



THE  
MEN'S  
CENTER

# MEN TALK

THE MEN'S CENTER NEWS

August/September 2007 VOL. 31 #4

## *The Breakdown in Male Culture in America*

— © 2007 BY CHARLIE BORDEN

There is an emotional & psychological crisis evident in American boys and men, which is finally being noticed primarily because of the increasing violence and poor academic performance of boys. Yet public discussion has not gone far enough in that it has so far only asked how to get boys functioning again. We argue that it is insufficient to be content with trying new ways to get boys to function again in what is clearly a dysfunctional system.

This crisis illuminates the need for a re-examination of several major components of our national culture. Huge changes in men's work and family roles are reducing the time that men actually spend with boys. This is interrupting the essential transmission of male love, wisdom, and integrity from generation to generation. Boys may seem to be no different than the other Americans who are now swimming in excess consumerism, destructive media exposure, addictions, and the frenetic pace of activities. But boys are more vulnerable because the increasingly fractured male culture has left a vacuum of values and guidance, which allow these other influences full room to undermine their development of values and "character".

Fortunately, there is a "Men's Movement" beginning to lead men and boys into a wholeness that is new in our times. To understand how the men's movement is beginning to succeed, we must begin by understanding the culture it is recovering from.

### **What Boys Learn**

Safety disappears as "rugged individualism" is learned, leaving more and more Americans to function in the absence of deep community. In this absence of real community, each person constantly strives and compares hoping to be "better than or best" in a misdirected search for acceptance and safety. For boys this competition takes form in a "culture of cruelty" where fearful competition, hazing, and masks are the norm. Most boys believe they must find some role or mask to hide behind to get the safety of functional acceptance with their peers.

These patterns are examples of dysfunctional mindsets and cultural norms, which are now being transmitted with increasing frequency. Thus we seem to be raising fewer mature kids and fewer mature parents within our "sibling society." Our male culture reflects the larger culture in that it is fragmented and promotes a dysfunctional vision of Manhood and society.

### **A Process of Healing One Man at a Time**

To achieve authentic manhood, men and boys must first learn nurture and validate themselves from the inside so that they can truly accept that they are good enough. But usually boys and men will need unconditional acceptance from the outside before they can incorporate that knowing into their core.

The first step into this deeper world is learning and practicing emotional awareness. Men and boys need to know their own feelings and intuitions. Next comes a process of "uncovering" the soul from disabling family and cultural baggage. Here is where men and boys identify the masks they wear as well as the costs these masks have had. Now they have a chance to see themselves and their unique gifts in a deep way. With this clarity they can begin to get a more complex understanding of how the larger culture works, and how to integrate their gifts into the new world they see. This leaves them free and empowered to give services to society that spring naturally from honoring their own creative calls. They can balance this with a realistic understanding of limitations and responsibilities.

"*The Power of Boys: Journey to Manhood*" (a film by Mirror Man Productions) shares the stories of adolescent boys learning about manhood from mentors who genuinely care about them. The film begins by focusing on two boys, Mike and Joe. It tells us about their families, their strengths, their limitations, and the challenges they each face overcoming personal and economic obstacles. From their example, and with the guidance of Dr. Michael Gurian (*The Good Son, The Wonder of Boys*), we examine the culture of men, and about boy's distinctive needs. With Dr. Michael Obsatz (*Raising Nonviolent Children in a Violent World*), and Dr. Barbara Coloroso, (*Kids Are Worth It*), we look at the patterns in men and male culture that make men afraid of boys.

Charlie Borden is the Producer and Co-Director of "*The Power of Boys: Journey to Manhood*." This new film, made here in the Twin Cities, will have its World Premiere this fall at Riverview Theater in Minneapolis. For dates and times, see <http://www.mirrormanfilms.org/>



*Library Corner*

– *RAY CLARE, LIBRARIAN*



We are pleased to offer our members a unique and extensive collection of quality reading on men's topics.

As a Men's Center member, you are eligible to check out books from our library. The next issue of Men's talk will list the recently donated books – watch for it!

And while you are enjoying our many book resources, consider a browsing our large and growing selection of periodicals.

