



MEN TALK

THE MEN'S CENTER NEWS

August/September 2006 VOL. 30 #4

Long Live Manhood!

— © 2006 BY CHARU BAHRI

We have perhaps never lived in a world as interconnected yet as polarized into conflicting opinions of right and wrong, good and evil as now. In earlier times, it was possible for a community to be terrorized and for the rest of the world not to know, yet our modern world ensures that news travels by the second.

It would be hard to keep yourself in the dark, totally unaware of evil until it comes knocking at your door. If you are a member of the so-called tougher sex, to shut eye in the face of perversity would perhaps even be tantamount to running away.

So what does it take to be a man in modern society?

As I reflect, it strikes me that to tell a man what it takes to be a man comes across as somewhat of a contradiction, yet if this commentary serves as a reality check for all those who pin physique as the prime determining factor for manhood, it would have hit bull's eye...

Another feature of our modern world is that it is fraught with temptation. At every step of the way, men especially, face snares that one by one, take them further and further from the epitome of goodness, saintliness.

What's that you say? Sainthood is a strict no-no?

If that be so, then it is both fitting and sufficient for men to aim at a practical, even if limited morality that is based on man and is for man. Men must take recourse to what they are known to do best – fight adversity. Yes, that's right, apply their innate ability to fight evil, not to reveal an inner insecurity and thus fight to preserve male supremacy!

It may sound ironical, but the two are intertwined, by recognizing and fighting evil, men prove that they are a worthy contributor to society, not supreme, but partakers of.

Evil in whatever form, disguised or undisguised. Remember the movie *Monsoon Wedding*? The pivotal father-uncle character played by Naseeruddin Shah had to fight the evil in the form of a perverted elderly male relative who preyed on select young ones in the family.

The obstacles were first ignorance, as he realized the truth, what was transpiring only when the next generation was growing up, and then his own struggle to speak out and side with the innocent, to put the fight against evil above everything else, in his case being maintaining family relations.

I say it takes a man sufficiently comfortable with and secure in his manhood to adopt the right attitude. Asides the few saints in our world who we assume are above it all, our society is marked by offenders and the offended. For the sake of literary example, let me recall Albert Camus' postulate from *The Plague*, "I can only say that there are on this earth pestilences and victims, and I must, as much as is possible, refuse to be on the side of the pestilence."

At a human level, Camus called for men to identify themselves as victims rather than victimizers. In this acceptance of being a victim (say of social conditions), a true man will fight the evil he recognizes in his daily life. He will preoccupy himself with helping to further rather than being a hindrance to progressive society. In this process, he reveals his arts of manliness.

Mere man is not less rather it is what we need, in all its glory and awareness. To feign ignorance – knowingly or unknowingly – to turn a blind eye to or to see wrong-doing without so much as a whimper, is against all that manhood stands for.

Constant vigilance of what man stands for, man-kind, and subsequently choosing his actions based on this consciousness, is what makes a man stand out from the fools who think they are judges or saints or worse, gods.

Granted there is no singular code describing manhood, yet you can come close to a human perfection by knowing what you are expected to do and being attentive to it.

Charu Bahri is a freelance writer from India (Punjabi, but residing since 8 years in the west Indian state of Rajasthan). Her early childhood was spent overseas, Hong Kong, Italy, Chile and UK. Qualified as a cost accountant and software developer, Charu now works part-time for a not-for-profit hospital - writing and designing the hospital promotional literature and regular newsletters (English), writing website content (www.ghrc-abu.com), writing up fund-raising proposals for the hospitals' community projects and looking after the hospitals' MIS (software) requirements.

Since 2004 and the magazine's launch, she writes a column (regular) and occasional feature articles for the quarterly health magazine HealthWorlds Magazine, the official publication of the HealthWorlds Asia Congress, a publication and event promoted by the Swiss JanKossen Group.

*Albert Camus, *La Peste*, Gallimard, The Macmillan Company, New York, 1947, p. 7 (translated by J. Johnson)

Library Corner

— *RAY CLARE,*
LIBRARIAN



Minneapolis residents have just invested millions in their awesome, new, world-class library at 300 Nicollet Ave. It is well worth a visit! A bit less expensive, but in its own way almost as impressive is our very own Men's Center Library, a free privilege for current members. We have more than 1,000 books on nearly every subject of interest to men. On the other hand, it won't take quite so much time to tour our library. Come on by!

