



# MEN TALK

THE MEN'S CENTER NEWS

August/September 2008 VOL. 32 #4

## *Breaking the Silence Around Sexual Abuse*

— © 2008 BY ALLAN ANDERSON

### *Why aren't we talking about it?*

Honestly talking about my child sexual abuse, sexuality and all the subsequent effects has taken me through many layered self-explorations over decades. The Men's Center has been an important resource through it all, from initially showing me men had complex feelings and could even talk about them and be supported. After a childhood of fear, shame and neglect, I learned to talk about myself and my life and feel the support of having others listen and understand. However, I've found child and adult sexual abuse has been and remains a complex and difficult subject that is mostly avoided at the Men's Center as by men and society at large.

The silence about sexual abuse is certainly not because of a lack of child or adult victims, or a lack of serious effects. In fact, about one in six boys is abused by age 16 and about 10% of adult rape victims are male. So sadly, all of you reading this know victims, many of our center's members are victims or are in intimate relationships with victims. The immediate effects and aftermath for males is largely the same as for females and is generally measured by severity and frequency of abuse, the age when it occurs and the support available to the victim. The effects of sexual violence are frequently life-long and severe. Males in particular are much more likely to keep silent and not seek support or help. Perhaps as damaging as the abuse is not being believed when they do. I kept silent until my 20's until I told a therapist I met at the Men's Center, and some memories of abuse have only come back to me 40 years later. Only now am I speaking more freely about it.

Victims find various ways to escape from the experience but become then cut off and isolated. One's own body cannot be trusted and "it" becomes alien to "you". Children so effected have trouble in their child development and become adults with missing basic skills from childhood. Healing from sexual abuse involves trying to reestablish a connection to people, oneself and a world which became impossible to understand or even experience. At the same time, the psychological defenses and childhood adaptations to horrible environments that children and adults are capable of make it very stigmatizing and simply incorrect to see abuse survivors as wounded, limited, scarred or fragile people. In many ways, I have come to feel my abusive past gives me very powerful insights into others, great strengths and access to spiritual perspectives of life that others perhaps lack.

Talking to others and experiencing support, acceptance and understanding is a basic feature of healing. But it is especially difficult for men and boys in a society that is very uncomfortable with seeing males as helpless victims. We all want to avoid this truth and say, "It's

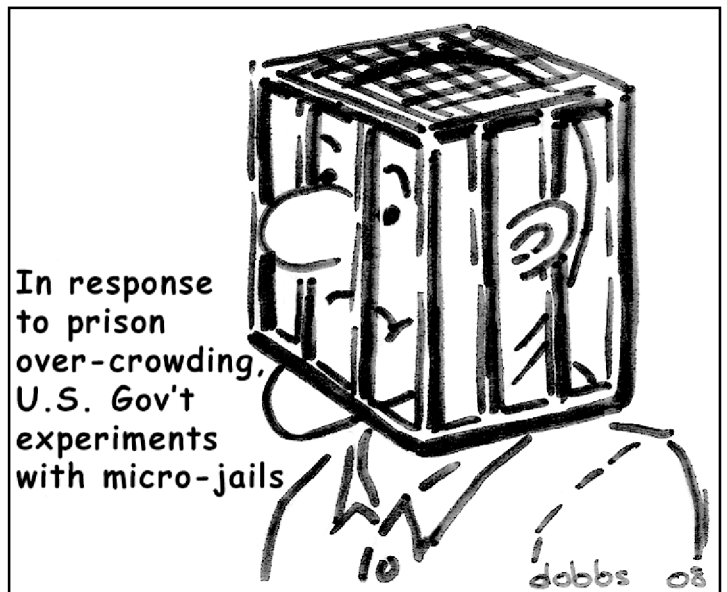
over now, get on with your life", "Can't you just get over it now?" and "Forget it. It was just sex." But I cannot seem to completely forget though it helps for a while. And many have encouraged me to try.

