



MEN TALK

THE MEN S CENTER NEWS

August/September 2002 VOL. 26 #4

The Journey to Manhood: Tools for Transforming Boys into Men

— EARL HIPPI

I am currently writing a book with the above title; I will briefly explain why. Ojulu Agote is a Sudanese refugee whose family my wife and I mentor. When I first asked him how I might help him in his new country, Ojulu immediately responded, "I want you to teach my son how to be a man in your country." This man was without any real material resources and faced a mountain of practical needs that come with settling in a new country. Yet at the top of his list was to get help guiding his son toward manhood.

I don't remember my exact reply, but I do remember being embarrassed, and feeling immediately inadequate and unsure about how to help him with his request. Not only was I at a complete loss about what to do, but when I went looking for help among my forty to fifty-something friends, they all had similar responses. Most couldn't identify the moment when they achieved "manhood." They weren't sure how to help me with Ojulu's request and, in fact, were still personally hungry for some clear and definitive action that would give them a proud and functional adult male status.

It appears that as a culture not only have we forgotten how to guide our boys into manhood, but that many of the adult men feel a little lost too. Today the boys, the men, and our communities are paying dearly for our forgetting. In the absence of a clear path to manhood and guidance from older men, gangs, overburdened schools, computer-generated images, and destructive messages in the media are shaping and influencing our young boys. With increasing frequency, we are witnessing the misguided, testosterone-fueled, sometimes violent attempts of boys to initiate themselves into what they perceive as manhood.

To knowledge-ably and con-



sistent-

ly transform all of our boys into positive and successful young men, we will have to reorganize our communities. This will require the formation of action groups and the education and training of many people. Political priorities will have to be rearranged, funding acquired, and institutions changed. Changing the system in all these ways will take time, maybe a very long time. That's why I'm writing a book that calls the adult men in the global village to take action today. The boys need them now.

I have been soliciting input from a global community Minnesota to Tasmania in the process of writing the book through my website at: <<http://www.hrd-inc.com/journey>>. There are pockets of activity where men are doing this work all over the globe including the Minnesota Mankind Project with its Boys to Men Weekend (see attached article by Charlie Borden).

Earl Hipp is a well-published Twin Cities author with several other books to his credit. These four are directly for teenagers: *Fighting Invisible Tigers: A Student Guide to Life in the Jungle*; *Feed Your Head: Some Excellent Stuff on Being Yourself*; *Help for the Hard Times: Getting Through Loss, 1995*; and *Understanding the Human Volcano: What Teens Can Do About Violence, 2000*.

Minnesota Boys to Men (BTM) Weekend this August

— CHARLIE BORDEN

The Mankind Project Minnesota's next Boys to Men weekend is August 16-18 at a camp in western Wisconsin near the St. Croix river. There are still 5 slots open for boys who should only be encouraged to attend this weekend if they are ready for it.

14 boys became journeymen (the BTM term for boys who have gone through the initiation rites) at the first Minnesota Boys to Men Weekend was last September. 14 mentors and 14 have been walking together on the path to manhood for the last year. Every other week they meet as a community, and during the off weeks meet 1-on-1.

The community is looking for interested men and boys who would like to get involved in mentoring a young man. For Mentors: this is not just a gift of service for the boys, it's a gift of transformation for yourself. You have to do your own adolescent-wound work before you do this work, otherwise you will be a critical parent unable to supply the uncle energy of Listening, Accepting, and Admiring. Mentor training weekends are held just for this purpose prior to the BTM weekend. Your year of service as a mentor can spark a change that cannot happen anywhere else.

I am the contact for any interested man. Call me at 651/230-8002 or 651/222-2551.

Library Corner

—RANDY GENRICH



Have you visited the Men's Center library? Checked out a book or just browsed? Please do so - it's a membership privilege! It's an easy process. Just write your name and phone on the book card, put it in the box provided - and read.

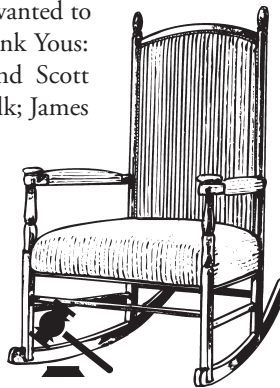
Many current periodicals and magazines are available as well as archive copies for research:

- Men's Health
- Voice Male
- Every Man
- Lavender
- Men's Journal
- Transitions
- Rainbow Families
- Bi All Means
- Wellness Journal
- The Edge
- and others

Letter from the Chair

We are in the last half of the year 2002 and I wanted to extend a few Thank Yous: to Andy Mickel, Bill Dobbs, and Scott Benson for their work on Men Talk; James Quenzer on the Strategic Plan work; and the other board members for their contributions.

