations, or of any information imparted, or of the presenter(s) themselves.

DESCRIPTIONS

What About Men's Health

Presenter: Clarence Jones

When: Wed. June 2, 7:00-9:00 p.m.

Open to Men and Women

There is clearly a difference in the health status between women and men. There are even more health disparities issues when we talk about P.O.C and the White population. Some surveys indicate many men have not seen a doctor within the last 5 years and that many men use the emergency room as their primary medical contact. Other surveys indicate that the HIV rate in prison is five times the rate in

the general population and that approximately 60% of the prison population will be released in the next year.

This presentation will take a look at these and other issues and answer questions on how individuals and community agencies can work with medical agencies to assist men in being proactive about their own health and their loved one's health.

Clarence Jones is a first-time presenter at the Men's Center.

Family Law Seminar

Presenter: Steve Nichols

When: Wed. June 9, 7:00-9:00 p.m.

Open to Men and Women

Steve will meet individually, on a first come/first serve basis with persons seeking information on various Family Law concerns, including divorce, child custody, child support, maintenance, property division and related issues. He will provide information regarding the law and also various resources available for navigating Family Court.

Steve is 46, graduated from William Mitchell College of Law four years ago (1999), passed the bar, and opened my own practice. He offers a low fee Family Law practice at rates between \$50 and \$100 an hour depending on income. He provides seminars similar to the one I am offering to The Men's Center, to the Hennepin County Bar Association and the Father's Resource Center. He has some trial and appellate experience.

Taking Charge (Finally)

Presenter: Daniel Braun

When: Wed. June 16, 7:00-9:00

Living: it's quite simple!

This short session will present simple formulas for making life manageable. Come appreciate: 1) why you feel adrift/rudderless, 2) how you already have the tools, 3) how to use them most effectively, and 4) how to be THERE, strong, firm, and happy.

Take advantage of this rare appearance. It will change your life.

As one who has graduated from his own school of thought, Mr. Braun finds life so beautiful he doesn't have much time for telling others how to live. As a free spirited being he reluctantly takes refuge behind titles like artist, writer, educator, consultant, philosopher, and evolutionary-designer.

Exploring Our Life Through Story

Presenter: Harry Greenberg

When: Wed. June 23, 7:00-9:00 p.m.

Open to Men and Women

Exploring our life through story
What are our life stories that have shaped us, deeply influenced us hurt us or healed us. We will explore three specific areas of our life. (Introverts come prepared to share!)

- Childhood
- Family
- Adult Relationships

Harry Greenberg is a trained mediator and facilitator. His work as an external consultant is focused in the area of organizational development with special emphasis on conflict management systems, violence prevention, and anger management programming.

He completed the Rule 114 Family Roster Certified Training from Hamline Meditation Center in addition to basic mediation training from Hamline Mediation Center in addition to basic mediation training provided by Dispute Resolution Services. He has worked with Ramsey County Court Services in Minnesota for the last two years.

He has actively facilitated a wide variety of programs for both non profit and for profit agencies, community colleges, charter schools in addition to local governmental bodies.

Harry is a frequent presenter at the Men's Center.

Yoga Class

Presenter: John Fleetham

When: Wed. June 30, 7:00-9:00 p.m.

Open to Men and Women

Introductory yoga class: Work on movement and alignment, sun salutations and basic yoga poses for a challenging workout. No previous yoga experience required. Poses can be modified in the case of injuries or weakness. All are welcome to attend.

John Fleetham practices and teaches Iyengar and Ashtanga yoga. He completed a ten-month apprenticeship with Senior Iyengar teacher Nicky Knoff and was certified to teach by her.

From Violence to Wholeness

Presenter: Don Christensen

When: Wed. July 7, 7:00-9:00 p.m.

Open to Men and Women

Nonviolence is much more than a set of strategies and tactics for social change; it is a spirituality. In this program Don Christensen will lead a discussion about the principles and practices of active, creative, transformative nonviolence as a way of life and social change.

Don is Regional Coordinator of the Minnesota Fellowship of Reconciliation and a minister in the United Church of Christ. He has traveled widely in Latin American and the former Soviet republics and lived and worked in Mexico and the Middle East. For nine years Don worked at the Augsburg College Center for Global Education. From

September to November, 2003, he served as an "ecumenical accompanier" and human rights observer with the World Council of Churches in Palestine and Israel.

