



MEN TALK

THE MEN'S CENTER NEWS

February / March 2008 VOL. 32 #1

Drowning in Sorrow

— © 2008 BY ANDREW WILLIAMS

The story I am about to tell is one that has recently come back to haunt me because of recent events in my life. I need to tell it because of how it is a mirror image of what is happening in my personal development and my feelings as a man. Similar parallels can occur in everyone's lives and I hope that men and women alike, can heal, learn and grow from them.

When I was about 8 or 10 years old my parents signed me up for swimming lessons. I was dropped off at the pool with my best friend Dave and we were in the same class. All the children were divided into groups for the different levels. Dave and I went with our group and were instructed to do a number of laps back and forth across the pool and then to meet up with an organizer for further training. As we were making our way through the series of laps I realized that Dave and I were way behind the others. Many of these bigger and older kids had finished and moved on. I started to think, "Our names got listed incorrectly and we are in the wrong group." As we struggled to make it through the laps I noticed Dave, a little behind me, went to the edge of the pool and dragged himself out. Clearly we were spent. Then a ways further out I knew I was about out of gas. I thought; try to make it to Dave's side of the pool. One or two strokes; no, maybe I was closer to the teacher's side of the pool. I was back in the middle. As far away from safety one can be. A feeling of helplessness came over me. Trying to tread water and rest I started to drown. Maybe for about the first minute of struggling I managed crying for help. Next was I swallowing lots of water and attempting to keep my head up. I will never forget looking back at Dave. The look in his eyes was: "I barely had enough energy to save myself. I can't save you. I'm sorry". He looked very scared. I thought that I was going to die there and for some reason I could not differentiate between which one of us was in the worse of circumstances. I looked at the swim teacher and for the first moments the look was: "Stop screwing around

kid. This is no joke." It was far from it.

As my body started to slow to a stop I knew the oxygen in me was from my last breath. Being that I no longer could keep my nose or mouth above the water, it wouldn't be long before I would be gone. As I was drifting off, out of the corner of my eye I saw the swim teacher's face. Her eyes were huge and it was sheer terror. She knew this was no prank. She jumped in, swam out, and pulled me up on the grating around the edge of the pool where I lay shivering and scared.

I am learning that in these times that there are many men that are struggling with issues and some of us are having an extremely tough time with our role, our duties, and which "group" we fit into. Most of all, what is our value? Sometimes when one of us breaks down and asks for help, sometimes our peers are too overwhelmed themselves to assist us. Support from other elements of our society can occasionally lend a hand. The fact that is the most difficult for me to take is that there are many others that just as soon watch us drown.

Andrew Williams is a new Men's Center member and was recently elected to the Board.



Library Corner

– **RAY CLARE, LIBRARIAN**



We are pleased to offer our members a unique and extensive collection of quality reading on men's topics.

As a Men's Center member, you are eligible to check out books from our library. The next issue of Men's talk will list the recently donated books – watch for it!

And while you are enjoying our many book resources, consider a browsing our large and growing selection of periodicals.

- Men's Health
- Lavender
- Transitions
- D.A.D.S #1
- Men's Journal
- G.R.I.P.
- Voice Male
- Fathering Today...

Book Recently Added to the Library
Iron Man Family Outing by Rick Belden
HIV Resource Guide by MAP AIDS Line
Wonder of Human Sexuality by R. M. Hogan
Worth Fighting With by Vincent Quinn

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. Call 612-822-5892, or e-mail us at tcmc@tcmc.org
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Greetings from the Chair

The Twin Cities Men Center, now in its 32nd year of public service, held its annual meeting this past January 12th. We had the opportunity to review our performance in the past year, review and revise our strategic planning, and show our appreciation for our many dedicated volunteers. About twenty members and friends of the Men's Center were in attendance.

On January 14, 2008, the Monday following the annual meeting, we conducted our first monthly Men's Center board meeting for 2008. I am very pleased to announce the addition of two new men to our board per their nomination and successful votes at the annual meeting, Joe Szujzewski and Andrew Williams. I ask that all of you take some time to welcome them to their new tasks as board members for the Men's Center and to listen to their ideas and passion for work around men's issues.

