



THE
MEN'S
CENTER

MEN TALK

Empathy for Young Males

- WAID JOHNSON

Imagine you have a job like many people who come into their office every morning about 9:00 a.m. Now imagine your co-worker comes into your office or cubical and says to you. "After work I am going to find you in the parking lot and kick your #%@!!!" How much work would you get done that day? This may seem like an absurd situation to many of you, but today, most of our boys have to live with this fear at some point in their school career. And to whom can they turn? If they talk to their parents they are tattling about being bullied. So as a society we socialize boys at a young age to "suck it up" and "take it like a man".

And how do we handle this situation as parents or role models for kids? We teach boys to suck it up. Boys are taught not to care about others, because if they care about the others being bullied they are setting themselves up for trouble. Boys are taught not to cry when they are physically hurt. Last year I heard Geoffrey Canada discuss these issues at his speech at the Training and Education Consortium of Hennepin and Ramsey (T.E.C.H.R.).

Geoffrey Canada is the 1994 recipient of the Heinz Award for the Human Condition in recognition of his battle against what he calls the monsters preying on the children of the depressed inner city. He is president of the New York-based Reedlen Center for Children and Families where he created model programs and set an example for all adults who want to protect children from crime, drugs, lawlessness and despair. Geoffrey has been instrumental in the development of two programs through Reedlen; the Beacon Schools Program, which provides inner-city families with shelter and constructive activities 17 hours a day 365 days a year; and the Peacemakers Group which trains young people in conflict resolution, mediation and violence prevention. He is the author of *Fist Stick Knife Gun* and *Reaching Up For Manhood*.

I work with young fathers in North Suburban Ramsey County as well as students who are considered "throw away" by the school district. These kids may have stopped attending school for any number of reasons: family situation, emotional acting out, or social discomfort. In my work with troubled youth over the last 15 years (including a stint with Outward Bound's

Youth at Risk directive program), I have experienced the personal reward of making large, positive impacts on students' lives, even if I can only reach one or two students at a time. Also rewarding and challenging is my latitude to use innovative and creative approaches with such youth that wouldn't be acceptable in an ordinary school setting.

Many of Mr. Canada's insights are valuable for those of us working to support or raise young males. Of particular interest to me was the question "What is it to be a man?" I struggled with this question as a youngster and believe that many "youth at risk" (or, using the new term, "youth at promise"), struggle with this question on a weekly if not daily basis. Many boys look to their sexuality as the defining element of being a man. Sexual prowess has many unwritten taboos regarding what can or cannot be talked about and with whom. Many times the message boys share amongst themselves is focused on the virility and sexual prowess of the boy telling the story.

Boys are becoming more violent today. Lack of family structure along with increased importance placed on peer relationships are major causes. Geoffrey is noticing that more boys growing up in rural USA are looking and acting more like today's inner-city gang members. I find this intriguing, and my belief is that parenting has changed in the USA in the past 30 years because both parents are expected to work full time which results in abandonment and neglect. Consider also the influence of the media. Movies and TV have more explicit violence as well as sexuality than ever before.

What is changing in America?

Geoffrey has taken the opportunity to travel around the rural USA and what he has found is astonishing: kids in rural America are dressing and sounding more and more like the inner-city culture in which he grew up. I have noticed kids in suburban schools, some from the wealthiest families, imitating and emulating "gangsta" clothing hairstyles and slang. I have asked some of these kids if they have ever lived in a setting that is more urban than suburban Ramsey County and the vast majority said "no".

Geoffrey Canada found this troubling as well because the rules of the inner city "youth at promise" have changed drastically in the past 20 years. In the "old days" a kid challenged you



Library Corner

—EDWARD MCCARROLL



The Men's Center library is your library, available to all members during office hours (M, T, Th, F pm) and some evenings. Come to the Men's Center and browse in the library, relax with a free bagel, coffee or pop, and a book. Or check out one by writing your name on the book card and putting it in the designated container.

Often the library is used by students or reporters who are doing research on topics related to men.

Periodicals and magazines available are:

- Men's Health
- Every Man
- Lavender
- Men's Journal
- Transitions
- Rainbow Families
- Bi All Means
- and others

Archive copies are available for most of these. This is your library USE IT!

Letter from the Chair

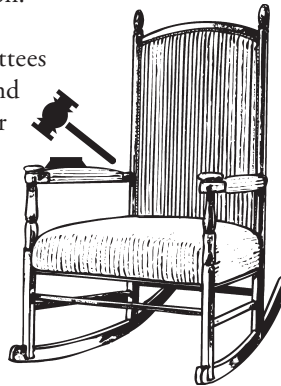
Welcome to another issue of Men Talk and another year of The Men's Center. I'm happy to announce that we have a full board of 8 members this year of which 3 are totally new to the board: James Quenzer, George Muumbo and Bob Eng. It is exciting to have new people and ideas to invigorate the organization.

We also have our committees (Program, Outreach, Finance and Membership) and other volunteer opportunities that welcome new individuals to help continue and build upon our great work. Call The Men's Center office (612-822-5892) and leave a message telling us any way you can help. It is greatly appreciated.

As Board Chair again (having served in 1997 and 1998), I will not even attempt to fill the shoes of the previous Board Chair John Kuyper. He has done so much for the organization (Men Talk, developing policies and procedures, past facilitator, etc.). We should

all be deeply appreciative for what he has done for the Men's Center and wish him well as he takes some time for his own personal growth.

