



# MEN TALK

THE MEN'S CENTER NEWS

December 2005/January 2006 VOL. 29 #6

## *Sexual Assault – Who Needs Fixing?*

— BY CHARLOTTE CHILDRESS

**N**o men . . . again” was likely the response of many of us when we read about the military’s new sexual assault response program. The Boston Globe reported that:

Following an investigation that determined there were 142 reports of sexual assault at the Air Force Academy from 1993 to 2003, the Defense Department is adding sexual assault response coordinators and at least one victims advocate at every major base around the world. Personnel are given the option of having their identity shielded from commanders after reporting a sexual assault. The only other action reported was increasing information about how to obtain medical care, counseling and legal assistance following an assault.

How can we help males see themselves part of the solution? New research offers some important options for both the military and civilian life.

### *Different Views*

Women tend to view instances of sexual assault as examples of a systemic problem. Many males, however, listen to stories of sexual assault and hear isolated cases of women who need education and support.

While it’s tempting to attribute these differences to individuals, it’s valuable to realize that these are consistent and predictable roles in any hierarchy - whether it is based on gender, race, sexual orientation, wealth, or other criteria. Hierarchies are easiest to see when viewed from lower levels [in this case, females] and are difficult to see from the top [in this case, males].

### *Role Change*

For a reality check of what’s truly fair and effective, let’s create a role change - a technique that often uncovers elusive hierarchies.

From 1993 to 2003, the United States encountered 142 attacks from terrorists who assaulted school children. The primary response by the military was to establish a network of advocates for children and their families, give children the option to report the attacks anonymously, and provide information to schools about how to obtain services following an assault. If the program included efforts to stop the terrorists, it doesn’t make the national news.

We’ve seen that military leaders can focus on perpetrators of violence when it’s terrorists. With sexual assault, however, this role change uncovers an opposite strategy - more attention on victims of violence [females] than on perpetrators [males].

### *Common Language*

All of us participate in hierarchies - most have the common experience of being higher in some and lower in others. Therefore, when people can’t see the systemic hierarchies that create sexual assault, we can increase their awareness by pointing out the same political and social dynamics in another hierarchy they recognize.

We can use any of the thirty-two attitudes and behaviors that appear in most hierarchies (for a complete list, see [www.cluelessatthetop.com](http://www.cluelessatthetop.com)). I’ll use three to illustrate how characteristics that effect sexual assault programs also support other hierarchies.

#### **Characteristic #1: Lower people need fixing.**

- An article discusses “battered women’s syndrome” but doesn’t mention a “battering men’s syndrome.”
- A man whose hairline is receding buys hair-recovery drugs and lotions, and feels he can’t leave home without his toupee.
- A teenage girl develops anorexia to “fix” her natural body. Her mother and aunts constantly talk about reducing diets.

#### **Characteristic #2: People on the top are not accountable for the effects on lower groups.**

- A police department’s rape prevention program offers self-defense classes for females, but no classes for males.
- When a girl confronts her friend’s homophobic comment, she is criticized by her peers.
- When the mother of a boy being bullied objects, her neighbors say her son just needs to toughen up, as “boys will be boys.”

*continued on page 2*

## **Holiday Party**

COME TO THE MEN’S CENTER HOLIDAY PARTY, WEDNESDAY DECEMBER 28TH AT 7 PM. BRING A DISH TO SHARE, BEVERAGES WILL BE PROVIDED. J.C. HANCOCK WILL LEAD US IN SIGNING OF BOTH MEN’S AND HOLIDAY SONGS. NORM PETRIK, PROGRAM COMMITTEE CHAIR

**NORM PETRIK,  
PROGRAM COMMITTEE CHAIR**



## Library Corner

—DON JENSEN,  
LIBRARIAN



Using the library is a membership privilege. So come on in and take a look.

Please – Check your shelves at home for overdue Men's Center books. Many checkout cards have no phone #s so we can't contact borrowers. Also, calls to people have resulted in only a few returns. We need these books back — others would like to enjoy reading them.

