

men talk

tcmc 
twin cities men's center

in our 34th year
of public service

Dec 2010 / Jan 2011
Volume 34 #6

The Value of Men's Support Groups:

An Interview with Ernie Gunderson (Part 1) © 2010 BY JOE SZURSZEWSKI

Erne Gunderson recently completed a clinical research paper for his Master's Degree in Social Work at St. Catherine University & the University of St. Thomas in St. Paul. The paper, titled, "A Men's Support Group: An Adjunct for Men in Psychotherapy," summarized the research he conducted by interviewing men who were regular attendees at a men's support group and received psychotherapy. A number of his research subjects were recruited from TCMC's support groups. Ernie was recently interviewed for Men Talk by TCMC Board Chair Joe Szurszewski.

Men Talk: Thank you so much for talking with us. First off, I'd like to know what are you doing now? Now that you have the Master's, how are you using it, are you practicing?

Ernie Gunderson: Actually, I don't have the Master's yet. I did the thesis a year early because I didn't get a suitable placement for my internship last year. So I wrote my thesis last year and this year I'm doing my internship, then I'll graduate in the spring. To answer your question, what I'm doing now is I'm counseling 3 days a week in my internship.

MT: Is that going well?

EG: It's going very well.

MT: And is it the sort thing you think you'll want to continue with after you officially have the Master's?

EG: Well, it certainly feels that way right now. It's still new and exciting, and I have a lot of energy for it, and every new client that comes in is really interesting to me. I wonder if I'll ever get to the point where it will get old, but it's not been that way yet. Whatever my client's story, I feel a bond with them and I really enjoy the work.

MT: What originally got you interested in this topic?

EG: I've been in the same men's support group since 1984. It's a closed group, we meet in private homes, and we take turns hosting.

MT: What was your goal in writing this paper?

EG: One goal was that I wanted to learn more about men's support groups. Now that I'm going into social work, the significance of the support group experience I've had over the years and its impact on my decision to go into social work, I just thought I wanted to learn more about support groups, and men's support groups in particular.

MT: Did you have any expectation as to what you'd find when you started this research?

EG: My research question was, "What would the impact be of regular attendance in a men's support group on one's experience in psychotherapy. Would it be beneficial? Would it actually have some

kind of amplifying effect for the psychotherapy?" So that's what I was expecting to learn, and that's in fact what I did learn.

MT: Did you find some kind of synergistic effect between being in a support group and in being in therapy?

EG: Yes, that's what I found. I have lots of quotes from my interviewees in my paper about the synergistic effects.

MT: Can you give an example?

EG: One participant said that therapy gave him the tools for dealing with emotions, and gave him the ability to share with others, and also reinforced what he was doing for himself in group. Another participant said, "My support group is a place to talk about what I learned in therapy and to get reinforcement for it." Another fellow said, "The support group in some ways was allowing me to put flesh on the bones I had created in therapy. It allowed me to flesh out things and make them real, because it was done through relationships. So I was testing the benefits of my therapy in the support group through those relationships." I have other examples too, but that's really one of the best ones.

MT: You note in your paper that men typically have a hard time with social isolation. In the process of writing this paper, did you discover anything that might help men avoid this?

EG: Yes, it came out loud and clear that attending a support group is a springboard into being more active in a person's community and among friends. If you're isolated, you tend to isolate more. And being a part of a men's support group, gives one the confidence to be more active.

Interview continued on pg 2



...and now I hear that Santa is
OUTSOURCING to the South Pole!

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
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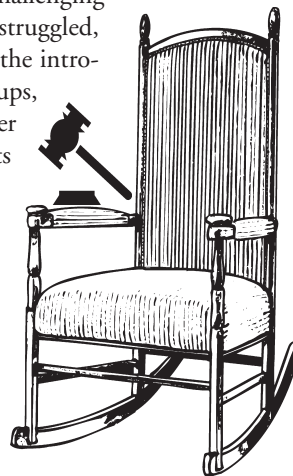
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Greetings from the Chair

As TCMC looks ahead to its 35th year serving the Twin Cities, we look back on a rewarding, yet challenging year. Financially, TCMC has struggled, and yet this past year has seen the introduction of new support groups, dozens of men trained in anger management, numerous visits to men in Minnesota's prisons, and thousands of men strengthened and comforted in our support groups.

