

men talk

tcmc
twin cities men's center

in our 33rd year
of public service

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Volume 33 #6

Men Talk Interview with Malik Holt-Shabazz and Mark Thompson

— © 2009 BY ANDY MICKEL

In this issue we interview Malik Holt-Shabazz, TCMC board member alternate and Economic Development Organizer – Harrison Neighborhood Organization, Minneapolis, and Mark Thompson, TCMC board member and newly minted M.A. Public Administration & Non-Profit Management, 2009 – Metropolitan State University.

Malik: “Before we get started, I just want to say that we’re here today because Mark got going and this group carried forward the effort to submit a grant proposal to the Otto Bremer Foundation 2-1/2 weeks ago. We’re here at lunch to celebrate—to emphasize the pluses rather than the minuses. I think that no matter whether we obtain the grant, the effort is successful no matter what because we’re now putting spokes on the wheel. So, congratulations, folks!”

MT: When you first learned about the Men’s Center, you were immediately attracted to it—why?

Malik: “I was attracted to it, because there’s a lot of work that happens with men, and yet it’s as a group that men get forgotten—now in our society there are so many resources which are allocated to women and children, but if you really want to find a men’s center, you’re hard pressed if you’re in a small city, a medium-sized city or a large city in this country. There might be a program at another organization, but you’re going to have to do some digging. To neglect a component of the family—men—leads to a lot of negative side effects and consequences for the community. It’s a “macro” version (to use a metaphor) of not having a baby-changing station in the men’s room. We take part in that experience, too, so why wouldn’t we take part in this larger experience of life and family?”

Mark: “I was attracted to it because of the help I got through the support groups. I found there’s a lot of benefit of being with other men and talking about needs and feelings, and there’s not too many places other than the Men’s Center for this.”

MT: What support to men need in these changing times?

Mark: “Well I think they need support in redefining what it is to be a man, and letting each man define that for himself: of who he wants to be as a man.”

Malik: “I agree with Mark; men need validation; I think they need support groups; I think they need more men’s centers; and I think we need to redefine what the position of a man is in the family. Everything from wage earning to alimony—a complete clearinghouse of the family.”

MT: You have a passion for the process of financial and organizational development. How does that apply to the Men’s Center?

Malik: “The Men’s Center does a lot of work with very little

money. And it’s time that we have some monetary resources to use for the work that’s going to get done regardless, but it’s nice to have the reserves and resources to do the work that needs to be fundable and needs to be sustainable.”

Mark: “Well, the Men’s Center offers a lot to the community, but it doesn’t get enough credit. It has been self-funded for a long time, and it has provided lots of benefits to the community, and it should get some acknowledgment and some funding so it can do more work in the community. The other important thing is that the financial support at the Men’s Center sticks with its mission, and rather than just go after money, we need to go after funding sources that fits with its mission.”

MT: What personal growth work or men’s work have you done in the past year?

Malik: “I have done work in the ManKind Project, and that was at the behest of you, Andy. I was a participant in the Men’s Center General Men’s Issues group at the St. Paul location that Hank facilitated, and I used to attend the Thursday General Issues group in Minneapolis. The biggest growth work that I’ve experienced is in the improved relationship I have with my son.”

Mark: “I’ve been, for the last four years, going to the support groups at the Men’s Center: the Monday 12:30 group and also been

Interview Continued on Page 2



Mark Thompson (L) and Malik Holt-Shabazz (R)

Library Corner

— RANDY GENRICH,
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

FREE BOOKS:

Men Freeing Men, Edited and donated by Francis Baumly.

The Gay Issue Revisited (packet of articles) Compiled and donated by Francis Baumly.

