

men talk

tcmc
twin cities men's center

in our 35th year
of public service

June/July 2011
Volume 35 #3

New Evidence of Happy Teens of Lesbian Parents

© 2011 BY DR. TOM WEAVER

Minnesota Educators: Pioneers in Education – Human Sexuality

I am grateful for being born in Minnesota, for being educated through the U of Minnesota Medical School, a 1970's pioneer in creating the Program of Human Sexuality, dedicated to research and education of professionals and the public they serve. During my medical education, the SAR program, allowed many of us to learn about the Kinsey studies and how a man's (and woman's) sexual identity is a gift from the Creator and often changes over time. Today, teens of all ages, have life-saving resources such as Program For Sexual Health, TCMC, recovery circles and professionals who model compassion and understanding. Research published in 2010 by Gartrell & Bos, Pediatrics, continues the scientific evidence. "17-year-old daughters and sons of lesbian mothers were rated significantly higher in social, school/academic, and total competence and significantly lower in social problems, rule-breaking, aggressive, and externalizing problem behavior than their age-matched counterparts in Achenbach's normative sample of American youth." Results at: <www.pediatrics.org>

Recovery Paradigms from Fear

to Unconditional Love and Self Acceptance

Still some of the "traditional" resources are still preaching the hate of the Old Testament, the time before Jesus modeled the teaching of unconditional love and the acceptance. Dr. Paul O, in the 3rd edition of the Big Book of AA, has one of the most inspiring entries for recovering folks, "And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation, some fact of my life unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake."

Finding Trustworthy Sources – LOVE Beyond Fear

"The more I traveled the more I realized that fear makes strangers of people who should be friends. " – Shirley McClaine

Often when we travel we are afraid to reach out to people because of fear, and we filter our connections that could have been friendly. Coming OUT is an act of Courage, often priests and politicians who are the most hateful are closeted, and living in an ungrounded fear-based hell. So have compassion for them.

Today, TCMC and the growing community of LGBTQ resources like Rainbow Health Coalition, Relationship Quest, Lake Calhoun Boys, Men's Alanon, MKP, reflects the growing ground-swell, where men and woman are learning to find safe places, to listen to each others

hearts, overcoming our addictions, through an inner journey to power, health and balance. Find that inner compass of balance and wholeness for all men, especially those who are GBTQ.

Shifting Paradigms – From Isolation, Loneliness & Despair to Peace, Joy Love and Acceptance.

"Back in the day" when I was a teenager in the 60's, ignorance and the church limited information about sexuality in rural Minnesota. There were no positive images of healthy gayness, even from Hollywood. Think Rock Hudson, who was driven by homophobia, much like the Catholic Church remained in shadow. Don't notice the man behind the curtain! The shadow is what we repress, deny and hide from the light of truth, and it continues to get humanity in trouble. The Celluloid Closet projected by Hollywood, became as dangerous to youthful victims as the Closeted Clergy, who until recently, hid behind the deceitful cloak of church patriarchy. Money, power and control, and the pillars of fear, keep gay and homophobic politicians in the closet. Think Larry Craig who was led to create laws that are short sighted and hurtful to many of our people.

Today, a new ground-swell and paradigm shift is reflected on YouTube <<http://www.youtube.com/watch?v=qGN886ycCaQ>> and DVD documentaries such as Celluloid Closet, where Armistead Maupin is interviewed about the toxicity of Hollywood's closet. Other videos I recommend include: *For the Bible Tells Me So*, *The Laramie Project*, *Outrage* and *One Nation Under God*. Hopefully, this shift will lead to compassionate laws that include everyone in God's Creation.

How Far We Have Come in Minnesota

Until the 1970's homosexuality was listed as a "disease" in medical literature. Only in the early 70's when I was in Med School, did current research dispel the disease concept as a myth. Now we know, we

Happy Teens continued on pg 2



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. Our periodicals include; *Fathering Today*, *Men's Health*, *Men's Journal*, *Lavender*, *Transitions*, and *Voice Male*.

Recent Additions: The Men's Center is proud to announce that two TCMC members have donated signed copies of their books.

OUT OF DENIAL, Piecing Together A Fractured Life. By Robert K. Anderson, 2008. Bob Anderson is a past anger management facilitator and a long time TCMC member.