It may seem like a paradox that TCMC's financial situation is precarious despite the fact that we continue to perform vital work. I don't believe the explanation has anything to do with the quality of our services. Rather, in economically hard times, demand for our services goes up while the ability to pay for these services goes down.

But perhaps I'm wrong. Maybe TCMC is failing to provide a service that is obviously needed by men in the Twin Cities. Or maybe you have a better idea about how we can offer an existing service. If you feel this way, or if you simply want to learn more about the Twin Cities Men's Center, I encourage you to



attend TCMC's annual meeting on Saturday, January 8th, from 9 am to 11 am in the "big room" at TCMC. This is the one time a year when we come together to review the past year and look ahead to the next, and anyone interested in bettering himself as a man will find plenty of like-minded company.

Immediately following the annual meeting, TCMC will hold its annual support group facilitator training class. This class is recommended for all current facilitators, and is required for anyone wishing to become a facilitator. Lunch is provided by TCMC, and the class typically lasts 2 - 3 hours.

TCMC has survived as long as it has for one simple reason: men who benefitted from its services decided to make sure that other men would have the same opportunity to grow and get stronger. Attending the annual meeting is a great way of helping to do just that. Happy holidays to all friends of TCMC and your families!

JOE SZURSZEWSKI
BOARD CHAIR

Interview continued from pg 1

MT: So if you're isolated, you tend to isolate more, but is the converse true, if you socialize, you tend to socialize more, so being in a support group leads to more socialization?

EG: Well, that's the impression I got from the feedback I was getting.

MT: Is there anything you discovered in doing this work that you'd like other social work and mental health professionals to learn?

EG: Yes, and that's the main finding of the paper, which is that if you're a man in psychotherapy, there's a great deal of benefit to also being in a men's support group. This is because of all of the feedback I got from my participants about how important it is to be able to practice what you learn in therapy in a men's support group. In therapy, it's a one-on-one situation, and it's not a peer, your therapist relationship is a business arrangement, it's not a peer relationship, so the boundaries are different. In a support group, you're relating to peers. So that's the real value of a support group. And therapists should know that too. In my literature review, I found that not many therapists are aware of support groups and the value and benefit of support groups. If anyone who reads the paper gets anything out of it, [I hope] it would be that if you're finding the need for psychotherapy, then you could also benefit from being in a support group.

MT: Can you talk a little about how doing this paper will inform your professional work going forward?

EG: Well, it already has, because the other two interns where I'm working are women. It turns out that at least half of clients want to see a male therapist, so I see as many clients as the other two interns combined. And a lot of them are men. The way my research is useful for me in my work now is that I think I relate to men's issues better, I definitely encourage men to seek out other men socially, and I always suggest men's support groups and I regularly recommend the Men's Center as a place to find a men's support group.

Part 2 of this interview will appear in the next issue of Men Talk. In the mean time, a copy of Ernie's paper is available in the TCMC office for anyone who'd like to read it.

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.

1976 - In Our 34th Year - 2010
of Public Service

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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 7:30pm	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 Women & Sexual Addiction 12:00p.m. Male Survivors of Sexual Abuse 7:00pm Divorce/Unclpl General 7:30pm	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
SUPPORT GROUPS Men's Retirement 5:30 p.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 Joint Physical Custody in MN 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 7:30pm	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 General 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION The Bible Through Gay Eyes and Heart 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 7:30pm	CHRISTMAS EVE HOLIDAY	CHRISTMAS HOLIDAY
	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.	SUPPORT GROUPS Women & Sexual Addiction 12:00p.m. Male Survivors of Sexual Abuse 7:00pm Divorce/Unclpl General 7:30pm	NEW YEAR EVE HOLIDAY	NEW YEAR 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 7:30pm	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	ANNUAL MEETING 9:00 am SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
SUPPORT GROUPS Men's Retirement 5:30 p.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 Women & Sexual Addiction 12:00p.m. Male Survivors of Sexual Abuse 7:00pm Divorce/Unclpl General 7:30pm	MEN TALK DEADLINE SUPPORT GROUP Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
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 No Presentation Transition 7:30 p.m.	SUPPORT GROUPS Women & Sexual Addiction 12:00p.m. Male Survivors of Sexual Abuse 7:00pm Divorce/Unclpl General 7:30pm	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	MT MAILING 9:00 am SUPPORT GROUPS Healthy Sexual Boundaries 10:00 am
	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 Women & Sexual Addiction 12:00p.m. Male Survivors of Sexual Abuse 7:00pm Divorce/Unclpl General 7:30pm	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.					