A Circle of Warriors

Presenters: Andy Miller and Andy Mickel

When: Wed. July 14, 7:00-9:00 p.m.

The Mankind Project is an organization of men working together to improve their lives and help other men. As New Warriors "We are an order of men called to reclaim the sacred masculine provides a model for men to generate and maintain a world in such a way as to include and yet rise above one's own issues for the betterment of one's self, one's own family, tribe, nation and race.

We are all familiar with a man's physical tools (a hammer, a sword, a plow....) Is this enough? What about integrity, commitment, action and clarity? I know that most men want and need these tools. The New Warrior Training Adventure can help. Join a circle of warriors to ask questions and hear how the adventure has changed men's lives.

The initiation of men is the hope of the world. - Don Jones, former chairman, ManKind Project.

Achieving A Balanced Life

Presenter: Gerald Semmler

When: Wed. July 21, 7:00-9:00 p.m.

Open to Men & Women

How often have we found we found ourselves spending time or activities way out of proportion to their importance. To have balance our lifestyles need to be in line with our inner needs and values. But, how to achieve this? This workshop will introduce a powerful tool. Come share this experience with other men and women who seek balance also.

Gerald Semmler, Ph. D., L.P is a licensed psychologist who has worked in community organizational and clinical psychology. He has a B.A. from Marquette University in Milwaukee, Wisconsin and a Ph.D. from the University of Minnesota, Minneapolis. He has been active in the Men's Center. For a number of years his clinical practice centered on men. His interests and hobbies include "almost everything."

Presently, he enjoys yoga, folk music and sailing. He has a practice in personal life coaching.

New Developments in Understanding Relationships

Presenter: Jim Duffy

When: Wed. July 28, 7:00-9:00 p.m.

Open to Men and Women

There has been a lot of exciting and valuable research published in recent years on the subject of behaviors that help or hinder success in intimate relationships.

From scientific researchers such as John Gorman and Neil Jacobson to psychiatric authors such as Bernard Apellbaum and Ellen Wachtel, these recent results are both immensely practical and profoundly fascinating in what they teach us about human nature. Come and hear a summary presentation of some of the recent research and learn more about how you can study in depth the new developments in understanding of intimate human relationships.

Jim Duffy is a writer and freelance researcher in a wide variety of areas of the human studies. He is a humanist, educator and consultant whose popular presentation and many subjects at the The Men's Center have been well received as both interesting and useful as well as often controversial.

Family Law Seminar

Presenter: Steve Nichols

When: Wed. Aug. 4, 7:00-9:00 p.m.

Open to Men and Women

See the June 9 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 TMC 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

• St. Paul Location

Memorial Lutheran Church
NE Corner Maryland Ave. & Earl St.
(not a mailing address.)

Men's and Women's Issues

Emotional/Psychological Abuse

Open to Men and Women

This group is for people who are or have been in abusive relationships that interfere with health living.

- Thursday (Mpls) 7:30 - 9:30 pm

Twenty-Something GLBT

Open to Men and Women

A discussion/support/social group for Twentysomething GLBT persons. Any GLBT in her/his 20s is welcome to attend. GLBT topics and issues are discussed in an open, affirming and supportive environment. Ideas for discussion topics or social events are welcome!

- Mondays (Mpls) 7:30 - 9:30 pm

General Men's Issues/Relationship Issues

Divorce/Uncoupling/Family of Origin/Workplace

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 (Mpls) 12:30 - 2:30 pm
- Tuesdays (St. Paul) 7:30 - 9:30 pm
- Thursdays (Mpls) 7:30 - 9:30 pm

Gay Issues

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.)

- Tuesdays (Mpls) 7:30 - 9:30 pm

Re-Entry

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 (Mpls) 7:30 - 9:30 pm

Male Survivors of Sexual Abuse

You may feel alone. It is a brave step to seek out other men who can share from this perspective the deep feelings of shame. Only by talking it out can freedom evolve from this secret prison.

- Thursday (Mpls) 7:30 - 9:30 pm

Bisexual Men

This group will allow Bi men to explore personal issues of all kinds while learning from each other what it means to be a Bi man.