Also on the board are: Bill Dobbs as Vice-Chair, (Men Talk Coordinator and Website development); Norm Petrik as Secretary (Program Committee Chair); Gerald Obremski as Treasurer (Finance Committee) and Andy Mickel, (Membership Committee Chair, Men Talk, Website Production and Board Chair's Administrative Assistant – I'm not good with paperwork). Thanks to the Board for their vote of confidence to serve as Chair again and thank you all for your time, talents and monetary donations to keep the Men's Center vibrant.



For Men, For All,

**TOM PERRAULT
BOARD CHAIR**

St. Paul Group Moves

— HANK BRUNS

On April 2, 2002, the first Tuesday of the month, the St. Paul Drop-in Support Group will occupy its new location for the first time. The building at 986 Forest St. is being sold, and we will move to Memorial Lutheran Church at the northeast corner of Maryland Ave., and Earl St. We greatly appreciate being invited to meet at Bethany Lutheran Church all these years. It has been a most comfortable arrangement, and we have felt very welcome. The Bethany Parish is being relocated to the Memorial site, as the building is sold.

We will have one more very convenient bus route available for those who depend on the Transit Service. Route #64 runs on Maryland Ave, and has a more frequent schedule. Route #61 is still also available and stops at Forest and Maryland, only two blocks distance. That is the one bus that passes the old site, at Forest and Jenks, and is scheduled less frequently.

A large parking lot is available, and is entered from the alleyway. The Maryland Ave. entrance is normally roped off due to high traffic load on the street.

Again, a great vote of gratitude to the Bethany Congregation for your hospitality all these years. You have indeed been good friends to The Men's Center.

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
Business Card	2" x 3-1/2"	\$25

Space Rental Rate Schedule:

	<i>Not for profit</i>	<i>Profit event</i>
Full Day (8 hrs)	\$50	\$100
Half Day (4 hrs)	\$25	\$50
Hourly	\$7.50	\$15

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'S CENTER EVENTS

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
The Men's Center number is 612 / 822-5892	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls... Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION The Hidden Moralism of Modern Life 7 - 9 p.m.	SUPPORT GROUPS Div/Uncpl/General;... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 2:00 p.m.
	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls... Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Navigating Difficult Conversations 7 - 9 p.m.	SUPPORT GROUPS Div/Uncpl/General;... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 2:00 p.m.
	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls... Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Awakening Intuition 7 - 9 p.m.	SUPPORT GROUPS Div/Uncpl/General;... Male Surv. Sex Abuse. Emotional Abuse Men's Health 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 2:00 p.m.
BRUNCH 10:00 a.m. Men's Retirement 5:30 p.m. Men's Night Out 7 p.m.	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls... Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Go To Health 7 - 9 p.m.	SUPPORT GROUPS Div/Uncpl/General;... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 2:00 p.m.
	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls... Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Spirituality, Science and Healing 7 - 9 p.m.	SUPPORT GROUPS Div/Uncpl/General;... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 2:00 p.m.
	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls... Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION "CL" Class 7 - 9 p.m.	MT ARTICLE DEADLINE SUPPORT GROUPS Div/Uncpl/General;... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 2:00 p.m.
	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls... Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Body Dreaming 7 - 9 p.m.	SUPPORT GROUPS Div/Uncpl/General;... Male Surv. Sex Abuse. Emotional Abuse Men's Health 7:30 p.m.	MT FINAL DEADLINE SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 2:00 p.m.
BRUNCH 10:00 a.m. Men's Retirement 5:30 p.m. Men's Night Out 7 p.m.	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls... Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Why People Do What They Do? 7 - 9 p.m.	SUPPORT GROUPS Div/Uncpl/General;... Male Surv. Sex Abuse. Emotional Abuse Men's Health 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 2:00 p.m.
	HOLIDAY MEMORIAL DAY	SUPPORT GROUPS Gay Issues in Mpls... Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Men & HIV 7 - 9 p.m. MAILING PARTY 6:30 p.m.	SUPPORT GROUPS Div/Uncpl/General;... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	Call for info on Anger Management classes.

1976 - In Our 26th Year of Public Service - 2002

Check out our web site: www.tcmc.org
email: tcmc@freenet.msp.mn.us

Apr/May 02

Men & HIV; What is Our Responsibility?

Presenter: Jason Little
When: Wed., May 29, 7-9 pm

Open to men

This session will be an overview of looking at HIV issues for sexually active men, both straight and gay. What are our responsibilities to ourselves and our partners?

How do we stay safe?

How do we negotiate safe sex skills?

Jason Little has worked at MAP as a HIV educator since June 2000. He works on the AIDS line and does HIV testing. He comes from New York City.

Depression: Not for Women Only

Presenter: Dr. Ronald Groat
When: Wed., June 5, 7-9 pm

Open to men and women

Depression is a common illness affecting at least 20 million men in America today. Dr. Groat will focus on depression as an illness and how it uniquely affects men. There will be an opportunity for participants to interact with Dr. Groat.

Dr. Groat is a psychiatrist practicing in the Minneapolis area for over 20 years. He is a frequent speaker and educator to the public.

SUPPORT GROUPS

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
- **St. Paul Location**
Memorial Lutheran Church
NE Corner Maryland Ave. & Earl St.
(not a mailing address.)

Men's and Women's Issues

General Mixed-Gender Issues

Participants can express what it means to be male or female, and hear constructive feedback in a safe, mixed-gender environment.

- Mondays (Mpls) 7:30 - 9:30 pm

Emotional/Psychological Abuse

This group is for people who are or have

been in abusive relationships that interfere with health living.

- Thursday (Mpls) 7:30 - 9:30 pm

Twenty-Something (20 to 30 year olds)

This group offers a supportive place for GLBT's to socialize and to discuss life's challenges and experiences.

