

men talk

tcmc
twin cities men's center

in our 34th year
of public service

Feb/Mar 2010
Volume 34 #1

Obama, Same Sex and Interracial Marriage

— © 2010 BY BILLY GLOVER

I believe in the years to come people will look back at this time as having ended what has for centuries been social issues of sexism and racism. And it will be President Obama who is the best argument.

The more ignorant black preachers quote the Bible incorrectly to fight same sex marriage, the more Obama proves them wrong. For ignorant white preachers have quoted that same Bible to not only approve of slavery, but until the 1960s to oppose interracial marriage. The more a few blacks complain about gays using “their” civil rights movement, the more clear it is that ALL civil rights movements are the same and work together.

I thought of this as I reread a book, *Nebraska*, by George Whitmore (wonder where he is today, the novel was published in 1987 but about events in 1956) and wondered if any young person reading it today would be able to “feel” the story. It is of a boy who feels guilty for having lied to another boy that his uncle had said he had sex with men, and this was later used to legally put the uncle in a mental institution after he was arrested for public sex and it was discovered that he had been kicked out of the navy, dishonorably, and loved another man.

Hopefully in a few years no one will have to deal with such a situation, and even today there are agencies to help someone in such a situation. I was kicked out of the army, so perhaps I could understand and feel the story even more than most people.

If few homosexuals can even “feel” such a situation, since they will never have such a terrible experience, either being rejected by or being kicked out by the military it is easy to understand why most Americans can not feel the problems homosexuals or people of other races, or religions, have, being in a minority.

This should have been discussed at The Task Force’s Creating Change conference in Denver and the meeting of the “leaders” of the community/movement who met in Los Angeles to try to deal with the loss of Proposition 8. How do we let the average heterosexual person understand/feel the real issue when too many homosexuals don’t even know the real issues?

How “gay” for some young leftwing homosexual to say, well, we shouldn’t be in the military anyway, as if his or her choice should be forced on everyone, making them just like the rightwing bigots.

It may seem a reach, but this is exactly what an interracial couple dealt with when they fell in love. Interracial dating and marriage was opposed by the vast majority of white citizens and black citizens, and there are probably still a few people who oppose it. If they don’t want to marry someone of a different race, then they shouldn’t. But they have no right to make that choice for others. Yet they did, by law.

And it was based on religion and the Bible was used to preach that such marriages were wrong.

One of the many “logical” arguments against interracial marriage was how it would hurt the children, who would be of mixed race and suffer rejection from both races.

Obama is the answer to that stupid argument. And if interracial marriage is now accepted, so should same sex marriage be accepted. And the children of same sex marriage are doing fine, just as Obama and many children from interracial marriages have.

But go back and read the terrible accusations, claims, sermons against interracial marriage even after the U S Supreme Court – making law as rightwingers always charge when they don’t like a decision – ended laws against interracial marriage. The same lies are used against same sex marriage today, often by interracial black preachers.

Then let us figure out how we got from such evil beliefs to a President Obama. And see if that “journey” can lead to acceptance of same sex marriage.

Billy Glover is a long-time activist and previous contributor to Men Talk. A founding member of HIC, he currently lives and works in L.A. For more information: <http://www.tangentgroup.org>



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.

Greetings from the Chair

2009 was a difficult year for nonprofits everywhere, and TCMC certainly had its share of challenges. But even though we continue to feel the effects of the recession, the enthusiastic turnout for TCMC's annual meeting gives me hope that we will weather the current financial uncertainty and continue to be an essential resource for men in the Twin Cities.