New book — "*Bi America – Myths, Truths and Struggles of an Invisible Community*" Donated by author and Men's Center member, Bill Burleson. Pages 89, 90, 92, 98, and 99 make reference to the Men's Center. (Bill was a former facilitator of the Bi Group.) We have many periodicals and newsletters for your use:

- Men's Health
- Voice Male
- Lavender
- Men's Journal
- Transitions
- Rainbow Families
- Bi All Means
- Essential Wellness
- Edge Life
- Everyman
- D.A.D.S #1

### 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](mailto:tcmc@tcmc.org)

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## The Aliveness Project Holiday Basket Program

You can help make this holiday season brighter for HIV-infected people and their families. The Men's Center will again be a host drop-off center for the annual Holiday Basket Program. Each year the Holiday Basket Program delivers hundreds of baskets with gifts, clothing, and food to people living with HIV/AIDS and their families.

The items collected (by Dec. 16th) at The Men's Center for holiday baskets include: new clothing, hats, mittens, gloves, non perishable food and hygiene items.

Or bake you favorite holiday cookies at home. Bag by the dozen and drop-off by December 16th.

If you can help in other ways, call:

The Aliveness Project  
Holiday Basket Program  
730 East 38th Street  
Minneapolis, MN 55407  
TEL: 612-822-7946  
FAX: 612-822-9668  
E-mail: [aliveness@aliveness.org](mailto:aliveness@aliveness.org)  
Website: [www.aliveness.org](http://www.aliveness.org)



*Continued from page 1*

**Characteristic #3:** Our "problems" support hierarchies, so we'll have "problems" as long as we have hierarchies.

- A large number of unemployed/under-employed people is beneficial to a company looking to pay low wages.
- A governmental agency promotes drug sales in African-American neighborhoods to finance its own Central American military and espionage maneuvers.
- A United States president who launches a preemptive war depends on the belief that violence is a normal, necessary and manly way to deal with differences of opinion.

### Alternatives

We can create effective solutions by reversing the specific hierarchical attitudes and behaviors we find. Here's some examples using the same three characteristics:

**Alternative #1:** Lower people are valuable resources.

The primary role of military women moves from victim to resource. The men are trained to and expected to ask for, listen to, and act on women's suggestions concerning what males can do to make the environment better for all. The results are assessed by both women and men (at least half women).

**Alternative #2:** People on the top are accountable for the effects on lower groups.

The military requires male staff at all levels to attend ongoing classes to reduce coercive and violent male behavior. A panel that includes a majority of females evaluates the results. Academy leaders publicly reward men who improve the culture for women and men.

**Alternative #3:** We remove the root, the source of our problems.

Professors use the academy's sexual assault program as a case study for engineering/technology design classes (which many cadets take). These classes teach students how to define a problem correctly so that their solution will actually solve the problem. Using engineering design principles, the students determine: Have we defined the problem correctly in our sexual assault program, and if not, what needs to be changed?

With a new common language of hierarchies, males and females have a powerful tool to work together to remove the root, the source of problems that keep cropping up all around us. We can show that when we follow the predictable rules and roles of hierarchies, we only create more hierarchy. A hierarchical frame confirms that focusing on females has not and will not solve the problem of sexual assault.

*Charlotte Childress, co-author of the book *Clueless at the Top* can be reached at [www.cluelessatthetop.com](http://www.cluelessatthetop.com). She has volunteered for sexual assault prevention programs in Cincinnati, Ohio and Eugene, Oregon.*



# 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
<b>1976 - In Our 29th Year of Public Service - 2005</b> Check out our web site: <a href="http://www.tcmc.org">www.tcmc.org</a> email: <a href="mailto:tcmc@tcmc.org">tcmc@tcmc.org</a> phone: 612 / 822-5892				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 GROUPS Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m.
<b>4</b>	SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls. Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Issues Relating to Divorce 7-9 p.m. Transition 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 GROUPS Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m.
<b>11</b>	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/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION A Circle of Warriors 7-9 p.m. Transition 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 GROUPS Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.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/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION I Don't Want To Forgive! 7-9 p.m. Transition 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 GROUPS Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m.
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>CHRISTMAS HOLIDAY</b>	SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls. Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Holiday Party 7-9 p.m. Transition 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 GROUPS Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m.
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>NEW YEAR'S DAY HOLIDAY</b>	SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls. Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION The Real Estate Bubble 7-9 p.m. Transition 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 GROUPS Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m.
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls. Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION A Circle of Warriors 7-9 p.m. Transition 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.	ANNUAL MEETING 9:00 am ANNUAL FACILITATOR TRAINING 11:00 am Transition 1:00 p.m.
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.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/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Reduce Holiday Stress Naturally 7-9 p.m. Transition 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 GROUPS Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m.
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls. Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Bankruptcy? 7-9 p.m. Transition 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.	PLANNING MEETING 9:00 am MT MAILING 9:00 am Sexual Boundaries 10:00a.m. Transition 1:00
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls. Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.				
<b>29</b>	<b>30</b>	<b>31</b>				