- Saturdays (Mpls) 2:00 - 4:00 pm

General Men's Issues/Relationship Issues

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 (Mpls) 7:30 - 9:30 pm

Divorce/Uncoupling/Family of Origin/Workplace

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 (Mpls) 12:30 - 2:30 pm
- Tuesdays (St. Paul) 7:30 - 9:30 pm
- Thursdays (Mpls) 7:30 - 9:30 pm

Male Survivors of Sexual Abuse

You may feel alone. It is a brave step to seek out other men who can share from this perspective the deep feelings of shame. Only by talking it out can freedom evolve from this secret prison.

- Thursday (Mpls) 7:30 - 9:30 pm

Men's Health

Participants may expect to find and explore commonalities in the search for health.

- Thursday (Mpls) 7:30 - 9:30 pm

Bisexual Men

This group will allow Bi men to explore personal issues of all kinds while learning from each other what it means to be a Bi man.

- Fridays (Mpls) 7:30 - 9:30 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 (Mpls) 5:30 - 7:00 pm

PRESENTATIONS

Workshops and presentations have been a part of The Men's Center offerings to the community since it's beginning 25 years ago.

Whenever possible we will continue the "Men's Wellness" Theme for Weds. night presentations. We welcome your suggestions for topics and presentations.

Presenters new to the Men's Center are: Lisa Lillemoen, Jason Little. Returning to continue their support of the Men's Center are: Al Coffman, Jim Duffy, Harry Greenberg, Ron Groat, Jim Guswiler, Larry Johnson & Elaine Wynne, Roy & Martha Sanbower, and Sharol Tyra.

The Men's Center Board appreciates the volunteer presenters who return from time to time and welcome first timers. Their presentations add a new dimension to our weekly Wednesday night gatherings.

All presentations meet at TMC, 3249 Hennepin Ave. So, Suite 55, unless otherwise noted. These low cost presentations are shown in the Calendar of Events and a more extensive description follows. No pre-registration is needed; entrance fees collected at the door are:

Non-Members of TMC - \$5.

Regular Members (\$20 level) - \$3

Sustaining Members - FREE

Please take time to read the descriptions and plan to attend if they stimulate your interest. Bring a friend to share the experience and acquaint him/her with the Men's Center.

Each presentation is intended to promote personal growth, stimulate your interest in a topic, and to give you an opportunity to interact with other attendees.

Note: All events are for men only unless otherwise stated.

Presentations are the sole responsibility of the presenter(s). 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.

DESCRIPTIONS

The Hidden Moralism of Modern Life

Presenter: Jim Duffy
When: Wed., April 3, 7-9 pm

Open to men and women

Many of the modern approaches to understanding human problems, from self-help books to professional expertise make claims that they are not moralistic or judgmental. However, there is a hidden moralism that pervades most underlying assumptions of the counsel to most



Taking the Steps To Stop the Abuse

- © 2000 DAVID J. DECKER, LP

One would hope that our homes could be safe havens for women, children, and men. But all too often, they are not. Domestic abuse is an epidemic in this country. It is estimated that 2 to 4 million American women are battered each year by their husbands or intimate partners. And sadly, in the United States, a woman is more likely to be assaulted, injured, raped, or killed by a male partner than by any other type of assailant (Browne & Williams, 1927). We can't continue to go on this way.

Sometimes male clients have said to me, "Well, wait a minute, what about all the abuse and violence that my wife does to me?" It certainly is true that women can also be abusive in relationships, saying and doing hurtful, disrespectful, and demeaning things. In fact, two national surveys by Gelles and Straus in 1975 and 1985 found that women used violence as frequently as men.

But, especially when domestic abuse escalates to threats and physical violence, it is my belief that there is a significant difference between men and women. If my partner hauls off and smacks me, I may be angry, annoyed, and irritated. But I will not feel fearful, humiliated, and intimidated. If I make the decision to use physical force with her, she will experience the fear, humiliation, and intimidation.

Because of size, musculature, and socialization, most women in heterosexual relationships cannot compete with their male partners once physical conflict begins. When we as men go to the physical, we are much more likely to be able to control and dominate a relationship through threats and violence than our partners are. In addition, other types of abusive behavior, including sulking, name-calling, put-downs, cussing and swearing, slamming doors, punching walls and the like take on additional impact. Partners and children don't need to be reminded that those same behaviors preceded physical violence the last time it occurred.

Volatile anger and abusive behavior are always destructive in an intimate relationship and always lead to a loss of trust, respect, and intimacy. Although abuse may

continued on inside

A MEN'S ANGER MANAGEMENT CLASS

**For men who feel that
their verbal and emotional
expression of anger
is out of control.**

**For men who desire to
significantly improve their
relationships at home
and at work.**

Presented by:



The Men's Center
3249 Hennepin Ave. S
Minneapolis, MN 55408

A 501-C3 nonprofit
organization serving
men for 25 years
612-822-5892
www.tcmc.org

P E A C E
in the world starts with peace
within ourselves
then to those around us,
same as the concentric,
ever expanding ripples
made by a stone dropped into a pond.

We Are Unique!

A mens education and support class dealing with our anger issues and actions.

Facilitated by men who volunteer to help other men by teaching and sharing.

Helping over 500 men in 12 week classes since 1997 bringing some peace and joy to their lives.

We don't do miracles but we see them.

It takes most men a lifetime (at least it feels that long) to get where they really, really hurt and are able to ask for help.

*Joy will happen
with hard work
and honesty
with effort over time
beliefs can be unlearned
actions can be changed
its worth it
to really start living
with joy and happiness
and peace within
and all around.*

What is Anger?