- Fridays (Mpls) 7:30 - 9:30 pm

Healthy and Harmfree Sex

This group is intended for men who are committed to gaining and remaining in sexually healthy behavior. Especially for men who have been given feedback from others that their sexual behavior has been less than acceptable

- Saturdays (Mpls) 10:00 am - 12:00 pm

Men Facing Retirement Issues

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 (Mpls) 5:30 - 7:00 pm

Here and There

– Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up): **Sunday, June 20th** (Father's Day--children welcome) at Jim Lovestar's backyard picnic table, 2629 Upton Ave N, Minneapolis (just east of Victory Memorial Parkway), 612-588-8984. **Sunday, July 18th** at Tom Weaver's and Steve Dobberstein's, 2324 E. 37th Street in south Minneapolis (Just east of Cedar Ave and north of 38th Street), 612-729-9416. These brunches are **open to all men from 10 a.m. until 1 p.m.**; plan to come and chat and eat for a 1/2-hour to 2-hour period anytime – inevitably some men stay until 2 p.m. 24 men attended April's brunch at Daniel Braun's & Daniel Heist's; more than 12 men attended Rick Gravrok's brunch in May. – Andy Mickel, 2004-05-16.

Visit the Men's Center Booth at the Pride Festival in Loring Park, June, 26th & 27th and write the name of your hometown on the mural! See the Men's Center monster truck in the parade on Sunday. – Jerry Olson, 2004-05-10.

Just Between Men Brunch, 1st & 3rd Saturdays of every month at 11 a.m., Pillsbury House, 3501 Chicago Ave. S., Minneapolis. Sponsored by: Just Between Men FFI: Call Sean Dyer at 824-0708 x117, GLBT Press Newspaper, <<http://www.glbtpress.com>>, 2003-09-15.

Robert Bly's 30th Annual Conference on The Great Mother and the New Father with Elaine Pagels, Caroline Casey, Coleman Barks, Gioia Timpanelli, Danny Deardorff, Li Young Lee, & Naomi Shihab Nye will be held June 5-13 at Camp Kieve in Nobleboro, Maine. "*In general this year we will ask again how we can lift our voices in a time of cultural disaster. Lifting refers to our need to resist the tendency toward silence, to fight the endless habit of war, and struggle*

against depression, passivity and fear. As a nation, we are now in the deepest state of unconsciousness we have experienced since the McCarthy era." \$780 incl lodging and meals. FFI: 617/332-3541 <<http://www.greatmotherconference.com/>> – Mark Stanley, 2004-04-26.

The next **Mankind Project Minnesota New Warrior Training Adventure** will be held November 5-7th at Eagle Lake Camp near Brainerd, MN. The cost is \$595. \$60 discount before Sept 1st. Open Circle of Warriors events at the Men's Center on second Wednesdays, 7-9 p.m. **Contact Andy Mickel 612-279-6416 or see: <<http://minnesota.mkp.org>> for Open House dates/times and with any questions.** Register with Marc Salzl, 15215 Court Rd, Minnetonka, MN 55345, 952-933-0541, <msalzl@mn.rr.com> – Andy Mickel, 2004-05-01.

Jed Diamond, author of the books, *The Irritable Male Syndrome: Managing the 4 Key Causes of Depression and Aggression* and *Male Menopause* reports that **SpikeTV.com** (the men's network) has established a dedicated website to provide access to information included in the "Check Up or Check Out" campaign. Visit the site to find a personal health profile "tool kit;" doctor referral services; details regarding local community "Check Up or Check Out" events; telecast dates of related specials/programming; printable health/lifestyle tools and information and national "Check Up or Check Out" sweepstakes information. <http://www.spiketv.com/shows/events/pro_social/2004/home.jhtml>

A new drug for erectile dysfunction may soon be on the market. We now have Viagra, Cialis, and Levitra that works by targeting the smooth muscles in the penis to allow more blood to flow in for a firmer

and more long lasting erection. But it doesn't work for everyone. The new medication, developed at Abbott is designated **ABT-724**. <<http://www.healthscout.com/printer/197/518349/main.html>> – Jed Diamond, MEN ALIVE E-mail Newsletter #7 <jed@menalive.com>, 2004-04-20.