PSYCHOLOGICAL AUTOPSY OF ELVIS PRESLEY, By William J. Ronan, 2011. Bill is also a TCMC member. Bill uses the full resources of his profession to forge beyond the well-known facts and the irrepressible hype of the Elvis legacy.

Also: *DYING OF EMBARRASSMENT, GETTING CONTROL, THE STORY OF JANE.*

Thanks for your help.

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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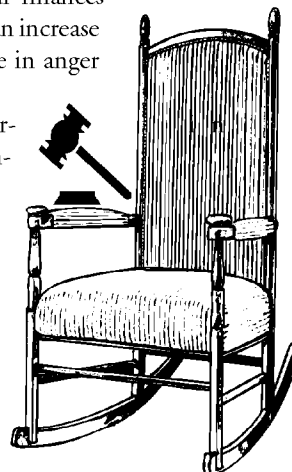
Tom Weaver - Alternate

Greetings from the Chair

These are exciting times at TCMC. Though we are financially still a shoestring organization, our finances have improved recently due to an increase in membership and an increase in anger management registrations.

The increase in membership is due in part to the membership matching program created by Ken Kunz, and has led to many more men becoming aware of and taking advantage of the myriad services TCMC provides. The increase in anger management registration is not as easily explained but is welcome news, both from a fiscal standpoint and from the point of view that more and more men in our community are learning how to express their anger in constructive ways. One consequence of this is that if you are contemplating taking our anger management class, you should contact our anger management coordinator John Hesch immediately to make sure you get into a class that fits your schedule.

On the program front, we are about to start a "Healthy Sexual Boundaries East" support group in St. Paul, in cooperation with Project Pathfinder. This will be an official TCMC support group, open to all interested



men, and is an exciting addition to our roster of support groups because it allows us to take a support group to a location that has expressed an interest in hosting it. Many thanks to Project Pathfinder for their help getting this off the ground.

June of course means the annual Twin Cities Pride Festival, and as usual, TCMC will have a presence. We encourage you to stop by our booth to learn about our many services for the GBT community, or just to say "Hi!"

While the above may seem like an unconnected list of items, I believe the unifying theme is

that of men defining their roles in society. From gay, bi, and transgender men choosing to take pride in their identities, to men looking for better ways to manage their anger, to men seeking help in dealing with difficult sexual boundary issues, to men simply choosing to support an organization that gives them a voice, this is, in my opinion, what TCMC does best: we provide men with the tools to define or redefine ourselves in ways that are healthier and more true to our core identities.

JOE SZURSZEWski
BOARD CHAIR

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are born into our sexuality as a gift from our Creator, and how each of us accepts it is our own process of self-knowledge, self-love discovery. Sometimes we need to find a family of choice, if our parents or "authorities" still live in fear of not "looking good".

Expanding the Circle for the Next Seven Generations of the People

Reinhold Niebuhr wrote, "God, grant us the serenity to accept the things we cannot change, the courage to change the things we can and the wisdom to know the difference." And what he added, "Accepting the world as Jesus did, not as he would have it, rather as it is." *"It Gets Better"* as Dan Savage said, and many of us know from our experience. There are now many safe places for GBTQ men to celebrate who we are. Worldwide, men are discovering the gift of being different, and we are not functional when we act as victims. We must speak our truth and act by raising kind and honest children, and creating our own families of choice. Harvey Milk, Matthew Shepard, James Baldwin and Stephen Scott, all men who died prematurely in America, model like Jesus did, that many men are martyrs before their times. Especially if their ideas are unpopular and fly in the face of those who "would rather be right, than live in love and peace." But many indigenous people have long modelled honoring gays as balanced and necessary members of society. For an open exploration, please read: *Gays' Guardians of the Gates*, by Malidoma Somé, Dagura teacher and elder, <<http://www.menweb.org/somegay.htm>>.

My want is for more GBTQ men to come out worldwide, serving as examples of productive role models of compassion and beauty, as parents, lovers and business owners. The dominator culture has nothing to fear than fear itself.

Wake up and smell the coffee honey and be fabulous! One day at a time.

Dr. Tom Weaver is grateful for this venue to share his experience, strength and hope about gay health in the 21st Century. Celebrating those men and women, who claim our truth of being GBTQ, gay, bi, transgender, queer, on the healthy continuum of our sexual beings.