The annual meeting was exciting on a number of fronts. First, a new board was elected. Rick Charlson, Ruth Foster, Malik Holt-Shabazz, and Tom Weaver have begun serving new 2-year terms alongside returning board members Norm Petrik, Andy Mickel, and myself, with Andrew Williams and Dave Webb serving as alternates. Next came a comprehensive review of TCMC's activities for 2009. These activities included our hugely successful presence at the Pride Festival, our continuing outreach to men incarcerated at Minnesota's correctional facilities, our popular Anger Management program, improvements made to our website, and steps taken to improve our fundraising. Finally, several new support groups were dis-

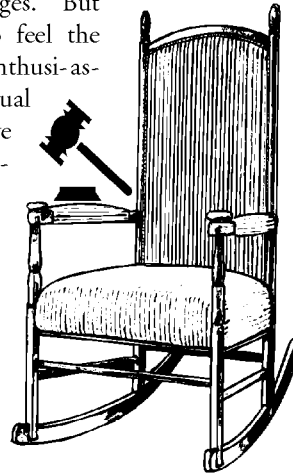
cussed, and Certificates of Appreciation were presented to all support group facilitators, in acknowledgement of their dedication to fulfilling TCMC's mission of helping all men to grow in body, mind, and spirit.

What sort of year 2010 turns out to be for TCMC depends on you. Volunteers are the lifeblood of any nonprofit organization, and the many new faces at the annual meeting bode well for our future. But ultimately, our success hinges on these new faces -- and the many others of you who have benefited from TCMC -- becoming involved with our day-to-day activities. If

you have an hour or two a month, then we have something you can do, whatever your skills and experience.

To get started, call the TCMC office or use the contact form on our website. You'll feel good about yourself and your community, and you'll be helping ensure that a resource you value continues to thrive and grow. Joe Szurszewski Board Chair

JOE SZURSZEWSKI
BOARD CHAIR



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
Staff

Randy Genrich - Office Manager
John Hesch - Anger Mgmt Coord.

Office Volunteers

Dick Madigan, Rick Charlson

Editor

Bill Dobbs

Board of Directors

Joe Szurszewski, Chair
Ruth Foster, Vice-Chair
Norm Petrik, Secretary
Rick Charlson, Treasurer
Malik Holt-Shabazz
Andy Mickel
Tom Weaver
Dave Webb - Alternate
Andrew Williams - Alternate

TCMC'S "BROTHERS HELPING BROTHERS" FUND RAISING DRIVE

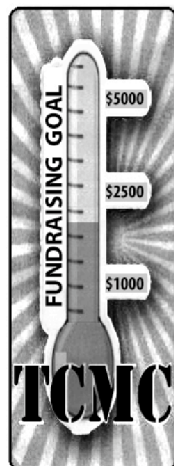
To help support rising operating expenses for the coming year, the Twin Cities Men's Center initiated a campaign to raise \$5,000 over the next 6 months. During this time, TCMC's fundraising task group will seek individual donations by contacting members directly by phone and e-mail. We choose a fund 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.

GO TO WWW.TCMC.ORG / CLICK "DONATE"

To make a tax-deductible contribution, simply go to TCMC's website, www.tcmc.org, and click "Donate" in the lefthand navigation bar. 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

WE'VE ALREADY RAISED NEARLY \$1800!
LET'S MAKE IT \$4000 BY THE NEXT MEN TALK ISSUE.



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
Call us about Anger Management Classes.	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.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
	1	2	3	4	5	6
	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.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
7	8	9	10	11	12	13
	SUPPORT GROUPS General 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Social Change and Transitions 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.
14	15	16	17	18	19	20
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 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.
21	22	23	24	25	26	27
	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.	NEW YEAR HOLIDAY	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
28	1	2	3	4	5	6
	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.
7	8	9	10	11	12	13
	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 Social Change and Transitions 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.
14	15	16	17	18	19	20
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 Individual Health and Well-being 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.
21	22	23	24	25	26	27
	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.			
28	29	30	31			

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 the wider community. This tradition has been part of the Men's Center offering since it's founding 34 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: Joann Dillavou, Jim Gerharter, Kelley Lorix, Bob Manson, Andy Mickel, Shane Nygaard, and Keith Prussing.

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, Feb. 3, 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. 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."

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.

Social Change and Transitions

Presenter: Joann Dillavou
When: Wed, Feb. 17, 7:00-9:00 pm
Open to Men and Women

Minnesota Circles of Support and Accountability (MnCoSA) utilizes volunteers to create Circles around offenders as they transition from institution to community. You represent community.

This free mentoring task builds safer structures in community. MnCoSA holds an invitation to grow and join others to assist in the goal of No More Victims.