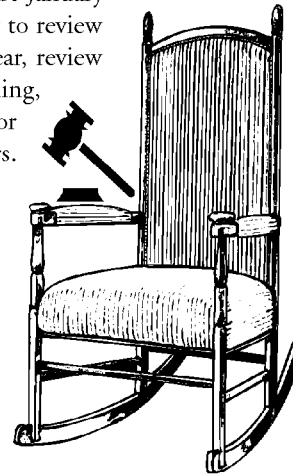
The officers who were elected to serve on the board for 2008 include: Norm Petrik as secretary; Gerald Obremski as treasurer; Ron Strangerhorse as vice chairman; and, myself, Bobby Schauerhamer, as chairman of the board. Please take the time to congratulate these men and offer your support of their efforts in these important functions.

Several successes have been made possible in this past year by the many volunteers who have dedicated hundreds of hours of time. We have seen some growth in the numbers of men who are attending our weekly support groups. We continue to have a vigorous anger management program with about 8, 12 week sessions scheduled per year.

Additionally, we have the tremendous consistency in the timely publication of the Men Talk, mailing of the Men Talk, and maintenance of an appropriate mailing list. Our web site has been regularly maintained and updated. Our finances are consistently documented and our taxes are submitted in a timely manner. Our meeting notes are being provided consistently and with lightning speed. Support groups are facilitated in a professional manner on a weekly basis by volunteers. All of these and many more tasks are among the credits of a dedicated group of skilled volunteers.

Proudly, I am once again chairman of the board of directors for this fine organization for 2008.

**BOBBY SCHAUERHAMER,
 BOARD CHAIR**



SMART GOALS FOR 2008

In addition to the election of new board members, the men at the Men's Center Annual Meeting agreed upon these priorities for the coming year, SMART Goals. (SMART = Specific, Measurable, Action-oriented, Realistic, Time-driven)

1. Outreach

- Network with like-minded organizations and communities

- Redesign usability of TCMC website
 <<http://www.tcmc.org/>>

2. Programs

- Reach out to a diverse community of younger (30+) men & communities of color.

- Improve promotion of Weds. Presentations

3. Finance

- Donate button on TCMC website
 - Action on Current Grantwriting ideas

4. Admin

- Membership Development additional membership meeting in October.
 - Tap member skill base and opinions

– **ANDY MICKEL, BOARD MEMBER**



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

Feb/Mar 08

Our phone number is
612 / 822-5892.

Call us about
Anger Management classes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
	SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Family Law Clinic 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m. Vets Addiction Busters 7:30 p.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
3	4	5	6	7	8	9
	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION A Circle of Warriors 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m. Vets Addiction Busters 7:30 p.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
10	11	12	13	14	15	16
BRUNCH 10:00 a.m. Two Spirit Arts & Crafts 2:00 p.m. Men's Retirement 5:30 p.m	SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Find The One 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m. Vets Addiction Busters 7:30 p.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
17	18	19	20	21	22	23
	SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION The Myths of Male Sexual Abuse, I 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m. Vets Addiction Busters 7:30 p.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m. Two Spirit Circle & Potluck 7:00 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
24	25	26	27	28	29	1
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16	17	18	19	20	21	22
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23	24	25	26	27	28	29
	SUPPORT GROUPS General Issues 12:30 p.m.					
30	31					

1976 — In Our 32nd Year — 2008
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: Merk Douglass, Gabe Hanson, Jay Maasch, Andy Mickel, and Volunteer Attorneys.

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

Family Law Clinic

Discussion Leader: Jim Gerharder
When: Wed, Feb. 6, 7:00-9:00 pm

Open to Men and Women

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

Attorneys will volunteer their time and expertise for the benefit of those who attend. A nominal fee of \$5 is charged for the

public. Members of the Men's Center receive a courtesy discount.

A Circle of Warriors

Presenter: Andy Mickel

When: Wed, Feb. 13, 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 has changed men's lives.

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

Find The One: A Discussion for Gay Men

Presenter: Gabe Hanson

When: Wed, Feb. 20, 7:00-9:00 pm

Open to Men and Women

Gabe Hanson, a coach for Gay Men, will present a seminar to begin to foster self esteem and self confidence. If you are tired of endless dating, codependent relationships, or are ready to have the man of your dreams, this seminar is for you. When you are truly fulfilled, you will be a happy person, and that is VERY attractive to others.

