



MEN TALK

THE MEN'S CENTER NEWS

August/September 2003 VOL. 27 #4

Generations: Interview with Dean Jurek

— BY ANDY MICKEL

MT: You have been conscious about your inner work and personal growth for more than ten years. How important have men's support groups been to you?

DJ: Men's support groups have been very significant in my life. I joined my first men's group when I was 21 years old. I was having a hard time just being a young man trying to support himself with food, rent, and a job as an apprentice bricklayer. It was a group facilitated by two professional therapists. I learned so much. I watched men from 30 to 70 talk about everything men in their 30's thru 70's would talk about. It blew me away. It was quite different from the conversations I had with my extremely religious father or the construction workers I worked with. Since, then I have been involved in many different types of groups each serving a purpose for whatever stage of development I was at at the time.

MT: You met other men who have affected the path you are on. What were the key insights you got from them?

DJ: Yes, I have met many men who have supported, inspired, guided, and "pointed" me in directions. However, I'm not sure how to answer the question of what key insights I got from them. I could say many and I could say none. The "key" insights that I have experienced came mostly from within. Certainly influenced by others, but the insight arose through the natural process of self-realization.

MT: You have been in talk therapy, gone to the New Warrior weekend, and have taken the Anger Management class series at the Men's Center. Each time you found out new things about yourself and the source of your angry feelings. What can you advise other men who secretly know that they can't trust themselves not to hurt themselves or others because they are afraid of their own repressed anger/rage?

DJ: Get Help Immediately!!! If not for your sake, for the sake of others around you. There are groups, organizations, hospitals, etc. that have dealt with these issues. Don't let fear or shame keep you from asking for help. You're not alone!

MT: You introduced me to the transpersonal psychologist/integral philosopher Ken Wilbur. What do you like best about his work?

DJ: That it's published in many languages and countries all

over the world. Written for anyone to read! I also like the way he goes into integral transformative practices. Practices that develop all the different lines and streams of development within each of us and how to work those in nature, culture, and self.

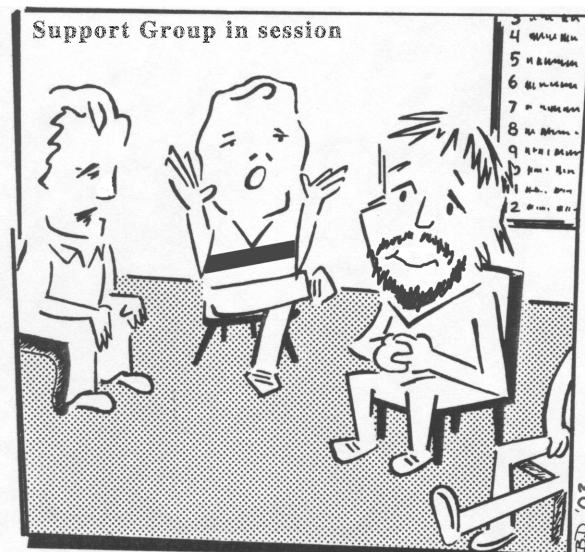
MT: Lately you have found some healing and serenity with sitting meditation. Can you describe what that's like for you, and what other men might gain by doing it?

DJ: It has been a long road for me to learn to sit still. I am glad I have been patient enough with myself to keep continuing even after long periods of forgetting about it. The "healing" I've experienced would be in regards to the "pain-body" or the identification with it. I had chronic pain for years in my 20's. I've watched it dissolve through the practice of yoga and meditation.

MT: You are in great shape physically, and have repeatedly stressed to me the importance of balanced nutrition for my life. You were one of the volunteers who selected the program for the Men's Center's 2001 Men's Health and Wellbeing Symposium. Can you describe briefly your overall guiding philosophy for men's health?

Continued on page 2

Generations Interview: continued from page 1



Listening to the wisdom of youth

Library Corner

—TED BRADFORD,
LIBRARIAN



Using the library is a membership privilege. To check out a book, all you have to do is write your name, phone number, and the date on a checkout card and leave it in the box. Or just come in and browse – you will be surprised at how stimulating it can be to expose yourself to the books in our collection. So come on in and take a look.

All sections of the library have been reorganized by Ted Bradford and alphabetized within sections by Langford Dudley. Archive materials are being relocated in an adjacent room

We also have many useful periodicals, such as:

- Men's Health
- Voice Male
- Everyman (July issues feature an overview of the Men's Movement)
- Lavender
- Men's Journal
- Transitions
- Rainbow Families
- Bi All Means
- Wellness Journal
- The Edge
- and others

If you have overdue books, please return them so others can benefit from them.

