

# men talk

tcmc  
twin cities men's center

in our 34th year  
of public service

Oct/Nov 2010  
Volume 34 #5

## *Women at the Men's Center – Interview with Nancy Helland*

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**N**ancy Helland is a current TCMC member since 2009. She recently started a new support group: Women dealing with Sexual Addiction. Nancy is also a member the TCMC Foundation Request Committee.

**MT:** You are a really active member of the Men's Center, and a support group facilitator of your new Women Dealing With Sexual Addiction group. Why have you also joined the new Foundation Request Task Group (Committee) to do fundraising for us at TCMC?

**NH:** This is not the time to let TCMC fall off everyone's radar and merely exist. Fund-raising, such as, dinners, raffles and Wednesday Presentations may draw a lot of new people to come in and check us out, as well as reach out to the local community. Putting ourselves out there, for example, at local businesses. Only by being vocal can we truly be heard.

**MT:** Why do you believe in the Men's Center mission ("provides resources for men seeking to grow in body, mind and spirit, and from that foundation advocates for healthier family and community relationships")?

**NH:** I have seen how great of a resource TCMC is and how they have either helped me and someone dear to me. What we offer in support groups needs to be publicized more widely. The speed and openness of how we continue to add more groups so that more people can find the support they need is just amazing.

**MT:** What's the potential benefit for anyone stepping forward to join the Foundation Request Committee at TCMC?

**NH:** There's a great opportunity for anyone who wants to learn how to be a fundraiser without paying for training. With the leadership of the FRC chair and TCMC board member, Malik Holt-Shabazz—who is a veteran, highly connected fundraiser, the new approach is to offer low-risk, hands-on experience to learn how to be a fundraiser yourself for any project you have or organization you volunteer for. We will get everyone involved in the process of raising grant money for TCMC. Normally, this has been done by board members, but the need to expand is here.

Our goal on the committee is to work on and complete one "Foundation Request" a month. We all will be learning how to do a Foundation Request from start to finish. A list of past grants and new companies has been created; we have developed a formula to use that will be easy to follow; we know where to start; we just want your help! This is truly exciting for me personally, because I feel great to get involved and experience huge accomplishment and know that I played such an important role in keeping the doors open. Joining the FRC may make your resumé stand out, because you will be growing a marketing skill.

**MT:** What are ways Men's Center members and allies can contribute to help the Men's Center now?

**NH:** Tell your story with the Men's Center and how they helped. For example: do you currently attend one or more groups, or did you attend one a while ago when your life was tough? Did you move too far but still want to offer something? Or maybe you are a professional and know the Men's Center as a resource. It is truly amazing how we all can make a big difference with just a little time, money or just utilizing the skills we each have, together. Maybe you are good at statistics and graphs or maybe your passion is writing; you may have great people skills that you are bursting to use. Are you full of great ideas? Do you have a lot of contacts? We need you. We will also be brainstorming for new ideas, and putting into action other ways to raise money.

The first question is to ask others is, 'can you help this great support and resource center grow? Any donation would be appreciated and help.' Approach your employer, church, or any other business you have affiliations with. Many employers would be happy help within the community, where their employees feel strong need. They may be apprehensive to give because of further solicitation, so ask for a one-time donations. I urge you to go to your Human Resource Department or a small-business owner and ask them for a donation. If you need a list of possible companies to ask or suggestions on how to approach your company, we can help you with that.

Other great ways to raise money is getting people to be aware of what we do even if they are not able to donate at this time—through word of mouth and networking we be able to create new leads, and gain new membership. Remind previous members to renew their membership, become a patron, or a 20x12 member. Ask friends and family for their help.

Call TCMC 612-822-5892 or contact Malik Holt-Shabazz directly at [stpaulmalik@yahoo.com](mailto:stpaulmalik@yahoo.com).

**MT:** How have you benefitted personally from the Men's Center?

**NH:** I am thankful to TCMC for the journey I am now on. They represent acceptance and support for many, and I want to give back and support them. We all have a story with the Men's Center and how they have helped us.

**MT:** What do you see for the future of the Men's Center?

**NH:** Times are changing, we need to change with them, for the stability and growth of the Men's Center. We want to dream big, maybe be in our own building, buy new things, create a jumpstart in our future. TCMC wants to continue to be here for you.

*Andy Mickel is a long-time active member of the Men's Center. His roles, past and present, include Executive Director, Board Member, Open Circle of Warriors presenter, and Men Talk writer/editor. Thanks, Andy!!*

## Library Corner

— JIM HEANEY, LIBRARIAN



We have a unique and extensive collection of books on men's and general topics which can be checked out by members of the Men's Center. Our periodicals include; *Fathering Today*, *Men's Health*, *Men's Journal*, *Lavender*, *Transitions*, and *Voice Male*.

