

MEN TALK

THE MEN'S CENTER NEWS

October/November 2003 VOL. 27 #5

Why Men Dislike Getting Regular Physicals and Why They Need To

— BY JOHN H. DRIGGS, LICSW

Yikes! Nothing brings out the best and the worst in a guy than his having to go to the doctor's office for a routine physical. I learned this fact first hand last week when I faced the harsh reality of going in for my annual health exam. Getting a dreaded physical is one of the few things in life that men can't ask their wives to do for them. Needless to say, I was left to my own devices in calling my regular clinic. First, the female scheduler chirped "Really?!" when I said I wanted to see the doctor without having a medical complaint. Yes, believe it or not, this man wanted to see his doctor without having an apparent health problem. Thoughts of loving my wife and children kept dancing in my head and helped me stay on the line. Next, after convincing her of my seriousness I was passed on to a nurse who said that I ought to be proud of myself for being so conscientious. Actually, I was not reassured by her remark. Was I the only man to ever consult a physician for no apparent reason? Did I sound like a guy who needed pity? Although I appreciated her efforts, I was beginning to have some serious doubts about my own masculinity. Such worries only worsened when I arrived for my appointment and sat in a waiting room full of sick women and children--all certainly more deserving than I was. As I stared around the room at the flowery wallpaper listening to the sweet mood music, I asked myself, "What man in his right mind would put himself through this just to find out at best that there is nothing wrong with him?!" If I didn't question my sanity before seeing the doctor I certainly did while I was getting needle-pricked, x-rayed, lab-tested, groped in private places, and eventually referred on for yet more testing. With not a man in sight at my clinic or at least a moosehead hanging on the wall to console me, I was sure I had already gone down the road to perdition. Actually, I hadn't. In fact, when the dust cleared and my exam was over I felt like a bigger man for caring so much about myself and my family. Nevertheless, I also really understood why men hate going for physicals. Indeed, if it weren't for the warmth, savvy, and sense of humor of my regular male doctor, I'd probably avoid health checkups like the plague. After all, I'm just a normal guy!

Why do men hate going to the doctor?

Surely, I am not alone--many men hate going to see the doctor. Psychological difficulties and social factors both inhibit men from seeking medical help. Clearly men will get needed help when they are nearly on their death beds and then expect miracle cures after neglecting their health for years. Many of us guys carry a shield of invulnerability as a way of asserting our masculinity. We believe that bad things

will not happen to us or if they do we will be strong enough to not suffer from them. Such unrealistic thinking is perhaps a carry-over from days when men fought in bloody wars or hunted dangerous wild animals for their families and needed to be somewhat clueless. Unfortunately many of us guys have not made the leap into the 21st century. We still believe that, when it comes to our health, what we don't know won't hurt us. Beneath our facades of toughness lies incredible fear of our own mortality--something few of us guys are willing to face. Also, all of us men don't have the regular monthly reminders of our own humanity that women do with their periods. We're simply not used to noticing the vulnerability of our bodies or relying on professional helpers to care for our bodies. We're supposed to not need help. Some young men are no better off as they typically engage in risky behaviors--reckless skateboarding and violent sports--as a way of being dense, hip and macho. Finally, our society just doesn't know how to appeal to men in attracting men to health clinics. The unisex approach of most health clinics ignores the special language and thinking of men and fails to get men involved in their own health needs. Typically men see health care as a feminine pursuit, which of course it isn't. Men respond better to symbols that speak to them as men and reinforce their particular health concerns. Having more male staff, hanging posters of male athletes who have conquered major health problems, educating men on how their



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.

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

Enjoy your library!

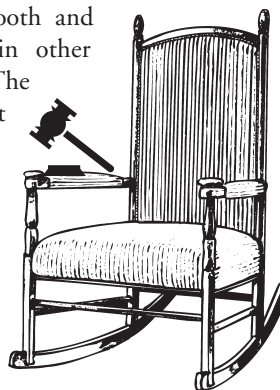
Letter from the Chair

Thanks to all who help out at the GLBT Pride booth and who have helped in other outreach efforts recently. The Men's Center had a booth at the Catholic Charities Separated and Divorced Conference and will be at the Logan Park Neighborhood Fair that is to happen October 4th.