Enjoy your library!

Men Talk is a bi-monthly publication of the Twin Cities Men's Center, a non-profit organization. Call 612-822-5892 for subscriptions, or e-mail us at tcmc.org

Editor

Bill Dobbs

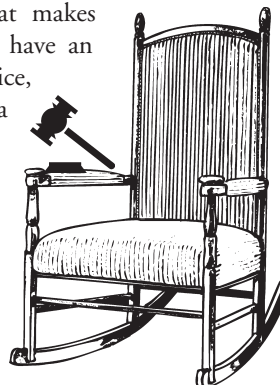
Board of Directors

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- James Quenzer
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Letter from the Chair

Thanks everyone for keeping The Men's Center going. It is all the little things that makes things possible. So if you have an extra hour to help in the office, fold a Mentalk, clean up a counter, donate a dollar or if you're real ambitious become a facilitator, start a new group, coordinate a booth for an event and so on, please let us know.

We do have our



Volunteer Opportunities board in our office entry way with various projects that we are looking for talented volunteers to complete. Please look at it the next time you stop by. Hope you have a pleasant rest of the summer and we will see you at our fall picnic on September 14.

For Men, For All,

**TOM PERRAULT
BOARD CHAIR**

DJ: This is where I feel like a hypocrite. I think my diet is more balanced than it is. I'm kidding myself. My co-workers think I'm some health nut. But, in the darkest hours I've been known to put away a chocolate chip cookie or 5. Whole Foods has the best vegan choc. chip cookies and then I buy "Dean's Easy" lactose-free milk. Sorry, I digress. I don't feel qualified to give an "overall guiding philosophy" but, I do like Ken Wilbur's ideas of working body, mind, soul, and spirit, in nature, culture, and self. The financial experts tell us to have a "diverse portfolio" well, I think the transformative practices have the same idea but with regards to the multi-faceted, multi-dimensional human being.

MT: How much of a challenge is it to

meet a woman you'd like to share your life with for the long-term? Are there any healthy women out there?

DJ: Next question (joke). Well, I'm 34 and single. So that says something. Yes, it's been difficult. Especially, when the needy part is doing the looking. I am trying to trust the process and continue to connect with my deeper self which ironically will make it even more difficult. Who knows?

As for healthy women, absolutely, they are out there. I've met them. Healthy does not equal compatible. God help us all!!

Dean Jurek is a Minneapolis resident who in his spare time has performed with various local theatre companies in comedic, musical and dramatic roles.

Andy Mickel is a long-time active Men's Center member; a former Executive Director, a former Men Talk editor, and the 2001 Men's Health Symposium organizer, he now serves on the Board of Directors. Andy is committed to conveying the history and value of men's work to the next generation of men by mentoring.

Many thanks to



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The Men's Center.

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



MEN'S CENTER EVENTS

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>Aug/Sep 03</h1>			The Men's Center number is 612 / 822-5892 . Call for info on Anger Management. classes.		SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 1:00 p.m.
						1
	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. 20's GLBT Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 1:00 p.m.
3	4	5	6	7	8	9
	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 Circle of Warriors 7-9 p.m. 20's GLBT Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 1:00 p.m.
10	11	12	13	14	15	16
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 Boundless Renewal 7-9 p.m. 20's GLBT Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 1:00 p.m.
17	18	19	20	21	22	23
	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 No Presentation 7-9 p.m. 20's GLBT Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 1:00 p.m.
24	25	26	27	28	29	30
	LABOR DAY HOLIDAY	SUPPORT GROUPS Gay Issues in Mpls HIV Testing Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Downsized and Energized 7-9 p.m. 20's GLBT Re-Entry 7:30 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 1:00 p.m.
31	1	2	3	4	5	6
	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 HIV Testing Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Collaborative Team Divorce 7-9 p.m. 20's GLBT, Re-Entry 7:30 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 1:00 p.m.
7	8	9	10	11	12	13
POTLUCK PICNIC Powderhorn Park 1:00 p.m.	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls HIV Testing Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Minnesota Soul Essence 7-9 p.m. 20's GLBT Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	MAILING PARTY 2:00 a.m. SUPPORT GROUP 20's GLBT 1:00 p.m.
14	15	16	17	18	19	20
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 New Meds For Treatment of HIV 7-9 p.m. 20's GLBT, Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General; Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 1:00 p.m.
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	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.				
28	29	30				

1976 - In Our 27th Year of Public Service - 2003
 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 presenters.

