



# MEN TALK

## *Building A Healthy Relationship*

— BY ANDREA FERSTAN,

TRAINING AND EDUCATION COORDINATOR, CHRYSALIS

**B***uilding a Healthy Relationship: A Class for Couples* is a collaboration between The Men's Center and Chrysalis. When I was first approached by someone from The Men's Center about collaborating on an educational group for couples, I was both excited and wary. First there were questions as to what this collaboration would look like. Would this be solely for heterosexual couples? Who would facilitate? Would partners attend the group together? If not, what would be the necessary commonalities between the two groups? Like all relationships, making this collaboration work, required a great deal of communication, risk taking, time, respect, and willingness to change and adapt as needed. Other factors that proved to be important were that we shared similar agency philosophies and beliefs regarding the structure of educational groups and the role of facilitators.

Looking back, I now see that there are some clear parallels between how couples build a healthy relationship, and how we as agencies had to work together on this class. The curriculum for this class is based on Dr. David Olsen and Dr. Douglas Stephens' *"The Couple's Survival Workbook."* While this class does examine how couples can learn to better communicate with each other, it is with the understanding that "simply improving communication skills does not significantly improve a relationship." (p. 8) Dr. Olsen and Dr. Stephens also note that "Even open communication does not help solve our problems fully because it does not affect the underlying beliefs we hold, nor does it have an impact on the predictable arguments we employ during our interactions." (p. 8). In order to build a healthy relationship, one must examine his/her own beliefs, patterns, and roles with regards to the relationship. The class helps individuals do this through the use of different assessment tools and exercises. In addition, individuals examine how these thoughts and beliefs shape their communication and

behavior patterns. They also learn an effective method of communication which they then practice with their partner. This method of communication involves learning how to first listen with empathy. Empathizing with one's partner enables one to see beyond one's own ideas and needs. When both parties feel heard, they can begin working on other skills that foster greater understanding. By learning how to more effectively communicate, individuals are able to get their needs met in a cooperative rather than aggressive way.

This class can help couples increase their self awareness, learn new tools, develop new skills, and strengthen their relationship. While a six week class can not in and of itself solve one's relationship ills, it can give a couple the tools and awareness to work on improving their relationship. For more information on this class or other services, call either Chrysalis at 612-871-0118, option 1 or The Men's Center at 612-822-5892.

### Free Dental Care Raffle

- \$ 177 dental care in St. Paul for the rest of the year 2004:
  - X-ray
  - Cleaning
- Give your first name, group, and city of group
- Contact the Men's Center Office before July 31th to enter



*The winner will be announced in the next issue of Men Talk. No cost to enter. Just clip this announcement and mail it to "The Men's Center Dental Raffle, 3249 Henn Ave S, Mpls, MN 55408" Please include your name, contact info, and support group attended.*

## Library Corner

—RANDY GENRICH,  
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 periodicals available for your use, such as:

- Men's Health
  - Voice Male
  - Lavender
  - Men's Journal
  - Transitions
  - Rainbow Families
  - Bi All Means
  - Wellness Journal
  - The Edge
  - Everyman
  - D.A.D.S #1
  - and Minnesota Father's & Family Network Infosheets – *Positive Father Involvement*, and *Young Fathers*
- Enjoy your library!

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

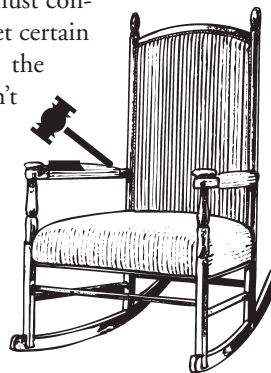
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## Letter from the Chair

Summer's flying by and I must confess that it's tempting to let certain duties slide a bit until the weather cools (A/C doesn't count). Why is it that time seems to fly faster under pleasant skies. I am reminded yet again how the work of the Men's Center is sustained by the quiet and saintly volunteers behind the scenes (A plug for willing volunteers if I ever heard one).