Dec05/Jan06

## 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. Please call Randy at 61-822-5892 with your suggestions.

Presenters new to the Men's Center are: Darrel Baska, Gary Egeberg, and John Jacobsen. Returning to continue their support of the Men's Center are: Joe Carr, Jim Duffy, Kelley Lorix, and Andy Mickel.

The Men's Center Board appreciates the volunteer presenters who return from time to time and welcomes 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

### Issues Relating to Divorce

**Presenter: Kelley Lorix**

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

*Open to Men and Women*

Kelley's presentation will include how to prepare financially and strategically for divorce, child support, spousal maintenance, custody and visitation – what the options are and how it will affect support, property – what happens to the house, pensions and other items acquired during the marriage. This session will include question and answer session geared — helping you with the exact problems you may be faced with in your lives.

*A private practice attorney, Kelley Lorix*

*has better than fourteen years in state courts throughout Minnesota litigating, arbitrating and mediating the issues of concern to all of us as we go through divorce. Kelley has presented numerous times at the Men's Center.*

### A Circle of Warriors

**Presenter: Andy Mickel**

**When: Wed. Dec. 14, 7:00-9:00 pm**

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 adventure has changed men's lives.

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

### I Don't Want To Forgive!

**Presenter: Gary Egeberg**

**When: Wed. Dec. 21, 7:00-9:00 pm**

*Open To Men and Women*

Unlearn cultural and religious myths surrounding forgiveness, and consider viable alternatives to forgiving when you can't—or won't—forgive. Forgiving is only one path to travel on your healing journey; there are many others. If an old or new, large or small hurt is still troubling you, come and explore some new insights and skills to help you reclaim your inner peace and happiness. Open to all: men and women, gay and straight.

*Gary Egeberg is an author and former California state prison chaplain. He currently serves as an interfaith spiritual guide and teaches workshops on forgiving and alternatives to forgiving throughout the Twin Cities.*

### Holiday Party

**Presenter: Norm Petrik, J.C. Hancock**

**When: Wed. Dec. 28, 7:00-9:00 pm**

Come to the Men's Center Holiday Potluck Dinner Party. Bring a dish to share, beverage will be provided. J. C. Hancock will lead us in singing of both men's and holiday songs.

*Norm Petrik is the Men's Center Program Committee Chair, among his many other activities. J. C. Hancock has volunteered holiday entertainment for many years at the Men's Center.*

### The Real Estate Bubble: Separating Fact from Fiction

**Presenter: John Jacobsen**

**When: Wed. Jan. 4, 7:00-9:00 pm**

This presentation discusses the facts, whether the Twin Cities is an overheated market as claimed in some media outlets, and the cultural phenomena that have led to the current market with a view to the current trends. This presentation gives the attendees a safe environment in which to ask real estate questions and address their concerns. The presentation lasts about an hour.

*John Jacobsen is a Twin Cities realtor. He can be reached at [mmrealtyguy@msn.com](mailto:mmrealtyguy@msn.com)*

### A Circle of Warriors

**Presenter: Andy Mickel**

**When: Wed. Jan. 11, 7:00-9:00 pm**

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 adventure has changed men's lives.

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

### Reduce Holiday Stress Naturally

**Presenter: Dr. Joe Carr**

**When: Wed. Jan. 18, 7:00-9:00 pm**

*Open To Men and Women*

In this class, we will discuss the foundations for building a wellness lifestyle. We will explore the implications this has for expanding your capacity to handle stress without the need for alcohol or other medications.

