



1976 — IN OUR 27th YEAR OF PUBLIC SERVICE — 2003

MEN TALK

THE MEN'S CENTER NEWS

April/May 2003 VOL. 27 #2

Adventures In Fathering

— JON HARPER

Men, apparently in their genes, have the hardwiring to be good fathers but many lack the basic skills. In my experience, all fathers want to protect and provide for their children. But something they've apparently lost along the way is permission to nurture their children in those necessary and uniquely male ways.

I have experienced, or celebrated, or and survived 13,871 Father's Days since the day my first child entered my life. February 19, 1965 was the beginning of many life-altering experiences to come. In four decades of parenting I have learned a lot about myself as well as fathers in general. I have observed social changes and trends on a large scale and I have been part of them on a personal level. I have had good days and bad ones days as a father. I have learned a lot about being a parent, role model and father from the children in my life. I have also learned a lot about what I don't know. But, What I do know for certain, is that the most important thing I will ever accomplish is to be a patient, fair and loving father.

My career work with men began 27 years ago in a correctional facility, as the Director of Educational Programs. My work addressed the academic, social, and parenting needs of men. This is when I experienced my most heartfelt success, as well as my most dismal failures. I was moved by the desire of the incarcerated fathers, that who despite the many obstacles of incarceration, were determined to continue their fathering. It was during this time I came to a deep understanding of my life work; I knew I would always choose to work with men in their role as fathers.

As I transitioned my work from a correctional facility to the mainstream community, I discovered the similarities among men, regardless of their life circumstances. The core issues for all the men I worked with, related to fathering, were basically the same. All fathers wanted to spend time with their children; assure the safety of their children; and, provide for their children's material needs.

Coming out of these two distinctly separate, but similar experiences, I have concluded that while most men have a hunger to engage in male nurturing, they are essentially unprepared to take on the role of a nurturing father. Unfortunately, this leaves a gap between what fathers are able to give and the male nurturing their children need.

How do we find ourselves in this dilemma? Based on personal experience and indicators from research, there are two distinct ways in which the father's presence function is changing. The social structure and it's effect on the changing role of the father: The multigenerational decline in fathers' emotional and physical presence, both emotional and physical, in the home, stems from distinct social changes and has resulted in a number of problems.

The decline of the physical presence of the father is one result of the high rate of divorce and out of wedlock pregnancies that have forced men out of close proximity to their children. This physical separation makes it even more difficult for men to establish and maintain nurturing relationships. In every generation, we have fewer and fewer male role models in children's lives. As a result, more and more children are failing to experience a responsible (and nurturing) male role model, and in turn, are incapable of becoming nurturing parents themselves.

The emotional absence of the father has historically been a problem. What is changing is the increased need for men to be emotionally present with their children. Societies changing roles and expectations of both men and women contribute to the need for fathers to assume a more nurturing role. As more and more women entered the work force, a need was created for men to step into the role of nurturing father. Both of these changing roles required retraining and skill building. Ironically, while we as a society recognized the need to provide education for women to succeed in the work place we failed to provide men with the necessary skills to become nurturing fathers.

Continued on page 3

Adventures in Fathering (continued from page 1)

As a result because of these social changes the present and future healthy development of our children and our society is at risk. The research is clear that the cumulative cost of fatherless homes and father



Library Corner

—RANDY GENRICH



VOLUNTEERS NEEDED!

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. Take the book with you or relax in the library with a bagel and coffee, pop, or tea.

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

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

These magazines have excellent articles that might be of interest to you.

Letter from the Chair

There was a topic that came up at a recent Men's Center board meeting that I wish to address. These views are mostly my own and may be shared by some/many board members. The issue that was brought up was if The Men's Center could get involved in political issues (lobbying, protesting, etc.). The legislative session is in full swing at the State and National capitols. Since The Men's Center is a 501 c.3 charitable organization, The Men's Center cannot lobby the elected officials about issues. The Men's Center could lose its 501c.3 status making us unable to solicit funds from charitable organizations. The purpose of The Men's Center is to provide resources to individuals needing our variety of services.

If The Men's Center wants to go in a different direction, I believe our members would have to vote on it.