Presenters new to the Men's Center are: **Peter McClellan, Bernie Saunders, and Joe Ward.** Returning to continue their support of the Men's Center are: **Jim Gerharter, Andy Miller, Amanda Tatra, and Linda Wray**

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

Men's Rights in Divorce

Presenter: Jim Gerharter
When: Wed. Aug. 6 7:00-9:00

Open to Men and 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.

A Circle of Warriors

Presenter: Andy Miller and other men from the Mankind Project

When: Wed. Aug. 13 7:00-9:00

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

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

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

Boundless Renewal (An evening of reflection and rejuvenation)

Presenter: Bernie Saunders
When: Wed. Aug. 20 7:00-9:00

Open to men and women

Boundless Renewal is a designed to help you bring greater balance, wellness and vitality to your life. Using photographic art, reflection, and self-evaluation tools, you are invited to enter the inner world of nature to discover the heart and soul of who you are. The evening is for men and women.

Bernie Saunders is an artist, author, life coach, and organizational development consultant. He has worked in the human development field for over thirty years. Bernie is the co-author of the book, "Ten Steps to a Learning Organization", and the author of the personal development program, "Boundless Renewal." He is the Co-Founder, with his wife Constance, of the Center for Living Art, which provides talks and workshops that guide people in bringing alive their creative and artistic brilliance. Website: www.centerforlivingart.com

Downsized and Energized

Presenter: Peter McClellan
When: Wed. Sept. 3 7:00-9:00

Open to Men and Women

So you have been terminated from your employment? You have reached an enormous fork in the road. You have a choice to either turn this situation into the most positive thing to ever happen to you or to continue to let it attack or damage

your self-image. This highly motivational seminar will assist you to:

- Identify and review your unique abilities and passions
- Help you identify more clearly your lifetime goals and develop an action plan to obtain those goals.
- Uncover and acknowledge your existing skills and talents that you may have unconsciously been having for years.
- Focus on the positive side and stay motivated and encouraged through the job search process.
- Focus on opportunities and refuse to be a victim.

Peter McClellan is a Chartered Financial Consultant and Registered Principal with FSC Securities Corporation with over 18 years of experience in the financial services industry. He works primarily with individuals emphasizing pre- and post retirement issues. His practice is located in Burnsville.

Collaborative Team Divorce – A Dignified, Comprehensive and Cost-effective Process for Divorce

Presenter: Linda Wray and Others
When: Wed. Sept. 10 7:00-9:00

Open to Men and Women

Explanation of A group comprised of attorneys, licensed mental health professionals and a certified financial planner will describe a process, new in Minnesota, for use by divorcing couples. This process, called Collaborative Team Divorce, provides the divorcing couple with a team of professionals from three independent disciplines. These professionals integrate the legal, emotional and financial aspects of divorce and assist the couple in reaching a comprehensive marriage dissolution agreement with dignity.

Presenters: Linda K. Wray, Attorney and Mediator. Previously a public school teacher with an undergraduate degree in psychology, she has had her own client-centered family law practice for the past 8 years. She is a member of the Collaborative Law Institute, presently serving on its Board of Directors.

Bruce Peck, Attorney. Family Law practitioner for 27 years. Founding member of the Collaborative Law Institute.

George Lindall. M.Eq., L.P. George Lindall, Licensed Psychologist, helps men with relationships, addictions, work, parenting and remarriages.

Nicole Middendorf, CDP, As a Financial Consultant, Certified Divorce Planner and Certified Divorce Specialist with Strategic Financial, Inc. Nicole focuses on education for her clients and has presented on WCCO 830 a.m. radio, FM 107.1 and

KCCO 950 a.m. radio. Nicole offers a monthly divorce workshop that covers the legal, emotional and financial aspects of divorce. Securities are offered through Liasco Private Ledger. Member NASD/SIPC.
Lori Olson, Financial Consultant.

Minnesota Soul Essence

Presenter: Joe Ward
When: Wed. Sept. 17 7:00-9:00

Open to Men and Women

Many people have asked the question why a separate gay celebration for GLBT African Americans. In order to understand why you need to know the obstacles that the GLBT African American community faces everyday. Our celebration focuses on the needs of the community and addresses issues that we face as GLBT African Americans. Health and Wellness cultural events, and spirituality are just some examples of what we will include in our celebration that the larger TC pride does not focus on. These are issues that are very important to us specifically.

Minnesota Soul Essence was started in October, 2002. We formally applied for our 501(c)3 status as a non-profit organization in November, 2002.

Since November, we have been meeting bi-monthly to plan and execute a GLBT pride celebration for the Twin Cities during August of each calendar year. We have been fortunate in that we have received tremendous support from the GLBT community at large for our efforts.