*Dr. Joseph Carr has been a practicing chiropractor in the Twin Cities for the over 20 years, and speaks regularly to help people make positive changes in their life.*



**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

*Shame – A Barrier  
To Getting Help?*

– BY BOB ANDERSON

**O**ften 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 with Gerry Obremski 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.*

## *Empowerment – The Missing Piece*

For Bill H. ANGER'S DEFINITELY A MEN'S ISSUE. "I used to get defensive when feminists said that. 'What do you mean – women don't get angry'? But it's true in this sense. Through our socialization and upbringing men are taught it's not OK to cry, not OK to be afraid – that makes you less of a man. Patton cried after he lost all those men in the Battle of the Bulge. It takes something really big for a man to be able to cry."

Bill's anger goes back a long ways. The frustration of a learning disability, emotional abuse by his father, drugs and juvenile delinquency left him with lots of chips on his shoulder. Drug treatment in his twenties started turning his life around, but his record with women was spotty, sometimes marked by his yelling and verbal attacks. He took classes and got support through the Domestic Abuse Project (DAP) and got better, but then a few years ago when he blew up at a co-worker and sought support from DAP, he was told he'd have to go through the program again and there was a long waiting period.

"I was all torn up inside, getting depressed. What they had drummed into us at DAP was coming true: if I couldn't control my temper, anger, like drinking, would destroy all my relationships." That's when he turned to the Men's Center. Access was immediate, but that wasn't the only difference in the two programs.

"The Men's Center gave me a focus on how to change my thought process, how to turn away from bad behavior to something more positive. The emphasis was empowerment. I had dealt with affirmations in recovery but never thought of them as empowering – don't know why. But in the Men's Center classes you learn how to change your negative self-talk, replacing it with a can-do attitude, giving you an out before you get angry."

Bill admits to having a lot of shame, and this fuels his angry behavior. "Anger's often a secondary emotion" he says, covering up other feelings like sadness or hurt. That angry behavior, in turn, fuels more shame – it means you're out of control. It's a vicious cycle. The only way he knew how to break that cycle was to talk about his shame, and the Men's Center gave him that opportunity. Now when he finds himself getting angry, he looks at the despairing thought process behind it, questions his negative self-talk and reframes his view of the situation using more positive language. He believes the anger program at the Men's Center pulls it all together – stopping destructive escalations, facing the shame that feeds them and creating the positive energy of empowerment.

"This focus on shame and empowerment is unique to the Men's Center program," he believes. "I haven't heard of it anywhere else except from feminists. But it can be applied to men too, which is cool."

## *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. These are the categories:

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!*

## **P E A C E**

in the world starts with peace  
within ourselves  
then to those around us,  
same as the concentric,  
ever expanding ripples  
made by a stone dropped into a pond.

## **We Are Unique!**

A mens 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 over 500 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  
its worth it  
to really start living  
with joy and happiness  
and peace within  
and all around.*

# *Breaking the Shame Cycle – Moving Toward Empowerment*

If we don't actively intervene, shame can feed upon itself and pull us deeper into a pattern of negative thinking and behavior. David Decker describes the following cycle.

1. Something sets you off -- a shaming look or statement, a situation that triggers fears from childhood, some abusive or compulsive behavior on your part that makes you ashamed of yourself.

2. You over-react and slip into a despairing or hopeless thought process; your negative self-talk surfaces: Here I go again, I'll never learn, What a jerk.

3. You move from reacting to your behavior to judging your core essence, viewing yourself as inadequate or defective.

4. You feel raw and unabated terror that you are powerless and immobilized.

5. You cannot bear this for long, so you hide behind masks or rely on defenses like control, blaming, denying and distorting.

6. This works only temporarily, and eventually, only creates more fear that the masks will be ripped away, the defenses revealed, exposing your worthless core.

7. Fear mounts, stress rises, and crying for relief, you act out again, this time more destructively or compulsively, triggering yet another round in the cycle, and a deepening sense of powerlessness and unworth.

The key to breaking the cycle is self-talk. Just as when you slow down and intervene in your escalation process, just as you re-frame your view of stressful situations, so you break the grip of the shame cycle. You slow it down, look at what you're saying to yourself, and start changing your self-talk. Decker offers the following example.

1. As before, there's a triggering event. Say your child forgets the house rules and leaves his shoes and toys in the middle of the living room. Coming home from a busy work day, you trip over them and yell and swear at Johnny, who cries.

2. You feel terrible and lapse into negative self-talk: There I go again, I'll never learn.

3. But you're aware of how you operate. You slow down and catch yourself. This is a bad time of day for you, and you're mindful of all the stressors in your day pushing on this

moment -- you've identified these things in your time-out plan.