Gabe is a Life Coach, coaching gay men on relationships. You can find more informations at his website at findtheone.org or call him at 612-799-1744.

The Myths Surrounding Male Sexual Abuse, Part I

Presenter: Mark Douglass

When: Wed, Feb. 27, 7:00-9:00 pm

Open to Men and Women

Mark will discuss: 1) some of the myths surrounding male sexual abuse which keep so many survivors silent about their abuse; 2) his own childhood sexual abuse; and 3) how a narrow brush with death helped him re-frame and come to grips with my childhood victimization.

Mark is a graduate of Minneapolis Public Schools, Harvard University, and Hamline University School of Law. In the

early 1980s, he was one of the first men in Minnesota and the nation to successfully sue for damages arising from being sexually abused. He is the author of a recently published book -Flashbacks of Abuse: How a machine gun toting sociopath freed me from the chains of my childhood- which chronicles my childhood abuse and my recovery over the years. Copies of his newly published book will be available for sale at both presentations.

Family Law Clinic

Discussion Leader: Kelley Lorix

When: Wed, Mar. 5, 7:00-9:00 pm

Open to Men and Women

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

Attorneys will volunteer their time and expertise for the benefit of those who attend. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.

A Circle of Warriors

Presenter: Andy Mickel

When: Wed, Mar 12, 7:00-9:00 pm

See description for Feb. 13

If My Thoughts Create My Reality, Why Ain't I Rich?

Presenter: Jay Maasch

When: Wed, Mar 19, 7:00-9:00 pm

Open to Men and Women

Movies like "What the Bleep do we know?", "The Secret" and others are popularizing a spiritual principal: "Your thoughts create your reality." Is this just common sense or "New Age" mumbo-jumbo? IF IT WERE TRUE, what would you want? More money? Less stress in your life? More fulfilling work? Weight loss? WHO CARES IF IT'S TRUE, IF YOU DON'T KNOW HOW TO DO IT?!!!! In this short workshop, you'll learn a simple model based on scientific study and years of practical experience that explains HOW your thoughts create your reality, WHY you may not be living the life you desire, and HOW you can begin to have it FASTER than you thought possible. Learn about the gifts inherent in

“negative” thoughts, beliefs, and behaviors, and how to use them to achieve the life you want. We’ll also discuss how to greatly increase the power of “positive thinking,” visualization, and affirmations, so that they REALLY WORK FOR YOU.

Jay Maasch is a Certified Therapeutic Coach®, Certified Master of NLP and Hypnosis. As a Therapeutic Coach®, Jay has been helping people transform their lives and create their desired realities with ease and joy

The Myths Surrounding Male Sexual Abuse, Part II

Presenter: Mark Douglass

When: Wed, Mar 26, 7:00-9:00 pm

Open to Men and Women

See description for Feb. 27

Family Law Clinic

Discussion Leader: Linda Wray

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

Open to Men and Women

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

Attorneys will volunteer their time and expertise for the benefit of those who attend. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.

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

General Men's Issues/ Divorce/Uncoupling

Men express feelings about separation, divorce, breaking up with a lover, and topics such as child custody/legal hassles. Men can express what it means to be a man in our culture and other issues in their lives.

- Mondays 12:30 - 2:30 pm
- Thursdays 7:30 - 9:30 pm

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 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 7:30 - 9:30 pm

Transitions

Open to Men and Women

This group is intended to focus on the difficulties persons face when leaving a prison environment and reentering the community, where a former prisoner can go for emotional support when he returns to the community, and where he can be openly honest about his discouragements, frustrations, temptations, and fear of public attitudes.

- Wednesdays 7:30 - 9:30 pm

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.

- Thursdays 7:30 - 9:30 pm

Addiction Busters For Veterans

Are you a veteran dealing with addiction? Looking for something other than AA, NA or other 12-Step programs? Want to learn and talk about different ways to battle addiction such as Rational Recovery, SMART Recovery, Stages of Change, Mindful Recovery, the writings of Stanton Peele, James Prochaska, Jack Trimpey and others? All in a safe, comfortable, confidential setting with other vets?