One of the best outcomes has been the relationship that has developed between TC pride and Soul Essence. While we are separate in our events, we are together in what pride is about. As a result, we partnered on several events to show the community that we are in full support of each other. It's a great relationship.

New Meds For Treatment of HIV

Presenter: Amanda Tatra
When: Wed. Sept. 24 7:00-9:00

HIV treatment requires a high degree of adherence to a regimen of HIV medications. In the last three months, three new HIV medications have been approved as new options for people living with HIV disease. We will discuss how these new medications fit into a person's HIV therapy and ways to enhance and support sticking to a regimen.

Amanda R. Tatra, Pharm.D., is the pharmacist-in-charge at StarScript Pharmacy in Minneapolis. StarScript Pharmacy is a community-based pharmacy serving clients with specialty need chronic disease states including HIV, hepatitis, organ transplant and dialysis. The pharmacy offers private counseling and support with a specialized pharmacist and consultations with a dietitian. Most insurance plans are accepted

and medications can either be dispensed at the pharmacy or mailed or delivered free of charge.

A Circle of Warriors

Presenter: Andy Miller
When: Wed. Oct. 1 7:00-9:00

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

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

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

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

Open to Men and Women

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

Open to Men and Women

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 GLBT

Open to Men and Women

A discussion/support/social group for Twentysomething GLBT persons. Any GLBT in her/his 20s is welcome to attend. GLBT topics and issues are discussed in an open, affirming and supportive environment. Ideas for discussion topics or social events are welcome!

- Wednesdays (Mpls) 7:30 - 9:30 pm
- Saturdays (Mpls) 1:00 - 3:00 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

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

Re-Entry

This group is intended to focus on the difficulties persons face when leaving a prison environment and reentering the community, where a former prisoner can go for emotional support when he returns to the community, and where he can be openly honest about his discouragements, frustrations, temptations, and fear of public attitudes.

- Wednesdays (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

Here and There

– Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up). **Sunday, August 17th** at Eric Mann's, co-hosted by Denis Carpentier, 4044 Longfellow Ave S, Minneapolis (one-block east of Cedar Ave S), 612-729-1220. **Sunday, September 21st** (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. **Sunday, October 19th** at the Men's Center 27th anniversary celebration. Men hang out together and enjoy good food with no agenda whatsoever. **Sunday, November 16th** at Stephen Sewell's, co-hosted by Paul Busch, place to be determined. 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. More than a dozen men attended June's men's brunch hosted by Jim Lovestar and 18 men attended last month's brunch at Tom Weaver's. - Andy Mickel, 2003-07-21.

The next **Mankind Project Minnesota New Warrior Weekend** will be held Nov 7-9th, 2003 at Eagle Lake Camp near Brainerd, MN. The cost is \$595. Discounts available for registration before September 1st. *Contact Andy Miller 612-269-7369 or see: <<http://minnesota.mkp.org>> 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> - Andy Miller, 2003-05-09.

Men's Center in the News. The **May, 2003 issue of Twin Cities Wellness newspaper** was devoted to Men's Health. A full, one-page article on the Men's Center by James Beach appeared on page 15. - Herb Jaehne & Randy Genrich, 2003-06-01.

MaleSurvivor: National Organization Against Male Sexual Victimization presents the **10th International Conference, "Recognizing Strength and Resilience"**, Sept 18-21. 73 workshops, 7-session pre-conference Institute, 12 evening events. \$270-\$320. Hosted by Peter Dimock, conference chair at the U of Minnesota College of Human Ecology, 1404 Gortner Ave, St. Paul, MN 55108, FFI: <<http://www.malesurvivor.org>>

or Trisha: <admin@survivor.org> and 1-800/738-4181. - Peter Dimock, 2003-07-01.

The **Twin Cities Chapter of the Coalition of Free Men** explains "Equal Rights for Men" in a new brochure. Areas include: Military Service, Domestic Violence, Genital Mutilation, Health Care, Education, Criminal Justice, False Rape Allegations, Custody, Visitation, Child Support, Paternity Fraud, Affirmative Discrimination. FFI: <<http://ncfm-tc.8m.com/>> P.O. Box 582023, Minneapolis, MN 55458-2023 (888) 223-1280. - via Mark Bates, 2003-07-20.

The **National Organization of Men Against Sexism (NOMAS)** presents the 28th National Conference on Men & Masculinity (M&M 28) will be held at the University of Wisconsin, Madison, Aug 1-3. Theme: "Gender, Violence & Power: Making the Connections". \$150 to M&M 28, 2141 Commonwealth Ave, Madison, WI 53726 FFI: <<http://www.nomas.org>>, <masculinityconference@hotmail.com>. - Randy Genrich, 2003-07-01.