I recently decided it would help me to talk more about my experience with other men. I sought an abuse survivor's group for the safety and understand like minded men could provide. But in this land of 10,000 groups for shopping addiction to alcoholism, I could not find a group for male child sexual abuse victims. Over and over, I was told "We can't find men who want to talk about it, or they don't show up when they say they do." Right now, I find the silence around these issues unbearable.

Women beginning in the 70's created Rape Crisis Center's and over the long term have made great improvements in the awareness of sexual violence. Men have benefited from this but have not found their own voice. And many male survivors tell me Rape Crisis Centers often do not respond in helping ways to male victims. This is my experience as well. I believe especially young adults and children benefit from frequently hearing age appropriate messages that help them speak up for themselves and get help in all the situations they are likely to get into, as well as the potentially truly abusive ones. Prevention and early detection of abuse is key.

Many might see this as a "women's issue" but I can't support that.

*Breaking the Silence continued on pg 2*



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

- Men's Health
- Lavender
- Transitions
- Men's Journal
- Voice Male
- Fathering Today

**Recently Added to the Library:**  
*Critique of Pure Reason* by Immanuel Kant, *The P Town Murders* by Jeffrey Pound, *Textimony Time: A Positive Perspective on Homosexuality* by Pastor Lowell Endahl, retired. These are available for checkout in the Men's Center office.

**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](mailto:tcmc@tcmc.org)  
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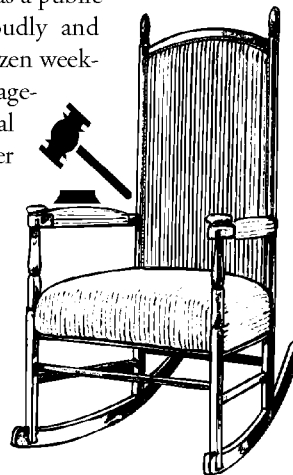
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**Greetings from the Chair**

**G**reetings members and friends of the Twin Cities Men's Center. We are now in our 32nd year as a public service organization. We proudly and consistently provide nearly a dozen weekly support groups, anger management classes, Wednesday topical presentations, and an every other month publication. But we are unable to do this without your support.

Like any organization, we rely on our funding sources to maintain the service of our mission. You are our funding source. We do not receive any government grants or funding from private organizations. For many years we have been able to maintain our services based on membership fees, class or presentation fees, and special donations.



Men's Center,

The financial health of the Men's Center is often a reflection of the general economy. We have seen a decline in some areas of donations. We are presently able to maintain without a reduction of services.

What you can do to help. Consider updating your membership, if you have not already done so. We continue to send out the Men Talk to people long after their memberships have expired. If possible, a special donation would go a long way in keeping the services we offer going strong.

In gratitude for your interest and support of the Twin Cities

**BOBBY SCHAUERHAMER,  
 CHAIR OF THE BOARD**

*Breaking the Silence continued from pg 1*

Men need to speak out for themselves, about themselves. Where are the men involved in this issue? What would help you "find your voice" and be part of the healing of our community?

**Resources:**

*The web site [www.jimbopper.com](http://www.jimbopper.com) is a psychologist at the Harvard Psychiatry school. He has an accurate summary of statistics and what is mostly known and not known.*

*[www.malesurvivor.org](http://www.malesurvivor.org), is a very active web site for males and "friends and family" overcoming sexual victimization. Men can read publicly viewable messages, can communicate anonymously and can join the site to participate in a non-public member area. Real time chat, private messaging and bulletin board messages are available.*

*Victims No Longer, by Mike Lew is a good book on male child sexual abuse effects and healing. What keeps you from speaking about this issue? How often has this come up in our groups and lives and do you feel able to respond effectively?*

**Men's Center Fall Potluck Picnic, Sunday Sep 14th 3pm**

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 3 p.m. 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. Powderhorn Park is 3 blocks west of Bloomington Ave and 5 blocks South of Lakes St. So please come and have some fun with other men. – Norm Petrik, Program Comm Chair