Check out our web site:
www.tcmc.org
e-mail: tcmc@tcmc.org
phone: 612 / 822-5892

Dec 10/Jan 11

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: **Rob Gamble, Jim Gerharter, Bob Manson, Shelley Meyer, Andy Mickel, 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 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.

A Circle of Warriors

Presenter: Andy Mickel
When: Wed, Dec. 8, 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.

Joint Physical Custody in Minnesota - It Can Happen

Presenter: Shelley Meyer
When: Wed, Dec. 15, 7:00-9:00 pm

Open to Men and Women

We will discuss how custody is determined in Minnesota; including a discussion on the thirteen best interest factors, how custody designations have no impact on child support, the impact of domestic abuse/Order for Protections on custody determinations, and how the designation of "joint physical custody" affects one parent's request to move out of State. We will also outline the amount of parenting time required for a designation of "joint physical custody;" it is not always 50/50.

Shelley Meyer is a graduate of William Mitchell College of Law and an attorney at Clausen & Hassan, LLC in St. Paul, with over five years of Family Law experience. She practices primarily in the area of Family Law, with experience in a variety of family law matters including contested/uncontested divorce, collaborative divorce, child custody, parenting time, property division, spousal maintenance, divorce trials, appeals, post-decree motions, out of State moves, paternity, domestic abuse and child support matters. Clausen & Hassan, LLC also practices in the areas of personal injury and criminal defense. Check out their website at www.clausen-hassan.com or call for a free initial consultation: 651-647-0087.

The Bible Through Gay Eyes and Heart

Presenter: Rob Gamble
When: Wed, Dec. 22, 7:00-9:00 pm

Open to Men and Women

This is not traditional. Suggestions of man-to-man intimacy - David and Jonathan, the man Jesus loved, Mathew's gospel has been called the Gospel for sex-workers. 3 kinds of eunuchs, can we find ourselves in Joseph's story? Why is male anal sex abhorant?

Rob Gamble, retired United Methodist pastor, gay progressive Christian, activist in Hennepin Ave UMC Reconciling Ministries, also attends All God's Children Metropolitan Community Church.

No Presentation

When: Wed, Dec. 29, 7:00-9:00

Family Law Clinic

Discussion Leader: Linda Wray
When: Wed, Jan. 5, 7:00-9:00 pm

Open to Men and Women

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

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

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A Circle of Warriors

Presenter: Andy Mickel
When: Wed, Jan. 12, 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. 19, 7:00-9:00

Why Does History Repeat Itself?

Presenter: Keith Pederson

When: Wed, Jan. 26, 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: Jim Gerharter

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

Open to Men and Women

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

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

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

SUPPORT GROUPS

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

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

- **Minneapolis Location**

3249 Hennepin Ave. S. Suite 55

General Men's Issues/ Divorce/Uncoupling

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

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

Addiction Busters

Open to Men and Women

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

- Tuesdays 7:30 - 9:30 pm

Gay Issues

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

- Tuesdays 7:30 - 9:30 pm

Transitions

Open to Men and Women

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

- Wednesdays 7:30 - 9:30 pm

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 2nd Sundays in December and January, December 12th and January 9th, both times at 5:30 pm. 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! ik, Group Facilitator

Here and There

– Edited by Andy Mickel

Upcoming Monthly Men's Sunday Brunches (bring something to share/cook up): **December 19th** at David Miner's, 311 E 24th St. #1, Minneapolis, 55404, 612-345-4835 (across 3rd Ave S from Art Institute). **January 16th** at Frank Brandon's, 975 Como Blvd E, St. Paul, 55103 651-487-3008. (on the east side of Lake Como). More than a dozen men attended October's brunch at the Men's Center. - Andy Mickel, 2010-11-14.