The book: *The Penis Dialogues: Handle with Care* by Gabriel Constans, PhD has finally appeared, 122pp, 2003, Aslan Publishing, <<http://www.aslanpublishing.com/>>, 203/372-0300. Gabriel is a grief counselor with Hospice Caring Project in Sata Cruz California. "I was struck by this book's humor, probing curiosity and genuine compassion." - Eve Ensler, Playwright of the *Vagina Monologues*. Contact Gabriel Constans: <constans@gogabriel.com>, <<http://www.gogabriel.com/>>. – 2004-04-10.

Everyman—A Men's Journal, #64, Apr-Jun 2004 features 11 articles on Gender Wars and reconciliation. Plus an entire back page of poetry. <<http://www.everyman.org/>> – David Shackleton, 613/832-2284, 2004-04-05.

Men's Resource Center of western Massachusetts E-Newsletter for April has a lead article, "A Personal View of MRC Support Groups. The spring issue of *Voice Male* is also out. <<http://www.mensresourcecenter.org>> – Michael Dover, <m Dover@mensresourcecenter.org>, 2004-04-01.

Visit our web site, <<http://www.tcmc.org/>> for all kinds of Men's Resources for Twin Cities men! – Andy Mickel. - 2004-05-17.

20 x 12 Honor Roll

This is a new type of membership that is designed to acknowledge and make it easier for those members who have consistently supported us. Here's how:

- Join by paying \$20 a month (or \$240 at once)
- On the Honor Roll, you no longer need to donate money at meetings
- You are recognized on a Men's Center plaque

Call 612 / 822-5892 today!

PRIDE 2004 OPEN HOUSE

People who attended the April 17th event witnessed awards given out by Board Chairmen Bob Eng for the their great effort with past Pride Festivals Those present received Skill With People information for Career Success, Happier Family Life & better Social life. One example of above, smile with eye contact before verbal contact is made. Booth attendants can find this very useful. Drinks were provided & food shared, 2003 Pride Festival Surveys were viewed. Background music provided the festival atmosphere for the 1st Annual Men's Center Pride Festival Open House.

JERRY OLSON
PRIDE COORDINATOR

MEN AND WOMEN IN RELATIONSHIP CLASS

THE NEXT SERIES OF 6 WEEK CLASSES FOR MEN AND WOMAN WHO WANT TO WORK ON IMPROVING THEIR RELATIONSHIP WILL BE MONDAY EVENINGS 630-830 FROM SEP 27 TO NOV 1. THE 1ST 3 CLASSES FOR MEN ARE AT THE MEN'S CENTER WHILE THE 1ST 3 CLASSES FOR WOMEN ARE AT CHRYSALIS, THE LAST 3 CLASSES ARE TOGETHER AT CHRYSALIS. THE CHARGE IS \$10 PER PERSON PER CLASS, BUT NOONE IS TURNED AWAY FOR LACK OF FUNDS. SO TALK TO YOUR FEMALE PARTNER, AND CALL CHRYSALIS AT 612 871-0118 TO REGISTER!

NORM PETRIK
PROGRAM COMMITTEE CHAIR



A MEN'S ANGER
MANAGEMENT CLASS

For men who feel that
their verbal and emotion-
al expression of anger
is out of control.

For men who desire to
significantly improve their
relationships at home
and at work.

Presented by:

The Men's Center



3249 Hennepin Ave. S
Minneapolis, MN 55408

A 501-C3 nonprofit
organization serving
men for 25 years

612-822-5892

www.tcmc.org

*Is Your Anger A Problem
(For You or Others)?*

– BY DAVID J. DECKER, M.A., L.P.

Sometimes it feels like anger is every-
where. Take a moment to imagine some
scenarios you may have seen or experi-
enced in your own life. The parent who yells
at and jerks her child by the arm in the gro-
cery store. The driver who screams at you and
"flips you off" when he thinks you're going
too slow. Or couples who verbally abuse and
humiliate one another, all in the name of
communicating their feelings.

But is this actually anger? My answer to
that question is an emphatic "no!" In reality,
anger is an emotion that everyone experiences
at times. It is a fact of life and a normal and
natural human response. The behaviors noted
above are, in fact, distortions of anger.