**Men's Retirement Group Schedule Change**

The monthly Men's Retirement Support group will meet the 4th Sunday of August, the 24th, and the 2nd Sunday of September, the 14th, at the usual time of 5:30 p.m., instead of the usual 3rd Sunday. The group is for men who are thinking about or have retired, and want an opportunity to discuss feelings about this major change. Welcome if this sounds like it might help you. – Norm Petrik, Group facilitator



# 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

## Aug/Sep 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 7:30p.m.	PRESENTATION Family Law Clinic 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Abuse 7:30 p.m.	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. Living with HIV 7:30p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.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 Survivors Abuse 7:30 p.m.	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.	SUPPORT GROUPS General Issues 12:30 p.m. Living with HIV 7:30p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Male Survivors of Abuse 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	PRIDE FESTIVAL SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
17	18	19	20	21	22	23
Men's Retirement 5:30 p.m	SUPPORT GROUPS General Issues 12:30 p.m. Living with HIV 7:30p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Dads Read 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Abuse 7:30 p.m.	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	30
	LABOR DAY HOLIDAY	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Family Law Clinic 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
31	1	2	3	4	5	6
	BOARD MTG. 7 p.m. SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living w HIV 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.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 Survivors Abuse 7:30 p.m.	MT ARTICLE DEADLINE SUPPORT GROUP Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
7	8	9	10	11	12	13
Potluck Picnic 3:00 p.m.	SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living with HIV 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION The Double: Males Eros... Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Abuse 7:30 p.m.	MT FINAL DEADLINE SUPPORT GROUP Men's Bisexual Issues 7:30p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
14	15	16	17	18	19	20
Men's Retirement 5:30 p.m	SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living with HIV 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION The Mediation Option 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m. Two Spirit Circle & Potluck 7:00 p.m.	MT MAILING 9:00 am. SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
21	22	23	24	25	26	27
BRUNCH 10:00 a.m.	SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living with HIV 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.				
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28	29	30				

1976 — In Our 32nd Year — 2008  
of Public Service

Check out our web site: [www.tcmc.org](http://www.tcmc.org)  
e-mail: [tcmc@tcmc.org](mailto: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 Gerharter, Ron Kilgore, Kelley Lorix, Andy Mickel, Chris Olson, Steven Peters, Ed Sellner, and Linda Wray.

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 Gerharter**  
**When: Wed, Aug. 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, Aug. 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.*

### Male Survivors of Abuse

**Presenter: Ron Kilgore**  
**When: Wed, Aug. 20, 7:00-9:00 pm**

No Description  
*Ron is the facilitator of the Male Survivors of Abuse support group.*

### Dads Read

**Presenter: Steven Peters**  
**When: Wed, Aug. 27, 7:00-9:00 pm**

*Open to Men and Women*

Bond with your kids and help them achieve in school, too! This lively presentation and guided discussion will show why creating a language rich environment for kids is important and give you some ideas for how to do that. Reading list and examples will be available.

*Writer, teacher, and storyteller Stephen Peters has been working with kids in schools for over 20 years. An evangelist for reading and writing, he has published many essays, stories, and poems and has spoken to numerous groups on a variety of topics.*

### Family Law Clinic

**Discussion Leader: Kelly Lorix**  
**When: Wed, Sep. 3, 7:00-9:00 pm**

*Open to Men and Women*

See Aug. 6 Description

### A Circle of Warriors

**Presenter: Andy Mickel**  
**When: Wed, Sep. 10, 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."

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### The Double: Male Eros, Friendships, and Mentoring

**Presenter: Mary Gray**  
**When: Wed, Sep. 17, 7:00-9:00 pm**

Every man carries within his soul a psychic pattern of energy called a "double," a significant archetype of male relatedness reflected in our need for other men. Whether one is straight or gay, this inner pattern is expressed in male relationships of love, tenderness, and joy, and is reflected in how we relate to our fathers, sons, brothers, friends, and lovers. Ed will explore some of the significant double relationships in human history and literature, and what they can teach us about ourselves.