Address Change Notifications

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

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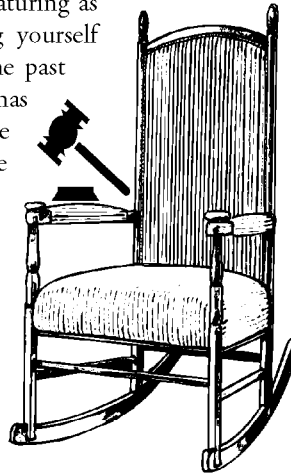
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Greetings from the Chair

If you've attended a support group at TCMC, you know that an important concept in growing and maturing as a man is occasionally holding yourself and others accountable. For the past 17 years, Gerald Obremski has held all of TCMC accountable in the most literal sense of the word. As TCMC Treasurer, Gerald made sure we stayed solvent. He also kept us in compliance, paid our bills, and filed our non profit-status tax returns (the mere sight of which induces a wave of nausea in lesser men). In short, Gerald did the hard work of keeping TCMC financially stable, and he did it with quiet professionalism and good humor.

Gerald has decided to step down as Treasurer, effective January 2010. While we will miss his excellent work and his reassuring presence at board meetings, this is an opportunity for someone else to step up and contribute his skill and passion to TCMC. If you are a CPA or have experience in accounting,



I encourage you to attend the TCMC Annual Meeting, on Saturday January 9th, from 9 to 11 am, and consider running for the position of TCMC Treasurer.

If balance sheets and 990 forms aren't your thing, I encourage you to attend the Annual Meeting anyway. This is the one time a year when members and friends of TCMC gather to discuss issues of importance to our organization and to elect TCMC board members. Immediately following the meeting is the annual facilitator training session, which is required for anyone wishing to facilitate a TCMC group, and which is open to all interested members.

If you still need another reason to attend, the meeting provides a chance to offer your thanks to Gerald and wish him well, something I'd like to officially do right now. Many thanks Gerald, and best of luck in your future endeavors!

JOE SZURSZEWSKI
BOARD CHAIR

Interview Continued from Page 1

going to the Thursday evening group, and was able to talk about my issues and feelings around living a life of integrity, and also trying to find a source of living. So I think that this Men's Center has helped me do that."

MT: What is right about men?

Mark: "I don't think there's a right or wrong. I think men are just who they are. I don't think there's a right or wrong."

Malik: "First of all I'm going to say that there's too much "wrong" with men—I like the way the question is framed—particularly men have been too long seen as a scapegoat for a lot of societal issues, without going into the deeper or personal things about the man. I think there's a lot of great achievements by men. Men have been inventors, fathers, sons, presidents, nurses, astronauts—there's a wide thing about the male diaspora but nobody ever really taps in. I think people automatically reduces everything to "men and power", but men are far more diverse creatures than just "power" and "corruption" and things like that, so it's time to tap into the whole male experience, not vilifying us after we get a certain age—baby boy, toddler, adolescent—that's when it starts getting weird, because that's when you're not cute anymore—you need to tap into the whole experience, the spirituality."

MT: How bright is the future for the Men's Center?

Malik: "I think it is bright, very bright. We have a good board, we have good programs, we've started a lot of programs throughout the year, I lot of people know about us—just look at the discussion at this last board meeting about the high website statistics. People have a positive impression and a good look on their face when they talk about the Men's Center, and when they talk to me about the Men's Center. I think the Men's Center will be around for another 30 years, if not more."

Mark: "Well the Men's Center has been around for 34 years, and has a solid foundation, and has done a lot for the community in those 34 years, and I think it's on the verge of transforming itself from a small initiative-based organization to one that's more cohesive and more vibrant and more team-oriented, rather than individually oriented. So if the Men's Center makes this transformation, I think its future is very, very bright."

MT: Thank you. Thank you both.

