

MEN TALK

THE MEN'S CENTER NEWS

October/November 2002 VOL. 26 #5

Mapping the Future of the Men's Center: The Energy Is Building

— JAMES QUENZER

I am always amused when I hear about others' vacations, especially their driving vacations. Inevitably, Mom & Dad load the kids in the minivan along with a dozen suitcases and head out for a road trip. If it's to a new destination, the story is predictable: they get lost. Dad, who is driving, decides that he can find there "on his own," while Mom wants to stop for directions or buy a map. Meanwhile, the kids have their input, too, "When are we going to get there?" and "Can I have a drink of water?" They eventually arrive, but not without a few wrong turns. I think everyone has either experienced this, possibly with variations, or heard the story from someone else.

The process that The Men's Center is currently undertaking is very similar to planning a road trip to a new destination. For those of you who don't know me, I am pleased to serve on the Board and coordinate a new initiative: Strategic Planning.

Strategic Planning is the process of defining where an organization wants to go. The Men's Center has 25 years of history in providing excellent service with limited funds. A strategic plan will allow it to more carefully map its future and, as a result, fulfill much more of its potential.

Strategic planning is a multi-phase project. The first phase is an analysis of SWOT – strengths, weaknesses, opportunities and threats/challenges. SWOT analysis provides a baseline for receiving input from members and assessing the current situation. The Men's Center recently completed the first part of SWOT analysis. During this phase, highly active members of The Men's Center were asked to complete a detailed survey of all areas of SWOT. They identified a number of areas important to the future of The Men's Center.

The next phase of SWOT analysis involves all of you. Using the survey results as a focusing tool, we will now spend a number of weeks asking for your input, adding detail to the analysis, gathering more information, and following up with individuals. This process will culminate with the annual planning meeting in late January 2003, and will move us to the next phase of strategic planning: defining initiatives, goals and objectives.

The final strategic plan will have the following components: strategic initiatives, tactical goals, and operational objectives.

Strategic initiatives are high-level definitions of directions in which The Men's Center wants to go. If strategic planning is similar to creating a travel plan, then strategic initiatives are the destination and the

stops along the way. One example of a strategic initiative is this: "The Men's Center will strengthen its ability to deliver its core services." This example would include a detailed list of what The Men's Center defines as its core services.

Tactical goals provide more detail to strategic initiatives. They are mid-level goals similar to a list of roads and freeways that need to be traveled. One example of a tactical goal would be: "The Men's Center will increase its membership to 1,000 members by the end of the year 2005."

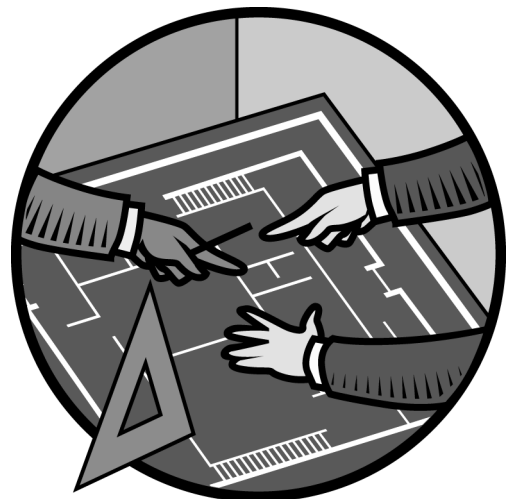
Operational objectives are the most detailed statements within the strategic plan. Frequently, they are combined with tactical goals for smaller, less complex organizations. In addition, there are two types of operational objectives: ongoing and project-based.

Ongoing objectives deal with items that are periodically reviewed by setting new targets and timelines, but they always need to remain a focus area. An example of an ongoing objective would be the recruitment and retention of volunteers: "The Men's Center will establish a contact list of 50 volunteers, including their skills, interests and time availability by the end of 2003." While the details may change (how many and by when), the issue of recruiting and retaining volunteers will be an ongoing effort.