Joann Dillavou is a Career Corrections Agent and the Director of the MnCoSA Program, a pilot Re Entry project with the Minnesota Department of Corrections.

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

Presenter: Shane Nygaard
When: Wed, Feb. 24, 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.

Family Law Clinic

Discussion Leader: Kelley Lorix
When: Wed, Mar. 3, 7:00-9:00 pm
Open to Men and Women

See Feb. 3 Description

A Circle of Warriors

Presenter: Andy Mickel
When: Wed, Mar. 10, 7:00-9:00 pm
See Feb. 10 Description

Social Change and Transitions

Presenter: Joann Dillavou
When: Wed, Mar. 17, 7:00-9:00 pm
Open to Men and Women

Minnesota Circles of Support and Accountability (MnCoSA) utilizes volunteers to create Circles around offenders as they transition from institution to community. You represent community.

This free mentoring task builds safer structures in community. MnCoSA holds an invitation to grow and join others to assist in the goal of No More Victims.

Joann Dillavou is a Career Corrections Agent and the Director of the MnCoSA Program, a pilot Re Entry project with the Minnesota Department of Corrections.

Individual Health and Well-being

Presenter: Keith Prussing
When: Wed, Mar. 24, 7:00-9:00 pm
Do you have an individualized program for Health and Well-being? Want one? Know where to start? How to implement and maintain it?

This evening will show you how to begin, or to be more complete. Fun, practical, and interactive.

Dr. Keith Prussing is a wholistic chiropractor in practice in south Minneapolis for 25 years. His mission is to help people create, implement, and maintain an individualized program for health and well-being. For more information, please visit www.drkeithprussing.net

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

Presenter: Shane Nygaard

When: Wed, Mar. 31, 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.

Family Law Clinic

Discussion Leader: Bob Manson

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

Open to Men and Women

See Feb. 3 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

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

Annual Facilitator Meeting Report

After the January 9th Annual meeting 16 persons attended facilitator training, it was a very meaningful event as Randy G and Norm P lead the training which included an opportunity to share experiences in support groups and work at becoming better facilitators. Thank you facilitators for the work you do for the Men's Center!

– Norm Petrik, Program Committee Chair

Here and There

– Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up): **February 21st** at Nathan Salzl's, 3641 Park Avenue #4, Minneapolis, Minnesota 55407 612-308-6580. **March 21st** at Eric Mann's 632 Morgan Ave S., Minneapolis, 55405 612-481-2839 (on the north side of I-394, Penn Ave Exit). Fifteen men attended December's brunch at John Armstrong's and more than 12 at Frank Brandon's January brunch. – Andy Mickel, 2010-01-19.

“Hi Andy, Hope you are well and in good spirits. **Supporting the Men's Center** is our responsibility as men. I am proud, too. I ran across the enclosed article ‘Model Dad’ in the October 4, 2009 New York Times. I believe a mentoring program by fathers for fathers would be a good thing. For peace in the world & a healthy environment,” - Bruce K. - 2009-12-01

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, 2010-01-07.

“Please continue your exceptional work with men.” - John Driggs, 2009-12-26

“Andy/Randy, I appreciated the help that I got at the Men's Center many

years back. I in particular remember you two. I hope you and the Men's Center continue to thrive and keep your good health.” Fondly, Lewie W. 2009-12-15.

“I am a psychology professor at the University of Texas at Austin. I'm also president of Division 51 (Men and masculinity) of the American Psychological Association. Anyway, I just wanted you all to be aware of the upcoming **Psychotherapy with Men Conference in Austin, TX**. It would be great if you could make it. Website:

<<http://www.ows.edb.utexas.edu/?q=site/2nd-national-psychotherapy-men-conference/>>

I know it's far from MN, but it should be a great conference.” – Kindly, Aaron Rochlen, 2010-01-08

Working With Men Networking Breakfast, Minneapolis - NEW LOCATION, Friday, January 8, 2010, 9:00 am - 10:30 am. The next monthly networking meeting for professionals who work with men and males will take place on Friday, January 8 at 9:00 am. The meeting will be moving back to Curran's Restaurant, 4201 Nicollet 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. Open to the public; no RSVP is required. – Paul Masiarchin, Executive Director, Minnesota Fathers & Families Network, 2010-01-04