*Ed Sellner is professor of theology and spirituality at the University of St. Catherine, and the author of numerous articles and ten books, including most recently "Finding the Monk Within" (Paulist Press, 2008). He also created ten years ago, and continues to facilitate a men's spirituality series at Wisdom Ways in St. Paul. He is presently working on a book about the double.*

### The Mediation Option

**Presenter: Chris Olson**  
**When: Wed, Sep. 24, 7:00-9:00 pm**

*Open to Men and Women*

All of us experience disagreements or disputes during our lifetime. We will explore mediation as an alternative to hiring attorneys and using the court system to resolve disputes. This low or no cost option can be especially effective when issues arise concerning co-parenting

and family issues with former spouses or partners. Crafting your own agreements has been proven to be more empowering and results in much stronger and lasting agreements than those decided in the courtroom. Mediation allows both parties to hear each other's concerns while the well-being of children is placed at the highest priority. Whether between former partners, family members, neighbors, your landlord or tenant, within the business community or in a school setting, learn how various mediation options could resolve your dispute.

*Chris Olson is a Men's Center member and a mediator with the non-profit Community Mediation Services. He mediates all issues and has a strong background in family,*

*juvenile and housing issues.*

## Family Law Clinic

**Discussion Leader: Linda Wray**  
**When: Wed, Oct. 1, 7:00-9:00 pm**

*Open to Men and Women*

See Aug. 6 Description

## SUPPORT GROUPS

*"The mission of the Men's Center Support Groups is to create a safe place, in times of personal and social challenge, for any men and women to receive and give support to one another and share feelings and experiences to facilitate SELF-ACCEPTANCE and PERSONAL GROWTH."*

*The Men's Center support groups are hosted by a trained facilitator. Although each group has a specific focus, all groups are Open to general discussions and attended as a Drop-In basis. Support groups begin promptly at 7:30, so arrive early such that you can browse the many resources and library materials. A donation of \$3-9 helps keep TMC operational. Liquid refreshments are available at a separate donation rate. All groups are men only, except where listed for women and men.*

- Minneapolis Location  
3249 Hennepin Ave. S. Suite 55

### 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

### Living with HIV

*A Support Group for all men with HIV*

Come to a supportive and safe environment to discuss topics relating to living with HIV. A place to openly discuss your HIV issues with other men who

understand. Open to all men regardless of their sexuality. Learn what each other are doing to handle different aspects of their lives in relation to their HIV. Or just a place to talk about what is on your mind that day. Open to all men with HIV regardless of their sexuality. For further information, e-mail Mark Stephens at markmn42@gmail.com

- Mondays 7:30 - 9:30 pm  
(First meeting August 11th.)

### Creatively Coping with Combat Trauma

Are you a veteran whose combat experiences are still troubling you? Post-traumatic stress disorder (PTSD) can make it hard to cope with everyday life. It emerges at unexpected times, disrupting your life. It's common to experience panic, flashbacks, nightmares, disorientation, feeling unreal, family, problems and difficulty relaxing.

You are not alone. A new support group starts in September, based on a whole-body creative experiential approach. Using drama and the arts, you will reconnect with family and community, safely explore traumatic memories, integrate body, mind and feelings, identify and develop strengths and increase coping tools.

- Mondays 7:30 - 9:30 pm  
(First meeting September 8th)

### 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 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. This group focuses on all forms of abuse, such as emotional, physical, sexual, spiritual, abandonment, etc.

- 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): **August 17th, 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 21st (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. October 19th at the Men's Center 3249 Hennepin Ave S, Suite 55, Minneapolis 55408 33rd anniversary celebration. 18 men and boys attended Jim Lovestar's Father's Day brunch in June. - Andy Mickel, 2008-07-15.

**Festival for Fathers for 2008** will be at North Commons Park, 1801 James Ave. North Minneapolis on Saturday, August 9, 2008, noon - 4pm. See details at <<http://www.mnfathers.org/festival.html>> - The Men's Center and ManKind Project Minnesota will share a table at the event. - Andy Mickel & Malik Holt-Shabazz, 2008-06-20.