The **19th Annual Minnesota Men's Conference, The Dragon of Grandiosity**, will be held September 9-14 2003 at Camp Miller on Sturgeon Lake in northern MN and led by Robert Bly, Robert Moore, Malidoma Some, Miguel Rivera, Doug von Koss and Tom Gambell. The Dragon can be compared to that little bit of grandiosity we have in ourselves, but we can see what happens when a country becomes too grandiose. *How can we participate in dragon power without encouraging it to kill thousands of people? The Grandiose One in us has a twin – Utter Worthlessness.* (Details in last *Men Talk*) Conference is limited to 100 adult men and 20 young men; \$625; \$325 youth 13-20. FFI: Craig Ungerman: 877/333-3136, <hiddenwine@earthlink.net>, <<http://www.hiddenwine.com/>> - Mark Stanley, 2003-05-14.

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. - 2003-07-19.

NO RETIREMENT GROUP IN SEPTEMBER

This is a group to discuss meaning of retirement and other ways to make life meaningful than by just working. So for September please join other men and come to the Men's Center picnic potluck, at Powderhorn Park, and have fun! We will do some singing and drumming, and just visiting and eating. Retirement group normally meets 3d Sundays, ie Aug 17th at 530.

NORM PETRIK
SUPPORT GROUP COORDINATOR

MEN'S CENTER FALL PICNIC-POTLUCK, SUNDAY SEPTEMBER

14TH, 1 PM,

AT POWDERHORN PARK, MINNEAPOLIS.

Come to the South side of the park, The closest parking is at 13th Ave S and 35th St S. Walk down the hill toward the lake, and we will begin grilling at 1 PM. If you prefer not to grill, bring another dish to share, The Men's Center will provide beverages and dessert snacks. J.C. Hancock will lead us in singing Mens songs, and will do some drumming also, so if you have a drum, please bring it. The Powderhorn Park site is 3 blocks West of Bloomington Ave, and 5 blocks south of Lake St. So please come and have some fun with other men.

NORM PETRIK
PROGRAM COMMITTEE CHAIR

PROTECT YOURSELF, PROTECT YOUR LOVED ONES

The HIM program of the Red Door Clinic will continue free HIV testing from 6:30pm to 7:30:pm on Tuesdays, August 5th and 19th, prior to the Gay Issues group.

No appointment necessary. Confidentiality is assured. This is an oral HIV test. Results take two weeks.

MEN AND WOMEN IN RELATIONSHIP CLASS

THE CURRENT 6 WEEK CLASS BEGAN JULY 14TH AND ENDS AUG 18TH. IF YOU ARE INTERESTED IN THE NEXT ONE, TALK TO YOUR FEMALE PARTNER, AND CALL CHRYSALIS 612 871-0118 AND ASK TO BE PUT ON WAITING LIST FOR THE NEXT RELATIONSHIP CLASS.

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 _____



John D. Kuyper
 REALTOR

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 Plymouth, MN 55446

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UPTOWN AREA SPACE TO RENT

**The Men's Center, 3249 Hennepin Ave S
 has daytime & weekend space available.
 Private, quiet, confidential.
 Especially suitable for therapists, small
 groups, or yoga classes.**

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

(612) 822-5892

THIS SPACE AVAILABLE FOR YOUR AD

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

E-mail: tcmc@tcmc.org

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

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

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MEN TALK

The Men's Center News

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MALE SURVIVOR: 10TH INTERNATIONAL CONFERENCE
"RECOGNIZING STRENGTH AND RESILIENCE"

SEPTEMBER 18-21, 2003
RADISSON HOTEL METRODOME
615 WASHINGTON AVE SE, MINNEAPOLIS, MN
CALL 1-800-738-4181

A conference for mental health providers and others who work with or are interested in working with men and boys who have experienced sexual assault. This conference also offers workshops for male survivors, their partners and others interested in this topic. Dozens of seminars and workshops on such topics as: Navigating Intimacy After Childhood Abuse, Sexual Abuse in the Military, Spirituality in the Healing Process, Nurturing the Body with Mindful Movement, Beyond Betrayal: The Effects of Clergy Abuse, and many more.

Don't miss the Special Guest Speaker, Syl Jones. *Rescuing Little Roundhead* is both a heart wrenching and heart warming story about Roundhead's (Syl Jones) growing up as an African American child who was raped and then ridiculed by his peers. It is a story of maintaining one's dreams in the face of adversity with the love, support and encouragement of a few important people. He is a powerful example of the conference theme, "Recognizing Strength and Resilience."

www.malesurvivor.org

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