This issue's subject is on relationships and it has occurred to me that this key area of human endeavor also falls victim to periods of careless disregard and semi-attentive water-treading. Case in point, I recently attempted to discuss and rather serious conversation with my significant other while frantically rushing through traffic between appointments. It

became apparent, as the frustration level rose, that my lack of attentiveness was insufficient to grasp every subtlety between every word. I would guess that we all go out of focus when we're around those most important to us. On the other hand perhaps you've experienced the feeling of being completing disarmed by another's rapt attention on you. Of course it can't be done in each instance someone wishes it but it certainly has a value and raises the quality of life. It's worth making a high priority even in sunscreen season.

**PEACE AND LONG LIFE,  
BOB ENG, BOARD CHAIR**

## Update: Community Reentry Group/Transitions Group

BY HANK BRUNS

It is truly pleasant to look back at what has been happening, and be able to honestly say to oneself, "This is GOOD". Back in early 2002 we proposed a drop-in support group for persons who had been incarcerated for a crime, served their time and had been released. We spent a year in planning (we gotta get it RIGHT). With the help of a member who is a Prison Psychologist, working as a volunteer consultant, things came together very well. Later in the year we announced an opening date, and prepared for the flood of attendees to show up. In spite of many contacts with appropriate persons, it seemed like the river was dry - not flooding, for sure.

The Men's Center persevered. As long as the meeting was on the schedule, a facilitator would be there. We waited, and waited, and waited some more. Pushed, and pushed, and pushed, some more. No Flood.

Then one day Mr. John Doe\* came to our door. (Actually, he phoned). He had a list of fellow ex-offenders who were very interested in attending. "Could they join in, too?" (I wonder if he heard me scream "Hurrah")

Well, folks, that starting group has been attending regularly every week, and bringing in more men from time to time, all working very hard to support one-another in their new life. It is truly a pleasure to behold.

Well, to make a long story longer, we need to begin a second shift. Saturday has been suggested, since some men live beyond the limits of the Metro Area, and can not meet their curfew times driving to the cities at night. Saturday would meet the need.

To get this expansion going, we are going to need more qualified facilitators, and back-ups. Anyone interested, please call Randy at The Men's Center 'phone number, (612) 822-5892, and make your desires known.

At this time I salute all the men who have helped make this plan, at last, a reality. They have all shown great spirit and enthusiasm, and have been an additional asset to The Men's Center.

\* *Why the asterisk?; You know that the first rule of drop-in support groups is CONFIDENTIALITY. How could I not observe that here?*

### The Horse Trader

You've heard of horse trading. The Men's Center has one – a reputable one who gets people to donate horses, harnesses, cars, real estate and anything saleable to the Men's Center. Rod Monroe is the man. He's encouraged countless people to donate valuable items – he's a horse trader because he sells the item to be donated and the Men's Center gets the money. FYI call 612-822-5892.