I heard that the GLBT PRIDE booth was great. It looked very professional. Great job Jerry Olson and John R u d d ! ! !



Thanks to all who helped out and stopped by the booth over the weekend.

Please check out the volunteer opportunity board when you stop by the offices to see where you can help out.

For Men, For All,

**TOM PERRAULT
BOARD CHAIR**

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:

	Not for profit	Profit event
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!

New Library Materials Recently Added

— RANDY GENRICH

We often have new donations to the library. Here are a few titles highlighted from recent contributions. Many thanks to everyone who have given generously to make these materials available for the entire community!

Breaking the Shackles, Bring Joy Into Our Lives, is a CD anthology edited by Ray Schenk and John Everingham (Men's Center members) featuring Robert Bly and Gershen Kaufman. Check it out in the Men's Center offices.

We also have a number of new books, including:

- *Between Fathers and Sons* – Robert Pellegrini, Ph.D. and Theodore Sarbin, Ph.D.
This book is composed of critical incident narratives in the development of Men's Lives.
- *2002 HIV Resource Guide* – Minnesota Aids Project.
Programs & resources that can help no matter what impact HIV might have in your life
- *Quiet Desperation* – Jan Halper, Ph.D.
A compelling examination into the truth about successful men.
- *Naked at the Gender Gap* – Asa Baber.
One man's view from the trenches of the war between the sexes.
- *The New Male Sexuality* – Bernie Zilbergild, Ph.D.
The truth about men, sex, and pleasure

Facilitators Wanted!

If you have some experience attending our support groups, and would like to facilitate groups from time to time, or on a regular basis, please give me a call, and I will arrange for some brief training prior to our next annual facilitator training in February 2003. Leave a message at the Men's Center 612 822-6147 for me.

– Norm Petrik, Chair
Program Committee



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
<h1>Aug/Sep 02</h1>				SUPPORT GROUPS Div/Unclpl/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.
				1	2	3
4	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 Making Healthy Sexual Choices 7 - 9 p.m.	SUPPORT GROUPS Div/Unclpl/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.
5	6	7	8	9	10	
11	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 Men's Rights in Divorce 7 - 9 p.m.	SUPPORT GROUPS Div/Unclpl/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.
12	13	14	15	16	17	
18	BRUNCH 10:00 a.m. Men's Retirement 5:30 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 Keeping Attorney's Fees Under Control in Divorce 7 - 9 p.m.	SUPPORT GROUPS Div/Unclpl/General; ... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.
19	20	21	22	23	24	
25	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 Non-Straight Men in Heterosexual Marriages 7 - 9 p.m.	SUPPORT GROUPS Div/Unclpl/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.
26	27	28	29	30	31	
1	LABOR DAY HOLIDAY	SUPPORT GROUPS Gay. Issues in Mpls ... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Emotions By Design 7 - 9 p.m.	SUPPORT GROUPS Div/Unclpl/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.
2	3	4	5	6	7	
8	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 A Divorced Father's Love 7 - 9 p.m.	SUPPORT GROUPS Div/Unclpl/General; ... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	MT. ARTICLE DEADLINE SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 2:00 p.m. Men's Picnic 5:30 pm
9	10	11	12	13	14	
15	BRUNCH 10:00 a.m. Men's Retirement 5:30 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 A Search for a Personal Spirituality 7 - 9 p.m.	SUPPORT GROUPS Div/Unclpl/General; ... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	MT. FINAL DEADLINE SUPPORT GROUP Men's Bisexual issues 7:30 p.m.
16	17	18	19	20	21	
22	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 Restorative Justice 7 - 9 p.m.	SUPPORT GROUPS Div/Unclpl/General; ... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	MAILING PARTY 10:00 a.m. SUPPORT GROUP 20's GLBT 2:00 p.m.
23	24	25	26	27	28	
29	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	Call for info on Anger Management classes. The Men's Center number is 612 / 822-5892		1976 - In Our 26th Year of Public Service - 2002	Check out our web site: www.tcmc.org email: tcmc@freenet.msp.mn.us	
30	31					

PRESENTATIONS

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

We welcome your suggestions for topics and presentations.

Presenters new to the Men's Center are: Ron Barnes, Rich Cheney, Allen Finkel, Jack Mazzitelli, Mike Rollin, Rick Rudd, and Aaron Stuart. Returning to continue their support of the Men's Center are: Hank Bruns, Michael Gardos-Reid, and Jim Gerharter.

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

Making Healthy Sexual Choices II

Presenter: Aaron Stuart & Ron Barnes
When: Wed. Aug. 4 7-9 pm

Open to men and women.

This session will focus on making healthy sexual choices that reduce risk factors of getting or passing on HIV or other STDs. The leaders will discuss risk factors, how to spread or prevent getting STDs and how to negotiate condom use.