**Recent Additions:** *The Poetry Corner*. The intent of the Poetry Corner is to provide a venue for anyone to share with others anything they have written. It is a place to share your thoughts & events gone by. The Men's Center hopes it will also be a place to share your feelings and lessons learned. Have you ever felt lonely, forgotten, excited, enlightened, or in love? If you felt strongly enough to write about your experience, pull out those poems you wrote and then stashed at the bottom of a dusty drawer. Bring these literary snapshots of your life and add them to the three ring binder on the round table in the library. Sign them or don't sign them. Just bring them in and share a piece of yourself with others.

### 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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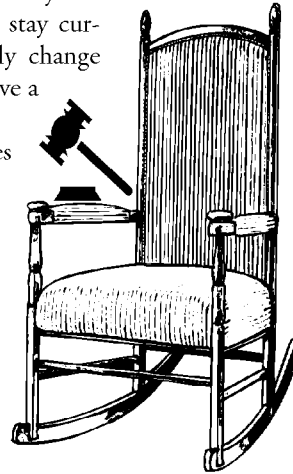
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## Greetings from the Chair

There's an old joke about government spending: "A million here, a million there, and pretty soon you're talking about real money" (to stay current, the joke should probably change "million" to "billion" and reserve a future option on "trillion.")

At TCMC, our finances are nowhere near so lofty. We operate on a very lean budget (if you're interested in the details, there's always a monthly or annual financial report attached to the TCMC office door.) At present, all of our revenue comes from memberships, support group donations, and anger management class fees. In other words, those who use our resources pay for them. Which can be a problem, especially in these challenging economic times, because many who need our resources have difficulty paying for them.

So it's very exciting that TCMC now has a Foundation Request Committee (FRC) that will raise money for TCMC by submitting funding requests to various foundations and corporations. You can learn much more about the FRC by reading Andy Mickel's interview with FRC member Nancy Helland on the front of this issue, but I want to highlight one specific aspect of the FRC here.



Simply put, you, whoever you are, can be a member of the FRC. The FRC is an open group of men and women whose only qualification is a desire to see TCMC continue doing its important work. The FRC chairman, Malik Holt-Shabazz, has many years experience in community organizing and fundraising and will be an invaluable guide and resource, but the bulk of the work will be done by people with no previous fundraising experience. That's because the FRC's first order of business is to create a simple, easy-to-follow checklist for submitting a funding request.

This will allow anyone who is interested to submit a funding request to the organization of their choice and thus directly benefit TCMC.

With this in mind, maybe the FRC's mantra could be, "A foundation request here, a foundation request there, and pretty soon you're talking about real money for TCMC." Please consider contacting Malik to find out how you can make a real and significant difference in TCMC's future.

JOE SZURSEWSKI  
BOARD CHAIR

### 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 this year. 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](http://WWW.TCMC.ORG) / CLICK "DONATE"

To make a tax-deductible contribution, simply go to TCMC's website, [www.tcmc.org](http://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

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

## Oct/Nov 10

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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 Women & Sexual Addiction 12:00p.m. Male Survivors of Sexual Abuse 7:00pm Divorce/Unclpl General 7:30pr	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries10:00 a.m.
3	4	5	6	7	8	9
	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 Women & Sexual Addiction 12:00p.m. Male Survivors of Sexual Abuse 7:00pm Divorce/Unclpl General 7:30pr	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries10:00 a.m.
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BRUNCH 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 HealthSource Chiropractic and Massage Transition 7:30 p.m.	SUPPORT GROUPS Women & Sexual Addiction 12:00p.m. Male Survivors of Sexual Abuse 7:00pm Divorce/Unclpl General 7:30pr	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries10:00 a.m.
17	18	19	20	21	22	23
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 Victims of False Accusations Transition 7:30 p.m.	SUPPORT GROUPS Women & Sexual Addiction 12:00p.m. Male Survivors of Sexual Abuse 7:00pm Divorce/Unclpl General 7:30pr	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries10:00 a.m.
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HALLOWEEN HOLIDAY	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 Women & Sexual Addiction 12:00p.m. Male Survivors of Sexual Abuse 7:00pm Divorce/Unclpl General 7:30pr	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries10:00 a.m.
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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 Parenting Without Shame 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Women & Sexual Addiction 12:00p.m. Male Survivors of Sexual Abuse 7:00pm Divorce/Unclpl General 7:30pr	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	MT MAILING 9:00 am SUPPORT GROUPS Healthy Sexual Boundaries 10:00 am
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 No Presentation Transition 7:30 p.m.	THANKSGIVING HOLIDAY	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries10:00 a.m.
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	SUPPORT GROUPS General 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.				
28	29	30				

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1976 - In Our 34th Year - 2010  
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## 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: Roger Day, John England, Jim Gerharter, Owen Konecnik, Kelley Lorix, Bob Manson, Andy Mickel, Bill Ronin, Matt Rossiter, and Joe White.