EVENTS CALENDAR

The mission of the Men's Center is to provide resources for men seeking to grow in body, mind, and spirit; and from that foundation to advocate for healthier family and community relationships.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jun/Jul 11			Family Law 7-9pm SUPPORT GROUPS H.S.B. East 5:30pm Northside Men 6:30p Transition 7:30 p.m.	SUPPORT GROUPS Women & Sexual Addiction 12:00p.m. Divorce/Uncpl General 7:30pm	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
			1	2	3	4
5	SUPPORT GROUPS General 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	A Circle of Warriors 7-9pm SUPPORT GROUPS H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Women & Sexual Addiction 12:00p.m. Divorce/Uncpl General 7:30pm	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
6			8	9	10	11
12	SUPPORT GROUPS General 12:30 p.m. BOARD MITG. 7 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION No Presentation SUPPORT GROUPS H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Women & Sexual Addiction 12:00p.m. Divorce/Uncpl General 7:30pm	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
13			15	16	17	18
FATHER'S DAY 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 SUPPORT GROUPS H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Women & Sexual Addiction 12:00p.m. Divorce/Uncpl General 7:30pm	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	PRIDE FESTIVAL SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
19	20	21	22	23	24	25
PRIDE FESTIVAL 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 SUPPORT GROUPS H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Women & Sexual Addiction 12:00p.m. Divorce/Uncpl General 7:30pm	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
26	27	28	29	30	1	2
3	FOURTH OF JULY	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	Family Law 7-9pm SUPPORT GROUPS H.S.B. East 5:30pm Northside Men 6:30p Transition 7:30 p.m.	SUPPORT GROUPS Women & Sexual Addiction 12:00p.m. Divorce/Uncpl General 7:30pm	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
4			6	7	8	9
10	SUPPORT GROUPS General 12:30 p.m. BOARD MITG. 7 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	A Circle of Warriors 7-9pm SUPPORT GROUPS H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Women & Sexual Addiction 12:00p.m. Divorce/Uncpl 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.
11			13	14	15	16
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 SUPPORT GROUPS H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Women & Sexual Addiction 12:00p.m. Divorce/Uncpl General 7:30pm	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	MEN TALK MAILING 9:00 am SUPPORT GROUPS Healthy Sexual Boundaries 10:00 am
17	18	19	20	21	22	23
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24	25	26	27	26	29	30

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Management
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1976- In Our 35th Year -2011
of Public Service

Check out our web site:
www.tcmc.org
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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 are Jim Gerharter, Bob Manson, Andy Mickel, and Linda Wray.

A small fee is collected at the door for each person attending:

Non-Members of TMC – \$5.

Regular Members (\$20 level) – \$3

Sustaining Members – FREE

All presentations meet at The Men's Center, 3249 Hennepin Ave. So, Suite 55 Minneapolis, MN 55408

We welcome your suggestions for new topics and presenters. Please call Randy at 612-822-5892 with your ideas.

The Men's Center does not endorse, takes no specific position, nor does it hold any opinion on the presentations, or of any information imparted, or of the presenter(s) themselves. Presentations are the sole product and responsibility of the presenter(s).

DESCRIPTIONS

Family Law Clinic

Discussion Leader: Jim Gerharter
When: Wed, June 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, June 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.

No Presentation

When: Wed, June 15, 7:00-9:00
Check our online calendar for updates <<http://www.tcmc.org/events2/calendar.html>>

No Presentation

When: Wed, June 22, 7:00-9:00
Check our online calendar for updates <<http://www.tcmc.org/events2/calendar.html>>

No Presentation

When: Wed, June 29, 7:00-9:00
Check our online calendar for updates <<http://www.tcmc.org/events2/calendar.html>>

Family Law Clinic

Discussion Leader: Bob Manson
When: Wed, July 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

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A Circle of Warriors

Presenter: Andy Mickel
When: Wed, July 13, 7:00-9:00 pm

The Mankind Project is an organization of men working together to improve their lives and help other men. As New Warriors "We are an order of men called to reclaim the sacred masculine provides a model for men to generate and maintain a world in such a way as to include and yet rise above one's own issues for the betterment of one's self, one's own family, tribe, nation and race."