Anger Management Classes at:

▪ **Minneapolis (Uptown)
Hopkins (Downtown)
Edina (70th/100th)
St. Paul (North)**

▪ **Meets 2 hrs per week
7-9 pm**

▪ **Maximum 12 men
per class**

▪ **Two trained facilitators
per class**

▪ **Workbook by
David Decker, MA,
Licensed Psychologist**

▪ **\$150 pre-paid**

▪ **Call Herb
612-827-3393
Day/Night**

Anger is a powerful human emotion. Even though it is generally painful and uncomfortable, it can also be a life-affirming and helpful force in your day-to-day life that leads to self-knowledge and intimacy with others. Unfortunately, all too often, it becomes a destructive force that leads to attempts to hurt, punish and control those around you, which eventually results in emotional distance, mistrust, and isolation. The way it goes depends on how your anger is handled.

A Way to Resolve Your Anger

– BY BOB ANDERSON.

Many men have issues with anger. They explode, become abusive, bully and intimidate. Some simply shut down and withdraw, overwhelmed by their emotions. Many problems flow from this: family breakdown, physical and mental illness, and some of the worst violence in our culture.

The Men's Center has made a commitment to address these issues in its Men Helping Men with Anger program. This anger management course consists of 12 weekly sessions, two hours each, offering instruction and support in interactive small groups.

Unique among anger management programs, it is designed especially for men and is presented not by professionals but by men who have faced their own demons, who've been trained in the curriculum, and speak powerfully from their own experience. This quickly creates a climate of trust that sparks connections among the men. In the first few weeks you can almost see the weight of years of male socialization lift from their shoulders - the pressure to be on top, in control, strong and self-sufficient. They quickly learn this is a safe place where they can be themselves and relax and unfold in the affirming presence of other men.

Some of the class members are court-ordered, but most are there by choice. They see themselves repeating with their children patterns of hurtful behavior they themselves experienced as boy; they see their marriages crumbling, their jobs threatened. They feel powerless, desperate, alone. They want to change, to be the man they are inside.

The course covers recognizing abuse, manag-

Taking the Steps *continued from previous page*

work short term to get what you want and control a person or situation, in the end it is never helpful in arriving at constructive problem-solving and conflict resolution that leaves both parties feeling okay about what has transpired. Because of our ability as men to control through the use of threats and violence, it is up to us, from my perspective, to take the initiative to make sure that violence and abuse are not a part of the relationships with our partners and children.

The following steps from my book, *Stopping The Violence*, are critical in the process of change if you make the decision to do 'something about anger, abuse and control in your own life.

1) Acknowledge to yourself and others that you have a problem with anger, abuse, and control. Any meaningful change is impossible without this admission. Then go out and get some help to specifically confront these issues.

2) Address mental health and chemical use issues when they are present in your life. If you are depressed or drinking too much, get some help. If issues like these are left untreated, they will interfere with treatment focused on abusive and controlling behavior. They will also interfere in how you get along in your day-to-day life.

3) Come to know that, when you are abusive to others, you are always feeling inadequate, powerless, and unlovable. People who overall, feel okay about themselves do not need to try to assume power and control over other human beings.

4) Realize that controlling and abusive behavior hurts you and those you love. When you are abusive, you erode the self-esteem and self-respect of those round you and you teach, your children to be bullies or "doormats." You also create emotional, physical, and, potentially, legal consequences for yourself when you engage in these sorts of behaviors.

5) Understand that anger is different from abuse and control. Anger is a normal natural human emotion. It is what you do with this emotion that determines whether it is helpful or becomes toxic and destructive.

6) Recognize that becoming abusive is always a choice. You are continually making decisions even when you feel rageful and out-of-control.

7) Take responsibility for what you feel,

continued on next page

How to Protect Yourself From Road Rage

BY DAVID DECKER

- **How to Identify it**
- **How to Protect Yourself**
- **How to Handle Your Own Rage**

Call for info

612-827-3393

612-822-5892

“If we open a quarrel between the past and the present, we shall find that we have lost the future.”

– WINSTON CHURCHILL

ing stress, controlling escalation, changing internal self-talk, overcoming shame-based behavior, and developing assertiveness, communication and conflict-resolution skills.

Classes are at various locations throughout the year. The cost is \$150.00 for 12 sessions. Call Herb Jaehne at 612-827-3393 to schedule, or for information.

Picking Up the Telephone!

BY M. MAKI

Making the telephone call for help is one of the hardest first steps to do. Getting the information can seem hard too. Finding the right "help", the right "group", the right "person" is a major task when you are scared and hurting.

Herb has answered hundreds of calls from guys that are looking for "help". It wasn't that easy for him to make the first call either. In fact, it took almost 3 years from his first call to The Men's Center to work through his fears, phobias, and stereotypes before he walked through the door to see how he could contribute. His journey took him through the Adult Children of Alcoholics groups first. He wanted to stay on the growth journey, founded the Anger Management Program, and realized that he needed to take it himself! While some men express anger outwardly, he repressed it and it led to depression.

What a difference it made! He really got into it and read and practiced the material on a daily basis. You can't find a man who believes as sincerely as he does in the program. He has heard from many men how much understanding anger issues helps to deal with them in a positive and rewarding manner. Call him for information at 612-827-3393.

The program is organized into 12 sessions facilitated by men who have been through the program and given additional training workshops. David Decker, MA, has written the book, "Stopping the Violence", and conducts the training sessions.

Make the telephone call. Take the class. It will change your life in the most profound manner. JUST DO IT! NOW!