Project-based objectives are also important in strategic plans. These objectives are pursued for a given period of time and, once met or re-defined, may not appear again. An example of a project-based objective would be: "The Men's Center will raise \$500,000 in order to purchase its own building by the end of the year 2007." Once met, this objective would become obsolete, and other objectives may be identified.

Continued on page 4

Mapping the Future from page 1



Library Corner

—RANDY GENRICH



VOLUNTEERS NEEDED!

We have many donated books that need to be shelved. If you can give a few hours to help, please call The Men's Center. 612-822-5892

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

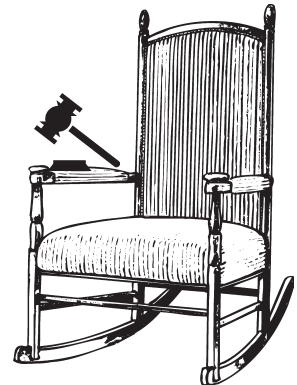
Letter from the Chair

Thank you James Quenzer for your continued work on the SWOT analysis. You provided excellent work on the project, which will help guide the Men's Center for years to come.

TMC members, please consider becoming a board member this next year. The board consists of 8 members. There will be at least 4 open seats. to be elected at the annual meeting in January.

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:

	<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!

NEW RELATIONSHIP CLASS TO BEGIN IN FEBRUARY

At its September meeting the Men's Center Board of Directors approved a new venture launched in cooperation with the Chrysalis Women's Center. It will be a 6 session Relationship Class for men and women in a relationship, 4 of the classes for men only will be at The Men's Center taken at the same time the women are taking a similar class at Chrysalis.

The last 2 classes will be with the men and women together at Chrysalis. Aaron Ridge who led a workshop on Relationships at last October's Men's Health Conference and a private practice psychologist at the Center for Relationship Therapy in Minneapolis, is our leader.

So if you are interested, talk to your female partner, women will register at Chrysalis, with the classes on a weekday evening yet to be determined beginning in February. Charge will be \$10 per each class for a total of \$60 for men and \$60 for women, with no one turned away for lack of ability to pay. More details will follow in the Dec-Jan MEN TALK.

*Norm Petrik,
Chair Program Committee*

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
Call for info on Anger Management classes. The Men's Center number is 612 / 822-5892		SUPPORT GROUPS Gay. Issues in Mpls ... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Angelic - Voodoo Art Ritual: 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 The 7 Qualities of True Leaders 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 A Journey of New Beginnings 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.
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 Overcoming Men's Most Serious Health Problems 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 Let's Talk About Sex: "Healthy Sexual Behavior" 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 Shamanism Today 7 - 9 p.m.	SUPPORT GROUPS Div/Uncpl/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.
	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 New Developments in Understanding Relationships 7 - 9 p.m.	SUPPORT GROUPS Div/Uncpl/General; ... Male Surv. Sex Abuse. Emotional Abuse 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.	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 Constructive Living 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. MAILING PARTY 7:00 p.m.	SUPPORT GROUPS Gay. Issues in Mpls ... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION No Presentation	THANKSGIVING HOLIDAY	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT .2:00 p.m.

Oct/Nov 02

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

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

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: Andy Ansell, Sam Satean, Rev. Jan Townswick, and Steven Wolfgram. Returning to continue their support of the Men's Center are: Timothy Cope, Jim Duffy, Michael Gardos-Reid, Jim Guswiler, Rick Rudd, 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

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.

The 7 Qualities of True Leaders

Presenter: Sharol Tyra

When: Wed. Oct. 9, 7-9 pm

Open to Men and Women

Express the leader within you: Apply knowledge and practices for significant leader transformation. Relate to the 7 qualities or pathways of true leaders. Identify ways to sharpen your integrity. A true leader is a state of being from the inside out. Learn about the qualities of a leader and more at this dynamic presentation by Sharol Tyra.

Sharol Tyra, Personal/Career Coach, Speaker, and President of Life Illumination guides your potential to light! Sharol coaches men and women to live their life purpose, develop as leaders and remove self-limiting beliefs that block true potential. Sharol was featured on TV and several magazines. She presented seminars several times at The Men's Center.