Aaron Stuart and Ron Barnes are both certified Red Cross HIV/STD instructors and work for The Urban League in HIV/STD education.

Men's Rights in Divorce

Presenter: Jim Gerharter
When: Wed. Aug. 14, 7-9 pm

Open to Men & Women

Jim will focus this presentation on men's rights and responsibilities in domestic relationships and pre-divorce actions which can help or hinder men in protecting their rights.

Jim Gerharter is a Minneapolis attorney practicing in the Uptown area. He represents primarily men in domestic cases. He is a longtime member of the Men's Center and has made numerous presentations at the Center.

Keeping Attorney's Fees Under Control in Divorce

Presenter: Jack Mazzitelli
When: Wed. Aug. 21, 7-9 pm

Open to Men & Women

Jack will talk about litigation procedures, how to fight and keep attorney's fees under control. There will be ample time for discussion.

Jack Mazzitelli graduated from William-Mitchell Law School in 1970. He has practiced law since then with an emphasis on litigation.

If I Could Press a Button and be Straight, Would I Do it? - Non-Straight Men in Heterosexual Marriages

Presenter: Allen Finkel
When: Aug. 28, 7-9 pm

The conflicts that arise in non-straight men who are married to women can seem overwhelming. These men value living with integrity through caring for themselves and the people in their lives, yet being in a marriage can present obstacles to upholding this value. The question often asked is,

"How can I be who I am without betraying my wife and family?" While challenging, finding contentment within this situation is possible, and many men have accomplished this by embracing who they are, and making choices to be caring to themselves and the people they love.

Allen Finkel, L.I.C.S.W. is a psychotherapist who recently moved to Minneapolis from New York City. He has been in practice since 1990, and started as a family therapist. In recent years he has

worked with a wide range of adults, couples, and groups, with a particular focus on GLBT issues. He has been the leader of a therapy group for non-straight men in heterosexual marriages since 1998.

Emotions By Design

Presenter: Rick Rudd
When: Wed. Sept. 4, 7-9 pm

Open to Men & Women

We all know that our individual histories and personal coping strategies have embedded "programs" or unique ways of reacting to our environments. These actions and emotions often chain together to form a behavior strategy that can lead to depression, anger, or a host of other emotions. These strategies influence everything that we do and everyone that we interact with. Only by identifying the chain of emotions and determining what triggers the strategy, can we break it and then learn new behaviors.

This fun, lively and interactive program will create awareness, responsibility and initiative to change. Participants will discover the types and purpose of individual emotions (the Good, the Bad, and the Ugly). We will discuss the sub-modalities to actually change the emotion.

Participants will discuss Personality Styles, Representational Systems, and Sorting Strategies. After discovering our personal Styles, Systems and Strategies, we will learn how they can be managed and how to effectively work with others.

Rick Rudd is a counselor for Dynamics of Growth, Inc., a counseling and training center located in Vadnais Heights, MN. He has a M.A. in Clinical Pastoral Counseling, a B.S. in Psychology and a Masters Certification in Theosynergistic Neuro-Transformation. He specializes in counseling individuals with traumatic anxiety disorders, phobias, anger management and men's issues. Rick also delivers seminars, workshops and teaches on a variety of topics.

A Divorced Father's Love

Presenter: Rich Cheney
When: Wed. Sep. 11, 7-9 pm

Open to Men & Women

We'll see a video of "A Divorced Father's Love" which is a poem and a song written by Rich, the author, for his own children. Rich will be giving some of his own personal experiences about parenting after divorce and answering questions in an open discussion.

Rich is a father of four children and eight grandchildren. Rich now resides in the Twin Cities area and works as a record producer and has a record and publishing company.

A Search for a Personal Spirituality

Presenter: Hank Bruns
When: Wed. Sept. 18, 7-9 pm

All men and women welcome

It has been said, "A Universal Theology is impossible, but a universal experience is not only possible, but necessary". Therein lies a (hidden) lifelong search within each of us for a very personal sense of spirituality.

What is it? Where does it come from? When does it start? When is it complete?

Join us in an interactive conversation, and see where it leads you. You will find that it is not possible, for each of us present, to not find some answers to some of these questions, and very likely many more. This should be a very interesting journey.

Henry (Hank) Bruns is a long time member of TMC, sometimes board member, and always a facilitator for drop-in support groups and anger management classes. A retired Registered Professional Electrical Engineer, he also became a Certified Psychotherapist in private practice. He has been a Reiki Master for the past ten years. Searcher, Cynic, Enthusiast, Student, Teacher, and again Student. If you think he'll teach you something, he may, and be assured you will teach him, too.