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, Oct 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, Oct. 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.*

### HealthSource Chiropractic and Massage

Presenter: Matt Rossiter, John England  
When: Wed, Oct. 20, 7:00-9:00

*Open to Men and Women*

It's your future, be there healthy by Dr. Matt Rossiter and John England of HealthSource. Open to all. We talk about ways you can increase the life on your years and the years on your life through health education. At the end of the talk, we will be giving free, relaxing chair massages. Sign up today and learn what you may be missing in your healthy lifestyle.

*Dr. Rossiter was born and raised in MA until he left to pursue his education in chiropractic in California. That's where he met his wife and got married and started a family. They moved to MN 2 years ago (that's where she is from) and live in Minnetonka. He has been a Chiropractor for 8 years. He has a passion for helping others live a healthier life.*

### Victims of False Accusations

Presenters: Bill Ronan, Roger Day  
When: Wed, Oct. 27, 7:00-9:00

Have you ever been unjustly accused of anything of a significant nature? Did you find that the legal system betrayed you? Does it not surprise you there is 0% prosecution of false accusations and perjury combined as reported by the Minnesota State Court Administrator of Minnesota.

*Talk presented by Bill Ronan, LICSW and Roger Day, MD*

### Family Law Clinic

Discussion Leader: Kelley Lorix  
When: Wed, Nov. 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, Nov. 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.*

### Parenting Without Shame

Presenter: Owen Konecnik  
When: Wed, Nov. 17, 7:00-9:00  
*Open to Men and Women*

This talk will explore the power that shame can have over us as individuals and specifically as parents. It will address ways in which we can avoid placing shame on our kids, and equally important, to avoid shaming ourselves as well. Through acknowledging and healing our own feelings of shame that we may have grown up with, and having compassion for ourselves, we can live more freely and help ourselves to parent without shame. Discussion will be included and encouraged.

Owen Konecnik, is a Licensed Independent Clinical Social Worker with a part-time psychotherapy practice in the Uptown area of Minneapolis. He has been a stay-at-home parent to his son and a foster parent through Hennepin County. Owen is passionate about parenting and helping all of his clients grow, heal, and reach the goals they set for themselves. You can find out more about Owen by visiting his website at [www.counselorminneapolis.com](http://www.counselorminneapolis.com) or by contacting him by phone at 612-558-6094.

## No Presentation

When: Wed, Nov. 24, 7:00-9:00

## Family Law Clinic

Discussion Leader: Bob Manson

When: Wed, Dec 1, 7:00-9:00 pm

Open to Men and Women

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

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

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

## SUPPORT GROUPS

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

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

- Minneapolis Location

3249 Hennepin Ave. S. Suite 55

## General Men's Issues/ Divorce/Uncoupling

Men express feelings about separation, divorce, breaking up with a lover, and topics such as child custody/legal hassles.

Men can express what it means to be a man in our culture and other issues in their lives.

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

## Addiction Busters

Open to Men and Women

Struggling with chemical or behavioral addiction? AA not helping you? Frustrated with twelve -step programs? Don't like feeling powerless? Want to bust your addiction rather than being busted FOR your addiction? Would you like to talk about Rational Recovery, SMART Recovery, the works of Stanton Peele, Ann Fletcher, James Prochaska and others in a supportive, confidential, comfortable atmosphere? Come to Addiction Busters support group and discuss alternative, cognitive approaches that may help you battle your addiction in new and different ways!

- Tuesdays 7:30- 9:30 pm

## Gay Issues

Men express feelings about life's challenges and experiences, and what it means to be gay and male (you don't have to be gay to attend.)

- Tuesdays 7:30 - 9:30 pm

## Transitions

Open to Men and Women

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

- Wednesdays 7:30 - 9:30 pm

## Women Dealing with Sexual Addiction

Open to Women Only

Sexual addiction affects us all. Its stigma is very shaming and can keep us from finding the support we need. Without judgment or phrases like "being on or off the wagon", this group will provide education and open discussion on a variety of sexual addiction topics, including: Awareness, stress management, triggers, emotions, obsessive/ compulsive behavior, grief and shame. This group is for women who want to learn to set healthy boundaries for themselves in a supportive environment.

- Thursdays 12:00 - 2:00 pm

## Male Survivors of Sexual Abuse

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

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.

- 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.

Healthy Boundaries welcomes all men who are currently participating in, or who have completed, sex offender treatment. Facilitated by Tommy Jones and Bobby Schauerhamer.

- 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

## Men's Retirement Group Schedule Change

The monthly Men's Retirement Support Group will meet the 4th Sunday of October, on the 24th, and the usual 3rd Sunday of November, on the 21st, both times at 5:30 p.m. The group is for men who are thinking about or have retired, and want an opportunity to discuss feelings about this major life change. Welcome if this sounds like it might help you.