We are all familiar with a man's physical tools (a hammer, a sword, a plow....) Is this enough? What about integrity, commitment, action and clarity? I know that most men want and need these tools. The New Warrior Training Adventure can help. Join a circle of warriors to ask questions and hear how the adventure has changed men's lives.

"The initiation of men is the hope of the world." - Don Jones, former chairman, ManKind Project.

No Presentation

When: Wed, July 20, 7:00-9:00
Check our online calendar for updates <<http://www.tcmc.org/events2/calendar.html>>

No Presentation

When: Wed, July 27, 7:00-9:00
Check our online calendar for updates <<http://www.tcmc.org/events2/calendar.html>>

Family Law Clinic

Discussion Leader: Linda Wray
When: Wed, Aug 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.

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

Open to Men Only

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

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

Open to Men Only

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.) This is the Twin Cities longest running gay support group.

- 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

Healthy Sexual Boundaries-EAST

Open to Men Only

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.

The group is open to all men, not just Project Pathfinder clients or former clients. If you are currently in primary treatment at Project Pathfinder, please consult with your therapist before attending this group.

- Wednesdays 5:30 pm - 7:30 pm

Project Pathfinder Group Room "B"

Griggs-Midway Building

(Northeast Entrance)

3rd Floor, Suite N385

1821 University Ave. W.

St. Paul, MN 55104

NORTHSIDE General Men's Issues / Relationship Issues

Open to Men Only

Men can express thoughts and feelings about the process of life's challenges and experiences, and what it means to be a man in American culture. The North Metro especially the Northside has unique stressors as under-served, under-resourced area. This is a group to talk about it all on an interpersonal level from the support of other men. Facilitators: Michael Martens, Malik Holt-Shabazz

- First Wednesdays 6:30 - 8:30 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

General Men's Issues/ Divorce/Uncoupling

Open to Men Only

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.

- Thursdays 7:30 - 9:30 pm

Bisexual Men

Open to Men Only

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

Open to Men Only

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

Open to Men Only

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 June, June 26th, instead of the usual 3rd Sunday. We will meet as usual on the 3rd Sunday of July, July 17th 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!

Norm Petrik, Group
Facilitator

Upcoming Monthly Men's Sunday Brunches (bring something to share/cook up): **June 19th** (Father's Day--children welcome) at Jim Lovestar's backyard picnic table, 2629 Upton Ave N, Minneapolis 55411 (1 block east of Theodore Wirth Parkway and near the Broadway/Lowry Jct), 612-588-8984. **July 17th** at Stephen Sewell's, 647 Lincoln Ave #E, St. Paul, 55105 (just east of Dale Av) 612-229-6699. Paul Busch co-host. 1523 Laurel Avenue, St. Paul 55104 651-646-4656.

16 men attended Andy Mickel's April brunch and 15 men attended Bob Schauerhamer's May brunch. - Andy Mickel, 2011-05-16.

Please join us for an interesting and powerful community event, **Thanking the Earth - Abundance Ritual**. June 26, 2011, 2 PM - 6:30 PM. Attract ABUNDANCE to your life. Apply the LAW OF ATTRACTION. Show GRATITUDE to Mother Earth, the source. Honor the FLOW OF LIFE, giving and receiving. This ritual is facilitated by Terileigh Schmidt, Dagara elder and student of Malidoma Some, West African shaman, author, and diviner. \$49 pre-register, \$59 at the door. Living Waters Market & Cafe, 12201 Minnetonka Blvd. Minnetonka, MN 55343 To register and more info: www.mnritualhealing.weebly.com/abundance-ritual.html - Dan Gorbunow thunderbird@live.com 612-987-0324

The Tracking Project announces their upcoming events for Summer and Fall: July 9-16 **25th annual Hawkeye Training Camp**, near Cuba, NM. A Week-long skills

camp for boys ages 12-18. Skills include tracking, survival, Nature awareness, music, story, dance, comedy and the martial arts. Limited to 30 boys. Cost \$550.

July 9-16 **13th annual Hawkeye Scout advanced training camp** for young men, near Cuba, NM. Skills include advanced tracking, stalking, movement and living on the land. Limited to 13 young men. Cost \$550.

July 23-30, **16th annual Dreamtracking week-long skills camp** for girls, ages 10-16, near Cuba, NM. Offering basic tracking and survival skills, music, story, dance and natural movement training. Limited to 30 girls. Cost \$550.