- Men's Health
- Lavender
- Transitions
- Bi All Means
- Edge Life
- D.A.D.S #1
- Voice Male
- Men's Journal
- Rainbow Families
- Essential Wellness
- G.R.I.P.
- And even more

**Book Returns Needed:**

Some of these books have become so important in our members' lives that they seem to have been out since I had hair. While we have no specific time limit, please consider if you are still using any Men's Center books you now have, and return them to availability.

**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](mailto:tcmc@tcmc.org)

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*Greetings from the Chair*

The Men's Center has recently received an expanded call to provide our services inside the walls of minimum security prisons in Minnesota. Hank Bruns and Randy Genrich have represented the Men's Center for several years in quarterly presentations at the Lino Lakes Correctional Facility. Tommy Jones and I attended the all day, first ever "Transitions Fair" at the Red Wing Correctional Facility this past June 28th. Men's Center volunteers have been present at the Transitions Fairs in both Moose Lake and Faribault Correctional Facilities. Additionally, we have provided periodic presentations at the Rush City Correctional Facility.

The historical role of the Men's Center is to serve men in accord with our mission in a manner that is not already replicated by other agencies in the community. Supporting men who are transitioning from incarceration into community living has been one such role. The issues and numbers continue to grow in this area. My intention is to gently ease the Men's Center into an increasing role in meeting these needs and to have more collaborative efforts with like-minded organizations.



In this pursuit, I am soliciting more volunteers to provide these services. We are specifically in need of men who are willing to assume a role as a mentor for men who are presently in prison, and then to continue this role after their release. This would include corresponding via letters and occasionally visiting these men at their correctional facilities. Some incarcerated men are also able to afford infrequent phone calls if the mentor is open to that possibility.

If we are to do this, we will need to make the appropriate preparations. I will begin a new support group at the Men's Center titled "Men Who Mentor." Our first meeting will be on Monday, September 17th, from 7:30 to 9:30 p.m. We may also consider special meetings regarding strategic planning and topical presentations.

I would appreciate your reflections and feedback regarding this important work. You may contact me through the Men's Center phone or e-mail address. In service to and gratitude for the Men's Center,

**BOBBY SCHAUERHAMER,  
BOARD CHAIR**

**MEN'S CENTER FALL POTLUCK PICNIC,  
SUNDAY SEPTEMBER 16TH, 3 P.M.**

It will again be at Powderhorn Park, Minneapolis. Come to the South Side of the Park, the closest parking is at 13th Ave and 35th St S. Walk down the hill toward the lake, we will begin grilling at 3 p.m. If you prefer not to grill, bring another dish to share. The Men's Center will provide beverages and dessert snacks. Bring your drum if you have one, we will do some drumming, and singing of men's songs. Powderhorn Park 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

**PRIDE THANK YOU !!**

The 2007 Pride Coordinator, John Ruud, sends out a big THANK YOU to these men who helped out at Pride 2007 in Loring Park and in the Parade: Greggor, Ron, Bobby, Mike, Rich, Jerry, and Steve. The booth handed out information about the Men's Center as well as Men's Center stickers. Additional stickers are still available at the center on the sign-in table. We had 52 people signing the booth ribbons this year. Again, thanks to everyone for helping out!