# 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
1	<b>SUPPORT GROUPS</b> General Issues.12:30p.m. 20's GLBT 7:30p.m.	<b>SUPPORT GROUPS</b> Gay. Issues.in.Mpls... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	<b>PRESENTATION</b> Issues in Divorce and Custody 7-9 p.m. Re-Entry 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General;... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m. Lecture Series 7:00 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual issues.7:30 p.m.	<b>SUPPORT GROUP</b> Harmfree Sex 10:00a.m.
8	<b>BOARD MTG.</b> 7.p.m... <b>SUPPORT GROUPS</b> General Issues.12:30p.m. 20's GLBT 7:30p.m.	<b>SUPPORT GROUPS</b> Gay. Issues.in.Mpls... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	<b>PRESENTATION</b> A Circle of Warriors 7-9 p.m. Re-Entry 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General;... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m. Lecture Series 7:00 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual issues.7:30 p.m.	<b>SUPPORT GROUP</b> Harmfree Sex 10:00a.m.
<b>BRUNCH</b> 10:00 a.m.	<b>SUPPORT GROUPS</b> General Issues.12:30p.m. 20's GLBT 7:30p.m.	<b>SUPPORT GROUPS</b> Gay. Issues.in.Mpls... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	<b>PRESENTATION</b> Dreams - Opening the Door 7-9 p.m. Re-Entry 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General;... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m. Lecture Series 7:00 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual issues.7:30 p.m.	<b>SUPPORT GROUP</b> Harmfree Sex 10:00a.m.
<b>MEN'S RETIREMENT</b> 5:30 p.m.	<b>SUPPORT GROUPS</b> General Issues.12:30p.m. 20's GLBT 7:30p.m.	<b>SUPPORT GROUPS</b> Gay. Issues.in.Mpls... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	<b>PRESENTATION</b> Issues on Aging 7-9 p.m. Re-Entry 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General;... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual issues.7:30 p.m.	<b>SUPPORT GROUP</b> Harmfree Sex 10:00a.m.
29	<b>SUPPORT GROUPS</b> General Issues.12:30p.m. 20's GLBT 7:30p.m.	<b>SUPPORT GROUPS</b> Gay. Issues.in.Mpls... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	<b>PRESENTATION</b> Bobbie Schauenhamer 7-9 p.m. Re-Entry 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General;... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual issues.7:30 p.m.	<b>SUPPORT GROUP</b> Harmfree Sex 10:00a.m.
5	<b>LABOR DAY HOLIDAY</b>	<b>SUPPORT GROUPS</b> Gay. Issues.in.Mpls... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	<b>PRESENTATION</b> A Circle of Warriors 7-9 p.m. Re-Entry 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General;... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	<b>MT.ARTICLE.DEADLINE</b> <b>SUPPORT GROUP</b> Men's Bisexual issues.7:30 p.m.	<b>SUPPORT GROUP</b> Harmfree Sex 10:00a.m.
12	<b>BOARD MTG.</b> 7.p.m... <b>SUPPORT GROUPS</b> General Issues.12:30p.m. 20's GLBT 7:30p.m.	<b>SUPPORT GROUPS</b> Gay. Issues.in.Mpls... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	<b>PRESENTATION</b> Experiencing Yoga 7-9 p.m. Re-Entry 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General;... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	<b>MT.FINAL.DEADLINE</b> <b>SUPPORT GROUP</b> Men's Bisexual issues.7:30 p.m.	<b>SUPPORT GROUP</b> Harmfree Sex 10:00a.m.
<b>BRUNCH</b> 10:00 a.m. <b>MEN'S RETIREMENT</b> 5:30 p.m.	<b>SUPPORT GROUPS</b> General Issues.12:30p.m. 20's GLBT 7:30p.m.	<b>SUPPORT GROUPS</b> Gay. Issues.in.Mpls... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	<b>PRESENTATION</b> Eric Vesterfield 7-9 p.m. Re-Entry 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General;... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual issues.7:30 p.m.	<b>MAILING PARTY</b> 9:00 a.m. <b>SUPPORT GROUP</b> Harmfree Sex 10:00a.m.
26	<b>SUPPORT GROUPS</b> General Issues.12:30p.m. 20's GLBT 7:30p.m.	<b>SUPPORT GROUPS</b> Gay. Issues.in.Mpls... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	<b>PRESENTATION</b> Collaborative Problem Solving 7-9 p.m. Re-Entry 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General;... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	The Men's Center number is <b>612 / 822-5892</b> . Call us about Anger Management classes.	

1976 - In Our 28th Year - 2004  
of Public Service

Check out our web site: [www.tcmc.org](http://www.tcmc.org)  
email: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)

# Aug/Sept 04



## PRESENTATIONS

Workshops and presentations have been a part of The Men's Center offerings to the community since it's beginning 28 years ago.

We welcome your suggestions for new topics and presenters. Please call Randy at 61-822-5892 with your suggestions.

Presenters new to the Men's Center are: **Larry Kivens, Sindy Man, Carla Mortensen, Bobbie Schauenhamer, and Eric Vesterfield.** Returning to continue their support of the Men's Center are: **John Fleetham, Andy Mickel, Andy Miller, George Roehrdanz, Carrie Sword, and Sharol Tyra.**

The Men's Center Board appreciates the volunteer presenters who return from time to time and welcomes 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

### Issues in Divorce and Custody

Presenter: George Roehrdanz  
When: Wed., Aug. 4, 7:00-9:00 p.m.