A Journey of New Beginnings

Presenter: Rev. Jan Townswick

When: Wed. Oct. 16, 7-9 pm

Open to Men and Women

Through a blend of healing traditions and varied philosophies Jan Townswick will provide participants the means to access, heal and free their own beautiful spirits - to find their way back to self and wholeness.

Jan Townswick has been a counselor and facilitator of change for 2 decades. Her belief that true healing is grounded in spiritual awakening led to their ordainment.

Overcoming Men's Most Serious Health Problems

Presenter: Sam Satean

When: Wed. Oct. 23, 7-9 pm

Sam will talk about the health challenges he has faced and how he has overcome them. He has had the scare of prostate cancer and has overcome it with attitude and supplements.

Sam spent 30 years in radio-TV, left the corporate way of life and later joined 4-Life Research, a company with the mission of improving the health of people by building their immune systems.

Let's Talk About Sex: "Healthy Sexual Behavior"

Presenters: Steven Wolfgram and Andy Ansell

When: Wed. Oct. 30, 7-9 pm

This meeting will give men an opportunity to talk frankly and ask questions about what is healthy sexual behavior for men regardless of orientation or health status. Please bring your opinions and questions and share them with others.

Steven and Andy are safe sex educators with MAP and facilitate Positive Link.

Shamanism Today

Presenter: Timothy Cope

When: Wed. Nov. 6 7:00-9:00

Open to Men and Women

Shamanism is the oldest spiritual tradition known to humanity, yet it remains a vital and viable path today. This presentation will describe the essential nature of shamanism and consider its contemporary manifestations and applications. Come and learn about this often misunderstood spiritual tradition.

Timothy Cope has been exploring the shamanic path for over eighteen years. He is a certified shamanic counselor and maintains a healing practice in Minneapolis.

New Developments in Understanding Relationships

Presenter: Jim Duffy

When: Wed. 13, 7-9 pm

Open to Men and Women

There has been a lot of exciting and valuable research published in recent years on the subject of behaviors that help or hinder success in intimate relationships.

From scientific researchers such as John Gottman and Neil Jacobson to psychiatric authors such as Bernard Appelbaum and Ellen Wachtel these recent results are both immensely practical and profoundly fascinating in what they teach us about human nature. Come and hear a summary presentation of some of the recent research and learn more about how you can study in depth the new developments in understanding of intimate human relationships.

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 and many subjects at The Men's Center have been well received as both interesting and useful as well as often controversial.

Constructive Living

Presenter: Jim Guswiler
When: Wed. Nov. 20, 7-9 pm
Open to Men and Women

"Trying to subdue a wave by striking it only results in a thousand waves." Trying to control our emotions is as hopeless as trying to demolish a wave with a single hammer blow. Constructive Living is a common sense approach to handling the ups and downs of every day life. It explores what is controllable and what is uncontrollable in our lives and directs us to put our efforts on the controllable parts. You will learn we cannot directly control our feelings, that our feelings always pass unless restimulated and that we are responsible for what we do, no matter how we feel. "Doing what needs to be done" is what Constructive Living is all about.

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

Emotions By Design

Presenter: Rick Rudd
When: Wed. Dec. 4, 7-9 pm
Open to Men and 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.

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

Men's Picnic Report

Frigid conditions, ie a strong north wind and temperatures about 45, kept the turnout small, 7, and time together short, about 90 min, but we had fun anyhow, on September 14th, a day after 80 degree weather! We were on the south side of the lake in Powderhorn Park, I think a good place, and we had lots of drums ready to use, except the shivers got us, and we went home before seven.

Thanks to Mike Chatt for helping with the arrangements. We will be planning a holiday party, probably Dec 14th at the Men's Center, indoors, so look for more news in the Dec-Jan Men Talk.