EVENTS CALENDAR

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
Check out our web site: www.tcmc.org e-mail: tcmc@tcmc.org phone: 612 / 822-5892		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 Sexual Abuse 7:00 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
	SUPPORT GROUPS General 12:30 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 Sexual Abuse 7:00 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
	BOARD MTG. 7 p.m. SUPPORT GROUPS General 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Gay Mysticism 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
BRUNCH 10:00 a.m. SUPPORT GROUPS Men's Retirement 5:30 p.m.	SUPPORT GROUPS General 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION No Presentation 7-9 p.m. Transition 7:30 p.m.	CHRISTMAS EVE HOLIDAY	CHRISTMAS HOLIDAY	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
	SUPPORT GROUPS General 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION No Presentation 7-9 p.m. Transition 7:30 p.m.	NEW YEAR EVE HOLIDAY	NEW YEAR HOLIDAY	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
	SUPPORT GROUPS General 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 Sexual Abuse 7:00 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	ANNUAL MEETING 9:00 a.m. SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
	BOARD MTG. 7 p.m. SUPPORT GROUPS General 12:30 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 Sexual Abuse 7:00 p.m.	MEN TALK DEADLINE SUPPORT GROUP Men's Bisexual Issues 7:30p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
BRUNCH 10:00 a.m. SUPPORT GROUPS Men's Retirement 5:30 p.m.	SUPPORT GROUPS General 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION No Presentation 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	MT MAILING 9:00 am SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
	SUPPORT GROUPS General 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Why Does History Repeat Itself? 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 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.

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 33 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: **Andy Mickel, Bob Monson, Shane Nygaard, Keith Pederson, 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: Bob Monson

When: Wed, Dec. 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.

A Circle of Warriors

Presenter: Andy Mickel

When: Wed, Dec. 9, 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.

Gay Mysticism — A Look into the Mystery and Meaning of Being Gay in Today's World

Presenter: Shane Nygaard

When: Wed, Dec. 16, 7:00-9:00 pm

Open to Men and Women

Have you ever wondered why gay people are on the planet today, and in ever-increasing numbers? Have you ever considered the qualities, insights and energy we embody as part of our vital nature are essential to today's ever-changing and ever-chaotic world? "Gay Mysticism – A Look into the Mystery and Meaning of Being Gay in Today's World" is an invitation to begin an exploration into just what it can mean to be gay, as seen through both literal and cosmic history, contemporary music, mystical poetry and fairy tales! Through these different genres we will take a glimpse into the soul of the gay community. Come take a look!

Shane M. Nygaard earned his BA degree in Theater at the University of Minnesota, with a particular focus on Musical Theater. He is a CMED Institute Certified Archetype Consultant, having completed the Sacred Contracts course taught by Caroline Myss and additional faculty including Andrew Harvey, Lynn Bell, and Jim Curtan. He currently runs local groups focused on Poetry, Poetry Writing and Archetype Casting for Actors.

No Presentation

When: Wed, Dec. 23, 7:00-9:00 pm

No Presentation

When: Wed, Dec. 30, 7:00-9:00 pm

Family Law Clinic

Discussion Leader: Linda Wray

When: Wed, Jan. 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, Jan 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.

No Presentation

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

Open to Men and Women

Why Does History Repeat Itself?

Presenter: Keith Pederson

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

After many years of rates remaining stable, the rates of new HIV infection are on the rise in Minnesota. Especially in the populations of young men who have sex with men (YMSM) and gay men

over 45. Please come to learn about the trends in new infection and participate in a discussion about what is changing.

Keith Pederson is a community co-chair of the Cooperating Community Council of HIV and AIDS Prevention, the Community Planning Group for the Minnesota Department of Health. Keith also works at The University of Minnesota as Project Coordinator for Man2Man.

Family Law Clinic

Discussion Leader: Kelley Lorix
When: Wed, Feb. 3, 7:00-9:00 pm

Open to Men and Women

See Dec. 2 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

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

Do you feel like you are the only one this has ever happened to? It's not true that men/boys cannot be raped or otherwise sexually abused. Many boys have survived abuse at the hands of parents (both Mothers and Fathers), relatives, siblings, neighbors, clergy and strangers. Early sexual experiences do not make a boy "lucky"; they can cause lasting feelings of being used and make adult intimacy difficult. You are not alone. You are not to blame. We provide a place where it is safe for survivors to talk. It is helpful to be heard by others who know what you are saying is true.