Restorative Justice: Repairing the Harm of Crime

Presenter: Mike Rollin
When: Wed., Sept. 25, 7-9 pm

Open to Men and Women

Restorative justice is a way of resolving crime or conflict that focuses on repairing the harm caused to the real people affected. In contrast to a strictly punitive model of justice, restorative justice aims to mend what was broken and add value to the community through social accountability, opportunities to make amends, and strengthened relationships. Mike and community participants from the CCNP Restorative Justice Program will lead an interactive discussion on the philosophy of restorative justice and share their experience as community members addressing street crime in Minneapolis using restorative practices.

Mike Rollin is a Community Organizer for the CCNP Restorative Justice Program in central Minneapolis.

Angelic - Voodoo Art Ritual: Overcoming Political Powerlessness

Presenter: Michael Gardos-Reid
When: Wed. Oct. 2, 7-9 pm

Open to Men & Women

In this presentation Michael will help you to connect with the world you want or the world you fear through junk art, sculpture and collage. Move the energy of the ethers with your own ritual song and dance.

Michael Gardos-Reid has 10,000 ideas on how to make a dancing world available to everyone. For more info contact Michael at gardosreid@aol.com. His business is Listening to the Body; creative body therapies.

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
- **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

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

Gift Pledges

Recently, the Men's Center received a Pledge Gift from the Community Solutions Fund.

You too can contribute to the Community Solutions Fund or United Way, and designate The Men's Center to receive your pledge.

Thanks to everyone who gave the past year!!

Here and There

– Edited by Andy Mickel

17 men & children attended June's (Father's Day) men's brunch at Jim Lovestar's backyard picnic table and more than a dozen men were at Paul Busch's brunch yesterday. Eat and socialize at the next **Sunday Drop-In Sunday Brunches** (bring something to share/cook up). **August 18th** at Dave Mueller's, 5123 Twin Lake Blvd East in Brooklyn Center (Hwy 100 North to France Ave N to Oak Street to Twin Lake Blvd), 612/827-6442. **September 15th** (near Fall equinox) at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, (in Prospect Park off University Ave near I-94 and 280), 612/331-8396. **October 20th** at the Men's Center, 612/822-5892. 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, 2002-07-05.

As a free community service, **Maui Health Online** [Lead By Example!] provides healthcare information designed to improve the quality of life for thousands of subscribers residing in Maui and surrounding areas. It offers a **Men's Health section** at <http://www.mauihealth.org/med_depts/2.shtml> -Jeff Parham, DC - Editor, 2002-06-24.

The **Gay and Bi-sexual Father's Group** reports that 22 dads and 42 kids showed up at the picnic and over 60 dads and 110 kids for bowling this weekend. Fun was had by all. It was a very hot day for the picnic, so that kept attendance down. To get more info about the group: <<http://www.gayfathersmn.com/>>-Denny Siemers, 2002-07-22.

Men's Night Out

The Men's Center first "Men's Night Out" party and game night Sunday May 19th was a fun evening, and a successful event. The program committee's 2002 survey indicated several requests for more social events. May's event followed the April Men's singing, and precedes the September Pot Luck picnic. Eleven Men attended and favorite activities were playing with gyroscopes and tops, chinese checkers, dice, along with Tarot card readings by Mike Chatt, and watching a video of the Marx Brothers "Duck Soup". Drawings were held for door prizes, with special prizes for men who did the AIDS walk earlier that day.

Many thanks to Randy Genrich and Mike Chatt for organizing this very fun event. Please contact the Men's Center with your ideas for another Men's Night out.

– Norm Petrik, Chair Program Committee

Pride Report

This year's Pride booth was noticed more than any other year. Thousands on Saturday came through the park. The count on Sunday after the parade taken by Pride officials came to 18,000. We have heard nothing but great comments on this year's booth. In our particular area of the park, everyone had no alternative path but to pass directly in front of the booth. This was the first year I can say that everyone looked into our booth & many stopped in & chatted. We came up short on brochures. This was the Men's Center Superbowl Sunday in the world of promotion. We smiled & warmly greeted the people until we became exhausted. Too few of us to cover the entire festival.

The TMC parade float was cut short when a fan belt broke. But we were over 3/4 of the parade route before this incident happened. Over all it was the best year yet.

– Jerry Olson, TMC Event Organizer

A Note to the **October, 2003 Male Sexual Abuse Conference** to be held in the Twin Cities:

"As you probably know, I am currently President of the National Organization on Male Sexual Victimization (NOMSV at www.nomsv.org). In our efforts to respond to the crisis generated by revelations of priests' abuse of boys, we have spoken to many representatives of the media. We expect to get wide exposure this week on NBC when the Bishops Conference convenes in Dallas. NBC has interviewed me and one of our Board members who was abused by a priest, and various parts of the interviews should [be broadcast.]" Richard B. Gartner, Ph.D., New York, NY 10023-3498, 212/580 3187 - Peter Dimock, U of Minnesota, 612-624-3227, 2002-06-12.