Thank you Andy Mickel for heading up a membership renewal drive recently and to all those who helped out.

Thank you Norm Petrik and friends for coordinating our Fall Picnic held on September 14.

There is less than 4 months before we



have our annual meeting (January) and time to elect new members to our board. Have you considered it? Do you have qualities/talents/ideas/ambitions that can make the Men's Center better? Please consider becoming a board member. If you have any questions about being a board member, please give me a call at 763-295-2446 (Warning: My answering machine greeting can be long and weird so bear with it).

Have a wonderful Fall season.
For Men, For All,

TOM PERRAULT
BOARD CHAIR

Men and Physicals: continued from page 1

health exams are vitally connected to loving their families, and making it cool for men to team up in groups for regular health checks are more promising ways to appeal to men. Ultimately, putting all excuses aside, each of us men has to decide whether it's better to hang on to our arrogant thinking that nothing will ever harm us or to embrace the humbling realization of our own vulnerabilities for the sake of honestly loving others. Tragically, too many of us men feel that avoiding our own health needs is our business alone and doesn't affect anybody else in the world.

Why men need health checkups

I'm sure you've been preached to enough about how an ounce of prevention is worth a pound of cure. Equally, you're probably aware that most serious diseases of men, when caught in early stages, are quite treatable and that you can expect to live well into elder years when you regularly consult your family doctor. In fact, new health statistics bear this fact out as men are increasingly getting screened for prostate cancer, hypertension and heart disease in larger numbers and living longer as a result! What you may not know is that we men need to go to the doctors even more than women do as we are the more biologically fragile gender. We have higher rates of psycho-neurological disorders, infant mortality, heart disease, immune system deficiencies, birth defects, alcoholism and suicide rates, reading and learning disabilities, violent murders, and we live on average 7 years less than women do. These rates are not explained by workplace stress as women in competitive workplace set-

tings have more favorable health results than men in similar jobs. We men are in fact the weaker sex. The sooner we accept our weakness, the stronger we can be. Also, many of us men need health checkups because we have a hidden depression--manifested in our lives as a chronic irritability and reticence--that prompts many of us men to avoid doctors because we feel we are not worth their concern. Depression in men is linked to myriad serious health problems. Too many of us men commit a slow suicide by stubbornly avoiding doctors. All of us guys deserve physical health to enjoy the quality of our lives but we have to make the effort to bring it about. In fact, seeking physical health may be the start of something really good for us strong silent types.

Surviving the office visit

One of the neatest things about getting a regular physical with the same doctor is that after several yearly visits going to see the doctor is no big deal. Your physician can develop baseline data about your health and work with you on treatment plans that actually improve your health numbers. A lot of guys don't know what a kick it is to actually improve your stats when you work at your health with your treatment team. Getting an annual physical can be like the big game where you get to show what you are really made of. Even if the results are disappointing, you can always start over again and learn from your mistakes.

The hardest part of course is getting through the front door to see the doctor. It's best if you can ask some male buddies who they see or interview prospective physicians.

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 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@tcmc.org

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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.