Taking the Steps *continued from previous page*

how you think, and how you act instead at blaming others. People can certainly trigger your emotional reactions, but no one has the power to cause you to think or behave in an abusive way.

8) Accept that you cannot control or change other people. The paradox about being controlling is that the more you try to control people and situations around you, the more frustrated and out-of-control you will end up feeling.

9) Remember that you can always take a time-out in a potentially explosive situation. Time-outs are a good strategy for children. They are also a good strategy for us as adults. Take break and get away before you say or do something that you will end up regretting later.

10) Think about the potential consequences before you become controlling and abusive. Domestic assault is illegal. You can end up in jail. But even more important, you can lose your relationships with your partner and children for the rest of your life.

11) Identify clearly what triggers your anger and your controlling and abusive behavior. Start to get to know yourself. Tune into how you are reacting internally (e.g. your thoughts; feelings, and physical sensations) and what you are reacting to that is going on around you (e.g. situations, people, places, times).

12) Slowdown enough to notice what you're thinking. Your thoughts are powerful. They can dramatically increase the intensity of your anger and the likelihood that you will become abusive. Or they can work to help you calm down in potentially volatile situations.

13) Become aware of all your feelings; not just your anger, and learn to respectfully communicate them to others. Anger is always a "cover-up" to hide the feelings that make you more vulnerable, like hurt, sadness, and fear. But these hidden feelings are, in fact, the ones that can bring you closest to those you love.

14) Turn conflicts into positive problem-solving opportunities. Conflict is normal and to be expected in intimate human relationships. Don't turn your partner into the enemy. Work together to figure out how to deal with issues that arise in your relationship and in your individual lives.

continued on next page

Help! We Need Your Help.

We learned in the Anger Management Classes that it is OK to ask for help when we can't do it alone. We learned that we need to be interconnected to each other and we can't do it all alone. We are usually surprised to learn that people are willing to help us when we break through our "maleness" of "going it alone", and "toughing it out".

We, I, can't do it alone. I'm asking for your help to build up our Anger Management Facilitator Training Program. The volunteers are the heart and soul of the classes. They need ongoing support and new volunteers need training to join this special group of men "who are doing well by doing good works".

Please donate to help build this unique program and contribute to a more peaceful world. Your contributions are tax deductible! Corporate sponsorships are welcome. Mail your checks to The Mens Center, or call in a pledge to 612-822-5892. These are the categories:

BE A GOOD SPORT:

\$25.00 - \$50.00

BE A GOOD GUY OR GAL:

\$50.00 - \$100.00

BE A PAL: \$100.00 - \$200.00

BE A PARTNER: \$250.00 - \$500.00

BE AN ANGEL: \$500.00 and UP!

Note: *The Men Helping Men With Anger Program is supported entirely by private contributions and class fees. We do not get government funding. You are our support!*

Help is also needed with the newsletter, date base management and mailings. Call Herb at 612-827-3393. Thanks.

Testimonials From Ongoing Classes:

"Just knowing that we're in the same boat helps a lot." Anon.

"This is a comfortable atmosphere, the group is starting to come together." Carl.

"Honest, deep, good sharing. Terrific insights." John.

"It related exactly to my current shame issues." Tim.

"It presented a structured opportunity to help me address my anger issues." Mel.

What is Next? (FOR MEN WHO HAVE COMPLETED THE CLASS)

"The classes really opened doors to my emotions, my past experiences and I'm beginning to understand. The world is starting to look and feel better. But I want, and need, more structure and support. I need to be held accountable for my actions or inactions. Its easy to go back to my old patterns and choices that didn't work but somehow felt easier. What can I do to keep involved?"

HERE ARE THREE WAYS TO STAY INVOLVED IN ANGER MANAGEMENT SUPPORT!

1. ALUMNI SUPPORT GROUPS: Facilitated support groups meet every other week for 8 sessions to review the basic principles from the class and help support you in your current situation. The class meets with the same group and is limited to 10 men. \$80.00 prepaid.

2. PHASE II, ANGER MANAGEMENT: A 10 week class for ongoing support with trained facilitators to help you deal with your own personal issues as you continue to apply the principles learned in the basic class. \$100.00 prepaid. Please call Herb for information.

3. FACILITATOR TRAINING: Become a volunteer facilitator and attend additional workshops to increase your skills and understanding. This will help you stay in touch with your own growth while helping other men learn new skills. Please call Herb or The Men's Center for information.

Taking the Steps *continued from previous page*

15) Think about the messages you received from your family and from society about what it is to be a man. Control, abuse, and violence are learned. Begin to understand where and how you learned to be controlling and abusive.

16) Redefine manhood as non-violent and non-abusive. Jettison the macho and destructive messages and scripts that contribute to your controlling and abusive thoughts and behaviors.

17) Take the risk to count on other men for emotional support. Develop friends and confidants and share your joys and sorrows with them in an ongoing way.

18) Learn to experience a genuine sense of pride in who you are by taking control at how you view and how you act around the important people in your life. Assume personal power in your life rather than trying to exert power and control over others.

19) Start to believe in your "heart of hearts" that you can truly change the controlling and abusive parts of who you have been. Begin to visualize a new and different "you" and behave toward others with that vision in mind.

Overcoming abusive and controlling attitudes and behaviors is a lifelong process that involves self-awareness, finding effective ways to deal with life stress and frustration and seeing and making better choices when anger and desire to control do arise. Contrary to what some people believe, abusive men can change, not just in stopping the violence but also in intervening in emotional and verbal abuse and the controlling attitudes that fuel domestic abuse. Continuing to be abusive will lead, quite simply, to feeling miserable, alienated, and alone.