4. You're aware of your negative self-talk and how it's contributing to the escalation. You listen to the actual words, and examine the thought distortions and unrealistic core beliefs behind them: the over-generalizing, catastrophizing, the belief that you have to be the perfect parent, that you can never make mistakes. This act of awareness robs the self-talk of some of its power.

5. You change your self-talk, make it more realistic and positive: I don't like what I just did, I don't have to behave this way, I made a mistake, I'm human, I'm over-reacting and not letting Johnny be a kid. You focus your comments on your behavior, not your core self.

6. This brings a sense of relief, in contrast to the terror of the shame cycle. You think, I have the confidence and ability to figure out what to do differently. Note that this is the opposite of shame-based thinking; it is the language of empowerment that assumes you have choices.

7. Instead of defenses, there's recognition of responsibility. You think, What I need to do is apologize to Johnny and tell him my yelling wasn't his fault. I need to be more aware of how frustrated I feel when I get home, and maybe take some time to relax.

8. You take care of yourself. You say, "Johnny, I'm sorry I was so mean when I got home today. It didn't have anything to do with you. It was stuff that was bothering me from work. I'm going to start taking a walk after a bad day before I come home so I don't blow up. I don't want you to feel bad." You feel empowered to make amends and set a new course. This is being pro-active rather than reactive.

9. You learn and let go, instead of spiraling into deeper shame. You think, I need to be more careful in the future about this situation, but I feel good about how I handled it with Johnny and what I'll do differently next time. Empowered, you give yourself credit and forgive yourself, which leads to higher self-esteem, more self-respect and greater potential for future change.

Maybe the above process doesn't happen in an instant; maybe it occurs after a time-out to cool down. But as you get more familiar with this approach -- slowing down and examining your thought process and re-framing your view of situations through positive self-talk -- you will become more adept at it, be able to handle conflict in real-time, and the process will unfold almost instantaneously.

## **Training To Be Offered**

Training for anger management facilitators will be offered this winter. The training will be provided free of charge by the Men's Center and presented by David Decker. Watch your mail for details. All new and experienced facilitators, plus those interested in becoming facilitators, are encouraged to attend.

## **News**

For info or to register for a class, call the anger management phone at 612-229-3102.

If you've taken a class and need follow-up, or support, you've got two options. An anger management drop-in support group has been meeting for three years at the Men's Center on the first Tuesday of every month from 7 to 9 p.m.

Or you can choose to retake the class at half the usual price. Many guys do this, taking seriously the idea that learning this stuff is a life-long practice.

The next anger management class will be offered on Monday nights at the Men's Center starting November 28, 7-9 p.m. Partial scholarships are available for low-income applicants, at the discretion of the program coordinator.

# Shame and Empowerment – A Slightly Different Tack

– BY BOB ANDERSON

(Note: The following builds on David Decker's course but differs in that it treats shame, like anger, as a primary emotion, neither good nor bad in itself, but only as it is processed and expressed. It distinguishes between "shame" and "shame-based.")

## Shame

We all have shame. It's a fundamental human emotion that lies at the heart of our identity. It affects who we are, how we develop, and how we relate to the world and achieve intimacy and community.

Our sense of shame -- wanting to feel good about ourselves, avoiding the feeling that we are somehow defective -- affects almost everything we do. It colors our internal self-talk process, and therefore influences how we express anger, escalate, manage stress and conduct relationships. Understanding shame is therefore an important part of anger management.

Like anger, our sense of shame is vital and useful, a signal that something is amiss and requires our attention -- some need is not being met, some value or boundary is being violated. But also like anger, a healthy sense of shame can be distorted. Shame can become so deeply ingrained in our personality, so central to how we respond to the world, that our identity and behavior become skewed. They are then said to be "shame-based."

This can happen if we are excessively

shamed as children, when we are vulnerable and lack the self-protective capabilities of adults. We may be ignored or abused, not treated as persons but objects, or given negative messages about ourselves. The sources of shame in our lives are many -- family, school, church, advertising, cultural role expectations, our own destructive behavior, etc. If we don't learn to deal with shame constructively, our feelings, desires and behaviors can become so bound up with shame that we start to doubt our basic competence and value as human beings.