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

Check out our web site: www.tcmc.org

email: tcmc@tcmc.org

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|---|---|
| | | | PRESENTATION A Circle of Warriors 7-9 p.m. 20's GLBT Re-Entry 7:30 p.m. | SUPPORT GROUPS Div/Unclpl./General: Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. | SUPPORT GROUP Men's Bisexual issues 7:30 p.m. | SUPPORT GROUP 20's GLBT 1:00p.m. |
| 5 | SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m. | SUPPORT GROUPS Gay Issues in Mpls Divorce/Unclpl./General Issues in St. Paul 7:30 p.m. | PRESENTATION Understanding Relationships 7-9 p.m. 20's GLBT Re-Entry 7:30 p.m. | SUPPORT GROUPS Div/Unclpl./General: Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. | SUPPORT GROUP Men's Bisexual issues 7:30 p.m. | SUPPORT GROUP 20's GLBT 1:00p.m. |
| 12 | 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/Unclpl./General Issues in St. Paul 7:30 p.m. | PRESENTATION Catlin's Cause 7-9 p.m. 20's GLBT Re-Entry 7:30 p.m. | SUPPORT GROUPS Div/Unclpl./General: Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. | SUPPORT GROUP Men's Bisexual issues 7:30 p.m. | SUPPORT GROUP 20's GLBT 1:00p.m. |
| BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.m. | SUPPORT GROUPS General Issues 12:30p.m. Men/Women 7:30 p.m. Relationship Class | SUPPORT GROUPS Gay Issues in Mpls Divorce/Unclpl./General Issues in St. Paul 7:30 p.m. | PRESENTATION Family Law Seminar 7-9 p.m. 20's GLBT Re-Entry 7:30 p.m. | SUPPORT GROUPS Div/Unclpl./General: Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. | SUPPORT GROUP Men's Bisexual issues 7:30 p.m. | SUPPORT GROUP 20's GLBT 1:00 p.m. |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | SUPPORT GROUPS General Issues 12:30p.m. Men/Women 7:30 p.m. Relationship Class | SUPPORT GROUPS Gay Issues in Mpls Divorce/Unclpl./General Issues in St. Paul 7:30 p.m. | PRESENTATION Men Can Stop Rape 7-9 p.m. 20's GLBT Re-Entry 7:30 p.m. | SUPPORT GROUPS Div/Unclpl./General: Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. | SUPPORT GROUP Men's Bisexual issues 7:30 p.m. | SUPPORT GROUP 20's GLBT 1:00 p.m. |
| 2 | 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. Relationship Class | SUPPORT GROUPS Gay Issues in Mpls Divorce/Unclpl./General Issues in St. Paul 7:30 p.m. | PRESENTATION The Return of the Goddess 7-9p.m. 20's GLBT Re-Entry 7:30 p.m. | SUPPORT GROUPS Div/Unclpl./General: Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. | MT FINAL DEADLINE SUPPORT GROUP Men's Bisexual issues 7:30 p.m. | SUPPORT GROUP 20's GLBT 1:00 p.m. |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.m. | SUPPORT GROUPS General Issues 12:30p.m. Men/Women 7:30 p.m. Relationship Class | SUPPORT GROUPS Gay Issues in Mpls Divorce/Unclpl./General Issues in St. Paul 7:30 p.m. | PRESENTATION Intro to Kundalini Yoga 7-9 p.m. 20's GLBT Re-Entry 7:30 p.m. | SUPPORT GROUPS Div/Unclpl./General: Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. | SUPPORT GROUP Men's Bisexual issues 7:30 p.m. | MAILING PARTY 9:00 a.m. SUPPORT GROUP 20's GLBT 1:00 p.m. |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | PRESENTATION No Presentation 7-9 p.m. 20's GLBT Re-Entry 7:30 p.m. | THANKSGIVING HOLIDAY | SUPPORT GROUP Men's Bisexual issues 7:30 p.m. | SUPPORT GROUP 20's GLBT 1:00 p.m. |

The Men's Center number is 612 / 822-5892.
Call for info on Anger Management classes.

Oct/Nov 03

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: **Chris Lewis, Wayne Olson, and Dennis Wynne.** Returning to continue their support of the Men's Center are: **Jim Duffy, Harry Greenberg, Andy Miller, Steve Nichols, and Jay Walder.**

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

A Circle of Warriors

Presenter: Andy Miller

When: Wed. Oct. 1, 7:00-9:00pm

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

New Developments in Understanding Relationships

Presenter: Jim Duffy

When: Wed., Oct 8, 7:00-8:00pm

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

Catlin's Cause

Presenter: Wayne Olson

When: Wed. Oct. 15, 7:00-9:00pm

Open to Men and Women

Wayne's message to people attending this presentation is related to his experiences as a perpetrator of violent acts.

His hope is that the message he brings will deter others from getting into similar situations. He will discuss the consequences of his behavior and the progression of warning signs that could have halted his violence.

The presentation title: "Catlin's Cause" is dedicated to his son from whom he was absent for five years. His son is a motivational factor in his life.