We have had about a dozen additions since you last read Men Talk. Two of the latest are: "Internet Guide to Cosmetic Surgery for Men," and "Whatever it Takes, God," "The most difficult things for men to survive." Be sure to check it out on your next visit to the Men's Center! You won't be disappointed!

And while you are enjoying our many book resources, consider a browsing our large and growing selection of periodicals. Here you will find such works as:

- Men's Health
- Lavender
- Transitions
- Bi All Means
- Edge Life
- D.A.D.S #1
- Voice Male
- Men's Journal
- Rainbow Families
- Essential Wellness
- G.R.I.P.
- And even more

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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**TCMC announces
a Media Event**

Hear our facilitator, Tommy Jones, conduct a call-in session about the Men's Center during his interview by the show host.

Air America, AM 950

**Saturday, August 19th, 2006
Beginning at 10:00 am**

Not only will you be able to enjoy listening to the show, you also have an opportunity to get your own questions addressed in the call-in part of the show. Be sure to tune in this major event in the Men's Center growth program!

Tommy Jones is the facilitator of the Addiction Busters Support Group, and he is co-facilitator of the Healthy Sexual Boundaries Support group. He is a member of the Board of Directors of the Men's Center. His groups are among the best attended of those in the wide offering available.

Addiction Busters offers help from the vast array of modern alternatives to the 12-step approach to addiction support.

Healthy Sexual Boundaries is co-facilitated with Bobby Schauerhamer, and provides support and information for people dealing with an array of sexual issues.

2006 Pride Festival Booth & Parade Report

BY STEVE TRIPLETT

The 2006 Pride Festival Booth was a great success with more than 400 newsletters and brochures handed out and hundreds of people signing their names or hometowns to our Home Town Ribbons. Many people's eyes were drawn to the booth by the bright neon colors and the color photographs. One picture of the Uptown area, and a picture of the building where our office is located. According to the Twin Cities Pride web site:

The 2006 Pride Celebration was a smashing success! A huge thank you to all our volunteers, sponsors and attendees for once again making Twin Cities Pride the third largest in the United States. We're going to take a week or two off to rest and recover, but keep watching www.tcpide.org for more about Pride all year long.

2006 Estimated Attendance	
Saturday Festival	70,000
Sunday Festival	240,000
Total Festival	310,000
Parade	125,000
Grand Total	435,000

We would like to send a great big Thank you to everyone who signed in and tended to the booth: John, Dick, Gerry, Dick and Randy because without their help the Booth would have been much less colorful and a lot less fun!

The Parade was also a great success with Mike & Rich's SuperTruck! Steve was in the back of the truck with a great big sign that listed all the support groups the Men's Center offers on it. The Sign inevitably fell down but he held it up so people from either side of Hennepin Avenue could read it. The correction for this small problem has been already realized for next year. Another Big Thank You goes to these men.

Last, but not least, THANKS goes to Jerry Olson who's tireless dedication and hard work has paid off with the success of the Booth and Parade Unit. Jerry would like to invite You to be part of the process next year. If you have any comments, criticisms or suggestions please feel free to let the Men's Center know because, without your input, we couldn't do the job we do. If you didn't like something you saw or heard about, Take Action! Work with us to change it for the better!



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 Addiction Busters 7:30 p.m.	PRESENTATION Dare to Explore Adult Matters 7-9 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
		Anger Mgmt Alumni 7:00 p.m.	Transition 7:30 p.m.			
	SUPPORT GROUPS General Issues 12:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m.	PRESENTATION A Circle of Warriors 7-9 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
			Transition 7:30 p.m.			
	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m.	PRESENTATION Aging Well 7-9 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
			Transition 7:30 p.m.			
BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.m.	SUPPORT GROUPS General Issues 12:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m.	PRESENTATION Intimate Relationships 7-9 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
			Transition 7:30 p.m.			
	SUPPORT GROUPS General Issues 12:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m.	PRESENTATION Knowing Ourself Through Our Body 7-9 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
			Transition 7:30 p.m.			
	LABOR DAY HOLIDAY	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m.	PRESENTATION Managing Life Patterns 7-9 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	MT ARTICLE DEADLINE SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
		Anger Mgmt Alumni 7:00 p.m.	Transition 7:30 p.m.			
	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m.	PRESENTATION A Circle of Warriors 7-9 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex 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 7:30 p.m.			
BRUNCH 10:00 a.m. PICNIC 3:00 p.m. MEN'S RETIREMENT 5:30 p.m.	SUPPORT GROUPS General Issues 12:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m.	PRESENTATION Issues Relating to Divorce 7-9 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	MT MAILING 9:00 am SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
			Transition 7:30 p.m.			
	SUPPORT GROUPS General Issues 12:30p.m.	SUPPORT GROUPS Gay Issues in Mpls Addiction Busters 7:30 p.m.	PRESENTATION No Presentation 7-9 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
			Transition 7:30 p.m.			