The next **Minnesota Men's Conference** is **September 10-15** at Sturgeon Lake, MN. **What will Heal the Wounded King?** This year we will ride along on the story of Parzival, whose name means "piercing the vale" or "going down the center of the valley." We began hearing the story last year, and this year we will go back over the early material for those who couldn't, because of the September 11th disaster, arrive. The tale of Parzival — the most famous story of the Middle Ages in all of Europe — begins with an oafish boy, brought up in the woods by his mother in order to keep him away from all overly masculine influences; she is passionate about that because all the men around her had died in warrior activities. Parzival gradually learns what he needs to do....Among the teachers are Robert Bly, Martin Prechtel, John Lee, Miquel Rivera, Doug von Koss,

Vicente Griego. Contact: Craig Ungerman, 1-877/333-3136 (toll-free) <<http://www.hiddenwine.com/>>, E-mail: <hiddenwine@earthlink.net>
- Mark Stanley, 2002-07-15.

The next **Minnesota New Warrior Weekend** will be held by Mankind Project **Minnesota, October 4-6 at Eagle Lake Camp**. Cost \$595, \$100 deposit. FFI, Glen Stone: 612/827-6514 or <<http://www.mkp.org/calendar/month.php?LocationID=16&Month=10>> Open Houses are: 7-9 p.m. on Tues, August 13th, at Glen Stone's 3317 Pillsbury Ave S, Mpls 612-827-6514; Wed, August 28th, Charlie Borden's, 9 West Delos St, #3, St. Paul 651-222-2551;

Mon, September 9th, 7:30, John Owen's Northfield (call for location & directions) 507-645-8208; Thurs, September 12th, Glen Stone's (see Aug. 13th); and Wed, September 18th, Rick Gravrock's 2925 Monterey Ave. S, St. Louis Park 952-926-6655; <mnenrollment@ix.netcom.com>, - Glen Stone, 2002-06-04.

Our web site, <<http://www.tcmc.org/>> continues to serve many men, not only in Minnesota, but throughout the United States and Canada. Get information about the Men Helping Men with Anger classes. Of particular interest is our extensive online Resource Directory. E-mail: <tcmc@tcfreenet.org> - Andy Mickel. - 2002-07-16.

Come to the Fall Picnic!

This year it will be more easily accessible than in past years, and will be in Powderhorn Park, on 15th Ave S between 34th and 35th St, with access by the Bloomington bus route 14, the Park is one block west of Bloomington Ave. Plenty of free parking, and we will meet at the Park Shelter.

When? Saturday September 14th at 5:30 pm. Bring something to Grill, TMC will furnish paper plates, eating utensils, and drinks.

What will we do? Cook our food, eat, enjoy the good company of other men, J.C Hancock will again lead singing of men's songs, and bring your drum, as we will do some drumming after we eat, and before we sing.

– Norm Petrik
Program Committee Chair.



Time-Outs: They're Not Just For Kids

– BY DAVID J. DECKER, M.A., L.P.

The time-out has been a staple of effective parenting for a long time. When kids are acting “out of control,” it has been a very helpful tool to separate them from the situation, allow them to think about what has been going on, and then come back to go through what happened in a more productive fashion. It has been used successfully for decades with children, but unfortunately, we as adults all too often have forgotten to use it for ourselves when we need to get away from a potentially explosive situation.

In fact, taking a respectful time-out is the cornerstone of an effective anger and abuse management program. It allows you to temporarily get away from a situation where you are escalating to hostile and punishing behavior and to “take a break” to calm yourself and avoid doing or saying something that you will only end up regretting later. The time-out strategy is not a magic “cure-all,” but it is an important first step in learning to do something different when there is the potential for a destructive and volatile escalation.

If you think about it, a time-out in human relationships is not that different from taking a time-out in a basketball game. The basketball coach and his players have a game plan and specific plays and strategies that work for them as a team. When the other team is “running up points” and the game is getting “out of control,” what does the coach do? He calls a time-out and pulls his team away from the game temporarily into a huddle to help the players get back to the plays they run best and to the game plan that they have for themselves as individuals and for the team as a whole.

Although the goal in relationships is not to “win the game” or “score points,” it is important to ask yourself: “What is the ‘game plan’ I have for myself when I am relating to others, especially the people I love?” If your “game plan” is to treat those around you in a loving, caring, and respectful manner (even, and especially, when you’re irritated or frustrated), you need to do something to intervene when you find yourself slipping out of who you really want to be. Taking a time-out assists you in remembering and getting back to the “game plan” you have for yourself.