This core self-doubt can result in negative behavior patterns, such as the need to over-control or be perfect, an inability to finish anything, or a compulsion to blame or denigrate others or prove one's own superiority. It can also result in serious addiction in an effort to numb that sense of unworth at the core.

We want to avoid that feeling at all costs; this need drives and distorts much of our behavior. Men are conditioned to be strong; feelings of sadness, vulnerability, fear or powerlessness are threatening. Anger, a more acceptable masculine emotion, often masks these other, more questionable feelings; it often derives its destructive energy from pent-up shame.

It's important, therefore, to let yourself feel your shame -- not to identify with it, but simply to experience it, let it flow through you, know it for what it is, and let it go. That, in itself, can be liberating and healing.

Until we learn what shame is, how it functions in our lives, where it comes from, how to recognize and deal with its distortions, and how to break the shame cycle that has become so deeply ingrained in our behavior -- until, in short, we move toward empowerment -- we cannot deal adequately with our anger.

## Empowerment

When you act in an empowered way, you don't need to hide from yourself and the world; you don't need to protect yourself by relying on a battery of defenses, or by escaping into addictive, compulsive or destructive behaviors.

You can be open, vulnerable and real because, at the core, you believe in yourself and your capacity to act responsibly and constructively. You make mistakes, you're human, but you have the capability, relying on your own inner resources and working with other people, to make things right.

This is an adult view of the world based on not hiding, taking responsibility, not shirking from accountability. The shame-based approach, by contrast, is childish. It assumes you are weak and powerless and flawed -- that you cannot be known for who you are because that would leave you exposed, revealed in your weakness and worthlessness.

The shame-based way of living, therefore, requires masks and disguises, conformity, playing the game, and a whole arsenal of defenses -- minimizing, justifying, blaming, etc. -- to protect the vulnerable self. It shrinks from responsibility and accountability. It holds back, is silent, lets things happen, blames others, anything to avoid responsibility.

You can learn how to break the shame cycle and move toward empowerment. Giving you the knowledge, tools and attitudes to accomplish this is one of the purposes of the Men Helping Men with Anger program. Like everything else in this course, what you learn here is only one of many steps in a life-long learning and healing process. You will come back to these lessons many, many times, each time experiencing and understanding them at a deeper level.

## CLASS STRUCTURE

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 John Hesch 612-229-3102.

## REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone

Home

Work

### Register me for the class starting\*:

\*Call 612-229-3102 for class schedule.

Member of Twin Cities Men's Center?  Yes  No

Complete this form and send along with payment to:

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



## Bankruptcy?

**Presenter: Darrel Baska**

**When: Wed. Jan. 25, 7:00-9:00 pm**

Are you too much in debt? Don't know where to turn to get good advice? Come to this presentation and hear Darrel speak on low payment plans and fresh start bankruptcies.

*Darrel A. Baska specializes in helping individuals with Low Payment Plan (Ch. 13) or Fresh Start Bankruptcy (Ch. 7). Free Phone Consultation Low Fees on Installments (612) 235-0691*

## New Developments in Understanding Relationships

**Presenter: Jim Duffy**

**When: Wed. Feb. 1, 7:00-9:00 pm**

*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.*

## 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

### 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

### Addiction Busters

*Open to Men and Women*

Struggling with chemical or behavioral addiction? AA not helping you? Frustrated with twelve-step programs? Don't like feeling powerless? Want to bust your addiction rather than being busted FOR your addiction? Would you like to talk about Rational Recovery, SMART Recovery, the works of Stanton Peele, Ann Fletcher, James Prochaska and others in a supportive, confidential, comfortable atmosphere? Come to Addiction Busters support group and discuss alternative, cognitive approaches that may help you battle your addiction in new and different ways!

• Tuesdays (Mpls) 7:30 - 9:30 pm

### 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

### 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

• 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

### Transitions

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

• Saturdays (Mpls) 1:00 pm - 3:00 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

### Choosing Healthy Sexual Boundaries

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.

• 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

## Happy 80th Birthday Hank Bruns!

Join us for an Open House  
Sunday January 8th  
12 Noon to 3:00 p.m.  
at

**Parkview Villa**  
**965 40th Ave NE**  
**Columbia Heights**

Free parking ramp  
at corner of  
40th & Central

No gifts requested.