Anger as an emotion often serves as a
"warning signal" that something important is
happening that needs to be attended to. It
might be that you're feeling threatened. It
could be that you're unable to control some-
one or something. It might mean that your
wants, needs, and rights aren't being ade-
quately addressed. Or it could mean that an
old hurt from the past is being reactivated by
a person or situation in the present.

Anger as an emotion is a part of being
human. How your anger affects you and oth-
ers depends on the way it is handled. Your
anger can build self-confidence, self-respect,
and self-esteem and enhance your relation-
ships with others. Or it can create guilt and
shame and destroy trust and intimacy. It all
has to do with how you experience and
express it. When expressions of anger become
shaming, punishing, abrasive, vengeful, and

abusive or when you don't express your anger
at all, it begins to take a toll on your emo-
tional, spiritual, and physical well-being and
on your relationships with others.

What are some signs that anger may have
become a problem in your life? Take a look at
the list below and see if what is discussed trig-
gers any concerns for you about your own or
someone else's anger.

• **When it occurs too frequently.**

There are plenty of justifiable rea-
sons to get angry. Everyone gets angry at
times. But there are also lots of other
times when anger is not useful or neces-
sary. If you find yourself frustrated and
angry much of the time, slow down and
take a look at why this is happening.

• **When it lasts too long.**

When anger is prolonged (often by
what or how you're thinking about it),
your physical stress arousal is more diffi-
cult to handle and it's harder to bring
yourself back to "normal" levels. This
means that you are continually "on edge"
and set yourself up for even more aggra-
vation by many of the minor annoyances
and inconveniences in day-to-day life.

• **When the intensity is too great.**

Small or moderate amounts of anger
can be helpful to energize you or moti-
vate you to act in a productive way. But
high degrees of anger cloud your think-
ing, decrease the potential for effective
problem-solving and conflict resolution,
and create unnecessary "wear and tear"
on your physical self.

• **When it disrupts relationships.**

Intense and explosive anger is often
misused as a way to resolve conflicts.
Some people think that, "If I just yell
loud enough, I will be able to make my
point, change others' minds, and get my
way." In reality, this type of behavior
often creates hurt, resentment, fear, and
intimidation in partners, children, and
others. As a result, you may actually end
up driving away the very people you say
you want to be close to.

• **When it interferes with getting
things done or creates problems
for you on the job.**

Intense anger makes it more difficult
to concentrate and harder to focus on

and accomplish projects you want or need to do at work or at home. Explosive anger also will cause co-workers to shy away from you, limits your creativity on the job, and may even lead to quitting jobs abruptly or being suspended or terminated at work.

- **When it restricts your ability to have fun and relax.**

Intense anger takes you out of the moment and often directs your focus to resentments from the past or difficulties you may imagine in the future. As a result, you can end up losing spontaneity, playfulness, joy, and the ability to "slow down and smell the roses" in your daily living.

- **When it begins to create physical symptoms.**

Intense anger takes an enormous toll on your body. You can actually end up damaging yourself physically by developing headaches, stomach upset, back pain, chest pain, and even major cardiovascular problems like heart attacks and strokes.

- **When it leads to guilt, remorse, shame, and low self-esteem.**

Intense anger often leads to saying and doing things that you regret afterwards. It also may lead to some very real consequences (e.g. losing or creating emotional distance in your relationship with your partner or having less time to spend with your children). This inevitably affects, in a negative way, how you

end up feeling about yourself.

- **When it leads to throwing, hitting, or breaking things.**

Intense anger can lead to making choices to destroy objects and property that are important to you and others. This not only costs money but these behaviors are also threatening to those around you and create fear in the people you say you care about.

- **When it leads to emotional, verbal, physical, and sexual abuse.**

Intense anger and the hostile and negative thinking that accompanies it set the stage for acting out the anger in an aggressive or violent way toward other people. These sorts of actions are never helpful in addressing important issues and resolving problems and always create fear, resentment, mistrust, and emotional distance in the relationships you have.

- **When it leads to legal consequences.**

Your explosive and abusive anger has the potential to get you involved with the court system through disorderly conduct and assault charges or restraining orders. If you threaten others or use physical force with another adult, you're breaking the law and the result can be arrest, having to appear in court, being put on probation, and even ending up in jail.