The goals in taking a time-out are to slow down your internal process (just think about how fast things get moving when you’re getting angry), to work actively at letting go of your tension, to begin to think more clearly and realistically, and to avoid feeling “out of control,” which can otherwise result your becoming disrespectful, hurtful, and punishing to those around you. Using time-outs effectively can help you from doing and saying things that, from past experience, you know you will feel sorry about later.

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

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men for 25 years
612-822-5892
www.tcmc.org

P E A C E
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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.*

Sand or Stone?

A story tells that two friends were walking through the desert. In a specific point of the journey, they had an argument, and one friend slapped the other one in the face.

The one who got slapped was hurt, but without anything to say, he wrote in the sand, "TODAY MY BEST FRIEND SLAPPED ME IN THE FACE."

They kept on walking until they found an oasis, where the decided to take a bath. The one who got slapped and hurt started drowning, and the other friend saved him. When he recovered from the fright, he wrote on a stone, "TODAY MY BEST FRIEND SAVED MY LIFE."

The friend who saved and slapped his best friend asked him, "Why, after I hurt you, you wrote in the sand and now you write on a stone?"

The other friend smiling, replied, "When a friend hurts us, we should write it down in the sand where the winds of forgiveness get in charge of erasing it away, and when something great happens, we should engrave in in the stone of the memory of the heart where no wind can erase it."

– AUTHOR UNKNOWN.

From Anger... Toward Healing and Community – BY BOB ANDERSON

One of the many rewards of facilitating the Men's Center anger management classes is watching the way men from all walks of life bond together to form a caring community. A class just ending provides a case in point.

The dozen men who met at the center every Wednesday for twelve weeks this spring and summer ranged in age from their mid-twenties to early sixties. They were straight and gay, married and single. One man was from Malawi, another was Mexican-American, a third hailed from England. Occupations ran the gamut from teaching, trucking and computers to police work, counseling and law. Despite differences, they met on the common ground of their issues with anger, quickly connecting on a deep emotional level.

One guy —let's call him Ed— a lanky man with a cap pulled low over his eyes, announced himself at the first meeting in a bluff voice, in terms that were more a challenge than a check-in: "I'm gay and I've got a partner, and if any of you guys have a problem with that, it's your problem."

Nobody seemed to mind—in fact, the men relished Ed's energy and directness— but the issue arose again at the third meeting. Ed was feeling low because of some escalations during the week and didn't want to talk about it. I asked him why, and he said, "Well, I'm gay and I'm not sure these guys accept me." The man next to him, a soft-spoken man who was dealing with depression, turned to him and said, "Do you think I don't accept you?" Ed dodged the question, and his neighbor asked again, point-blank, "I'm sitting right here— do you think I don't accept you?" Ed fumbled, then spoke from the heart, offering an explanation of what it means to live with hostility and rejection. Then the youngest guy in the group spoke up: "I don't know if I'm accepted either; for all I know, you guys see me as just another punk kid." With that, the man from Malawi weighed in with his staccato English and jovial good-nature: "Who knows, I'm probably not accepted either, but I don't brood about it; I go about my business, say hello to everybody, and they all know my name and say hi back... and no problems!" The class erupted in laughter.

In the next meeting, another threshold of intimacy was crossed. During check-in, one man confessed, "I have to apologize, I

haven't been entirely honest with you guys. I didn't want to tell you this—I wasn't sure how you'd react—but I'm a cop, and some of my problems with anger happen on the job." That prompted another man to confess, "I'm a counselor— I wasn't going to share that either." More laughter, and some serious talk about jobs, roles and expectations.

This group was good at laughing; it's one of the most healing things we do. At bottom, beyond teaching the concepts and skills of anger management, the course is about healing. Men tell their stories, and are heard, and in that simple reciprocity, the weight of years is lifted. You can learn all you want about stress management, assertiveness, communication and conflict resolution, but until you address the deep hurts that lie at the heart of harmful behavior, change is skin-deep.

We cut to the core in these groups. Defenses like denial, blaming and self-justification quickly fall away. How can you be less than honest when the course challenges you to take responsibility not only for your behavior, but for the internal thought process that drives mood swings, stress levels and escalations? If it hasn't happened before then, by the middle of the course, when the focus shifts to shame and its roots in the culture and family of origin, every man is faced with looking at the personal pain and insecurity that give anger its destructive charge. There is no more hiding.

Gradually, the group becomes a caring community. The men are encouraged to call one another for support during the week—and this group was better than most in that regard. Two of the guys met for coffee every week before class, and another pair—the cop and the gay man— became phone buddies. In class, the men worked the manual, shared their stories, and listened; they grew in trust, understanding and acceptance. A common history and group identity developed, and they came to look forward to these meetings, depending on them for vital support.

As the policeman put it: "My job can be real stressful. When it gets to me, I just picture the faces of the guys at this table, and I get the strength to go on."

Bob Anderson is a long-time member of The Men's Center who has helped facilitate ten of its anger management classes.