Family Law Seminar

Presenter: Steve Nichols

When: Wed. Oct. 22, 7:00-9:00pm

Open to Men and Women

Steve will meet individually, on a first come/first serve basis with persons seeking information on various Family Law concerns, including divorce, child custody,

child support, maintenance, property division and related issues. He will provide information regarding the law and also various resources available for navigating Family Court.

Steve is 46, graduated from William Mitchell College of Law four years ago (1999), passed the bar, and opened my own practice. He offers a low fee Family Law practice at rates between \$50 and \$100 an hour depending on income. He provides seminars similar to the one I am offering to The Men's Center, to the Hennepin County Bar Association and the Father's Resource Center. He has some trial and appellate experience.

Men Can Stop Rape Introduction and Organization Meeting

Presenter: Harry Greenberg

When: Wed., Oct. 29, 7:00-9:00pm

Open to all (But we NEED men!)

Men commit the majority of all sexual crimes with studies showing that between 10 to 20% of all males are sexually violated at some point in their lives. What is our responsibility AS MEN to expand the concept of prevention and address the root cause of this problem: a rape culture?

The session will be divided into two parts: 1) a short workshop detailing and describing the work of Men Can Stop Rape based in Washington, D.C.

and 2) an in-depth discussion focused on how our community can begin the necessary groundwork to develop and promote the program locally, working with key educators and interested schools.

We invite anyone who wants to raise their voice against all forms of sexual violence to join us in this critical and timely program.

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

News About Grieving

Presenter: Chris Lewis

When: Wed. Nov. 5, 7:00-9:00pm

Open to Men and Women

New and well researched theories and observations about bereavement differ from what most of us have learned or believed in the past. Current ideas are more confirming about the real life experiences of grieving people.

She will give an overview of new ideas and explore the relationships between loss and trauma and will describe how grief differs from depression.

Chris Lewis is a Clinical nurse specialist in mental health nursing. She is a certified grief counselor. She has worked for Hennepin County for many years as a sexual assault nurse Clinician and as a psychiatric therapist treating loss and depression. She also has a private practice.

The Return of the Goddess

Presenter: Dennis Wynne

When: Wed., Nov. 12, 7:00-9:00pm

Open to Men and Women

This presentation is about a visit to Sophia, the images of the great Mother. It presents the need for feminine leadership in today's world.

Dennis will lead an imagery journey, visualization and discussion.

Dennis Wynne, LICSW is a cofounder of the Psychosynthesis Institute of Minnesota. He jokes about being the token man who is welcoming the Goddess. He is a frequent workshop leader, spiritual advisor and psychotherapist.

Introduction to Kundalini yoga

Presenter: Jay Walder

When: Wed., Nov. 19, 7:00-9:00pm

Open to Men and Women

Kundalini Yoga is an ancient art that integrates active movement with stretches, breath, meditation and mantras. It can be used to break through old patterns, elevate the spirit, increase endurance, clear the mind, heal the body and build energy.

This yoga is fun and efficient, challenging yet achievable! Come ready to hear more about it and learn by doing. Wear comfortable, loose fitting clothes.

Jay Walder is a runner, dancer, and a dedicated Kundalini yoga practitioner. He has a BA in Physics from Carleton College, and teaches classes for men and couples, exploring the benefit of yoga for emotional clarity, addiction recovery, deeper intimacy and a greater sense of happiness. FFI - email <walderaj@yahoo.com> pr call 651-675-3129.

Prepare for Thanksgiving

Presenter: none

When: Wed. Nov. 27, 7:00-9:00pm

No Presentation

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

Become part of the 20 x 12 Honor Roll

This is a new type of membership that is designed to acknowledge and make it easier for those members who have consistently supported us.

Here's how:

- Join by paying \$20 a month (or \$240 at once)
- On the Honor Roll, you no longer need to donate money at meetings
- You are recognized on a Men's Center plaque
- You are invited to an annual honors dinner

Call 612 / 822-5892 today!

Thanks for your support!

Here and There

– Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up): **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, 1509 Summit Ave, St. Paul (one block east of Snelling Av) 651-917-2495. 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. 15 men attended August's brunch at Eric Mann's. – Andy Mickel, 2003-09-14.