Think about your own anger. Do you see yourself or others you care about in the list above? If you do, consider the option of attending an anger management workshop or seeing a counselor. In a workshop or in counseling, you can learn what anger is and isn't, how and where you developed your attitudes about anger, how to be more aware of your anger triggers and your escalation process, and what you can do to slow down and begin to address anger when it arises in a more respectful and productive way.

Anger does not have to be a "dark side" that come in and takes over, ruining your life and destroying your relationships with others. If anger has been a problem for you, take the risk and the time to try something new and different in this area. Learning how to handle your anger more effectively really can change who you are, how you feel about yourself, and how others (especially the people most important to you) feel about you.

Dave Decker, MA, is a licensed psychologist who is currently in private practice at Birchwood Centers in Eden Prairie, MN and who will be moving to his own solo practice in St. Paul, MN in early May 2003. He has worked with individuals, couples, families, and groups for 20+ years on issues related to anger, domestic abuse, and road rage. In addition, he has written a book entitled Stopping The Violence: A Group Model to Change Men's Abusive Attitudes and Behaviors, which was published by Haworth Press in 1999. Excerpts and modifications of this book are used as the curriculum for the Men Helping Men With Anger classes at the Men's Center.

We Need A Few Good Men!

We learned in the Anger Management Classes that it is OK to ask for help when we can't do it alone. Well, I can't do it alone. I'm asking for your help to build up our Anger Management Facilitator Training Program. The volunteers are the heart and soul of the classes. They need ongoing support and new volunteers need training to join this special group of men "who are doing well by doing good works." Please donate to help build this unique program and contribute to a more peaceful world. Your contributions are tax deductible!

Mail your checks to The Men's Center, or call in a pledge to 612-822-5892.

BE A GOOD SPORT:

\$25.00 - \$50.00

BE A GOOD GUY OR GAL:

\$50.00 - \$100.00

BE A PAL: \$100.00 - \$200.00

BE A PARTNER: \$250.00 - \$500.00

BE AN ANGEL: \$500.00 and UP!

Note: The Men Helping Men With Anger Program is supported entirely by private contributions and class fees. We do not get government funding. You are our support!

BREAKING THROUGH COMMUNICATION BARRIERS: *A Basic Training in Nonviolent Communication,* *A Language of Compassion*

Dates: Saturday, June 19 and Sunday, June 20, 2004, 10 am to 6 pm

Location: Excelsior, Minnesota

Tuition: \$220 per person if paid by June 1;

\$250 after June 1 (includes *Nonviolent Communication* book)

For more information: Susan Skye, 952.470.1421, susanskye@aol.com

On Saturday, June 19, and Sunday, June 20, Twin Cities trainer Susan Skye will offer a two-day basic training in Nonviolent Communication (NVC). The workshop is interactive and innovative, introducing participants to this simple, yet powerful process.

In a time when we are dealing with shocking violence in our schools, our families and our world, Nonviolent Communication offers a radically different approach for connection, cooperation and peace.

NVC has been described as a language of compassion, a tool for positive social change and a spiritual practice. It is built on the premise that all human actions are based on needs that we all are seeking to meet. Connecting with these needs creates a shared basis for effective communication.

Participants will learn new skills that enable them to reach satisfying resolution in stressed relationships and conflicts. This new language of compassion connects people in a way that facilitates discussion of tough issues and teaches skills that allow people to talk honestly without upset and alienation.

All of us – whether in our workplace or at home – experience stress and breakdowns in communication, yet few of us learn practical skills to build and maintain effective communication. Parents, managers, partners face daily challenges – misunderstanding, fights, criticism, blame and suffer the consequences.

Whatever your particular challenge, you will find that this dynamic process will provide you with powerful skills. Once learned, satisfying and positive changes occur!

“This teaching has literally changed my life.” – 2003 workshop participant.

Participants will learn to:

- recognize hidden attitudes and everyday language that disconnects you from yourself and others.
- experience the liberation of a judgment-free perspective.
- powerfully express your feelings, needs and desires.
- immerse yourself fully into active empathic listening.
- speak your mind without creating hostility.
- resolve conflicts peacefully and with mutual satisfaction.
- generate interactions that fulfill everyone’s needs and values.