# Here and There

- Edited by Andy Mickel

**Upcoming Monthly Men's Sunday Brunches** (bring something to share/cook up): **Sunday, December 18th** at Rick Gravrok's 2925 Monterey Ave S, St. Louis Park, 952/926-6655. (on the west side of Lake Calhoun, off Lake St.) and **Monday, January 15th** at Frank Brandon's, 975 Como Blvd E, St. Paul, 651-487-3008. (on the east side of Lake Como). 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 on until 2 p.m. 14 men attended October's Men's Brunch at the Men's Center and 17 were at November's Brunch at Stephen Sewell's in St. Paul. - Andy Mickel, 2005-11-21.

**Storytellers Larry Johnson and Elaine Wynne** regularly perform around town and promote sane holiday gift giving. Their recent **Tellebration** featured telling family stories from noon-9 p.m. FFI: 1-866-893-2637. - Larry Johnson, 2005-11-21.

**3rd Annual Minnesota Fatherhood & Family Services Summit**, January 23-24, 2006 St. Cloud Civic Center, St. Cloud, Minnesota, is shaping up to be an inspiring event. With 1-1/2 days of workshops, exhibit booths, keynote speakers, and networking opportunities, anyone interested in working with fathers and families should plan to attend! FFI/Registration at: <<http://www.mnfathers.org/summit.html>> or request a hard copy by calling (612) 787-4091. - Paul Masiarchin, State Coordinator, Minnesota Fathers & Families Network, 2005-11-14.

The **Minnesota Fathers & Families Network** is now accepting nominations for the 2006 "Excellence in Fatherhood Awards". Categories include Father of the Year, Policymaker of the Year, Program of the Year, and more. Help to recognize outstanding work of Minnesotans who are promoting a positive understanding of

fathers in families. Nominations are due no later than Dec. 2, 2005. Download a Nomination Form <<http://www.mnfathers.org/awards2006.pdf>> or request a hard copy by calling 612-787-4091. - Paul Masiarchin, State Coordinator, Minnesota Fathers & Families Network, 2005-11-14.

**Prevent Child Abuse Minnesota (PCAMN)** is pleased to announce the **fifth annual Minnesota Conference on Child Abuse Prevention**, April 27, 2006 in St. Paul. PCAMN seeks proposals for workshop presentations in one of six tracks: Parent Leadership, Early Care and Education, Advocacy and Systems Change, Health and Wellness, Family Violence and Abuse and Neglect Prevention Strategies. One hour will be allocated for each workshop. PCAMN is particularly interested in workshops that address cultural competence and diversity in child abuse prevention programs. Access the request for proposals here: <<http://shared.mepi.com/clients/23/uploadedimages/CI23ID1542DOC1.pdf>> - Paul Masiarchin, State Coordinator, Minnesota Fathers & Families Network, 2005-11-14.

The September issue of "The Times for Fathers and Families" (Vol 6 No 3) newsletter of the **Resource Center for Fathers and Families** in the Twin Cities featured a cover article by Gary Dick, PhD "The Father's Role in Helping Children Cope with Disaster" FFI: RCFF, Human Service Bldg, Suite 305, 1201 NE 89th Ave, Blaine, MN 55434, 763-783-4938, <<http://www.resourcesforfathers.org/>> - Arnie Engelby, 2005-09-15.

**GLBT Health Forum** is slated for Thursday, December 8, 3:00 - 8:00 p.m. at the Minneapolis Convention Center with the focus: "Creating an Effective Tobacco Plan for Minnesota's GLBT Communities" FFI: 612-252-1222; <<http://www.rainbowhealth.org/>>

The **Bi MEN Network** is a worldwide non-profit whose mission is outreach to the wider GLBT world community. BMN's motto is: "You are NOT alone!" BMN is sponsoring the **5th Annual Bi Men Conference and Getaway Weekend** for March 20-April 3 in Las Vegas. Online registration and information at: <<http://www.bimen.org/>>, FFI Stewart McCloud, 562-983-3102. - Randy Genrich, 2005-11-14.

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held April 28-30 at Eagle Lake Camp near Brainerd, MN. The cost is \$595, with payment plans available. To learn more, attend an Open Circle event: Observe, Ask Questions (or Participate if you like) in a safe container with a group of men who are practicing authenticity and connection to feeling at **Open Circle of Warriors** events at the Men's Center every second Wednesday, 7-9 p.m. Contact Andy Mickel with any questions 612-279-6416 or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times. Register with Eric Lucas, 20388 Idaho Avenue, Lakeville, MN 55044, 952-469-6497, <[welucas4@frontiernet.net](mailto:welucas4@frontiernet.net)> - Andy Mickel, 2005-11-18.