– John Ruud, Men's Center Pride Coordinator



# 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
Our phone number is 612 / 822-5892. Call us about Anger Management classes.			<b>PRESENTATION</b> The Aging Mind in the Aging Body 7-9 p.m. ----- Transition 7:30 p.m. <b>1</b>	<b>SUPPORT GROUPS</b> Div/Unclp/General 7:30 p.m. ----- Male Surv. Sex Abuse 7:30 p.m. <b>2</b>	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m. <b>3</b>	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00a.m. <b>4</b>
<b>5</b>	<b>SUPPORT GROUPS</b> General Issues 12:30 p.m. <b>6</b>	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m. <b>7</b>	<b>PRESENTATION</b> A Circle of Warriors 7-9 p.m. ----- Transition 7:30 p.m. <b>8</b>	<b>SUPPORT GROUPS</b> Div/Unclp/General 7:30 p.m. ----- Male Surv. Sex Abuse 7:30 p.m. <b>9</b>	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m. <b>10</b>	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m. ----- Arts & Crafts 2:00 p.m. <b>11</b>
<b>DREAMS &amp; MEDITATION</b> <b>12</b>	<b>BOARD MTG.</b> 7 p.m. <b>SUPPORT GROUPS</b> General Issues 12:30 p.m. <b>13</b>	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m. <b>14</b>	<b>PRESENTATION</b> The Chakras: Balancing Paths... 7-9 p.m. ----- Transition 7:30 p.m. <b>15</b>	<b>SUPPORT GROUPS</b> Div/Unclp/General 7:30 p.m. ----- Male Surv. Sex Abuse 7:30 p.m. <b>16</b>	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m. ----- Two Spirit & Gatekeeper Circle 7:30 p.m. <b>17</b>	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m. <b>18</b>
<b>BRUNCH</b> 10:00 a.m. <b>MEN'S RETIREMENT</b> 5:30 p.m. <b>19</b>	<b>SUPPORT GROUPS</b> General Issues 12:30 p.m. <b>20</b>	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m. <b>21</b>	<b>PRESENTATION</b> Men's Rights in Divorce 7-9 p.m. ----- Transition 7:30 p.m. <b>22</b>	<b>SUPPORT GROUPS</b> Div/Unclp/General 7:30 p.m. ----- Male Surv. Sex Abuse 7:30 p.m. <b>23</b>	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m. <b>24</b>	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m. <b>25</b>
<b>26</b>	<b>SUPPORT GROUPS</b> General Issues 12:30 p.m. <b>27</b>	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m. <b>28</b>	<b>PRESENTATION</b> Two Spirit Cultural 7-9 p.m. ----- Transition 7:30 p.m. <b>29</b>	<b>SUPPORT GROUPS</b> Div/Unclp/General 7:30 p.m. ----- Male Surv. Sex Abuse 7:30 p.m. <b>30</b>	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m. ----- Two Spirit & Gatekeeper Potluck 7:30 p.m. <b>31</b>	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m. <b>1</b>
<b>2</b>	<b>LABOR DAY HOLIDAY</b> <b>3</b>	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m. <b>4</b>	<b>PRESENTATION</b> Divorce without Lawyers! 7-9 p.m. ----- Transition 7:30 p.m. <b>5</b>	<b>SUPPORT GROUPS</b> Div/Unclp/General 7:30 p.m. ----- Male Surv. Sex Abuse 7:30 p.m. <b>6</b>	<b>MT ARTICLE DEADLINE</b> <b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m. <b>7</b>	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m. ----- Arts & Crafts 2:00 p.m. <b>8</b>
<b>DREAMS &amp; MEDITATION</b> <b>9</b>	<b>BOARD MTG.</b> 7 p.m. <b>SUPPORT GROUPS</b> General Issues 12:30 p.m. <b>10</b>	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m. <b>11</b>	<b>PRESENTATION</b> A Circle of Warriors 7-9 p.m. ----- Transition 7:30 p.m. <b>12</b>	<b>SUPPORT GROUPS</b> Div/Unclp/General 7:30 p.m. ----- Male Surv. Sex Abuse 7:30 p.m. <b>13</b>	<b>MT FINAL DEADLINE</b> <b>SUPPORT GROUP</b> Men's Bisexual Issues 7:30 p.m. <b>14</b>	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m. ----- Two Spirit Social Group 2:00-4:00pm <b>15</b>
<b>BRUNCH</b> 10:00 a.m. <b>MEN'S RETIREMENT</b> 5:30 p.m. <b>16</b>	<b>SUPPORT GROUPS</b> General Issues 12:30 p.m. <b>17</b>	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m. <b>18</b>	<b>PRESENTATION</b> Adrift - Navigating Our Sexual Lives 7-9 p.m. ----- Transition 7:30 p.m. <b>19</b>	<b>SUPPORT GROUPS</b> Div/Unclp/General 7:30 p.m. ----- Male Surv. Sex Abuse 7:30 p.m. <b>20</b>	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m. ----- Two Spirit & Gatekeeper Circle 7:30 p.m. <b>21</b>	<b>MT MAILING</b> 9:00 am <b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m. <b>22</b>
<b>23</b>	<b>SUPPORT GROUPS</b> General Issues 12:30 p.m. <b>24</b>	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m. <b>25</b>	<b>PRESENTATION</b> Two Spirit Cultural 7-9 p.m. ----- Transition 7:30 p.m. <b>26</b>	<b>SUPPORT GROUPS</b> Div/Unclp/General 7:30 p.m. ----- Male Surv. Sex Abuse 7:30 p.m. <b>27</b>	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m. ----- Two Spirit & Gatekeeper Potluck 7:30 p.m. <b>28</b>	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m. <b>29</b>
<b>30</b>						