The Twin Cities Men's Center, having offered the popular Addiction Busters support group for nearly three years,

would now like to offer a veterans-only version of the group. Tommy Jones, Addiction Busters facilitator, will lead this new group. Tommy is a VietNam Vet (Army medic, Republic Of Vietnam, '68) who struggled with addiction and its consequences for most of his adult life. He shares his knowledge and experience with alternative approaches with all who seek to change their behavior around addiction. This group will be open to all service branches, men and women, combat and non-combat vets...Any War, Any Addiction. Give us a try.(Begins Jan. 10, 2008.)

- Thursdays 7:30- 9:30 pm

Two Spirits &

Gate Keeper Community

Open to Men and Women

We are Two Spirit People and Gatekeepers of the Spirit World, offering a Safe & Connective environment. Serving the LGBT & Queer & Questioning community, our allies & our families in Minnesota. Our focus is to remain inclusive of every ethnic genre; allowing for positive community interaction to promote spiritual & emotional growth, emphasizing self awareness, group enlightenment & personal empowerment. We live in a world that resists our journey to seek those pathways that reconnect us to the indigenous teachings of elders long ago. We create this circle to receive kindness, express compassion and speak our truth with one another.

- Last Friday - Silent Group Meditation and Talking Circle and Potluck 7:00 - 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 7:30 - 9:30 pm

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 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 5:30 - 7:00 pm

Here and There

– Edited by Andy Mickel

Upcoming Monthly Men's Sunday Brunches (bring something to share/cook up): **February 17th** at Eric Mann's 632 Morgan Ave S., Minneapolis, 55405 612-729-1220 (on the north side of I-394, Penn Ave Exit); **March 16th** at David Miner's, 3400 Garfield Ave. S. #1, Minneapolis, 55408, 612-345-4835 (in Uptown just off Lyndale); **April 20th** at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 55414, 612-331-8396. (in Prospect Park off University Ave near I-94 and 280).10 men attended both the December & January brunches. - Andy Mickel, 2008-01-21.

Storytelling Workshop For Grandparents, Parents & Others Who Care About Children – Feb.16, 2008 (9 a.m. to 5 p.m.)

- Put it in a story so children get it and adults will too. Be more exciting than TV!
- Tell personal experience stories to pass on traditions and values.
- Make teaching come alive and live on, even past the testing!
- Encourage children to tell their own stories
- Learn how to do your own "Cousin Camp"

Larry Johnson and Elaine Wynne, KEY OF SEE STORYTELLERS, have practiced and taught this skill throughout the U.S. and around the world since the 1960s. Courses held at BNC Bank, 650 Douglas Drive No., (NE Corner of Douglas Drive and Olson Hwy. -#55), Golden Valley \$50 per course -- Check or credit card number to Larry Johnson/Key of See, Box 27314, Mpls, MN, 55427 Cells: 612-747-3904 or 763-639-3838 e-mail: topstory7@comcast.net

The 14th Bisexual Empowerment Conference: A Uniting, Supportive

Experience (BECAUSE) will be held at the U of Minnesota March 28-30. Workshops cover a variety of areas including 101, sexuality, BDSM, health, politics, spirituality and academic topics—especially presentations that help in building bisexual community. Keynote speaker: Ron Fox, author/psychologist. FFI: <<http://www.because08.org/>> - Lisbeth Kellog 2007-11-28.

"Has anyone considered doing what amounts to an annotated bibliography of men's websites? Some of them are very good. Examples: Glenn Sacks, RADAR, Men's Activism, etc." - Charles Walbridge, 2008-01-15. "Actually, the main website for this is <<http://www.menstuff.org/>>" - Andy 2008-01-21

"Thanks for the support of the Two-Spirit Community! Wopida Tanka! - Thanks," - Tom Weaver, 2008-01-10

The next ManKind Project-Minnesota New Warrior Training Adventure will be held April 25-27, 2008 at Eagle Lake Camp near Brainerd, MN. The cost is \$650, with many payment plans and a robust scholarship fund 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. - Andy Mickel, 2008-01-15.