The alternative to this depressing life script is different and better: working actively toward loving and nurturing connections with others and yourself. Make a commitment to yourself and those you care about that you will become one of those men who chooses to become non-violent and non-abusive. It can happen.

Dave Decker is a psychologist in private practice at Birchwood Centers in Eden Prairie, MN who has 15 years experience working with the issue of domestic abuse. His book, Stopping the Violence: A Group Model to Change Men's Abusive Attitudes and Behaviors, was published in 1999 by Haworth Press.

modern guides to finding happiness. This underlying moralism consists in a search for what is invalid rather than valid in all behaviors and norms considered to be problematic. Learn how to perceive beneath the surface in order to recognize this underlying invalidating moralism of modern life.

Jim Duffy is a writer and freelance researcher in a wide variety of areas of the human studies. He is a humanist educator and consultant whose popular presentations on many different subjects at the Men's Center have been well received as both interesting and useful as well as sometimes controversial.

Navigating Difficult Conversations: Why Being Right Won't Help

Presenter: Harry Greenberg
When: Wed., April 10, 7-9 pm

Open to Men and Women

Have you ever had a difficult conversation and couldn't understand why the person didn't

- a: Agree with you immediately
- b: Didn't show you more respect and understanding for your position
- c: Couldn't understand how the conversation ended up with both of you feeling sad, disconnected and confused

Then come to a seminar on difficult conversations. Based on the pioneering work of the Harvard Negotiation Project, we'll spend two hours on a experiential, exciting journey exploring the hidden side of conversation where feelings, identity, assumptions and goals all jockey for your loyalty. Explore contributions, discard blaming behaviors and move on to navigating difficult conversations with your integrity and feelings intact.

Harry Greenberg is a trained mediator assigned to Ramsey County Court Services in Minnesota. His work as an external consultant is focused in the area of organizational development with special emphasis on conflict management systems and anger management programming. Both his paid and volunteer work incorporate his lifelong commitment to the elimination of institutional racism and social and economic justice.

Awakening Intuition

Presenter: Lisa Lillemoen
When: Wed., April 17, 7-9 pm

Open to men and women

TV, the Internet, newspapers, people — we are drowning in a sea of external information sources, some conflicting or confusing. Perhaps information you need to help you better your life and accomplish

your goals may be coming from INSIDE, a voice too small to be heard over the competing din outside. How can you develop this vital internal resource, a tool you need to compete successfully in the 21st Century? This interactive presentation is designed to help you turn up the volume of your intuition.

Lisa Lillemoen is a Kabbalistic and Intuitive Healer, Teacher and Writer. Her dedication to human development, holistic healing and psychology has touched people locally and internationally.

Go To Health

Presenters: Larry Johnson and Elaine Wynne
When: Wed., April 24, 7-9 pm

Open to men and women

If you want to change your health, change the stories you tell yourself from sickness to wellness. Work with some of your own stories of health past, present and future. Set some realistic wellness goals for yourself and look at some practical books and tools you can use to feel better and have more fun than you can stand for the rest of your long life.

Larry Johnson and Elaine Wynne, Key of See Storytellers, have performed and done storytelling workshops with health and environmental themes throughout the U.S. and other parts of the world. They also maintain an internet business with the largest health and beauty provider on the web.

Where Spirituality, Science and Healing Meet

Presenter: Alan Coffman, L.Ac.
When: Wed., May 1, 7-9 pm

Open to Men and Women

How does a spiritual perspective aid your healing? How can the findings of modern physics and medical theory be applied practically? This talk focuses on case studies demonstrating the benefits of applying therapeutic quality gemstones to our personal energy system of chakras and meridians to effectively integrate physical and emotional healing.

Alan Coffman is a Licensed Acupuncturist with a Master's Degree in Acupuncture and Oriental Medicine from the Oregon College of Oriental Medicine. He uses acupuncture, Gemisphere Energy Medicine, and Shiatsu massage in his practice at the Holly House Center for Integrated HealthCare in Saint Paul.

"CL" Class

Presenter: Jim Guswiler
When: Wed., May 8, 7-9 pm

Open to men and women

Tired of all the psychobabble? "Constructive Living", (CL), tells you that

your feelings are not controllable so stop trying to control them. Your behavior is controllable. You are responsible for what you do, regardless of how you feel. Awareness of the needs of the present and supports of the past is the key to right behavior. "Doing what needs to be done" is Constructive Living.

Jim Guswiler is a certified Constructive Living Instructor. He provides individual and group instruction programs. Jim is a popular presenter at the Men's Center.

Body Dreaming

Presenter: Ray and Martha Sanbower
When: Wed., May 15, 2002, 7-9 pm

Open to men and women

Body experiences (often referred to as symptoms), are like dreams and have meaning that can be useful for life's unfolding. The workshop will be experiential as we explore together the mysterious language of the body and its enrichment of our life and healing.

Martha Sanbower has more than 20 years of experience teaching and facilitating individual, group, and organizational growth, development, and healing. She holds a diploma in Process Work and a Master's degree in Human Development.

Roy Sanbower has been a Chiropractor for over 20 years, with a passion for helping bodies more fully express the wonders of life's possibilities, through Chiropractic work and teaching.

Why People Do What They Do... and why don't they do what they could do?

Presenter: Sharol Tyra
When: Wed., May 22, 7-9 pm

Open to Men and Women

"To expand your awareness and understanding of the many elements that affect your life, your aspirations, your priorities, success and your quality of life. Start making better choices and goals!"