I am part of the Knights of Columbus, a Catholic fraternal organization. One of our strict policies is to have no politics brought into the organization. I did bring in some local political candidates one time to a meeting and was told afterwards it was against our organization rules. I learned a lesson then

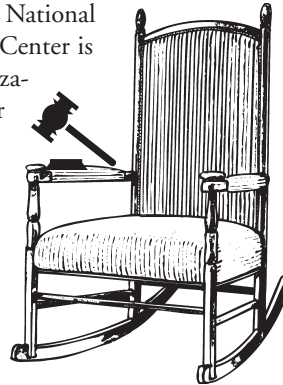
also: an organization can have a variety of views within its members. A split on those rules can potentially drive some individuals away. I would prefer to focus on providing the services we do now at The Men's Center.

I do encourage you to get involved on issues that are important to you. I have talked to my legislators. I have protested at the State capitol. I have been on the side that has been protested also (it's kind of fun). But please keep The Men's Center out of it. At least our organization will not be affected by government budget cuts.

With that, I am also proud of The Men's Center for what we have. We have two dedicated staff persons, we have volunteers who donate their time to keep the organization running and the monetary contributions you make to The Men's Center are much appreciated and are meticulously spent. Again, thanks for what you do for The Men's Center.

For Men, For All,

TOM PERRAULT
BOARD CHAIR



Memories of a Younger Brother

— NORM PETRIK

I was in the first grade when Edwin was a Senior in high school, so my memories of him in the early years are limited. He was a good football player, and I recall that when I played football years later, a local resident reminded me how good Edwin was as a half-back. After Pearl Harbor, in December of the year he graduated, he went to Los Angeles to work in defense plants and on this date, Feb 25 in 1942 he married Marie, a Catholic. This was frowned on as we were staunch Presbyterians, but Edwin broke a rule, and 4 of his 5 siblings broke the same rule and married Catholics! We didn't go to the wedding, but did take a family trip that summer to celebrate the birth of Phyllis, and we had great fun.

Over the years I remember Phyllis and Janice coming to stay with us on our farm during the summer months, they are closer in age to me than Edwin, so we played and gardened together.

My main memories of Edwin are as follows:

1. April 1959 just after I got out of the Army and came home to find that Dad had decided to quit farming because of a heart attack, meanwhile Edwin had moved from Iowa to South Dakota, in hopes of buying the funeral home in Tyndall. As we were cleaning the manure out of the horse barn, he said "I don't want the farm, do you?" I said, "No I went in the Army to get the GI Bill, so I'm going to college." So it was settled, the farm was rented, and we followed our separate paths.

2. Family gatherings at the Funeral home, and Edwin handling funeral arrangements for Darlene in 1973 and Dad in 1974.

3. Golfing with him once on the Tyndall golf course, of course he was much better than I, and watching him golf on the course back of their house in Mesa, while sitting in their back yard. Golf was very important to him.

4. The most precious memories are of our visits in the years of our winter visits since 1997, the year Joyce and I went there to celebrate Edwin and Marie's 55th wedding anniversary. He and I always went for walks, including when he was in the Nursing home. We also had a couple of family gatherings in which Mavis, Maxine and Berdel and Joyce and I were there to visit, play pinochle, and in 2002 celebrate their 60th wedding anniversary, in January, but it was great.

5. The final visit was January 1, 2003, when Joyce and I came, and celebrated, one day early, his 79th birthday, and 2 weeks early, my 68th. I remember teasing him that he was then, 12 years older than I, ie effective January 2d. This time when I invited him for a walk, he had a clear "No", and pinochle was not an option either. But we have precious pictures of us together at this final birthday party. After the party I drove Marie and Edwin to their residences, and said Good Bye, thinking it might be the last time. I take this opportunity to share these memories of my big brother, as final way of saying "Good bye"