*Open to Men and Women*

Mr. Roehrdanz will address you about his personal issues and share his experiences and observations of the divorce and custody process based on his professional and personal involvement. His focus will be on men caught up in the process and steps they can make over the short term and the long term.

*George M. Roehrdanz retired after forty-*

*three years in the private practice of law. His law practice included a number of divorce and custody matters including his own personal divorce and custody resolution as to four children which extended over a period of ten years.*

### A Circle of Warriors

Presenters: Andy Miller and Andy Mickel

When: Wed. Aug. 11, 7:00-9:00 p.m.

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 adventure has changed men's lives.

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

### Dreams - Opening the Door to Spiritual Transformation

Presenter: Carrie Sword

When: Wed. Aug. 18, 7:00-9:00 p.m.

*Open to Men and Women*

Working with dreams is the most meaningful thing you'll ever do. Dreams lead you into the depths of your soul. They waken you to new possibilities in your life and your relationships. They also show you how to use seemingly negative experiences, like depression and anxiety, to ultimately gain deeper insight and open the door to spiritual transformation. This seminar will provide information about dreams and spirituality and will include an interactive exploration of participant's dreams.

*Carrie Sword, is a National Certified Counselor with a PH.D in clinical psychology, an M.A. in counseling psychology, and fifteen years of dream therapy experience. She is also a researcher and writer on the topic of dreams. She offers one-on-one sessions, workshops and groups through Sword Dreamwork and Psychotherapy in Minneapolis.*

### Issues on Aging by

### the Twin City Gray Panthers

Presenter: Sindy Man

When: Wed. August 25, 7:00-9:00 p.m.

*Open to Men and Women*

The Twin City Grey Panthers is an organization that promotes the discussion of aging. Their video, "Ripening" will be shown to help relate the issue of aging in the workplace, at school in relationships and for all ages. This presentation is for anyone currently dealing with aging or who want to be prepared to deal with it in the future. All ages are welcome.

*Sindy Man has led discussion groups for the Gray Panthers and for other organizations.*

### Presentation:

Presenter: Bobbie Schauenhamer

When: Wed., Sept. 1, 7:00-9:00 p.m.

Information not available at press time.

### A Circle of Warriors

Presenters: Andy Miller and Andy Mickel

When: Wed., Sept. 8, 7:00-9:00 p.m.

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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 adventure has changed men's lives.

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

### Experiencing Yoga

Presenter: John Fleetham

When: Wed., Sept. 15, 7:00-9:00 p.m.

*Open to Men and Women*

Introductory yoga class: Work on movement and alignment, sun salutations and basic yoga poses for a challenging workout. No previous yoga experience required. Poses can be modified in the case of injuries or weakness. All are welcome to attend.

John Fleetham practices and teaches Iyengar and Ashtanga yoga. He completed a ten-month apprenticeship with Senior Iyengar teacher Nicky Knoff and was certified to teach by her.

## Presentation:

Presenter: Eric Vesterfield

When: Wed., Sept. 22, 7:00-9:00 p.m.

Information not available at press time.

## Collaborative Problem Solving for Parents, Partners, and Families

Presenters: Larry Kivens, Psy.D., L.P. and Carla Mortensen, M.S.W., L.I.C.S.W.

When: Wed., Sept. 29, 7:00-9:00 p.m.

Open to Men and Women

The presenters will share ideas and strategies from the Collaborative Problem Solving method introduced by Ross Greene, Ph.D., and how it can be used by parents, partners, families, or people in other relationships to improve communication, promote empathy, reduce and resolve conflict, and increase the likelihood of satisfactory outcomes.