August 5-7 **The Art of Seeing, The Way of the Tracker**, New Mexico. Joel Glanzberg (teacher of permaculture and landscape design) will join John Stokes for an immersion experience in the art of seeing. Together John and Joel blend the pattern recognition and pattern literacy of permaculture and tracking into a deep exploration of Nature, sustainability and whole systems. Cost: \$250.

Sept. 17-24 **Tracking in the Southwest**, New Mexico. Join us for this Southwestern tracking intensive—a hiking, camping and tracking journey to the heart and soul of northern New Mexico. A unique opportunity to learn about animal tracking, survival skills, Native cultures and teh Arts of Life while camping out in the land of the Anasazi. Limited to 25 people. cost: \$950.

FFI: Box 266, Corrales, NM 87048; thetrackingproject@earthlink.net 505-898-6967 - John Stokes, 2011-04-01

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held Sept 30 - Oct 2, 2011 at Eagle Lake Camp near Brainerd, Minnesota. 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 for Open I-Group dates/times, see: <http://minnesota.mkp.org/> . - Andy Mickel, 2011-05-08.

A Mythodrama workshop for men over 50

The Elder has identified not only his strengths and weaknesses, but he has also dipped into the deeper well of wisdom that is only available to the man willing to do what is necessary to discover the well! MYTHODRAMA is a new form of experiential learning which draws on the power of theatre and story, the riches of poetry, and the symbolism of deep ritual.

This workshop will help you personally experience the Initiatory Myth of Percival in Search of the Holy Grail. You will uncover the hidden paradox of your own aging and discover the passage to a spirited elderhood.

Location: Villa Maria Retreat Center, Frontenac MN. Total cost (includes Tuition, transportation from Minneapolis Int. Airport, meals and accommodation): \$695 Details at: http://www.midlife-men.com/elder_and_the_grail.html

NORTHSIDE General Men's Issues / Relationship Issues

Open to Men only, specifically Northside/North Metro men

First Wednesday of the month, 6:30pm - 8:30pm

Facilitators: Michael Martens, Malik Holt-Shabazz

Men can express thoughts and feelings about the process of life's challenges and experiences, and what it means to be a man in American culture. The North Metro especially the Northside has unique stressors as under-served, under-resourced area. This is a group to talk about it all on an interpersonal level from the support of other men.

In partnership with Project Pathfinder, The Twin Cities Men's Center is proud to announce:

Choosing Healthy Sexual Boundaries (East)

Wednesdays, Starting June 1, 5:30 - 7:30 pm

Project Pathfinder Group Room "B"

- Do you have concerns about your sexual behavior?
- Are you receiving negative feedback about your sexual choices?
- Do have 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?

Project Pathfinder

Griggs-Midway Building (Northeast Entrance)

3rd Floor, Suite N385

1821 University Ave. W. (University & Fairview)

St. Paul, MN 55104 / 651-644-8515 / www.projectpathfinder.org

You do not need to call or sign up – this is an open group. Free parking is available. **Please note:** The support group will begin promptly; please allow extra time due to light rail construction on University Avenue. The group is free, but a donation of \$3 - \$10 helps keep the program operational. The Twin Cities Men's Center also offers this group on Saturdays in Minneapolis.

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 on Mondays and Thursdays. The next class starts May 25 on Wednesday nights.

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.

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	3 1/2" x 2"	\$25

(612) 822-5892

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UPTOWN AREA SPACE TO RENT

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 3249 Hennepin Ave S**

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

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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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men talk

twin cities men's center news

4

42 Years of Pride and 35 years of the Twin Cities Men's Center

The Stonewall Rebellion happened in June of 1969 in New York City, and was the turning point for Gay Liberation in America. The TCMC was founded in 1976 and continued to be a centerplace for Men's Liberation in Minnesota.

2011 Twin Cities Pride is Approaching: Sat & Sun, June 25 & 26

Please join the Twin Cities Men's Center, as we will be pitching our tent at this year's Twin Cities Pride Festival. This has been a long-term tradition, going for 35+ years. Come by our tent to see **If We Have A Group 4 U**. We will be having a raffle of a Beautiful Hand Made Quilt donated by North East Community Lutheran Church Quilting Club, and fun games for other prizes.

Please check out our website at www.tcmc.org for updates.

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