Aug/Sep 06

1976 - In Our 30th Year - 2006
of Public Service

Check out our web site: www.tcmc.org
e-mail: tcmc@tcmc.org phone: 612 / 822-5892

PRESENTATIONS

Nearly every Wednesday evening, the Men's Center is proud to offer a presentation on a wide range of subjects of interest to men as well as to our community. This tradition has been part of the Men's Center offering since it's founding 30 years ago. These drop-in meetings require no pre-registration, and volunteer experts in the respective subjects conduct them all. Because of our primary mission, all presentations are for men only unless it is otherwise indicated in the individual descriptions

Please read through these various descriptions to determine which is of interest to you, and consider bringing a friend. This could be an excellent introduction to the Men's Center for them. Each presentation is intended to foster personal growth and to stimulate interest in the topic.

Our presenters include: Jim Amundson, Jim Duffy, Harry Greenberg, Kelley Lorix, Andy Mickel, Norm Petrik, Sue Varness-Gunder, and Dennis Wynne.

A small fee is collected at the door for each person attending:

Non-Members of TMC – \$5.

Regular Members (\$20 level) – \$3

Sustaining Members – FREE

All presentations meet at The Men's Center, 3249 Hennepin Ave. So, Suite 55 Minneapolis, MN 55408

We welcome your suggestions for new topics and presenters. Please call Randy at 612-822-5892 with your ideas.

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. Presentations are the sole product and responsibility of the presenter(s).

DESCRIPTIONS

Dare to Explore Adult Matters Hidden in Plain Sight

Presenter: Jim Duffy
When: Aug. 2, 7:00-9:00 p.m.

Open to Men and Women – Adults only

Fred Rogers, famous creator of the children's TV show "Mr. Rogers Neighborhood," was a wise psychological and philosophical genius. What is less known is that Fred's wisdom is immensely important to adults, too. Learn at this seminar how Fred spoke to the most profound concerns of adults and why this thinking provides a basis to critique our social institutions and how our human dignity is diminished by them. When Fred asked, "Won't you be my neighbor?" on each of his TV shows, he was also

reminding us of our most profound human need - a need that is abused and neglected under our present social institutions. These are institutions harming our capacity to be neighbors, to care for each other, and simply put, to love! Learn about Fred's insights along with those of Robert Fulgham, author of "All I Need to Know, I learned in Kindergarten," and Patty Joe Shannon, creator of "Capitalism and Other Kids Stuff". You may wish to read Fred Rogers book, "You Are Special!" Why? Because you REALLY ARE!

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

A Circle of Warriors

Presenter: Andy Mickel
When: August 9, 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.

Aging Well

Presenter: Norm Petrik
When: August 16, 7:00-9:00 p.m.

Open to Men and Women

There are lots of choices we have to maintain our health, including diet, exercise, and stress reduction. Norm will show a 30 minute video tape on Aging Well and lead a discussion, and perhaps some stretching exercises to put knowledge into action.

Norm Petrik worked as a psychologist for the VA in St Cloud for 37 years, and retired Sept 04. He had heart bypass surgery in April 1993 and was physically active both before and after surgery. He also practices yoga stretches on a daily basis.

Intimate Relationships and Men's Sexuality

Presenter: Harry Greenberg
When: August 23, 7:00-9:00 p.m.

Open to men and women

Do you sometimes think about how or why men and women seem to experience their sexual feelings and sexuality so differently? In this workshop we will look at some of the things that get in the way of meaningful sensual communication with our intimate partners and ways we might begin to think about sexuality (ours and our partners) in different terms.

We will focus and explore men's sexuality (as a man, that's my area of expertise!) how we directly perceive and construct it, how it manifests itself to others and how we may become more conscious of integrating sensuality into our everyday lives and experiences.

Come prepared for active learning and participation!