Larry Kivens, Psy.D., L.P. is the co-director of the Mental Health Collective, a non-profit, community-based organization that takes a holistic approach to individual, family, and community wellness. Carla Mortensen, M.S.W., L.I.C.S.W., is on staff at the Mental Health Collective and coordinates the agency's on-site mental health clinics in Minneapolis Public Schools. Both Larry and Carla do counseling with individuals, couples, and families.

## Clearer Vision

Presenter: Sharol Tyra

When: Wed., Oct 6, 7:00-9:00 p.m.

What do you want more of in your life? You will find what you are seeking with a clearer vision! Discover how to connect your body, mind, heart and soul to live your fullest life, now. Focus on who you are, what you want, and where you are going! Use your senses to help create your vision. Describe six aspects of WISDOM OF THE BODY: Wisdom, Senses, Heart, Intuition~ Identify and tame self-limiting beliefs, crossed boundaries, and toleration in your relationships.

Sharol Tyra of Life Illumination is a Speaker and Life Coach. In her seminars Sharol offers content with inspirational style, insight and humor. Sharol develops Peak Performers! Her clients testify that she inspires them to be responsible for their impact in life and their happiness that benefits long after the session is over-including seminars at The Men's Center! She was

featured on TV and in publications. Visit [www.SharolTyra.com](http://www.SharolTyra.com)

## 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

#### 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!

- Mondays (Mpls) 7:30 - 9:30 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

#### Healthy and Harmfree Sex

This group is intended for men who are committed to gaining and remaining in sexually healthy behavior. Especially for men who have been given feedback from others that their sexual behavior has been less than acceptable

- Saturdays (Mpls) 10:00 am - 12:00 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

## Retirement Group Change of Date for Aug.

We will be meeting the 4th Sunday August 22 at 5:30 p.m., instead of August 15th, however in September we will meet as usual the 3rd Sunday, September 19th at 5:30 p.m., what is new about that is that I will then be retired, and looking at it from the "other side". Come join us as we deal with issues surrounding retiring.

NORM PETRIK  
FACILITATOR

# Here and There

– Edited by Andy Mickel

Upcoming Monthly Men's Sunday Brunches (bring something to share/cook up): **Sunday, August 15th** Jeff Haas's 1423 E 35th St. Minneapolis, 612-721-7010 (on the south side of Powderhorn Lake).

**Sunday, September 19th** at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). 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. 22 men attended the Father's Day brunch at Jim Lovestar's 12 men were at Tom Weaver's/Steve Dobberstein's brunch last month.  
– Andy Mickel, 2004-07-18.

"I took the anger management course that ended on March 30, 2004 with Guy, Scott, and Bob facilitating. I received a certificate of course completion from Scott." Thanks, Ray, 2004-05-28.

**Special Event: 20-year Celebration of the Minnesota Men's Conference**, Hennepin Avenue Methodist Church, August 21, 2004 7-10 pm. Join Robert Bly and Friends, poets Tim Young, Thomas Smith and many others for an evening of music, poems and stories. For more info, see <<http://www.hiddenwine.com/>>  
– Mark Stanley, 2004-07-01.

**2004 Festival of Fathers and Families** will be held Saturday, August 14th, noon to 4 p.m., North Commons Park, 1801 James Avenue North, Minneapolis. Free Food, Games & Music. Resource tables: call Elias Getabecha, 612-596-7953  
– Jon Harper, Adventures in Fathering, 2004-07-08.

**20th Annual Minnesota Men's Conference**, Sept 14-19th, 2004, Camp Miller, Sturgeon Lake, Minnesota: **THE SOUL'S SURVIVAL WHEN THINGS FALL APART.**

It is our task to feed the soul. The war has recently led to terrible losses in self-confidence and national respect which we are still experiencing. The soul is not immune to these larger clouds, and no matter what party we belong to, we will feel, whether we want to or not, a sadness and a down-turning of the soul. It is important not to let that down-turning go too far, just as in the excitement of victory we don't want the soul to go too high. What stories are helpful in a time like this? There is a joy in the company of men in times like this.