Aug/Sep 07 **1976** - In Our 31st Year - **2007**  
of Public Service

Check out our web site: [www.tcmc.org](http://www.tcmc.org)  
e-mail: [tcmc@tcmc.org](mailto:tcmc@tcmc.org) phone: 612 / 822-5892

## PRESENTATIONS

Nearly every Wednesday evening, the Men's Center is proud to offer a presentation on a wide range of subjects of interest to men as well as to our community. This tradition has been part of the Men's Center offering since it's founding 30 years ago. These drop-in meetings require no pre-registration, and volunteer experts in the respective subjects conduct them all. Because of our primary mission, all presentations are for men only unless it is otherwise indicated in the individual descriptions.

Please read through these various descriptions to determine which is of interest to you, and consider bringing a friend. This could be an excellent introduction to the Men's Center for them. Each presentation is intended to foster personal growth and to stimulate interest in the topic.

Our presenters include: Steve Daniel, Jim Gerharter, Melanie Hanson, Andy Mickel, Greggor McDonell, Keith Pederson, Dan Simon, and Ron Strangerhorse.

A small fee is collected at the door for each person attending:

Non-Members of TMC – \$5.

Regular Members (\$20 level) – \$3

Sustaining Members – FREE

All presentations meet at The Men's Center, 3249 Hennepin Ave. So, Suite 55 Minneapolis, MN 55408

We welcome your suggestions for new topics and presenters. Please call Randy at 612-822-5892 with your ideas.

*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. Presentations are the sole product and responsibility of the presenter(s).*

## DESCRIPTIONS

### The Aging Mind in the Aging Body

**Presenter: Steve Daniel**

**When: Wed, Aug. 1, 7:00-9:00 pm**

Utilizing resources from psychology and literature, this presentation will outline the theory and practice of staying vitally involved as one moves through the later years. Neuroscientific data will help explain the paradox that as one's physical ability declines, a growth in wisdom may help one find meaning in life and the aging process.

*Steve Daniel is a native of Minneapolis who earned a doctorate in interdisciplinary humanities at Emory University. His interests include literature, philosophy, religion, healthcare, and gerontology. He has taught high school, undergraduate, and graduate*

*courses in these subjects and has had several articles published. He has been ordained both as a Jesuit priest and Congregationalist minister and is retired from work as a hospital chaplain. His current part-time job is to help seniors move into senior living. He is also adjunct faculty at the U of M, where he conducts graduate seminars. He is married to Sally, a flight attendant, and has a son who is a jazz musician.*

### A Circle of Warriors

**Presenter: Andy Mickel**

**When: Wed, Aug. 8, 7:00-9:00 pm**

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.*

### The Chakras: Balancing the Paths of Power and Love

**Presenter: Melanie Hanson**

**When: Wed, Aug. 15, 7:00-9:00 pm**

*Open to men and women*

Kundalini yoga emphasizes meditation and chakra visualization. It can be used to heal old developmental imbalances (remember Maslow's stages of growth?) as well as expanding one's spiritual perspective. Join us for information, discussion and perhaps the delightful experience of accessing a suddenly increased sense of wholeness.

*Melanie Hanson has been doing chakra visualization for more years than she cares to count. It's true what they say: the process of spiritual unfoldment presents ever-enlarging vistas. She hopes she's also "keeping it real" by following the path of love downward and homeward to earth.*

### Men's Rights in Divorce

**Presenter: Jim Gerharter**

**When: Wed, Aug. 22, 7:00-9:00 pm**

*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 has 22 years experience as a lawyer. He is a longtime member of the Men's Center and has made numerous presentations at the center.*

### Two Spirits & Gate Keepers

**Presenter: Ron Strangerhorse**

**When: Wed, Aug 29, 7:00-9:00 pm**

*Open to men and women.*

On the Last Wednesday of this month, we offer an opportunity to experience diversity in culture. We have invited several local and national members of the Two Spirit – Gate Keeper Community, as well as, members of the local Community Based Organizations who are committed to Social Progress, to share an evening of education and round table discussion.