Presenter biography: Susan Skye, MA, has developed and offered training and coaching in self-development and communication skills since 1976. She is a Certified Trainer for the Center for Nonviolent Communication®. Her skilled, relaxed presentation style creates a positive and powerful learning environment.

Don't waste any more time stuck in the muck of abusive anger

– BY LEN ZIMNEY.

I spent most of my adult life trying to deal with my anger issues with little or no success. Group therapy discussions, without any effective tools, only served as a means of sharing guilt with others and continuing with the same inappropriate behavior. It wasn't until I was handed the tools that are presented in the Anger Management classes that I was able to make some progress.

There was a period in my life when I felt that I would never be able to change how I act, think, and feel when I got angry. “It’s just the way I am”. I might have stayed that way if I hadn’t been shown new ways of handling problems to replace the old. Most men learn to deal with anger by watching the prime teacher in their lives: their father. It could also be their mother, or both parents. If we don’t have other strong influences, this is the only way we learn to deal with anger. Some think the purpose of the classes is to learn how to stop getting angry. But it’s not the anger that’s the problem, but rather how we behave when we get angry. We cannot stop anger from entering our lives. And if we only know one way to deal with it, that’s the tool we’ll use.

I see abusive angry behavior much the same as alcoholism or drug addiction. There can be a certain kind of addiction to that rush of power that we feel when we are being controlling or yelling at someone. It’s important to admit that we like that feeling so that we can recognize the addiction. But there is also a “hangover” effect. It’s the feeling deep inside of “what have I done?” and the suppressed guilt of hurting others and slowly destroying relationships. But the addiction to anger is a bit sneakier. There is no bottle to put aside, no bag of cocaine to avoid buying. We carry the abusive behavior inside of us. It’s readily available to grab onto whenever we desire.

Many men are reluctant to go to anger management classes because it puts a “label” on them as an angry person. For one thing, we should never let others decide who or what you are. Secondly, almost everyone has some degree of inappropriate behavior when they are angry. The anger management classes are good for everyone because, no matter what level of dysfunction we are at, they help us to interact better in all sorts of difficult situations. In a sense they could just as well be called self-improvement classes.

Many men come to the anger management classes feeling uncomfortable. “How can I talk about these deeply personal issues with people I don’t even know.” It doesn’t take long to realize that others are feeling the same way, and they have stories that in many ways mirror our own. It’s in the sharing of these stories that we begin to understand our own behavior, recognize alternatives, and become support and learning tools for one another.

We Are Unique!

A men's education and support class dealing with our anger issues and actions.

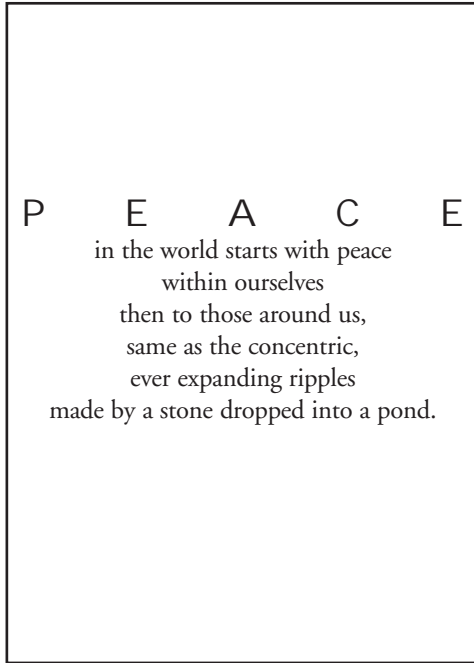
Facilitated by men who volunteer to help other men by teaching and sharing.

Helping hundreds of men in 12 week classes since 1997 bringing some peace and joy to their lives.

We don't do miracles but we see them.

It takes most men a lifetime (at least it feels that long) to get where they really, really hurt and are able to ask for help.

*Joy will happen
with hard work
and honesty
with effort over time
beliefs can be unlearned
actions can be changed
it's worth it
to really start living
with joy and happiness
and peace within
and all around.*



ANGER MANAGEMENT

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.

DETAILS

Length of Class:
12 consecutive weeks

Number of Participants:
Space is limited to 12 participants with 2 facilitators per class

Cost:
\$185 for Men Center Members
\$195 for Non-Members

Starting Dates and Times:
Classes will be scheduled as the waiting list fills. Please call TMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred day of the week, and available starting date. Other questions, call Herb Jaehne 612-839-6806.