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held October 3-5, 2008 at Eagle Lake Camp near Brainerd, MN. The cost is \$650, with many payment plans and a scholarship fund available. To register, contact Taylor Burr, 651-274-1212. 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 authentic connection to feeling at **Open Circle of Warriors** events at the Men's Center every 2nd Wednesday, 7-9 p.m., or the **Lion's Den Men's Group** every 4th Wednesday also at the Men's Center. Contact **Andy Mickel** with any questions 612-279-6416 or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times. - Andy Mickel, 2008-07-12.

"**Rekindling the Unselfish Way**" is the theme of the **24th Annual Minnesota Men's Conference**, Sept 30-Oct 5, at Camp Miller in Minnesota. \$750, \$150 deposit by Sept 1st. Young men (ages 13-20) \$400, \$75 deposit. "There has been tremendous pressure these last years to regard selfishness as the normal way, perhaps, the American Way. Big money interests get what they want, many suffer - especially the jobless, the children and the returning veterans. It would be good for grown men to imagine what a more unselfish road would look like. There needs to be discussion - in what way do men encourage each other to be selfish? How can we change that habit? What might be a way to begin?" - Robert Bly. Teachers include: **Danny Deardorff** and **Martin Shaw**, with their great love of old stories and myths, will bring us tales about Rekindling the Fiery Horses of Generosity through the Waters of Longing. **Malidoma Somé**

and **Miguel Rivera**, whose voices are deeply rooted in the indigenous world of Nature, will talk to us about what happens when we become disconnected from that generous source. **Tom Gambell**, with his compassionate, open-hearted Aikido, and **Doug Von Koss**, with his arrows of love songs, will courageously lead us to break down the Dungeon Walls of Selfishness. **Robert Bly** and **Haki Madhubuti**, great lovers of the spoken word, fierce and outspoken defenders for social justice and life long friends, join together once again to encourage and harangue us, as only true elders can, towards the righteous path of the Unselfish Way. - FFI: Craig Ungermann, 860-923-6987, <[www.hiddenwine.com](http://www.hiddenwine.com)> - 2008-06-01.

Along with nearly 50 other state agencies and organizations, the Men's Center is co-sponsoring a free, 1-day interfaith conference "**Open Doors - Open Hearts: Spiritual Transitioning After Prison and Recovery**" Sat., Oct. 11, 8:30 a.m. - 4:30 p.m. to be held at The Recovery Church, West Campus, at Wesley United Methodist Church, (next to the Minneapolis Convention Center), 101 E Grant St Minneapolis, MN 55403. Focus: "What Are the Issues, Opportunities, and Next Steps Around Spiritual Transitioning After Prison and Recovery?" Using an "Open Space" model of co-creation, we will bring together those who are in transition, community service professionals, and representatives of spiritual communities in the Twin Cities to share ideas and perspectives. All participants will have an equal opportunity to be heard and to contribute to the outcomes. To Register: <[oct11conference@aim.com](mailto:oct11conference@aim.com)> or 651-644-5851 Include name, address, phone number, e-mail, sponsoring organization (if any), and if you wish a vegetarian lunch. - Don Haumant, 2008-07-10.

**Dads Make a Difference: Building Youth Capacities for Healthy Futures and Responsible Parenthood** celebrated its 15th anniversary with a fundraiser featuring live entertainment & food. Executive Director Jan Hayne, reports that during its history, DMAD has educated over 62,000 Minnesota youth about the importance of fathers and the personal, economic, and social impact of decisions they make before becoming a parent. - Andy Mickel, 2008-06-11.

**MAN-MAKING Blog's latest posting concerns "Boys Will Be Boys Photos"** <<http://journeytomanhood.blogspot.com/>> This is the most recent addition to my collection of Boys Will Be Boys photos. I'm guessing it reminds you of the kind of trouble you got into when you were a "normal" adolescent male. I can remember getting caught stealing candy, jumping from high places, sneaking into the girls bathroom (not sure

why), and other forms of (innocent) young male adventure and self-discovery. - Earl Hipp, 2008-07-09.