Love, Norman



MEN'S CENTER EVENTS

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Men's Center number is 612 / 822-5892 . Call for info on Anger Management. classes.		SUPPORT GROUPS Gay Issues in Mpls ... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION How to Love Yourself 7 - 9 p.m. 20's GLBT 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; ... Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	SUPPORT GROUP Resiliency 7:30 p.m. Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 1:00 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 Men and Grief 7 - 9 p.m. 20's GLBT 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; ... Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	SUPPORT GROUP Resiliency 7:30 p.m. Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 1:00 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 Trance Dance 7 - 9 p.m. 20's GLBT 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; ... Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	SUPPORT GROUP Resiliency 7:30 p.m. Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 1:00 p.m.
BRUNCH 10:00 a.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 and Grief 7 - 9 p.m. 20's GLBT 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; ... Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	SUPPORT GROUP Resiliency 7:30 p.m. Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 1:00 p.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 Knowing Ourself Through Our Body 7 - 9 p.m. 20's GLBT 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; ... Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	SUPPORT GROUP Resiliency 7:30 p.m. Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 1:00 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 Music Caused Hearing Loss 7 - 9 p.m. 20's GLBT 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; ... Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	MT. ARTICLE DEADLINE SUPPORT GROUP Resiliency 7:30 p.m. Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 1:00 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 Issues Relating to Divorce 7 - 9 p.m. 20's GLBT 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; ... Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	MT. FINAL DEADLINE ... SUPPORT GROUP Resiliency 7:30 p.m. Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 1:00 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 Darkness to Light, My Journey... 7 - 9 p.m. 20's GLBT 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; ... Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	SUPPORT GROUP Resiliency 7:30 p.m. Men's Bisexual issues 7:30 p.m.	MAILING PARTY 9:00 a.m. ... SUPPORT GROUP 20's GLBT 1:00 p.m.
	MEMORIAL DAY HOLIDAY	SUPPORT GROUPS Gay Issues in Mpls ... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Empowering the Tender Male 7 - 9 p.m. 20's GLBT 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; ... Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	SUPPORT GROUP Resiliency 7:30 p.m. Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 1:00 p.m.

Apr /May 03 **1976** - In Our 27th Year - **2003**
of Public Service
Check out our web site: www.tcmc.org
email: tcmc@tcmc.org

PRESENTATIONS

Workshops and presentations have been a part of The Men's Center offerings to the community since it's beginning 27 years ago.

We welcome your suggestions for new topics and presentations.

Presenters new to the Men's Center are: Terry Christensen, Tony Del Percio, Doug Erickson, Audrey Grossman, Chuck Harney, Scott Lewis, and Joey Pultz. Returning to continue their support of the Men's Center are: Jim Amundson, and Kelley Lorix.

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

How to Love Yourself

Presenter: Audrey Grossman
When: Wed., April 2, 7-9 pm

Open to Men and Women

Description: In this healing presentation, Audrey will introduce ten principles of "How To Love Yourself". These principles provide a foundation for learning emotional, mental, and spiritual tools to empower yourself in creating new loving ways that promote healing transformation in your life. An opportunity for questions in the group format will follow.

Audrey has a private practice, Peaceful

Heart, providing support, guidance and inspiration in the process of personal healing. She is strained in Counseling Psychology, Communications, Spiritual Principles of Healing and Reiki. Her devotion to helping men and women in the process of reclaiming self-love and self-acceptance while releasing painful histories is her mission. Audrey is an author, speaker, teacher, counselor, and woman of service to individuals seeking assistance in healing their heart.

Men and Grief

Presenter: Tony Del Percio
When: Wed., Apr 9 7:00-9:00

Grief is best described as intensified emotional suffering related to loss. The experience of grief may be related to death, divorce, abuse, sexuality, etc. For men it is often difficult to understand and express our emotions. Often times in our society men have not been allowed to grieve and were told to be strong, its over and done with so move on.

This 2 part seminar will be held on April 9 and 23 at 7:00 pm. I will focus on loss and various grief reactions that we as men may experience. We will recognize the mourning process and find healthy ways to deal and cope with loss.

Attendance at both presentations is desirable but not necessary.

Trance Dance

Presenter: Terry Christensen
When: Wed., Apr 16 7:00-9:00

Open to Men and Women

Trance Dance is a moving meditation where you experience the body/mind/spirit connection to your own source of insight, clarity and healing. Dancing behind a bandanna with intention you discover solutions within yourself to seemingly unsolvable problems. Experience healing and insight in a trance dance journey. Bring a bandanna, wear comfortable clothing.

As a certified Trance Dance Presenter, Terry Christensen has presented over 200 Trance Dance events since May 1997. Terry is also a certified professional coach who uses a multidisciplinary approach to help his clients achieve their desires.

Men and Grief

Presenter: Tony Del Percio
When: Wed., Apr 23 7:00-9:00

Grief is best described as intensified emotional suffering related to loss. The experience of grief may be related to death, divorce, abuse, sexuality, etc. For men it is often difficult to understand and express our emotions. Often times in our society men have not been allowed to grieve and were told to be strong, its over and done with so move on.

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mourning process and find healthy ways to deal and cope with loss.

Attendance at both presentations is desirable but not necessary.