Call 612-822-5892 if you are interested in this group because it's not a "drop-in" group.

• Thursdays 7:00 - 9:00 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

Give a Gift
of a
Men's Center
Membership

ONLY \$20



Here and There – Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up): **December 20th** at John Armstrong's 4740 33rd Ave N, Golden Valley, MN 55422. 763-521-1000 (on the east side of Hwy 100, use 36th Ave exit.). **January 17th** at Frank Brandon's, 975 Como Blvd E, St. Paul, 55103 651-487-3008. (on the east side of Lake Como). Fifteen men attended both the October Brunch at the Men's Center and last month's brunch at Stephen Sewell's. - Andy Mickel, 2009-11-16.

Long-time men's activist **Roy U. Schenk turned 80 in Madison, Wisconsin** on November 18th. His birthday was celebrated the following Saturday. He invited one and all from the Twin Cities for the event. Roy is most notably recognized as the provocative author of *The Other Side of the Coin*, which explains sexism against men. He is a supporter of equality feminism as opposed to gender feminism. Roy presented at 5 Midwest Regional Men's Conferences held in the 1980's in the Twin Cities and Madison. - Roy Schenk, 2009-10-30.

Chrysalis, a Center for Women has merged with Harriet Tubman to form Tubman, a center for Support Groups, Community Ed Classes, Cred & Budget Counseling, Legal & Tax Clinics, and Family Violence refuge. FFI: <<http://www.tubman.org/>> or 612-

825-3333. Crisis lines: 612-825-0000 (west metro); 651-770-0777 (east metro). - Cheryl Vollhaber, 2009-11-01.

"These Guys Love a Good Argument" - An all-male monthly club now draws a phenomenal 300-plus men from as far away as St. Cloud and Wabasha to South St. Paul. The "**Argument of the Month Club**" hosts theological debates every month at St. Augustine Catholic Church in South St. Paul. FFI: <<http://www.atomclub.com/>> - Jeff Strickler, Star Tribune, 2009-11-14

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held April 16-18, 2010 at Eagle Lake Camp near Brainerd, MN. The cost is now \$500, with many payment plans and partial scholarships 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, 2009-11-07.

Statewide Conference: Engaging Fathers; Strengthening Families In 2010, the

Minnesota Fathers & Families Network is joining together with the Strong Foundations Conference to offer a joint conference, "**Strong Foundations & Fatherhood Summit**" **January 13-15, 2010, in Alexandria, MN** at the Arrowwood Resort. The 2010 conference theme, **Engaging Fathers: Strengthening Families**, reflects the integral role that fathers play in the healthy development of young children. The joint conference is designed for professionals in public health, health care, social work/mental health, child care, early childhood education, ECFE, ECSE, School Readiness, Early Head Start, child abuse prevention, home visiting, parenting education, family law, child support, and those who work with refugee and immigrant communities, the field of fatherhood, and other helping professions. We anticipate about 400 professionals to attend. Keynote presenters will include: **Dr. James McHale**, Chair of the Department of Psychology at the University of South Florida and author of *Charting the Bumpy Road of Coparenthood*; **Dr. Kyle Pruett**, Clinical Professor of Child Psychiatry at Yale School of Medicine and author of *Fatherhood*; and **Vicki Turetsky**, Commissioner, U.S. Department of Health and Human Services Office of Child Support Enforcement. <http://www.regonline.com/strongfoundations2010>. - Paul Masiarchin, 2009-11-02.

Activist Steps for Spreading Sex-Positive Culture in the U.S.

**Sunday Dec. 13, 2009
at TCMC from 2-4 p.m.**

Join us for a meeting of a non-profit, ad hoc committee to move beyond just discussing concerns to taking action, political and otherwise, to change the repressive majority viewpoint. Anyone interested in attending call Scott first at 612-722-7877.