Harry Greenberg has worked extensively in the area of adult education, organizational development and facilitation since 1996.

Using his background in social work, education and psychology, Harry has worked with a variety of organizations, and groups creating customized training programs for organizations that have needed additional assistance and tools to cope with the rapid pace of change both inside and outside their organizations. The majority of his work focuses on conflict, anger management, divorce education, and addressing situations that negatively affect performance due to employee conflict and inability to build effective models of teamwork.

Harry is a certified trainer with MBTI (Myers Briggs Type Indicator) Inscape Publishing (D.I.S.C.), Personal Strengths Publishing (Strength Deployment Inventory), and Mediation Training Institute International. He has led numerous workshops using the above named instruments in addition to teaching the How to Mediate Employee Conflict Seminar and the How to Resolve Conflict with Others Seminar.

Knowing Ourselves Through Our Body

Presenter: Jim Amundson
When: August 30, 7:00-9:00 p.m.

Open to Men and Women

Drawing on the techniques from a psychotherapy called Pessio-Boyden psychomotor psychotherapy (PBSP) participants will focus on exploring and discovering what their bodies say is needed to be happy and whole. Although we are born knowing this information, often



**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

*Young and Old Learn
From Each Other*

By Bob Anderson

The mix of guys coming together to meet on common ground is part of the power of the Men's Center anger management program. Young and old, professional and working class, straight and gay, different races, guys from every conceivable background find a connection in their shared struggles with anger. To me, at age 64, The intergenerational connection is especially powerful.

I remember one class I facilitated a few years ago, a typical crazy-quilt of humanity. In our first check-in one guy with a cap pulled low over his eyes, his arms folded across his chest, announced, "I live on a farm, drive a truck, like to hunt and kill animals, I'm gay and have a partner and if any of you have a problem with that, it's YOUR problem." That was for starters. Trust develops quickly in these groups and by the third meeting the men really opened up. One guy said, "I should have told you earlier but I was afraid you wouldn't accept me – I'm a cop." Another man said, "I'm in the same boat. A therapist." The gay man

said, "Well, I don't know if any of you really accept me either." We went around the room. Finally a man about 20, who had been quiet till this meeting, said, "For all I know you guys see me as just another young punk." All our cards were on the table then and we met on the ground of our mutual vulnerability.

Most of the men in the program are in their thirties and forties, with a sprinkling on either end of the spectrum. We all learn and take heart from each other. When I started facilitating in my mid-fifties, I remember one guy in his sixties saying how his grandchildren were serving as a bridge reconnecting him with his children from whom he had long been estranged. He had been harsh, punitive and controlling with them, as his father had been with him. He couldn't talk about it without weeping. I could relate. I had my own history of verbal and emotional abuse with my daughter, and considered it one of the blessings of my life that she had found it in her heart to love me nonetheless. This man and I were in that group for many reasons, not the least of which was atonement.

I wonder what the younger men thought about our stories. Did they take them as a caution to be gentler with their own children. Were they inspired, or discouraged to see us still struggling to get it right after all these years? Age is a

sobering perspective. I know that I took heart from their determination. Some of the guys who come into the program are court-ordered, some are spouse-ordered (“Change or else!”) but most come of their own volition. They see themselves repeating harmful behaviors inflicted on them as children and want to break the cycle of abuse.

I’m inspired by the willingness of these younger men to keep learning and changing, and it’s that shared commitment, whatever our differences, that binds us all together. We say in the program that anger management is life-long work. We can always grow in insight, empathy and resolve. The various components of the course – understanding anger, stress management, de-escalating, self-talk, shame, empowerment, assertiveness, communication and conflict resolution – can be learned again and again at deeper levels of awareness, healing and mastery. Increasingly guys are doing just that, taking advantage of the low re-take fee (\$50) to move their learning to the next level.

Paul’s Story

That’s what Paul C, 68, decided to do one day when he found his wife weeping after one of their heated arguments during a trip. He had taken the Men’s Center course once before, a year earlier, with every intention to change, yet here he was, repeating old destructive habits.

“This is my third marriage – it’s lasted 20 years, the only one where I’ve been sober –and I didn’t want to lose it or cause her or me any more unhappiness. Seeing the effects of his behavior was “the last brick on

the load. I thought, Am I really that controlling, am I really that unfair? I want this to be a 50-50 deal. I don’t want to be right all the time, I just want to be happy.”