Knowing Ourselves Through Our Body

Presenter: Jim Amundson
When: Wed., Apr. 30 7:00-9:00

Open to Men and Women

Drawing on the techniques from a psychotherapy called Pessio-Boyden psychomotor psychotherapy (PBSP) participants will focus on exploring and discovering what their bodies say is needed to be happy and whole. Although we are born knowing this information, often in learning our gender role - how to be a real man or real woman - growing up we learn that it's necessary to suppress the knowledge of PBSP and so we carry this suppressed knowledge in our body. This presentation will be primarily an experiential evening of attempting to access our body's knowledge.

Jim Amundson, PhD., is a licensed psychologist in private practice. He is a certified PBSP therapist and has a lifelong interest in gender issues for both men and women.

Music Caused Hearing Loss

Presenter: Doug Erickson
When: Wed., May 7 7:00-9:00

Open to Men and Women

Have your ear started ringing yet? Mine do, and I am learning that I probably damaged my own hearing and probably could have prevented it. It's not just the headache-loud concerts. It's also our own unamplified instruments, stereos, headphones, car stereos, plus lawn mowers, leaf blowers, snowblowers, hobbies etc. Join me for a discussion about hearing loss and how we can minimize the damage we do to our own hearing. Men and women including professionals in field are welcome.

Doug Erickson is a retired sound system consultant. He has been interested in men's issues for many years more recently in health issues.

Issues Relating to Divorce

Presenter: Kelley Lorix
When: Wed., May 14 7:00-9:00

Open to Men and Women

Kelley's presentation will include how to prepare financially and strategically for divorce, child support, spousal maintenance, custody and visitation - what the options are and how it will affect support, property - what happens to the house, pensions and other items acquired during the marriage. This session will

include question and answer session geared to helping you with the exact problems you may be faced with in your lives.

A private practice attorney, Kelley Loric has better than fourteen years in state courts throughout Minnesota litigating, arbitrating and mediating the issues of concern to all of us as we go through divorce. Kelley has presented numerous times at the Men's Center.

Darkness to Light, My Journey, My Story

Presenter: Joey Pultz

When: Wed., May 21 7:00-9:00

Open to Men and Women

Joey Pultz, a dynamic man of varied experiences, will share his life story and how he has turned personal tragedies into triumphs and blessings. He says "There's a world full of endless resources and a mind full of outrageous dreams." Anything is possible.

Joey is from White Lake, MN but now resides in Downtown St. Paul. He is a nurse by profession but also an actor who is involved with many acting fields. He also facilitates the GLBT 20 something groups.

Empowering the Tender Male

Presenter: Scott Lewis

When: Wed., May 28 7:00-9:00

Open to Men and Women

In this interactive workshop, we will explore the choices available to men in how they wield their power in today's society. The choices men make in asserting themselves has a dramatic affect on their relationships with others. We will discover the merits of being tender and discuss strategies to connect with others both deeply and powerfully.

Scott Lewis is a Life Coach with a Master's Degree in Social Work. He has been trained in a process called Co-Active Coaching, a unique alliance with coach and client working together as equals to meet the needs of the client. Scott holds that all people are naturally creative, resourceful, and whole; completely capable of finding our own answers to whatever challenges we face. He partners with men and women to reveal the brilliance in all of us. Through weekly phone calls and email, clients create the life they've always wished for reaching goals faster and sparking exciting opportunities. Contact Scott at 651-493-8323 for a free coaching session.

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

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

Resiliency

A new group will begin meeting Thursday evenings beginning April 10th.

Resiliency is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors. It means "bouncing back" from difficulty experiences.

Considering all the current stressors in our collective, as well as our individual lives, this is a good time to start the resiliency group. Come Thursday April 10th at 7:30, and subsequent Thursdays, for this new group.

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

Gay Issues

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

- Tuesdays (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

Relationship Class Report

The relationship class which completed 6 weekly sessions March 17th was a successful relationship with the Chrysalis Women's Center. Reports from facilitators are that when the men and women got together for their joint meetings for the last 2 weeks, that this enlivened the men who had been rather passive during their men only sessions. I am hopeful that we can offer a similar class in the fall. Call the Men's Center if interested.