Meeting the Unique Needs of Adolescent Mothers & Fathers

9:00 a.m. - 2:00 p.m., Feb. 10, 2010. Minnesota Department of Health, Snelling Office Park, 1645 Energy Park Drive, St. Paul. Three common goals of adolescent parent programs are to

facilitate long-term self-sufficiency, build parenting capacity and ensure the healthy growth and development of the children born to young parents. This workshop, for professionals new to adolescent parent work, examines national and state data related to adolescent parents; systems that impact adolescent parents; the strengths and opportunities, as well as the challenges young parents bring to their new role; current research on best practices for working with adolescent parents; and the role every provider can play in enhancing the lives of these young families. Includes light continental breakfast and lunch.

Practical Tips for Working with Teen Moms & Dads, 2:15 p.m. - 4:15 p.m., Feb. 10, 2010. Minnesota Department of Health, Snelling Office Park, 1645 Energy Park Drive, St. Paul. Working with adolescent parents can be both rewarding and challenging. Adults may find themselves unclear how to communicate concepts to young parents in a way that is meaningful and produces results. This workshop provides guidelines for how to develop activities and communicate with youth along with several specific take-away ideas and activities. – Paul Masiarchin, Executive Director, Minnesota Fathers & Families Network, 2010-01-04

Couple Communication Program.

The 5-week course teaches listening and disclosure skills to adult couples to increase understanding and reduce tension. When: Every Tuesday night, from 6 to 8:30 p.m. Where: Seton Services, 1276 University Ave., St. Paul. Fee: Sliding fee based on income and household size. – Kelsey Kreider Starrs, LGSW, Intake/Clinical Counselor, 215 Old 6th St., St. Paul, MN 55102, W: 651-215-2209, <kelsey.starrs@cctwincities.org> - 2010-01-11

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 is one in Hopkins (Tues), and one at TCMC (Mon). Another session is scheduled to begin in Hopkins starting Weds. Jan 27th.

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.

ATTENTION MENS CENTER'S READERS:

Please patronize the businesses and concerns who helped support your Twin Cities Men's Center during 2009 which will encourage them to again support our non-profit organization in 2010.

THANK YOU!

Shop Trust Buy, Factor of 4, Wuollet's, and Breadsmith for your generous donations in 2009.

UPTOWN AREA SPACE TO RENT

**The Men's Center,
3249 Hennepin Ave S**

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

(612) 822-5892

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



SHOP TRUST BUY
 Shop Smart
 Online or Catalogue



3000 Discounted Merchandise

By Jerry/Steve
 1-800-742-0150

- ▶ Best for Your Money
- ▶ High End
- ▶ For Yourself/Others
- ▶ Popular Gift Cards
- ▶ Any Occasion

www.shoptrustbuy.com
otrio123@netzero.net

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

Non-Profit Org.
US Postage Paid
Minneapolis, MN
Permit No. 1100

ADDRESS SERVICE REQUESTED

men talk

twin cities men's center news

4

NOVEMBER ROOTS

THE TREE THAT ONCE TOWERED ABOVE
MY LANDLORD'S GARAGE HAS BEEN CHOPPED DOWN,
GONE, BEDDED
WITH DEAD LEAVES RAKED
OVER TO HIDE THE EARTH'S POCKMARK.
THE STUMP IS TWISTED TO THE SIDE.

THESE FINGERS, ONCE PROUD, WEAKEN.
THEY LET GO HANDFULS OF SOIL,
DROPPING SPINE OF TRUNK
INTO THE VAST POCKETS OF EARTH.
THERE'S NOTHING LEFT TO EMBALM.
IT'S MY TURN NOW TO SUMMER.

BY RAYMOND LUCZAK (WWW.RAYMONDLUCZAK.COM)

***What's
Inside***

Page 1 *Obama, Same Sex and
Interracial Marriage*

Page 2 *Library Corner*

Letter from the Chair

Brothers Helping Brothers

Page 3 *All Purpose Coupon
Anger Management Class*

Page 4 *Poem: November Roots*

Inserts *Feb/Mar Calendar
Presentations
Support Groups
Here & There*