The first time Paul took the course, it was for similar reasons. “I made a commitment, I was going to change.” He googled “anger” and came up with thousands of hits but the one that caught his eye was the Men’s Center course. “In recovery I was used to weekly meetings in self-help support groups and that’s what I wanted.”

Yet here he was, back at square one. “It was a good program but I wasn’t well yet.” He checked out various other options, including therapy, but after talking with John Hesch, the coordinator of the Men’s Center program, chose to give it one more try. “I had thought that getting angry was my problem. Sure, like getting drunk is an alcoholic’s problem. But I realized that was just the tip of the iceberg. My defects of character drive my anger. When I get impatient waiting in line, that’s not my anger, it’s my impatience. When my wife questions me, I take it as an affront, a challenge, triggering my fight-or-flight response. That’s not right. I don’t want to be so intolerant that I’m mad at all these other people because they’re not like me, I don’t want to be blaming others, I just want to be happy.”

One of the unique features of the Men Helping Men with Anger program is its focus on the negative self-talk and internalized shame that fuel much angry behavior. It helps men become aware of the underlying emotions for which anger is a cover-up and gives them the tools to untangle their distorted thought

Attending to Important Words

- **Use “I” to take clear ownership of your thoughts, feelings, wants and needs.**
...Saying “you” can easily become blaming. e.g. “You’re the real problem in this relationship.” “You’re a jerk.” ...“They,” “it” and “that” are often used to avoid taking clear responsibility for what you are saying to others.
e.g. “You know what they say.” “That’s not a very good idea.”
- **Clear “yes” and “no” answers are important.**
...“No” is often hard to say but it is critical to setting limits, maintaining healthy personal boundaries and experiencing self-respect and self-esteem.
...“But” generally allows you to say both “yes” and “no” in the same sentence. e.g. “I’d really like to do that but it’s just too hard for me.”
- **“Always/never/no one/everyone/anyone” and other similar generalizations are very rarely accurate reflections of reality and tend to contribute to a defensive reaction in others.**
e.g. “I can never count on anyone else.” “No one has ever really been there for me.”
- **“Should/ought to/have to” tend to be shaming and judgmental.**
e.g. “How could you do something like that?” “You should have known better.”
- **Use “I don’t want to ...,” “I’d prefer not to...” or “I won’t rather than “I can’t” to take clear responsibility for the choices you are making.**
e.g. not “I really can’t do that for you this afternoon.” but “I’d prefer not to do that today.”

process, reframe their view of situations and heal some of the deep hurts that lie at the core of anger.

“The last brick” gave Paul the jolt he needed to move to this other level. “This time I’m more serious, I’m spending more time reading, writing down the exercises, asking questions, doing self analysis. I’m halfway there, and if I can’t hack it this time, I’ll try again.” He sees guys taking the course for the first time and hears the familiar denial that they’ve got a problem, then watches as the defenses fall away. “If I listen to these guys, instead of thinking what I’m going to say to impress them -- another problem of mine – maybe I’ll learn something.

“My issues with anger are not going away any time soon, but I’ve got a few years left and I want to enjoy them.” In fact Paul’s got a whole new crop of issues to contend with. “I’m not aging gracefully and I didn’t retire gracefully. Friends are getting sick and dying and I have my own health problems, but I’m determined to make my peace with this.”

The youngest guy in the class is 22. He hopes that starting early will help him live a fuller life, and Paul takes heart from that example and knows that his decision to rededicate himself was the right one. “It’s never too late.”

DONATIONS WELCOME!

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

Anger – a Barrier or a Bridge to Intimacy?

– BY BOB ANDERSON

If you’re close to someone, you’ll have anger issues –it’s inevitable. You’ll feel disappointed in your expectations, you’ll need to set boundaries, you’ll have to negotiate disagreement, you’ll want to control the other person’s behavior to fit your comfort level. Knowing how to do all this, without damping the spark of trust that keeps people close, is the key to making anger a bridge, not a barrier to intimacy.

First, a definition. INTIMACY is closeness, with varying degrees of intensity. Friends are mostly in the middle distance but some people we really let into our lives; we share more of our essence with them; we drop the social mask. This means we are more exposed and vulnerable. We surrender some of our autonomy, and we lay claims based on this surrender. We have expectations and needs; we make demands, and in return demands are made on us. Negotiating a comfortable balance between our needs for freedom and independence on the one hand, and for closeness and interdependence on the other, is the central task of intimacy.