Here and There

– Edited by Andy Mickel

The Men's Center has a new E-mail address: < tcmc@tcmc.org>.
– Andy Mickel, 2003-01-11

13 men attended February's men's brunch virtually hosted by Dean Jurek and 21 men attended last month's brunch at Andy Mickel's. Eat and socialize at the next **Monthly Men's Sunday Brunches** (bring something to share/cook up). Sunday, April 20th at Harry Greenberg's, 2435 Garfield Ave S, Minneapolis 612/870-9418 (one block east of Lyndale); Sunday, May 18th at Rick Gravrok's, 2925 Monterey Ave S, St. Louis Park, 952/926-6655. (on the west side of Lake Calhoun, off Lake St.); Sunday, June 15th (Father's Day--children welcome) at Jim Lovestar's backyard picnic table, 2629 Upton Ave N, Minneapolis (just east of Victory Memorial Parkway), 612/588-8984. 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, 2003-03-17.

A revised, 32-page *Minnesota Fathers' Services Directory* has been published by the Minnesota Department of Health, Fathers' Adoption Registry and the Minnesota Department of Human Services Child Support Enforcement Division in cooperation with the Fathers' Services Network. To obtain a copy, call Donna Wilson, MN Dept of Human Services, 651-297-4817 or E-mail: <donna.wilson@state.mn.us>
– Harry Greenberg, 2003-03-16.

The Men's Studies Press in its Winter 2003 Bulletin announced many items including a new fatherhood journal. The premier issue of the peer-reviewed journal, *Fathering: A Journal of Theory, Research, and Practice about Men as Fathers*, will be published in February 2003. Dr. Jay Fagan, *Fathering's* editor, has brought together a renowned group of scholars/researchers to

serve on the editorial board for this first-ever scholarly journal devoted solely to the growing and diverse study of fathering issues. FFI: <JayFagan@mensstudies.com>
– Jim Doyle <doyle@mensstudies.com>
<www.mensstudies.com> 2003-01-16.

The next **Mankind Project Minnesota New Warrior Weekend** will be held May 2-4, 2003 at Eagle Lake Camp near Brainerd, MN. The cost is \$595. Contact Andy Miller 612-269-7369 for Open House dates/times and with any questions. Register with Tracy Bridge, 1003 Oakridge Avenue, Shoreview, MN 55126; 612-321-4723 (office); 651-482-0929 (business); E-mail: <Turtlelake4@aol.com>
– Tom Borden and David Kaar, 2003-03-09.

“Keep up the good work! I have worked in the court systems and believe there are still masses out there who would benefit from the **Anger Management Classes!!!**”
– Moses W. L. Renault-Moses, Atlanta, 2003-02-25.

River's Edge Playback Theatre acts out your stories on stage—a great way to enjoy new insights into yourself. Theme for April: **Life Transitions**; for May: **Dreams - night & day**. Playback is an improvisational storytelling form in which audience stories are played back on the spot by an ensemble of trained actors. First Friday evenings, 8 p.m. at Walker Community Church, 3104 - 16th Ave S in Minneapolis, \$8 or \$10 for two people. <<http://www.riversedgeplayback.org/>>
– Harry Greenberg 2003-03-16.

The largest and best all-around men's-work journal in North America, *Everyman*, is sponsoring its **6th Annual Everyman Gathering**, May 2-4 in Ottawa, Ontario. This dramatic and powerful weekend will explore: * a new model of blame-free advocacy, * how to create what we want in our lives and world, * sharing our advocacy visions, * using joy and humour as activist

tools. Sliding scale fee (\$50-\$100) based on distance having to travel. FFI: publisher@everyman.org or PO Box 4617, Station E, Ottawa, ON K1S 5H8 Canada.
– David Shackleton, 2003-02-15.

Bringing Our Deep Truth to Life, **Minnesota Sacred Theatre Workshop** is an experiential workshop in authenticity, personal change and celebration. Saturday, April 5, 8:30am-5pm, Twin Cities Friends Meeting House, 1725 Grand Avenue, St. Paul, MN, \$75 - \$125 sliding fee, scholarships available, Christopher Anderson, Teresa Riley-Baecker, Lia Falls, Maria Genné, Debra, Lach, Jim Lovestar, Mavis Rice, Robert Senden, and others. Minnesota Sacred Theatre offers entry into the great plays of our lives with trusted fellow players. In this theatre, we take the stage in our own lives. Everything is part of the story in an act of expression that may change a life. Content comes from the individual and community lives of the participants, in stories that carry us toward healing and wholeness. Along the way, we encounter great fun, sorrow, wonder, fear, hilarity and delight – what we might call beauty. FFI: 952-380-4800
– Cris Anderson, 2003-02-13.