Teachers in 2004: Robert Bly, Martín Prechtel, Shivam O'Brien, Miguel Rivera, Doug von Koss, Brothers Frantzich, Tim Young, Thomas Smith, Jay Leeming. **Robert Bly** will do a workshop on translation as he did last year, and he'll read from his newly finished book of poems in which he describes stealing sugar; the book is called *My Sentence Was a Thousand Years of Joy*. He'll also read from his book against the Iraq War called **The Insanity of Empire**.

Martin's new book, *The Toe Bone and the Tooth*, lays out that classic Mayan story of forgetfulness. We'll ask him for a ritual and for many talks. A new teacher this year will be the Irish storyteller Shivam O'Brien. He comes highly recommended by Martín as a great teller of tales. Miguel Rivera, with his high spirits, still has a difficult schedule, but he says he'll come no matter what happens. Doug Von Koss, I'm glad to say, will be here to perform his magical early morning singing sessions. Tim Young,

Thomas Smith, and Jay Leeming will be here to encourage the writing of poems and will do workshops. - \$650, adults; \$350 young men ages 13-20. FFI: Craig Ungerman, 860/923-6987; Toll Free: 1-877-333-3136  
E-mail: <[hiddenwine@earthlink.net](mailto:hiddenwine@earthlink.net)>  
<<http://www.hiddenwine.com/MMC/>>  
– Craig Ungermann, 2004-07-01.

The next **Mankind Project Minnesota New Warrior Training Adventure** will be held November 5-7th at Eagle Lake Camp near Brainerd, MN. The cost is \$595. \$60 discount before Sept 1st. Open Circle of Warriors events at the Men's Center on second Wednesdays, 7-9 p.m. **Contact Andy Mickel 612-279-6416 or see:** <<http://minnesota.mkp.org>> **for Open I-Group dates/times and with any questions.** Register with Marc Salzl, 15215 Court Rd, Minnetonka, MN 55345, 952-933-0541, <[msalzl@mn.rr.com](mailto:msalzl@mn.rr.com)>  
– Andy Mickel, 2004-05-01.

**29th Annual Conference on Men and Masculinity (M&M29)** sponsored by National Organization of Men Against Sexism (NOMAS) a "pro-feminist, gay-affirmative, anti-racist and dedicated to enhancing men's lives" organization. Theme is "Supporting Local Initiatives" **Concurrently the 16th Annual Men's Studies Association Meeting** will gather students and professionals in the area of men's studies to present papers. \$125, Hyatt Regency Hotel, San Francisco Airport, Aug 5-8.FFI: NOMAS, PO Box 455, Louisville, CO 80029, 303/666-7043, <<http://www.nomas.org>> <[nomas\\_25@yahoo.com](mailto:nomas_25@yahoo.com)>.

**Visit our web site**, <<http://www.tcmc.org>> for all kinds of Men's Resources for Twin Cities men!  
– Andy Mickel. - 2004-07-18.

## MEN AND WOMEN IN RELATIONSHIP CLASS

THANKS TO ANDREA FERSTAN OF CHRYSALIS FOR THE FINE LEAD ARTICLE IN THIS MEN TALK, AND IN LEADING THE WAY TO DEVELOP THE JOINT RELATIONSHIP BETWEEN THE MEN'S CENTER AND CHRYSALIS. THE NEXT SERIES OF 6 WEEKLY CLASSES FOR MEN AND WOMEN WHO WANT TO WORK ON IMPROVING THEIR RELATIONSHIP WILL BE MONDAY EVENINGS 6:30-8:30 PM FROM SEP 27 TO NOV 1. THE FIRST 3 CLASSES FOR MEN ARE AT THE MEN'S CENTER, WHILE THE FIRST 3 CLASSES FOR WOMEN ARE AT CHRYSALIS, THE LAST 3 CLASSES ARE TOGETHER AT CHRYSALIS. THE CHARGE IS \$10 PER PERSON PER CLASS, BUT NO ONE IS TURNED AWAY FOR LACK OF FUNDS. SO TALK TO YOUR FEMALE PARTNER, AND CALL CHRYSALIS AT 612 871-0118.