Annual Facilitator Meeting

Our annual facilitator training will be held Saturday January 9th, after the Annual Meeting which begins at 9AM, thus facilitator training should begin at about 11AM, with lunch provided by the Men's Center about noon. Randy Genrich and Norm Petrik will again lead this annual training to update facilitators on expectations for facilitators, give needed help with how to lead groups and to share our experiences. I hope all you facilitators and men interested in learning to become a facilitator, will come. We very much appreciate your help for the Men's Center by facilitating.

– Norm Petrik, Program Committee Chair

Twin Cities Men's Center ALL-PURPOSE FORM

Men's Center members are entitled to: participate in our annual & monthly Board meetings, receive *Men Talk*, use the reference library, and enjoy reduced fees to Men's Center-sponsored events such as Wed. presentations.

- 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 Twin Cities Men's Center / *Men Talk*

DATE: _____

FROM Name: _____

Mailing Address: _____

Home Phone: _____

Work/Other Phone: _____

E-mail Address: _____

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:

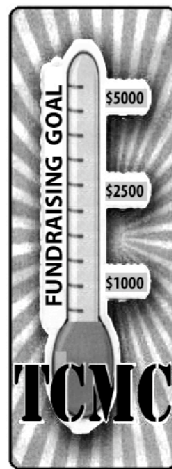
Limited to 12 men per class

Cost: \$215 for TCMC Members (\$225 for Non-Members)

Starting Dates: Classes are filled on a first come, first served basis. Currently, there are two in Hopkins (Tues and Thurs), and a new session will begin on Monday, Dec. 14 in Minneapolis.

Please call TCMC 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.

GO TO WWW.TCMC.ORG / CLICK "DONATE" TCMC LAUNCHES "BROTHERS HELPING BROTHERS" FUND RAISING DRIVE



To help support rising operating expenses for the coming year, the Twin Cities Men's Center has initiated a campaign to raise \$5,000 over the next 6 months. During this time, TCMC's fundraising task group will seek individual donations by contacting members directly by phone and e-mail. We choose a fund raising drive as an alternative to raising membership rates. Membership rates remain the same to keep things affordable for all program participants. "Brothers Helping Brothers" provides quick and easy means to donate for those who can afford to do so.

At the same time, TCMC will be pursuing donations from Twin Cities-area businesses, as well as long-term funding through public and private grants. As part of this drive, we would also like to know your "wish list" — what would you like to see TCMC offer in the future, as well as the steps you wish to support to see such offerings. To make a tax-deductible contribution, simply go to TCMC's website, www.tcmc.org, and click "Donate" in the lefthand navigation bar. Your donation will be processed through PayPal.

Contributions by personal check, payable to TCMC, can be directed to TCMC's office:

Twin Cities Men's Center
"Brothers Helping Brothers"
3249 Hennepin Ave. So., #55
Minneapolis, MN 55408

Please help support the future of TCMC's programs and activities by donating what you can.

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 11:30am-12:30pm, 2:30pm-4:00pm; Tu, Th, F 1:00pm-4:00pm. 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

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Annual Meeting Notice & Proxy Statement

THE MEN'S CENTER ANNUAL MEETING WILL BE ON

SATURDAY, JANUARY 9, 2010 AT 9 AM

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

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

The Men's Center By-Laws require a quorum of members to elect new board members. This mailing constitutes notice to all active members that a vote will be conducted by those members who are present at this meeting. If you cannot attend and wish to vote, please return this page to TMC prior to Jan 9, 2010. Please include your address label. All members who do not vote by mail or in person, consent to the appointment of the Chair and the Vice-Chair the power to vote on their behalf, on all matters that come before the Annual Meeting.

I VOTE **FOR** THE BOARD OF DIRECTORS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 9, 2010

I VOTE **AGAINST** THE BOARD OF DIRECTORS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 9, 2010.

I **ABSTAIN** FROM VOTING AT THE ANNUAL MEMBERSHIP MEETING, JAN. 9, 2010.

signed _____ date _____.

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Anger Management Class
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Here & There
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