*Norm Petrik,
Chair Program Comm.*

Here and There

– Edited by Andy Mickel

Eat and socialize at the next **Sunday Drop-In Sunday Brunches** (bring something to share/cook up). **October 20th at the Men's Center**, 612/822-5892. **November 17th at Stephen Sewell's** 1509 Summit Ave, St. Paul (one block east of Snelling Av) 651/917-2495. Men hang out together anytime **between 10 a.m. and 1 p.m.** and enjoy good food with no agenda whatsoever. 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. These brunches are **open to all men.**
– Andy Mickel, 2002-09-24.

“**Thank you** for all you give to the Men's Center!”
– Randy Lindstrom, 2002-07-14.

New warrior Cliff Barry and Mary Ellen Blandford of **ShadowWork® Seminars** are making available a **CD on the 9/11 Grieving Process** for less than cost: \$4 plus \$3.95 shipping/handling. This is a special version of their Tombstone Process which uses motion and evocative music to take you deeply into your emotions rather than visualization and relaxation techniques. The first time you listen to this CD, a great burden can be lifted from your shoulders and exchanged for greater motivation and well-being. <<http://www.911cd.com>> FFI: Shadow Work Seminars, 7215

In Memory of Dennis Rainwater

who brought his homespun wisdom, soft humor, and gritty courage to the Thursday night men's group.

A few months after first coming to the group, he found out he didn't have long to live

He loved the group, grew and changed, and gave to each of us even as he suffered.

Just before his death, he bequeathed the Men's Center.

Dennis died on August 9, 2001.

— *Thank you Dennis!*

W. County Rd 24, Loveland, CO 80538; 970/203-0400. <<http://www.shadowwork.com/>>
– 2002-07-31.

Family and Corrections Network and the National Practitioners Network for Fathers and Families will hold the **Second North American Conference on Fathers Behind Bars and On the Street**, November 6-8, in St. Louis, MO. FFI: NPNFF, 1003 K Street NW, Suite 565, Washington, DC 20001 800/23N-PNFF
– 2002-08-31.

Noting Dorothy Thompson's statement that: “... peace is the presence of creative alternatives for responding to conflict—alternatives to passive and aggressive responses, alternatives to violence.” the **Men's International Peace Exchange** is stepping up its “Sowing Seeds for Peace” projects throughout the world. FFI: MIPE, P.O. Box 36, Swarthmore, PA 19081. 610/872-8178. <<http://www.peaceexchange.org>>, <<http://www.peaceexchange.org>>
– 2002-08-31.

The **Gay and Bi-sexual Father's Group** upcoming events: Fathers Support Group Meeting Wednesday, October 8th.; Cookboyz, Saturday, October 12th; Fathers Group Pizza Party at Davanni's Downtown, Friday October 25th; Fathers Group Support Group Meeting, Saturday, October 26th; Fathers Group Business Meeting Immediately after October 26th Support Group. For more info: <<http://www.gayfathersmn.com/>>
– Denny Siemers, 2002-09-23.

Dads Make a Difference is presenting “Parents as Sexuality Educators” Workshop, Sun-Mon, November 17-18 at the St. Paul Four Points Sheraton hotel. FFI: DMAD, U of Minnesota Extension Service, 2020 White Bear Ave, St. Paul, MN 55109, contact: Dmitris Kelly, 651/704-2063 <<http://www.dads.umn.edu>>
– Jan Hayne, 2002-09-15.

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 hazing and 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.

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, <MHunt689@aol.com>, or 651 224-4335. – 2002-09-22.

New York City's Men Center, **On the Common Ground**, is hosting its **11th annual Village of Brothers Fall Retreat**, Fri-Sun, Oct 18-20 at Camp Hi-Rock, Mt. Washington, MA. \$220 includes 6 meals and transportation. FFI: <JohnGuarn@aol.com> or 212/265-0584, On the Common Ground, 250 W 57th St., #1431, New York, NY 10107.

– John Guarnaschelli, 2002-09-14.