© T. Leonard

Sharol Tyra, Personal/Career Coach, Motivational Speaker, and President of Life Illumination guides your potential to light. Sharol coaches people to live their life

self-limiting beliefs that block true potential. Sharol helps people gain clarity, confidence, and success in their life.

Wanted: Coffee Bean Grinders

Sharol is advanced trained from the Coaches Training Institute, and CoachVille Coaching Institute, and works for the graduating Summer Cum Laude from Starbucks. We now need a coffee grinder! If you have one to donate, please bring it to the Men's Center.

Here and There

– Edited by Andy Mickel

Fifteen men attended February's brunch at Frank Brandon's in St. Paul and 26 men (Cris, Mark, Ed, Harold, Daniel, Rick, Jim, David, Nathaniel, Andy, Tom, Ron, Jeff H., Tom Alan, Harry, Dave, Jeff S., Stan, Stephen, Dean, Waid, Jim L., Evans, and Jon) attended March's hosted by Andy Mickel. **The next brunches will be: Sunday, April 21 at Harry Greenberg's, 2435 Garfield Ave S, Minneapolis, 612/870-9418 (one block east of Lyndale) and Sunday, May 19 at Rick Gravrok's, 2925 Monterey Ave S, St. Louis Park, 952/926-6655 (on the west side of Lake Calhoun, off Lake St.).** Eat and socialize at the next **Monthly Men's Sunday Brunches** (bring something to share/cook up). Men hang out together and enjoy good food with no agenda whatsoever. These brunches are **open to all men from 10 a.m.** until 1 p.m.; plan to come and chat and eat for a 1/2-hour to 2-hour period anytime – inevitably some men stay on until 2 p.m. – Andy Mickel, 2002-03-18.

The next Minnesota New Warrior Weekend will be held by Mankind Project Minnesota, May 2-5 at a new site near Brainerd, MN. So far 21 men are registered. The fall weekend will be in November. FFI, Glen Stone: <mnenrollment@ix.netcom.com>, 612/827-6514 – Glen Stone, 2002-03-16.

The Gay and Bi-sexual Father's Group meets for dinner at Davanni's every other month. It ends up costing just 10 bucks apiece and Steve managed to arrange free parking for the group. **The next Fathers Dinner April 26th, 7 pm, Friday, at the downtown Davanni's (1138 Hennepin between 10th and 11th, 612-338-0000).** Contact Steve at shumerickhouse@hotmail.com to RSVP or to get more info about the group. <<http://www.gayfathersmn.com/>> – Denny Siemers, 2002-03-11.

Organizing for the **Men's Center's participation in June's Gay Pride Minnesota** has begun. Please contact Tom Perrault, TCMC Board Chair at 763/295-2446. **We are also looking for an article for Men Talk** about your experiences at previous Pride Festivals. – Tom Perrault, 2002-03-11.

"I'll be interviewing Michael Gurian on KFAI's Write On radio! program in May, and aside from alerting all our Men's Center chaps to listen in, I'm wondering if there's some sort of hook up we can make. I'm not sure what. Any ideas?" 612-825-7099 – Ian Graham Leask, 2002-02-14.

Men Who Work With Men (MWWWM) is a group of Twin Cities

men who network at a breakfast meeting every month. Join us first Fridays at the Louisiana Café on the corner of Selby and Dale in St. Paul. <waid@nyfs.org> – Waid Johnson, 2002-02-06.

I'm pleased to let you know that **my new book, *The Whole Man Program: Reinvigorating Your Body, Mind, and Spirit After 40*** will be out in March. I believe it is a fine book and will help a lot of people. But **I also need your help.** Initial reviews [like the snippet below] have been great. {"The Whole Man Program is just what we need to ensure that men will live long and well. Buy this book, read it, and put it into practice. It is the perfect gift for every man over 40." – Michael Gurian, author of *The Wonder of Boys* and *A Fine Young Man*}

Sales of the book in the first month often determine its ultimate success. If people are buying it, the bookstore orders more, and the publisher prints more and does more advertising. **Here's what you can do.** If this book sounds interesting to you, put in an order at your local bookstore. If you'd like, ask others to do the same. When the book comes in check it out. If you like it, buy it. If not leave it for someone else. As my way of saying, "thank you" for taking your time, I will send you a free copy of one of my earlier books just for checking out my new one. I'll send it to you whether you buy the new one or not. Simply E-mail me <jed@manalive.com> with your address or drop me a note and specify which book you would like.

I still have copies of the following: *Inside Out: Becoming My Own Man* (An autobiography of my first 40 years); *The Warrior's Journey Home: Healing Men, Healing the Planet*; and *Looking For Love in All the Wrong Places: Overcoming Romantic and Sexual Addictions*. Thanks for all your help and support over the years. <<http://www.Menalive.com>> – Jed Diamond, Director MenAlive, 2002-01-13.

The next Minnesota Men's Conference is September 10-15 at Sturgeon Lake, MN. Among the teachers are Robert Bly and Martin Prechtel. Call: Craig Ungerman, 1-877/333-3136 (toll-free) <http://www.hiddenwine.com/>, E-mail: <hiddenwine@earthlink.net> – Mark Stanley, 2002-01-05.

I would like to alert you to the development of a **conference on the topic of male sexual abuse that will occur in October, 2003.** This is a topic I know the Men's Center has an interest in and one that affects many men. I am attaching some information about the committee that is forming to organize this conference and a copy of the minutes of our first meeting. I invite you or anyone you know may have an interest in helping organize this meeting to contact me or to come to our next committee meeting. – Peter Dimock, U of M School of Social Work, 173 Peters Hall St. Paul, MN 55108, 612-624-3227, 2002-02-22

Our web site, <<http://www.tcmc.org/>> is still going strong, and we have some preliminary plans to expand it this year. George Muumbo and Bill Dobbs are looking into online interactive group participation. E-mail: <tcmc@tcfreenet.org> – Andy Mickel, 2002-03-19.