It’s easy to see how anger can be a barrier -- how the desire for control can get out of hand, how cynicism and hostility can push people away, how disrespectful behavior or unpredictable volatility can erode trust. Managing stress, intervening in escalations, learning skills like assertiveness, communication and conflict resolution – are needed to keep anger from being a barrier to intimacy.

But how can it be a bridge? First, it’s a signal telling you that something important is going on inside of you: a value or boundary is being violated, a need or expectation is not being

met, your worth as a person is being discounted. Pay attention. Never discount or deny your anger. If your aim in intimacy is to be fully present to another, you must first be present to yourself, and that means acknowledging your feelings, all of them, even the scary ones like anger. Looking at your anger can be a means of self-discovery.

Second, once you’ve owned it, put it out there. Don’t attack or get defensive but rely on simple “I” statements with a short, straight-forward message: “I’m upset...,” “I’m hurt...,” “I’m concerned...,” “I feel at a loss....” This will allow the other person a chance to respond so dialog can begin. Your self-discovery then becomes a bridge to mutual discovery. When respectfully expressed, anger is part of healthy assertiveness.

Third, realize that your anger is often a cover for other, deeper emotions, such as fear, shame, insecurity or a core hurt from the past that has been triggered in the present. The rush of adrenalin that anger brings neutralizes these messages from the “dark side,” but like your anger, they need to be acknowledged as part of the dialog. Squelching them stunts growth

These are a few of the positive functions of anger in building intimacy. “A gift to others” is what David Decker calls it in the workbook for the Men Helping Men with Anger course. “Sharing your anger and the other feelings it hides involves taking a risk and allows you to become vulnerable, which can open the door to new information about yourself and others and to trust and intimacy in your relationships.”

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

Key Ingredients

In Having And Maintaining A Healthy Relationship

(The following is abridged from the manual that David Decker uses in his year-long anger management course.)

- 1) Develop self-knowledge, self-awareness and self-esteem to be ready to be involved in a healthy relationship.
- 2) Be clear with yourself and with prospective (or current) partners about what you are actually looking for in a relationship with another person.
- 3) Develop and maintain a spirit of integrity, trust, commitment and love.
- 4) Maintain clear and healthy boundaries to promote tolerance, acceptance, and respect.
- 5) Develop and use conflict resolution strategies to promote safety and cooperation.
- 6) Provide emotional support for one another to promote nurturance.
- 7) Develop and share a vision for yourselves in the context of the relationship.
- 8) Strive for equality in family decision-making and tasks.

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(Merriam Park Prof. Bldg., 366 Prior
Ave. N., Suite 203, St. Paul, MN
55104; 612-725-8402; 651-646-4325)

Anger Management News

As of June 1, 2006, the fee for taking the Men Helping Men with Anger course is \$225. Partial scholarships are available for low-income students, awarded at the discretion of the program coordinator.

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

If you've completed 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 for \$50. Many guys do this, taking seriously the idea that learning this subject is a life-long practice.

The program is seeking men who have taken or facilitated the course to serve on an advisory board regarding policies and procedures.

Also wanted are men to work on program publicity and outreach. Call the anger phone, 612-229-3102.

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:

\$215 for Men Center Members
\$225 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**

in learning our gender role – how to be a real man or real woman – growing up we learn that it's necessary to suppress the knowledge of PBSP and so we carry this suppressed knowledge in our body. This presentation will be primarily an experiential evening of attempting to access our body's knowledge.

Jim Amundson, PhD., is a licensed psychologist in private practice. He is a certified PBSP therapist and has a lifelong interest in gender issues for both men and women.

Identifying and Managing Life Patterns

Presenter: Dennis Wynne
When: Sept 6, 7:00-9:00 p.m.

Open to men and women

This presentation will help you to identify and get on top of patterns that help or hinder our lives. Learn how to use these patterns more productively to achieve your goals.

Dennis Wynne is a spiritual advisor and counselor with 30 years experience. He can be reached at 612 827-3173

A Circle of Warriors

Presenter: Andy Mickel
When: Sept 13, 7:00-9:00 p.m.

See description of the August 9th presentation on this topic.

Issues Relating to Divorce

Presenter: Kelley Lorix
When: Sept 20, 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.