**NORM PETRIK**  
PROGRAM COMMITTEE CHAIR

## Men's Center Fall Potluck-Picnic Sunday September 12, 1PM

IT WILL AGAIN BE 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 1PM. 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 MEN'S SONGS, AND WE WILL DO SOME DRUMMING, 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.



## The Men's Center ALL-PURPOSE FORM

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 \_\_\_\_\_

### *Pride Booth Volunteers Excite Crowds*

Our booth goals were met in this year's 2004 GLBT Pride Festival on June 26th and 27th: # 1 Distribute more information, and # 2 Continue to attract festival visitor's into the booth with our Home Town Ribbons and leave with Men's Center knowledge of our services. Men Talk was easier to hand out this year because of our Front Page article "Twin Cities Pride Festival" headline. Challenges surfaced in keeping the front of the booth clear for people to view into the booth and handing out Men Talk to a passerby along with inviting visitors to come in and sign our Ribbons. You guessed it, it took a minimum of two volunteers at any given time to take on these activities simultaneously.

None of the activities would have been possible without the efforts of Steve Larson organizing the following volunteers: Paul B., Dick M., Jim W., Mike C., Mike M., Jerry A., Kevin D., Thomas N., Louis C., and Bobby S. who offered hanging plants to those signing up as new Men's Center members during the festival. Steve Larson and myself also enjoyed booth volunteer time, all in the name of Men's Center Outreach. THANKS GUYS!!!

**JERRY OLSON, PRIDE 2004 COORDINATOR**

### *SUPER TRUCK THANK YOU!*

A fun crowd pleaser and a great recognition for our Men's Center at our Pride Parade 2004! It's an expensive proposition for Rich and Mike from Faribault, MN. They were awarded, at the Men's Center Pride Festival Open House in April, a Plaque of Appreciation. Check out their Auto and Truck detailing business at (507) 210-0512. We all wish you great success in this venture! THANKS GUYS!

### **Anger Management Program**

The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger.

Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

Length of Class:  
 12 consecutive weeks  
 Number of Participants:  
 Space is limited to 12 participants with 2 facilitators per class  
 Cost:  
 \$185 for Men Center Members  
 \$195 for Non-Members  
 Starting Dates and Times:  
 Classes will be scheduled as the waiting list fills. Please call TMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Other questions, call Herb Jaehne 612-839-6806.

Recent Classes Started:  
 May 20 Thurs Hopkins  
 June 22 Tues Edina  
 June 28 Mon Minneapolis  
 July 19 Mon St. Paul  
 July 28 Weds Minneapolis

### *Donate to the Men's Center through United Way*

Remember, if your company participates in the United Way 2004 Campaign, you can designate the Men's Center as payroll deduction donation. We are a 501c(3) non-profit organization that is tax-exempt. United Way will issue tax receipts that you can use to validate your gift.

Talk to your company about giving or call Randy at 612-822-5892 for more info.

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](http://www.tcmc.org) or correspond at our email address: [tcmc@tcmc.org](mailto: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**

**4**

## *Loneliness*

— BY DANIEL FARRIS BRAUN

The complex fixation-complex of an old and young fixed gentle someone  
is so simply loving an image  
...in his-her mind.

That picture in a magazine (or many) gave that image to him-her from reasons  
vague and immaterial... of solitude...

Our eyes, not seeing the fixation, cannot see our OURNESS...

THERE...

but IT is THERE,

beyond the disjunctive assembly of loneliness

...of these LIVING-BEINGS without,

of any LIVING-BEING trapped in images.

*What's  
Inside*

Page 1 *Building A Healthy  
Relationship*

by Andrea Ferstan

Page 2 *Library Corner*

by Randy Genrich

Page 2 *Letter from the Chair*  
by Bob Eng

*Re-Entry Group*

Page 3 *All Purpose Coupon*

Page 3 *Anger Management*

Page 4 *Poem: Loneliness*

by Daniel Farris Braun

Inserts *Aug/Sept Calendar  
Here & There*

by Andy Mickel