Men's Nights Out

In response to the request in the surveys for more social activities, the Program Committee is offering 2 Sunday night gatherings on the 3d Sundays of April and May at 7PM, to build community and friendship by having fun! On Sunday April 21st, J.C. Hancock will lead us in singing a variety of Men's Songs which he learned at a men's retreat. He led us in singing at our Fall Picnic, and we had great fun. On Sunday May 19th, Mike Chatt and Randy Genrich will lead us in an evening of socializing through board and card games, story telling, playful group experiences, puzzles or whatever ideas men may wish to contribute.

You are encouraged to bring a favorite game, politically correct jokes, or just hang out and visit. TMC will as usual provide beverages and bagels for both Sunday night gatherings. Brings snacks if you wish. Please call Randy at 612 822-5892, or Mike at 612 243-4177, to offer ideas for this game night. We hope we can make this a recurrent event at the Men's Center.

– Norm Petrik, 2002-03-07

The Men's Center ALL-PURPOSE COUPON

Clip this form and mail to The Men's Center. A regular annual membership at The Twin Cities Men's Center is \$20. With that you get access to the extensive reference library on Men's Issues, receive the Men Talk newsletter, participation in the annual meeting, and enjoy reduced fees to Men's Center sponsored events. If you are able to afford a membership at the Patron (\$40) level, you get free admission to all Wednesday workshops in addition to all the regular membership benefits.

- 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 Men's Center:

Date _____

FROM: name _____
 Mailing address _____

 Home phone _____
 Work/other telephone _____

Empathy for Young Males continued from page 1

to a fight after school much like I described in the opening paragraph. If you were challenged you would make sure that many people heard from you about how badly you were going to beat him. It did not matter you were sure he was much stronger and more agile than you were. You had to fight this foe or face further torment by anyone and everyone in the school. If you knew that the person was much stronger, then you tried to avoid the fight but if you had to fight you tried to get a good punch in and take your lumps "like a man".

Today the code has changed drastically. Now there does not have to be as many words exchanged, and kids in school are not just using fists to fight with – they are using guns. Kids can get in a gun fight because one kid looks at another kid in a way that some one may interpret as anything but respectful. What has not changed is whom kids can talk to, and it's not adults!

Resources

The powerful video entitled, "Tough Guise" more thoroughly discusses how men are portrayed in media and how that affects young men. See: <<http://www.mediaed.org/videos/MediaGenderCulture/ToughGuise>>

The U of M Extension School now offers a parenting class; for more info go to <<http://www.extension.umn.edu/positiveparenting>>

Written for the media, policy makers, and practitioners, Raising Teens: A Synthesis of Research and a Foundation for Action reviews over 300 recent studies and identifies core actions for parents and caregivers about which there is widespread agreement among researchers and practitioners. The report is available at:

<<http://www.hsph.harvard.edu/chc/parenting/raising.html>>

THANKS TO



Einstein Bros Bagels
 1513 W. Lake Street
 612-825-5113

for supplying us with 2-3 dozen bagels twice weekly for the past year. Your interest in the Men's Center is greatly appreciated.

TMC Office Hours: M, Tu, Th, F ;1-4:30pm. 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 email address: tcmc@freenet.msp.mn.us

The Men's Center
3249 Hennepin Avenue South, Suite 55
Minneapolis, MN 55408 USA

ADDRESS SERVICE REQUESTED

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

MEN TALK

The Men's Center News

4

SPRING

- CHRIS WUNDERLICH

*I am spending my days of late close to tears.
I walk through the street and I see darkness, in my studio, self-torture.*

We have in this world the keys to heaven. Yet with the power of ultimate co-creation, the world we make is barren. We walk backwards through time. So attached to pain are we, that what we create is poverty and war. Taught to us by our forefathers, we become zombies shuffling through the desert of sorrow, unable to feel all but the worry of our creation.

My dad told me today that the exorbitant insurance I pay is a good thing and to never have to receive the money back is the best there is. This is what we wanted in our world, not the garden promised us by stories of old.

Well I truly desire to feel again life spring prosperous around me. The pain of my separation from god and our fall into dark ignorance no longer suits me. Yet it is amazing the power of human attachment. A ceaseless commitment to doing the "Work" is all I have to hold. It is the only prayer of hope for me.

To remember hurts, yet it is what we have to remind us of the precious life and the fragility of the small sparkle of beauty.

Remember.

Remember.

Remember.

Remember that we are stuck in a loop of our own making. To bravely seek the loop is to begin the path to freedom. To truly see it is a gift. Yet there will be another loop, and after it another.

Remember as we clear our own path others will see us and want the same.

Remember brothers, that we have a small tool to save the world one man at a time.

Spring is coming and soon we will have the opportunity to be the midwives for men long asleep and alone.

Now is the time.

Life is sweetened by risk.

What's Inside

Page 1 *Empathy for Young Males*
by Waid Johnson

Page 2 *Library Corner*
by Ed McCarroll

Page 2 *Letter from the Chair*
by Tom Parrault

Page 2 *St. Paul Group Moves*
by Hank Brun

Page 3 *All Purpose Coupon*

Page 4 *Spring*
by Chris Wunderlich

Inserts *Apr./May Calendar*
Here & There

by Andy Mickel
Anger Management
by Herb Jaehne