No Presentation

When: Sept 27

Resumes for the New Career Playing Society's Game!

Presenter: Sue Varness-Gunder
When: Oct 4, 7:00-9:00 p.m.

Open to, men, women, and children.

This session will discuss resume writing, interviewing, the “hidden job market,” and learning how to motivate yourself to obtain the career you want. You will see how to make the most of the job when you have it. It comes to learning how to play the game. Bring your own resume along, and be prepared to ask your own questions.

Sue Gunder is Career Development Manager at PPL Industries, a local program of the local charity PPL. She has more than 9 years in their program of helping people enter the mainstream job market. In all she has more than 18 years experience working with the “hard to employ”. These include persons recently released from prison, the homeless, some veterans, and individuals with chemical dependencies. You can reach Sue at: PPL Industries, 1179 15th Ave SE, Minneapolis MN 55414.

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

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

General Men's 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
• 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

Here and There

– Edited by Andy Mickel

Upcoming Monthly Men's Sunday Brunches (bring something to share/cook up): **Sunday, August 20th**, Tom Weaver co-hosting together with Dave Mueller at Dave's home in Hastings at 1318 Ramsey St, 55033 (Hwy 61 south of St. Paul 20 minutes) at 1318 Ramsey St (take a left on 10th from 61), 612-827-6442. **September 17th** (Fall equinox) at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 55414 (in Prospect Park off University Ave near I-94 and 280), 612-331-8396. 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. 12 men attended February's Men's Brunch at the Eric Mann's and 7 were at April's Brunch at Andy Mickel's in Minneapolis. - Andy Mickel, 2006-07-07.

Plan on attending the **2006 Festival of Fathers & Families**, a day of celebration, recognition, food, music, and fun. Throughout the day there will be **community resource information** (look for the Men's Center & ManKind Project table) available for parents, games, entertainment, a petting zoo, cotton candy and much much fun. This event is Free. **Saturday August 12, Noon-4pm**; Ages: Ages 0-99 North Commons Recreation Center, Minneapolis 55411: 612 370-4921 - Andy Mickel, 2006-07-07.

The **22nd Annual Minnesota Men's Conference**, Sep. 12-17, Camp Miller, Sturgeon Lake, MN. Teachers: Robert Bly, Martín Prechtel, Haki Madhubuti, Daniel Deardorff, Miguel Rivera, and Doug von Koss. **What is Stealing the Courage of so Many Men?** People say that our grandfathers and great-grandfathers once played a golden harp. But the story of Jack in the Beanstalk says that the harp was stolen by "The Giant". What have you found useful for protecting yourself and your children from the Giant? For a long time now we have been stuck in the cupboard, watching the giant with his unending greedy appetite devour the world. Haki Madhubuti, who will be teaching

this year, would probably agree that the US is exhibiting absolutely astonishing giant-behavior in the larger world. We can all talk about that. Robert will describe the ways the giant keeps both men and women from growing up. \$700, \$150 deposit. FFI: Craig Ungerman: (877) 333-3136, <hiddenwine@earthlink.net>, <<http://www.hiddenwine.com/MMC>>. - Mark Stanley, 2006-06-24.

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held October 27-29 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 2nd 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 online at <<http://minnesota.mkp.org>> or call Eric Lucas, at 952-237-3532, <welucas4@frontiernet.net> - Andy Mickel, 2006-07-01.

Larry Johnson and Elaine Wynne are **Key of See Storytellers** who appear 7:30p.m. Sat Aug 27 and Sat Sep 30 at Loring Park Dunn Bros. Coffee Shop. They are also available to do experiential workshops for a group, helping people find and form their own stories to use in making their work more effective whether it's parenting, teaching, training, political organizing, etc. FFI: Larry 612-747-3904. - Larry Johnson, 2006-05-28.

Twin Cities Dads Make a Difference (DMAD) promotes positive involvement of fathers and educates youth about responsible parenting. DMAD is transitioning to a non-profit organization having been sponsored for its first 12 years at the U of Minnesota and Concordia College. FFI: Jan Hayne, 651-603-6327 or visit <<http://www.dadsmakeadifference.org/>> - Jan Hayne - 2006-05-31.