Long-time Men's Center members Roy U. Schenk of Madison Wisconsin, our own Jim Lovestar have co-authored a short piece (work in progress) entitled "**Fostering Peace by Healing Men's Wounds**". In its draft form it is 6 pages with a diagram with its central theme being the "Compassion Belief System" - Andy Mickel, 2008-06-21.

The article, "**Angry Men Really Grieving Underneath**" by Scott McKeen appeared in the Edmonton Journal, Edmonton, Alberta on June 23rd. University of Victoria professor Calvin Sandborn author of book, **Becoming a Kind Father: Journey to a Man's Heart**, gave a workshop on the topic of male anger. - Calvin Sandborn, 250-472-5248, 2008-06-28.

**Working With Men-Networking Breakfast:** The next monthly networking meeting for professionals who work with men and males will take place on Friday, Sept 5 at 9:00 am at Maria's Cafe, at 11th Ave. and Franklin Ave. in South Minneapolis. This monthly gathering is an informal opportunity to network, learn about other fatherhood services and men's services in Minnesota, and share your professional challenges and successes. Meet in the back room at Maria's. Open to the public; no RSVP is required. - Paul Masiarchin, Minnesota Fathers & Families Network <[www.mnfathers.org](http://www.mnfathers.org)> - 2008-07-09.

Urban Ventures Family Center presents **Re-Entry Resource Panel**, 1st Tuesdays, 6:30-8:30pm at 2041 4th Ave S. Minneapolis 55408. Meet local agencies to help find resources needed to transition back into the community and learn about potential employment opportunities, house, education, health resources. FFI: TWarna 612-455-4640 <[monacasn@urbanventures.org](mailto:monacasn@urbanventures.org)> - 2008-07-10.

**Nurturing Parents & Children Program** is a domestic abuse and family violence prevention program, promoting and supporting families to live violence-free lives by providing parenting classes, support groups, case management and resources. No-cost parenting classes held every Wednesday, 6-7:30 p.m. FFI: Sandra Lester, Lutheran Social Service of MN, 612-879-5211. - Randy Genrich, 2008-07-10.

Be sure to stay in touch with Men's Center workshops, classes, support groups and other events at: <<http://www.tmc.org/>> - Andy Mickel, 2008-02-02.

**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. The next classes will begin on Monday Aug 4, and Thursday Sept 4.

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.

**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**

**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](http://www.wuollet.com)  
[www.breadsmith.com](http://www.breadsmith.com)




**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](mailto: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](http://www.tcmc.org) or correspond at our e-mail address: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)

The Men's Center  
3249 Hennepin Avenue South, Suite 55  
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**MEN TALK**

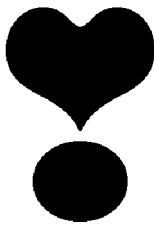
**The Men's Center News**

**4**

*Special Men's Center Workshop Open to Men & Women...*

## *Getting to the Heart of Cultural Competence in Relationships*

A brief introductory workshop to a unique method for promoting:



- Cultural Wellness for Individuals and Groups
- Healing Racism in the Body
- Integration of Mind and Body for Cultural Wellness
- Overcoming Conscious and Unconscious Prejudice
- An Inside Out Approach for Empowerment and Social Change
- Awareness of Internalized Male Oppression

**Thursday evening, August 28, 7:00 - 9:15 p.m.**

A \$10 donation per person is requested. Registrations handled by Eric Mann <[brokrboy@bitstream.net](mailto:brokrboy@bitstream.net)> or 612-729-1220.

Tommy Lee Woon is Dean of Multicultural Life at Macalester College. He has 30 years of experience in leading human relations workshops in promoting self-care, personal empowerment, and social change. He has a M.S. in Counseling and completed a 3-year training program in Somatic Experiencing.

Peter Levine's book, *Waking the Tiger*, dealing with trauma healing using Somatic Experiencing (SE) technology will serve as the basis for relational & cultural healing of the kind Mr. Woon will be presenting.

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