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!

Testimonials From Classes:

"Liked tonight, good humor, lots of participation, and gained plenty of insights. Heard great things about this course and it's fully lived up to them." — John

"I liked the sharing of people's backgrounds. I felt not so alone with this problem of ashamed of it." — Cory

"Sharing my experiences and getting feedback from other men." — Anon

Time Outs *continued from previous page*

Below are some specific steps that can help make the time-out an integral part of how you begin to handle your anger.

STEP #1: Especially with those who are important to you, sit down (before an explosive incident even occurs) and talk about how you want to implement the time-out in your relationship. This is the time to talk about the guidelines you intend to follow when a potentially explosive situation arises. For many people, it is helpful to write out and then use a "Time-Out Plan" to determine the specific guidelines you will follow to make the time-out an effective tool in your life. Don't assume a time-out will just happen! Begin to approach your interactions with others, especially those close to you, in a more conscious and playful way.

STEP #2: Come to a clear sense of agreement on what you intend to say and do when you are actually taking a time-out. For example, you might want to say "I need a time-out," "I need some space," or "I need to get away for awhile." Or, you might come up with a non-verbal sign like the "T" hand signal for a time-out in sports. It doesn't matter what you do, but it does need to be done in a respectful and non-threatening way and both of you need to understand what the signal means.

STEP #3: During an actual conflict or argument, be direct and assertive and actually use what you have previously decided to do. Tell the other person that you are beginning to feel tense and that you need to take some time away to slow down and think more clearly about the issue. Work hard not to make overt or subtle threats like "I don't know what is going to happen if I don't get away." Learn to identify and tune into your anger triggers that can serve to alert you that you are escalating and a time-out is necessary. Be sure to respectfully communicate your need for a time-out and to be specific about how long you will be gone before you make the effort to re-connect to talk about the issue. Remember that a time-out is not supposed to just another way to avoid talking about important issues that arise between the two of you.

STEP #4: Take responsibility for your own time-out. It is not up to someone else to tell you that you need to take one. And it is not your responsibility to tell someone else to take one. If someone is yelling or saying hurtful things to you, you are also escalating internally even if you haven't yet become hostile yourself. That is also a time to get away from the situation. For some people, being told what to do in an escalating situation like this tends to only increase the anger that they feel. No one can keep you or anyone else from becoming controlling, explosive, or punishing. But you can make the decision to take care of yourself.

Also remember that the other person may not like or agree with your decision to take the time-out. But keep in mind that taking a time-out when you have the potential to be disrespectful is a good way to take care of yourself and to communicate respect and caring to those around you. Taking a time-out may not be recognized as self-

pul by the other person initially, especially if you have left arguments in the past and then not returned or refused to talk about the issue. But it is a way to build trust and intimacy if it is used in the ways being discussed here.

STEP #5: Get away from the person and/or the situation. For couples, it works most effectively to actually leave your house or apartment. At a minimum, go to a previously-agreed-upon place in your residence and stay separated. Avoid the temptation to get in a sarcastic comment, "the last word," or a "parting shot" as you are leaving. Make an effort to respond respectfully to your partner even if you believe your partner is purposely being hurtful and "provocative" to you at this point! In a work situation, leave the situation to go to the bathroom or go for a short walk if possible.

STEP #6: Give yourself enough time to de-escalate, relax, and re-assert control over yourself and your emotional reactivity and defensiveness. This generally means thirty minutes to an hour. When you become stressed and angry, the release of adrenaline and other hormones in your body work to increase your heart rate and raise your blood pressure. Take enough time for these physical changes in your body to return to their normal state. You will get a better sense of how much time you need when you actually begin to practice taking your time-outs.

STEP #7: Actively work to calm yourself both physically and emotionally after you have left the situation. If you don't focus on doing this, you can simply end up escalating yourself even more while you're actually on the time-out. Immediately after you separate, go to a "quiet space" in your mind. This involves visualizing a place you have actually been or a place you can imagine yourself being where you can feel calm, peaceful, relaxed, and safe. This "quiet space" might be a beach on the ocean or walking in a beautiful woods. Go there in your mind immediately to start the de-escalation process and center yourself.

Avoid continuing to brood about the perceived "wrongs" that you believe your partner has done to you. Try instead to think about and appreciate their perspective and what they might be experiencing and feeling. Use positive self-talk to look at the situation in a different way. Slow down your breathing and take deeper breaths. Go for a walk or a bike ride. Contact a friend who can be supportive and yet calming at the same time. It is not helpful to get hold of someone who is simply going to "bash" the person you are angry with.

Be careful about driving a vehicle during a time-out since you may escalate further as a result of other drivers' behavior and since your vehicle can become a lethal weapon (for you and others) when you are feeling explosive. Using alcohol or other mood-altering drugs is not a good idea either as these can potentially contribute to more escalation and make the problem even worse.