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. **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, 2003-09-08.

Men's Center in the News. The **July 11-24 issue of Lavender Magazine (Vol 9, Issue 212)** ran a two-page article on the Men's Center by James Beach beginning on page 30. Herb Jaehne & Randy Genrich were featured as was the Anger Management program. – 2003-08-11.

Free Workshop on Divorce open to men and women...the legal, emotional and financial aspects of divorce sponsored by Strategic Divorce Consulting. Speakers: Nicole N. Middendorf, Financial Advisor; Suzanne Grandchamp, Attorney; Sherri Martin, Mortgage Broker; Virginia Ehrman, Licensed Psychologist. **Wed, Oct 15, 6:30-9:00pm**; Ridgedale Library, Room 172, 12601 Ridgedale Dr, Minnetonka RSVP: 763-208-0482 Nicole or <nicole.middendorf@lpl.com> – 2003-09-15.

The *Journal of Men's Studies* will publish a special thematic issue dealing with "*African-American Men in the Academy*" for its fall issue (Vol. 12, No. 1). – Jim Doyle, Men's Studies Press, <http://www.mensstudies.com>, <doyle@mensstudies.com> – 2003-08-26.

Minnesota 3rd District Nurse Association is producing a **Continuing Education Workshop on Men's Health Friday Nov 7th, 8:00 to 3:30**. Men's Health Concerns - 6.6 Contact Hours, a Full- or Half-Day Workshop **Morning Sessions: Testicular Pain 8:30 – 10:00** (1.8 Contact Hours) Purpose is to familiarize nurses with the

causes of testicular pain as well as the symptoms, diagnostic tests and treatment for pain control. **Post Traumatic Stress Syndrome - The Effects of War 10:15 - noon** (2.1 Contact Hours) Purpose is to acquaint nurses with the symptoms of Post Traumatic Stress Syndrome as well as the treatment and care. **Afternoon Session: Major Respiratory Diseases Affecting Men: Lung Cancer, and COPD 1:00 – 3:30** (2.7 Contact Hours) Purpose is to update nurses on the prevention, treatment and management of Lung Cancer and COPD with an emphasis on how they specifically affect men. Cost: \$29-\$92 Registration & Continental Breakfast 8 a.m. Location: Shriners Hospitals for Children/ Twin Cities, 2025 East River Parkway, Minneapolis. - Therese Daniel BSN, RN, Executive Director, 3rd District Nurses, 952-920-9860, <http://www.mna3rddistrict.org>, <tdanielmna3rd@aol.com> – 2003-08-28

Just Between Men Brunch, 1st & 3rd Saturdays of every month at 11 a.m., Pillsbury House, 3501 Chicago Ave. S., Minneapolis. Sponsored by: Just Between Men FFI: Call Sean Dyer at 824-0708 x117, *GLBT Press Newspaper*, <http://www.glbtpress.com.> – 2003-09-15

Penn State University's College of Medicine, College of Health and Human Development and the Men's Health Network (MHN) are co-sponsoring the first in a **series of National Men's Health Conferences, May 20-22, 2004 in Arlington Virginia**. The conference goals are to focus national attention on the health concerns facing America's men, examine policy issues surrounding the health crisis of America's men, to disseminate evidence-based best practices of community services and programs, and to present current research addressing the clinical, psychosocial/ behavioral, and injury and safety issues of men. Keynote speaker will be Dr. Tim Johnson, ABC New Medical Correspondent. A sample of plenary speakers include Dr. Judd Moul, Director of Prostate Cancer Research for the Department of Defense, Dr. Wanda K. Jones, Deputy Assistant Secretary of Health, US Department of Health and Human Services, Georges Benjamin, MD, Executive director of the American Public Health Association. The conference will benefit physicians, nurses, psychologists, counselors, public health professionals and others that work with men in a variety of clinical settings in that the conference will present research findings dealing with these gender-specific issues. Paper proposals can be posted by visiting the conference web site at <http://www.outreach.psu.edu/C&I/

MensHealth>. – Christopher P. Dufour, D. Ed., Penn State Univ., 814/863-5100, <cpd1@outreach.psu.edu> – 2003-08-29

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.