Minnesota Fathers & Families Network (MFFN) is a statewide network that initiates, promotes and supports effective programs to enhance the responsible involvement of fathers in the lives of children, families and the community. Upcoming programs: Preston Garrison, chief executive of the World Federation for Mental Health will lead an evening session, Thurs, Sept 28 at St. John's University in Collegeville, MN as part of the annual Men's Lives Series on campus. On Fri, Sept 29, Garrison will deliver the keynote and lead a panel at the day-long Mental Health Conference in Minneapolis. FFI: MFFN, 1700 NE 2nd St, Minneapolis, 55413, 612-787-4091 <<http://www.mnfathers.org/>>

Gender Relations in Progress (GRIP) magazine (formerly Everyman, A Men's Journal) will now appear in an online edition only at: <<http://www.gripmagazine.org/>>. Upcoming themes: July: Fears men & women face; September: Gender Politics; December Equal but different; March: Parenting, co-parenting. In its last paper issue, Spring, 2006 feature articles included: "Is Marriage Obsolete?" by Maureen Geddes and David Shackleton, "Are We There Yet? Gender Equity in the Canadian Legal Profession" by Sandy Jakob, and "Genital Integrity and Gender Equity" by Steven Svoboda. - David Shackleton, 2006-06-07.

Beyond Pink and Blue: Just Who Has the Power? a 1- or two-day Community Building Gender Workshop with Maureen Geddes and David Shackleton, Sept 16-17, The Purple Door, Lake Pointe Centre, 848 Grove Road, Ypsilanti MI, \$145-195 before Aug 28. FFI: Madelaine Rudy Joss, 734-485-4560 or <mkjoss@gridhost.com> - David Shackleton, 2006-06-07.

Our web site, <<http://www.tcmc.org/>> continues to attract about 400 visitors per month - Andy Mickel. - 2006-07-07

Men's Center Fall Potluck Picnic Sunday September 17th, 3 pm

It will again be at Powderhorn Park, Minneapolis. Come to the South Side of the Park, the closest parking is at 13th Ave and 35th St S. Walk down the hill toward the lake, we will begin grilling at 3pm. If you prefer not to grill, bring another dish to share. The Men's Center will provide beverages and dessert snacks. Bring your drum if you have one, we will do some drumming, and singing of men's songs. Powderhorn Park is 3 blocks west of Bloomington Ave and 5 blocks South of Lake St. So please come and have some fun with other men!

NORM PETRIK, PROGRAM COMMITTEE CHAIR

Male Leaders in Sexual Violence Prevention MN State Conference, October 13-14, 2006

This conference is a collaborative effort between the Minnesota Department of Health, Men as Peacemakers in Duluth, and the Gender Violence Institute in Clearwater as part of the larger project to develop a network of men and male leaders involved in primary prevention practices. Featuring: Jackson Katz, Leading gender violence expert and co-founder of Mentors in Violence Prevention. Check the Men as Peacemakers website for updates: www.menaspeacemakers.org For further information, contact: Frank Jewell, frank@menaspeacemakers.org, 218/727-1939 or Chuck Derry, gvi@frontiernet.net, 320/558-4510

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 _____

UPTOWN AREA SPACE TO RENT
The Men's Center, 3249 Hennepin Ave S
 Space Rental Rate Schedule:

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

(612) 822-5892

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.

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

Announcing a new book
 by local author
 Ken Schmitz

Search for the Grail
A Man's Guide for Developing
an Inner Life

Written for men who are seeking
 to live more authentically.
 Women readers will gain a
 deeper understanding of the
 men they know.

For more information and to
 purchase this book go to:
www.searchforthegrail.com

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 e-mail address: tcmc@tcmc.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

No More Secrets (abridged) – © 2005 L. DUDLEY

*There are no more secrets.
Only the discretion as to whom you tell your truth.
With maturity, age, and hopefully some wisdom, you may
achieve the gift of knowing who you are and being truthful
with yourself.*

And there are no secrets.

*There are no secrets because at the end of these tales, there
isn't always a happy end.
There are the finally betrayals, the funerals, the distance dis-
cords and what you remembered so fondly is amputated.*

*And there are no secrets because you know what the truth is.
You've grown to accept the truth for what it is.*

*And you are no longer a child, and your father has passed
on, and a disease has attacked your friend's memory, and the
kids have moved away.*

It has been a long life, your life.

*And the memories are now what you have, but you don't
change the endings.*

*Because there are no more secrets
and it is the truth in those memories that keep you company.*

*And it's the truth in those memories that you share with
those that are willing to listen.*

And there are no secrets

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