STEP #8: For couples especially, a vital part of the time-out process is making a commitment to return to discuss the issue and then actually following through with this commitment on a consistent basis. This serves as a means to begin to address

continued on next page

We Need A Few Good Men!

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 Classes:

"Time was allowed for everyone to share personally if they wanted. The chemistry feels good even though I'm a bit scared." – Anon

"The very personal sharing. It allowed for real connections to begin and I realize I'm not alone anymore." – Anon

"Well structured, non-judgemental, good sharing by everyone including the facilitator." – John

"Good materials and forum for exploring emotions and responses to anger. Good to get perspective from others." – Phil

"I really liked tonight - listening to others and sharing and seeing others grow. The facilitators are great!" – Cory

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 2, 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.

Time Outs *continued from previous page*

important relationship issues, to talk about your feelings with one another as they come up, and to learn to resolve conflict in the relationship together. Otherwise, the time-out strategy becomes just another hurtful weapon and a way to avoid the issues you and your partner need to talk about. As part of the process of returning, it is also important to ask clearly and directly if your partner is ready to talk once again

If your partner is not ready, then your time-out needs to continue until your partner communicates a desire to re-connect with you. If you return to the situation and again begin to escalate, take another time-out until you are able to talk about the issue with no risk of being hurtful, punishing, or abusive.

STEP #9: In order to truly integrate this skill into your life, you need to actively work at and practice the use of time-outs. However, remember to give yourself time to make this into a positive tool in your life. Be patient with yourself as you are learning this new way of coping with your anger and your desire to get back at the other person. Try to notice the excuses you have used or continue to use to keep yourself in the midst of the fray. You might be prone to say to yourself, "I'm not that angry," "I shouldn't always be the one who has to leave," or "Why should I quit now. I'm winning this argument." These types of excuses will keep you from doing what you need to do to get out of the situation.

Continuing to practice time-outs whenever necessary and making them an important part of how you choose to act can be an enormous step in truly intervening in your explosive and destructive attitudes and behaviors. In the end, it will also promote trust and intimacy in your relationships with your partner and others.

Here is just one last thought. If you're feeling uncertain or confused about whether you should take a time-out at a time when an escalation is occurring within or around you, try to keep this phrase in mind: WHEN IN DOUBT, TAKE THE TIME-OUT!

Dave Decker, MA, is a licensed psychologist in private practice at Birchwood Centers in Eden Prairie, MN. He has worked with individuals, couple, families, and groups for close to 20 years regarding issues related to anger, abuse, and control. In addition, he has written a book Stopping The Violence: A Group Model to Change Men's Abusive Attitudes and Behaviors, which was published by Haworth Press in 1999. Excerpts and modifications of this book are used as the curriculum for the Men Helping Men With Anger classes at the Men's Center. He can be reached at 612-725-8402

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.

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.

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- 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 _____

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Photos From Survivors Sought

Photos of male survivors of childhood or adult sexual abuse are being sought to be included in a poster which will be sold to help raise money for the 2003 international conference on male sexual victimization. We are seeking current photos of survivors and photos taken at the age when the abuse took place. We are interested in cultural, ethnic, and racial diversity. In addition we would like to include men in military uniform, clerical garb, judicial robes, sports equipment, medical clothing, or other dress that indicates that males who survive sexual abuse go on to have successful careers. We are also interested in including a man who is incarcerated. Photos will be returned if desired. Participants will be required to sign a release.

Those who are interested can contact Dr. Mic Hunter at 357 East Kellogg Blvd., St. Paul, MN 55101, U.S.A. <MHunt689@aol.com>

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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

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MEN TALK

The Men's Center News

4

Personal Stories

For New Book Needed

Dr. Mic Hunter, author of *Abused Boys: The Neglected Victims Of Sexual Abuse*, is seeking the true stories of men and women who were sexually assaulted while in the military, either in combat or from comrades. He also seeks stories of sexual harassment of military personnel by other military personnel. These will be included in a book on sexual abuse in the military. Authors may remain anonymous or use their actual names.

I also seek treatment professionals who are interested in contributing one or more chapters on these topics. I have already edited four published books (Adult Survivors of Sexual Abuse: Treatment Innovations, Child Perpetrators and Victims Of Sexual Abuse, and The Sexually Abused Male: Volumes I & II).

Contributors will be required to sign a release granting publication rights. Those who are interested can contact Dr. Hunter at 357 Kellogg Blvd., East, St. Paul, MN 55101, USA, 651 224-4335, or MHunt689@aol.com.

MaleSurvivor: Helping Boys & Men Recover from Sexual Abuse
(formerly the National Organization on Male Sexual Victimization)

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