A memorial gift has been given by Harold Kallio in memory of a friend and support group attendee, Dennis Kraines, who died Aug. 15, 2003

MEN'S CENTER FALL PICNIC-POTLUCK,

We had perfect weather, a good turnout of 9 men, and fun, at our annual Fall picnic at Powderhorn Park on Sunday September 15th at 1pm. We grilled food, ate and talked together, and did some drumming after the visiting. One highlight, 3 new men who had not been to a Men Center Activity for years, or not at all, came, and we were able to welcome them. Thanks to Mike Chatt who helped with preparations, and who will be working on a holiday party at TMC, at a date to be announced.

**NORM PETRIK
PROGRAM COMMITTEE CHAIR**

MEN AND WOMEN IN RELATIONSHIP CLASS

THE NEXT SERIES OF 6 CLASSES RUNS ON MONDAY EVENINGS AT 6:30PM -8:30PM FROM OCTOBER 20 TO NOV 24. THE MEN AND WOMEN MEET SEPARATELY FOR THE FIRST 3 WEEKS, MEN AT THE MEN'S CENTER, AND THEN JOINTLY WITH THE WOMEN AT CHRYSALIS. THIS WILL BE THE 3RD TIME THE CLASS HAS BEEN OFFERED. SO IF YOU ARE INTERESTED, TALK TO YOUR FEMALE PARTNER AND CALL CHRYSALIS AT 612/871-0118, AND ASK TO TAKE THE RELATIONSHIP CLASS.

NORM PETRIK

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 _____

Men and Physicals: continued from page 2

Ask how they handle questions from their patients, what they know about men's health, and how thorough they are. It's best if you see someone who is communicative and exacting. Trust yourself and your reactions to helpers. It's fine to get somebody to go with you to your initial visit to help you feel comfortable. You will sweat when you wait to see your doctor. Remember what gives you pain also makes you stronger.

The sacred karma of seeing the doctor

Ask yourself: Is it better to die not knowing your health problems and have your family be upset about your neglecting your health or is it better to face the music now and no matter what happens to at least know that you've done all you can do for your health? What you decide models for your children how they will care for their own future loved ones. What goes around, comes around.


John H. Driggs, L.I.C.S.W., is a Licensed Clinical Social Worker in private practice in St. Paul and co-author of Intimacy Between Men (Penguin Books, 1990). He can be reached at (651) 699-4573.

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

E-mail: tcmc@tcmc.org



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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
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MEN TALK

The Men's Center News

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Men's Center Popularity

Our Men's Center Booth was overwhelmed with visitor's at this year's Twin Cities Pride Festival 2003! Over 400 US Cities from Honolulu to New York and from Duluth to Miami were recorded by booth visitors on our colorful Hometown Ribbons. Over 23 International countries were also recorded by booth visitors on June 28 and 29 at the Festival. Additional Statistics: Minnesota 169 cities recorded, Wisconsin 55 cities, Iowa 53, South Dakota 28 and North Dakota had 16 cities recorded. around 200 other cities from across our nation were represented as well.

THANK YOU to the MEN'S CENTER EIGHT who assisted from all our groups at the Men's Center and made this year's Pride Festival Booth a success, beyond anyone's imagination. Our MEN'S CENTER EIGHT: Mike C., Mike M., Marty K., Ranslow Z., Bruce K., James Q., Harold K., and David S. THANKS GUYS!!!

Our Parade Unit again this year (The Super Truck) was operated by friends of the Men's Center, Richard M. and Mike H. from Faribault. Our photographer was Jim L. from Northfield, another friend of the Men's Center who took some beautiful photos.

THANKS to these great guys! The MEN'S CENTER EIGHT completed a Booth Survey 2003 which will help guide us next year. Results point to getting out more brochures to the festival goers. If I missed thanking someone who helped this year, I'm in BIG trouble (I think I'll go and dig a hole).

PRIDE FESTIVAL COORDINATOR, JERRY OLSON

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