2011 Minnesota Fatherhood & Family Services Summit is Jan. 24-25, 2011, at the Kelly Inn in St. Cloud, Minnesota. The conference includes exhibits for helping families – especially fathers targeted to fathers. Kelly Inn, 100 4th Ave S, St. Cloud, Minnesota 56301. FFI: <<http://www.mnfathers.org/summit.html>>. Questions: <info@mnfathers.org>. - Molly Crawford, 2010-11-15.

Oprah Show on Male Survivors of Sexual Abuse Oprah's Friday, November 12 show was about the impact of sexual abuse on boys/men – the second part of a 2-part series. 200 men that are survivors of sexual abuse were on the show; it was revealed 1 in 6 men have been sexually abused. Sex abuse is dark, and the high number of men impacted is horrifying. Men that are victims feel shame and shame is a toxic emotion and tricky to deal with. [Local] leaders on the ManKind Project-Minnesota weekend handle these men with grace. The November 5th show does a great job describing the impact and helps create understanding. Go to: <http://www.oprah.com/oprahshow/Full-Episode-200-Adult-Men-Who-Were-Molested-Come-Forward-Video-via-David-Grocott,ManKind-Project-Minnesota>, 2010-11-13

Men's Studies Press 2010-2011 Catalogue lists 10 new books as well as 4 ongoing journals: "Thymos: Journal of Boyhood Studies", "The Journal of Men's Studies", "The International Journal of Men's Health" and "Fathering: A Journal of Theory, Research, and Practice about Men as Fathers". MSP, <<http://www.mensstudies.info/>>, P.O. Box 32, Harriman, TN 37748, 423-369-2375, <publisher@mensstudies.com>. - 2010-10-12

"Man Up" - cover article in September 27, 2010 Newsweek "The traditional Male is an endangered species. It's time to rethink masculinity." The article uses the culturally trendy phrase "man up" to mean something different. The 6-page article inside is titled "Men's Lib" which describes men finding work opportunities in professions not ordinarily hiring men: as nurses, customer service representatives, etc. as well as stay-at-home dads in the home. - Norm Petrik, 2010-11-08.

{Editor's note: At the Men's Center we always speak of "masculinities" (plural) so Newsweek, and the dominant culture are still 40 years behind...} "man up" means to suppress your feelings and "do your duty", right? What a throwback! It's just as remedial as the culturally trendy phrase "get over it" meaning "suppress your feelings: don't stop to do your grief work". - Andy}

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held April 29 - May 1, 2011 at Voyageur Environmental Center, Mound, MN west of Minneapolis. 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, 2010-11-08.

Annual Facilitator Training January 8, 11 am

Our annual facilitator training will be held Saturday January 8th, after the Annual Meeting which begins at 9AM, thus facilitator training should begin at about 11 AM, 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.

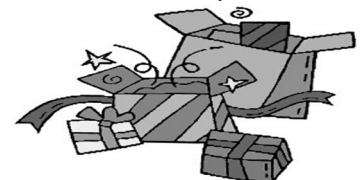
Norm Petrik, Chair Program Comm.

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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: _____

PLEASE SUPPORT OUR MEN TALK ADVERTISERS!

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 and one in Minneapolis. A new class is scheduled to start on Monday, Jan. 10th.

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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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
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Annual Meeting Notice & Proxy Statement

THE MEN'S CENTER ANNUAL MEETING WILL BE ON

SATURDAY, JANUARY 8, 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 8, 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. 8, 2010

I VOTE **AGAINST** THE BOARD OF DIRECTORS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 8, 2010.

I **ABSTAIN** FROM VOTING AT THE ANNUAL MEMBERSHIP MEETING, JAN. 8, 2010.

signed _____ date _____.

***What's
Inside***

Page 1 *Interview with
Ernie Gunderson*

Page 2 *Library Corner
Letter from the Chair*

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Anger Management Class*

Page 4 *Annual Meeting Notice*

Inserts *Dec/Jan Calendar
Presentations
Support Groups
Here & There*