The **West Michigan Men's Center, Inc.** is now operating a year-round Monday-night men's discussion group, 7-9 p.m. at Westwood United Methodist Church, 536 Nichols Rd. at West Main St. WMMC is at 1367 N. 26th St., Kalamazoo, MI 49048. - Jim Lovestar, 2002-09-09.

In an obvious takeoff from the *Vagina Monologues*, the **Penis Dialogues** will be presented by the Twin Cities Pubic Theatre in October. An offshoot of the Twin Cities Fringe theatre, you can obtain event info: penisdialogues@yahoo.com.
– 2002-08-15.

Our web site, <<http://www.tcmc.org/>> will be moving to a new host by the end of the year. At that time, we'll also get an E-mail address of the form: info@tcmc.org. Until then our **E-mail is: <tcmc@tcfreenet.org>**. Continue to get *Men Talk* online and information about the **Men Helping Men with Anger** classes. Peruse our extensive **Resource Directory**.
– Andy Mickel. - 2002-09-07.

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 _____

ROCKY - For Ranny

BY BOB ANDERSON

*You like to pick up rocks, pointy ones,
 round, flat and long ones, rocks
 that are scaly and pocked, or smooth as baby-skin.
 Irregular rhomboids, dotty dodecahedrons –
 nature's whimsical geometry.*

*Your favorites are those smooth shiny black ones, grist
 for some dinosaur's gizzard,
 but you're always on the lookout, stopping your bike
 to cull the leavings of some pushy glacier,
 peculiar treasures tendered to your fingertips
 from the rubble in the tubs of stones downtown.*

*Your apartment's a rockpile,
 stone slabs upthrust from concrete, and you dwell
 in one of its caves.
 Your baseboards are rimmed with rocks and boulders,
 each with a particular history – that one
 salvaged from the Four Corners, this one gleaned from the lip
 of the Grand Canyon; another,
 a chip from a wayward meteorite, or a distant star.
 They clump on bureau tops, cluster in trays and saucers,
 lurk in closets, brood in corners, as if
 reproducing themselves
 to colonize an alien world.*

*You have an affinity for rocks, you say,
 and when you used to work in your garden, sifting stones
 from the soil, you felt
 part of some great design, a mere molecule
 in this vast, impersonal universe.*

*You look at me with that craggy face, your opinions
 and view of the world rock-solid,
 with those flinty blue eyes,
 the lines around your broad smile
 shifting the plates of your face.*

*Why is it that most of the men I love,
 love rocks?
 In a sly mood, I wonder, Do men
 tend toward the condition of rocks?
 Solid, self-contained, grist
 for the finer things of this world,
 moving inches over eons to remake whole continents.
 Then I think of all those boys, their pockets
 stuffed with rocks, flying over the face of the earth
 on their Schwinn bicycles.*

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

Please note that the examples I've given are ones that I've created – they may or may not appear in the final strategic plan, or may show up in a different form. They are not given here to lead the membership in any direction, but simply to clarify the concept being discussed. Your input will determine the content of the completed strategic plan.

Finally, the completed strategic plan serves two purposes. First, it provides a roadmap for the future that inspires individuals to become active participants in the events occurring at The Men's Center. Second, it provides a marketing tool for communicating with other organizations, either in building alliances or raising funds.

I encourage each of you to think about the above areas, especially the strengths, weaknesses, opportunities and threats/challenges of The Men's Center. Then, send an email to me at tech@consultant.com outlining your thoughts. I will compile them over the coming weeks into one central document. You may request that your identity remain confidential, if you wish, and I will report to the Board and to the greater membership in that way. I look forward to hearing from many of you, and hope you'll engage with me on this exciting process for The Men's Center.

NEXT ISSUE: WHAT YOUR CO-MEMBERS ARE SAYING

What's Inside

Page 1 *Mapping the Future*
by James Quenzer
Page 2 *Library Corner*
by Randy Genrich
Page 2 *Letter from the Chair*
by Tom Parrault

Page 3 *All Purpose Coupon*
Page 3 *Poem: Rocky*
by Bob Anderson

Inserts Oct./Nov Calendar
Here & There
by Andy Mickel