REGISTRATION FORM

Name

Address

City/State/Zip

Phone Home Work

Register me for the class starting:

*Call TMC for class schedule.

Member of Twin Cities Mens Center? ____ Yes ____ No

Complete this form and send along with \$195 payment to:

Men Helping Men With Anger
The Men's Center
3249 Hennepin Ave. So., Suite 55
Minneapolis, MN 55408
612-822-5892

The Men's Center ALL-PURPOSE FORM

Clip this form and mail to The Men's Center. A regular annual membership at The Twin Cities Men's Center is \$20. With that you get access to the extensive reference library on Men's Issues, receive the Men Talk newsletter, participation in the annual meeting, and enjoy reduced fees to Men's Center sponsored events. If you are able to afford a membership at the Patron (\$40) level, you get free admission to all Wednesday workshops in addition to all the regular membership benefits.

- 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 \$_____ \$20 (Regular) \$40 (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 Men's Center mailing list; the pre-addressed gummed mailing label is attached.
- I have these feelings, thoughts, opinions, ideas, news items for The Men's Center:

Date _____

FROM: name _____
 Mailing address _____

 Home phone _____
 Work/other telephone _____

Community Reentry Group/ Transitions Group

BY HANK BRUNS

Where can a former prisoner go for emotional support when he returns to the community? Where can he be honest about his discouragement, frustrations, temptations, and fear of public attitudes? Where can he go to talk about his feelings where he will not be treated like a monster?

Prisons do their best to teach offenders the educational, vocational and psychosocial skills necessary to stay out of prison and live responsible lives. But without adequate support in the community, skills alone are likely to collapse under the pressures, temptations and discouraging setbacks that inevitably face offenders after their release.

The Twin Cities Men's Center is preparing to meet a new need among men. Community Reentry Group/Transitions Group will be a support group where former offenders can discuss the problems, hardships, and obstacles they face while transitioning from prison living to community living.

We are aware that opening our doors to former offenders may be a sensitive issue for some of you. We are aware of the pain and anger and fear on both sides of crime that is so difficult to reconcile with. It is our sincere hope that our members will come to see this new offering as an important initiative toward building a healthier and safer community.

The Men's Center has always been a quiet innovator in finding new ways to improve the quality of life for men, and consequently improve the health of family and community life. Here is the latest move toward that end.

Anger Management Program

The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger.

Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

Length of Class: 12 consecutive weeks
 Number of Participants: Space is limited to 12 participants with 2 facilitators per class
 Cost: \$185 for Men Center Members \$195 for Non-Members
 Starting Dates and Times: Classes will be scheduled as the waiting list fills. Please call TMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Other questions, call Herb Jaehne 612-839-6806.
 Recent Classes Started:
 Jan. 13 Tues. Minneapolis
 Feb. 23 Mon. Minneapolis
 Mar 9 Tues. Edina
 Apr 7 Weds. Minneapolis
 May 20 Thurs. Hopkins

**THIS SPACE
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FOR YOUR AD**

Advertising Rate Schedule:

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

E-mail: tcmc@tcmc.org

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

TMC 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 email address: tcmc@tcmc.org

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

ADDRESS SERVICE REQUESTED

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MEN TALK

The Men's Center News

4

The River

– BY ARACHIS HYPOGEA

A journey to this place once more,
Gives me pause to think as 'fore.
Should I take a path to never tell
What it holds beneath the swell.

The distant river makes me quake
Think my misfortune, my mistake.
Bear go back there to take bathe
Or do I run, this task to save.

What malice does this river hold
For one who has not come so bold.
Dare I question its intent,
Or to conjure, to invent.

A closer look should help your tarry
Of making answer to your query.
Do demons stare or jump from deep?
Or devils grab you 'neath to keep?

This river seems to flow as friend
And winds around with peaceful send.
Stand forth and brave the banks alas
For you will see the great river pass.

I know not where the river travel
Unleash the shore will help unravel.
Swift currents teach me as for score
What wonders this trip have in store.

My ears seem open to this story
What life strange tales did bring this glory!
Did river take you to your core
A journey to this place once more?

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