Men's Residential Rosen Method Bodywork Workshop Join us at the Cascadia Centre in

British Columbia from Feb 6-10, in a safe community of men. This workshop provides an opportunity for self-discovery within the frame of a Rosen Method workshop. Leader: Bill Samsel, Senior Teacher and Director of Teaching. Total cost: \$882 Canadian (includes tuition, lodging and all meals) Total cost for interns and practitioners is \$607 Canadian (50% off the tuition of \$550).A non-refundable deposit of \$150 is charged. Payment by credit card or check to the Cascadia Centre. FFI or to register: 1-877-885-0179. <cascadia_centre@dccnet.com> - Bill Samsel, 2008-01-14

Begin Your Shamanic Journey - Introduction to Shamanism for Adults (18 and older). Shamanic teachers Timothy Cope, Michael Harner, Sandra Ingerman & Bill Brunton will share basic shamanic journeying techniques and participants will have the opportunity to journey to the lower and upper shamanic worlds. They will meet their own power animals and spirit teachers as well as retrieve power animals for others. Feb 9-10. Cost: \$225, at The Healing Space, 2841 Oakland Ave S, Minneapolis 55407. FFI or to register: 612-721-5566 <<http://www.rattledrum.com/>> - Timothy Cope, 2007-12-27

Men and Women Who Work With Men (MWWWWM) meets informally to network every 1st Friday morning at Maria's Cafe, 1113 E. Franklin Ave., in Minneapolis 55404. Randy Genrich, 2007-11-12.

Ron Stranger Horse is seeking participants interested in an "Inipi Ceremony". there are no set dates yet, but if you are interested, contact Ron at twospiritsnmn@yahoo.com

Facilitator Meeting Report

Ten men attended our annual facilitator training on January 12th after the Annual meeting. Several new men were there for the first time, and they were all thanked for their service to the Men's Center leading support groups. We discussed various topics in the Facilitator manual, and gave people a chance to discuss concerns they have in leading groups. Randy Genrich and Norm Petrik led the training.

NORM PETRIK, PROGRAM CHAIR

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.
(You won't receive Men Talk if this box is checked.)

I have these feelings, thoughts, opinions, ideas, news items for The Men's Center:

Date _____ FROM: name _____
 _____ Mailing address _____
 _____ Home phone _____
 _____ Work/other telephone _____

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:** Limited to 12 men per class
- Cost:** \$215 for Men Center Members
(\$225 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 if you need further details, call our Anger Management coordinator, John Hesch, on the Anger Management phone 612-229-3102.

Ken Kunz
763-509-0645

Aaron Huddleston
Cell - 612-670-4626

**WEEKEND
CARPENTER**

763-509-0645

11305 51st Av. N.
Plymouth, MN 55442

Lic. #40539899

THANK YOU!

The Men's Center receives generous donations of baked goods from Wuollet's and Breadsmith Bakeries. You can find them at 25th and Hennepin or 50th and France or online at:
www.wuollet.com
www.breadsmith.com




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

(612) 822-5892

YOUR AD HERE!

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

E-mail the editor at tcmc@tcmc.org

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

TMC is in the lower level of "Uptown Office Park," a brick office building on the Northeast corner of West 33rd Street and Hennepin Avenue in south Minneapolis, Enter through the door on the north (3249) end of the building (it has 2 numbers: 3249 and 3255!), immediately turn left and descend the stairway through the fire door to Suite 55. (Formerly) handicapped access is easiest through a side door on West 33rd Street.

Check out our web site: www.tcmc.org or correspond at our 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

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Family Law Clinic

NEW

Every 1st Wednesday of the month, the Men's Center is proud to present the Family Law Clinic. Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Paternity
- Custody
- Child Support
- Co-habitation
- Separation
- Property Division
- Spousal Maintenance
- Financial Settlements
- Your personal issue

Attorneys will volunteer their time and expertise for the benefit of those who attend. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.

Where: The Men's Center, 3249 Hennepin Ave S #55, Minneapolis MN 55408

When: Every 1st Wednesday from 7:00 to 9:00 PM

Just come! No advance registration required!

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