Facilitating the Shadow, a series of professional and personal development workshops for learning **Shadow Work®** facilitation skills will be held May 19-25, Sep 15-21 and Dec 8-14. Prerequisite: Shadow Work Weekend, Woman Within, Woman in Power, Inner King/ Inner Sovereign or New Warrior Weekend. Cost is between \$2500 and \$3000. FFI: <www.shadowwork.com>, 1-888/406-0703 or <shadowwk@earthlink.net>.
– Cliff Barry, 2003-03-12.

Visit our web site, <<http://www.tcmc.org/>> for all kinds of Men's Resources for Twin Cities men!
E-mail: <tcmc@tcmc.org>
– Andy Mickel. - 2003-03-15.

FACILITATOR TRAINING REPORT

17 men came to the training session conducted by Hank Bruns on February 9th, to learn ways of leading support groups. The discussion was helpful, sharing ideas among experienced and new facilitators. Thanks to Hank Bruns for again leading this important work for the Men's Center.

Norm Petrik, Program Chair.

RETIREMENT GROUP RESCHEDULED

The retirement group which usually meets the 3d Sunday from 530-7 pm will meet the 4th Sunday of April, on the 27th, the change made because of Easter being on the 3d Sunday. This group is for men who are thinking of or have retired, and wish to talk about the feelings associated with that major life change, and the choices we have to make life meaningful.

Please join us April 27th, and then 3d Sundays after that.

Norm Petrik, Group facilitator.

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 _____

absence (both emotional and physical) is directly associated with teen pregnancies, school drop-out rates, drug use, criminal behaviors, as well as numerous other destructive social problems. The increase in father absence is identified as the greatest contributor to the rise in child poverty. (Seventy-five percent of children where fathers are absent from the home will experience poverty.) Children from fatherless households are three times more likely to fail in school and twice as likely to commit crimes. The presence or absence of a male role model in families and communities is one of the chief predictors of criminal behavior in young males. Father absence is the basis for a host of behavioral and emotional problems in children including poor impulse control, low self-esteem and violent acting out behaviors. Father absence is now in epidemic proportions and is affecting all social/economic classes.

What is the solution to our dilemma? What am I saying in the most basic terms? "Fathers are important." The catch is...it has to be lived out, by men, through day to day nurturing behaviors. It is no longer enough to just protect and provide for our children. It is imperative that men assume an emotional as well as a physical presence. Physical presence requires fathers to be in close proximity to their children, protecting and providing for them. Emotional presence requires physical presence and an emotional maturity that includes consistency; courtesy; integrity; perseverance; self-control; tenacity and empathy.

On a personal level, our responsibility as fathers directly affects the quality of our children's lives. On a more global level, we affect the future of society. To quote Martin Luther King, "We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly."

Jon Harper is the founder and Executive Director of Adventures in Fathering a non-profit organization serving fathers and families. Adventures in Fathering provides classes in fathering, child development and family relations; consulting services; and conducts workshops in Building Father Friendly Environments. To contact Jon Harper call 763 531-9267.

Address change notifications from the post office cost the Men's Center \$1.14 each. Please let us know in advance of mailings! Thanks!

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

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@tcmc.org

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The Men's Center News

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Strength In Resiliency

— BY LEE CHURCHILL

If the thoughts running through your head when you are faced with adversity are negative or self-critical they hurt your ability to respond with courage or grace. Understanding how your thinking affects your emotions and behavior is a key skill in the resiliency program. Learn to avoid thinking traps when things go wrong without blaming yourself, others or jumping to conclusions. Evaluate why you behave the way you do when confronted by specific or recurring problems so that you can search for new solutions.

Stop wasting time and energy worrying about the "what ifs" of your future so that you can be better prepared to deal with problems that really do exist. Learn techniques to relax when you are overwhelmed by emotion or stress.

Resilience determines how high we rise above what threatens to wear us down, from battling illness, to bolstering a marriage, to persevering after a national crisis. Resilience is about making connections with other people, avoiding seeing crises as insurmountable problems, accepting that change is a part of living and moving toward your goals with decisive actions. Looking for opportunities of self-discovery, nurturing a positive view of yourself, keeping things in perspective, maintaining a hopeful outlook and taking care of yourself is the master plan of resiliency in the modern day world.

Considering all the current stressors in our collective, as well as our individual lives, this is a good time to start the Resiliency Group. Come Thursday April 10th at 730, and subsequent Thursdays, for this new group.

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