– Norm Petrik, Group Facilitator

# Here and There — Edited by Andy Mickel

**Upcoming Monthly Men's Sunday Brunches** (bring something to share/cook up): **October 17th** at the Men's Center 3249 Hennepin Ave S, Suite 55, Minneapolis 55408, 34th anniversary celebration, Andy Mickel and Daniel Heist co-hosts. **November 21st** at Rick Charlson's 1124 Vincent Ave S, Minneapolis 55405 near 394 and Penn Ave S; take south exit to Cedar Lk Rd. frontage road. 612-354-3134; Stephen Sewell 612-229-6699 co-host. More than a dozen men attended August's brunch at Tom Weaver's and September's brunch at Andy Mickel's. — Andy Mickel, 2010-09-20.

**Stories, Drums and Wisdom - A two-evening event with Malidoma Somé and community elders, open to all men, women, elders, and youth.** Mon & Tues, Oct 18 & 19. 5PM *Music & Meditation* 6 to 10PM *Stories & Teachings* Harriet Alexander Nature Center, 2520 Dale St. N, Roseville MN 55113 (just 3 blocks North of Hwy 36 on Dale). We will share wisdom and create a sacred space of rhythm, movement, intention and teachings. Explore with us ancient traditions together to face common challenges. Each night features different stories, discussion, and music, so please attend both nights and enjoy the many blessings!

Malidoma Somé, PhD, is one of today's most eloquent champions of indigenous wisdom. His life and teaching form a bridge between the traditional ways of his people, the Dagara of West Africa — among whom he is an initiated elder — and the modern world. He is a gifted medicine man and diviner, as well as a compelling teacher and author. For more than twenty years, Malidoma has shared the ancient knowledge of his tribe with people in the West who are

increasingly disconnected from their ancestors, spirit, and the richness of life in community. His voice awakens in our hearts the recognition that we are all born with a life purpose to fulfill and that we can do so in a deep and abiding relationship with all beings. Dr. Somé is the author of several books, including *Ritual: Power, Healing and Community*, *The Healing Wisdom of Africa*, and his acclaimed autobiography, *Of Water and the Spirit*.

**To Register, send your payment, Name, E-mail address & Phone to:** Registrar c/o David Stewart, 2549 Cedar Hills Drive, Minnetonka MN 55305 (For (limited) online billing options, or other registration concerns, please contact Dan Gorbunow 612-987-0324). Please make check or m.o. payable to: Table of Sages.

Name one thing you'd like to know more about or write down a question for the speaker or host

\_\_\_\_\_

# of reserved seats: (10 max)

\_\_\_\_\_ X SINGLE NIGHT \$65  
Monday, Oct 18 only \_\_\_\_\_ (total)

\_\_\_\_\_ X SINGLE NIGHT \$65  
Tuesday, Oct 19 only \_\_\_\_\_ (total)

\_\_\_\_\_ X BOTH NIGHTS \$95 Mon-Tues Oct 18-19 \_\_\_\_\_ (total)

— Dan Gorbunow, 2010-09-16.

**Learn about court decision overturning California's Prop 8 banning gay marriage from local defense attorney Dave Knutson.** "Brilliant lawyering plus persuasive factual analysis could shift debate from protecting a special class to guaranteeing a fundamental

right." Monday, Oct. 11, 7pm, Good Samaritan UM Church, 5730 Grove St., Edina, in sanctuary. Free, open to public. FFI 952-929-0049. — Bob Anderson, 2010-09-17.

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held October 15-17, 2010 at Eagle Lake Camp near Brainerd, MN. The cost is \$595, 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, 2010-07-18.

"Hi to Andy, Randy & the rest of the Men's Center Crew from Donald Eschbach, now living in New York. Hope all is well. For men who are having arbitrary loss of child custody issues, there's now a landmark case in New York with my name on it. Just Google Eschbach v. Eschbach." — Don Eschbach, 2010-09-10.

**Gay/Bi Fathers/Husbands Support Group** meets second Wednesday evenings and fourth Saturday mornings of every month. Drop-ins always welcome; confidential, respectful. Contact:<[info@fathersgroupmn.com](mailto:info@fathersgroupmn.com)>. Serving TC metro area since 1979. — Bob Anderson, 2010-09-17.

**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: \_\_\_\_\_

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**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 (Wed) and one in Minneapolis (Mon). A new class is scheduled to start on Weds Oct. 13 in Hopkins.

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.

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**MEN TALK ADVERTISING RATE SCHEDULE**

Full Page	7 1/2" x 10"	\$200
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1/4 Page	3 5/8" x 4 7/8"	\$65
Biz Card	3 1/2" x 2"	\$25

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

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**4**

# Family Law Clinic

Only \$5

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

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

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

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

**Just come! No advance registration required!**

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

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