**Everyman** - A Men's Journal is evolving into a magazine with articles covering gender issues for both sexes and will be renamed: **GRIP - Gender Relations in Progress**. David Shackelton Co-Editor and Publisher will be joined by regular columnist Maureen Geddes as Co-Editor for the next 4 issues. There are also plans for an electronic edition on the web. FFI: <<http://www.everyman.org/>>; 613-832-2284 - David Shackelton, 2005-10-25.

Visit our web site, <<http://www.tcmc.org/>> for all kinds of Men's Resources for Twin Cities men! - Andy Mickel. - 2005-07-17

## Annual Facilitator Training

Annual Facilitator Training will be held Saturday, January 14th after the Annual Meeting which begins at 9am, thus Facilitator training should begin about 11am, with lunch provided by the Men's Center about noon. Hank Bruns and Norm Petrik will lead this annual training to update facilitators on expectations for facilitators, give needed help with how to lead groups and to ask questions about the Men's Center. I hope you will all come, and also come to the Annual Meeting at 9am. Also please come to the Annual Planning meeting 2 weeks later on January 29th at 9am, when we talk about planning for the future of the Men's Center, all ideas are welcome.

**NORM PETRIK,**  
PROGRAM COMMITTEE CHAIR

## The Men's Center Annual Planning Meeting will be held on Jan. 28th, 2006 9:00am at The Men's Center

Please plan on attending this meeting if you are an active member, or if you'd just like to get more involved. We will talk about planning for the future of the Men's Center. This is your chance to make a difference for 2006.

**All ideas are welcome.**

## 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 \_\_\_\_\_

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

### 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:**

Classes are filled on a first come, first served basis. Please call TMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Or call our Anger Management coordinator, John Hesch, if you are interested in planning the event or need further detail at the new Anger Management phone 612-229-3102.




**Sam Rahberg**  
Program Administrator  
Benedictine Center

St. Paul's Monastery  
Sisters of St. Benedict

(P) 651-777-7251  
(F) 651-773-5124  
www.stpaulsmonastery.org  
srahberg@stpaulsmonastery.org  
2675 Larpenteur Ave. East, St. Paul, Minnesota 55109

**THANKS TO**



**Einstein Bros Bagels**  
1513 W. Lake Street  
612-825-5113

for supplying The Men's Center with 2-3 dozen bagels twice weekly for the past years. Your support of the Men's Center is greatly appreciated.

**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.tmc.org](http://www.tmc.org) or correspond at our email address: [tmc@tmc.org](mailto:tmc@tmc.org)*

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

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**MEN TALK**

**The Men's Center News**

**4**

## *Annual Meeting Notice & Proxy Statement*

THE MEN'S CENTER ANNUAL MEETING WILL BE ON

SATURDAY, JANUARY 14, 2005 AT 9 AM

AT THE MEN'S CENTER IN SUITE 55, 3249 HENNEPIN AVE., MINNEAPOLIS, MN

The Annual Meeting will include election of new members to the Board of Directors, thanks to our volunteers, review of our achievements this past year, and socializing with your fellow Men's Center members. We have moved forward on many projects this year so come and celebrate what has been done and where we are going. If you have any questions, call the Men's Center offices at 612-822-5892.

The Men's Center By-Laws require a quorum of members to elect new board members. This mailing constitutes notice to all active members that a vote will be conducted by those members who are present at this meeting. If you cannot attend and wish to vote, please return this page to TMC prior to Jan 14, 2006. Please include your address label. All members who do not vote by mail or in person, consent to the appointment of the Chair and the Vice-Chair the power to vote on their behalf, on all matters that come before the Annual Meeting.

- I VOTE FOR THE BOARD OF DIRECTORS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 14, 2006
- I VOTE AGAINST THE BOARD OF DIRECTORS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 14, 2006.
- I ABSTAIN FROM VOTING AT THE ANNUAL MEMBERSHIP MEETING, JAN. 14, 2006.

signed \_\_\_\_\_ date \_\_\_\_\_

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