We offer this safe and inclusive environment as we strive to re-open doors to our ancestors, through encouragement of cultural sensitivity and recognition of our personal power and creative energies.

*Further details can be obtained from Kevin (612-870-3667) or Ron (651-983-8531 or Twospiritsnmm@yahoo.com*

### Divorce Without Lawyers!

**Presenter: Dan Simon**

**When: Wed, Sep. 15, 7:00-9:00 pm**

*Open to men and women*

There are two parts of the divorce process: (1) figuring out the plan for your kids, your money and your stuff; and (2) doing some paperwork. Lawyers make part (1) more difficult; and you can handle part (2) yourself or with an inexpensive paralegal service. In this discussion, we'll explore how to handle disagreements with your spouse, without resorting to lawyers (even if your spouse already has).

*Dan Simon, MA, J.D., is the director of Twin Cities Mediation. He helps couples constructively work through their disagreements and uncertainty. You can find information about him and his services at <http://twincitiesmediation.com>*

### A Circle of Warriors

**Presenter: Andy Mickel**

**When: Wed, Sep. 12, 7:00-9:00 pm**

See the June 13th description

## SUPPORT GROUPS

### Adrift – Navigating Our Sexual Lives

Part one of two (Part two on Oct 3)

Presenter: Keith Pederson

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

Open to Gay/Bi and Questioning men and their allies

Have you ever felt as though there is conflicting information circulating about our sexual lives and how to be safer in your own sexual activities? As Gay/Bi men it can be a challenge even finding partners. Beyond that, some of the venues we use to meet other men for dating can bring specific challenges and/or risks.

Keith Pederson is an employee of PrideAlive (a program of the Minnesota AIDS Project).

### Two Spirits & Gate Keepers

Presenter: Greggor McDonell

When: Wed, Sep. 26, 7:00-9:00 pm

Open to men and women.

On the Fourth Wednesday of this month, we offer an opportunity to experience diversity in culture. We have invited several local and national members of the Two Spirit – Gate Keeper Community, as well as, members of the local Community Based Organizations who are committed to Social Progress, to share an evening of education and round table discussion.

We offer this safe and inclusive environment as we strive to re-open doors to our ancestors, through encouragement of cultural sensitivity and recognition of our personal power and creative energies.

Further details can be obtained from Kevin (612-870-3667) or Ron (651-983-8531 or Twospiritsnmn@yahoo.com

### Adrift – Navigating Our Sexual Lives

Part two of two (Part one on Sep 19)

Presenter: Keith Pederson

When: Wed, Oct. 3, 7:00-9:00 pm

Open to Gay/Bi and Questioning men and their allies

Have you ever felt as though there is conflicting information circulating about our sexual lives and how to be safer in your own sexual activities? As Gay/Bi men it can be a challenge even finding partners. Beyond that, some of the venues we use to meet other men for dating can bring specific challenges and/or risks.

Keith Pederson is an employee of PrideAlive (a program of the Minnesota AIDS Project).

*“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

#### Addiction Busters

Open to Men and Women

Struggling with chemical or behavioral addiction? AA not helping you? Frustrated with twelve -step programs? Don't like feeling powerless? Want to bust your addiction rather than being busted FOR your addiction? Would you like to talk about Rational Recovery, SMART Recovery, the works of Stanton Peele, Ann Fletcher, James Prochaska and others in a supportive, confidential, comfortable atmosphere? Come to Addiction Busters support group and discuss alternative, cognitive approaches that may help you battle your addiction in new and different ways!

• Tuesdays 7:30- 9:30 pm

#### General Men's Issues/Divorce/Uncoupling/Family/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 12:30 - 2:30 pm  
• Thursdays 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 7:30 - 9:30 pm

#### Transitions

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 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.

• Thursdays 7:30 - 9:30 pm

#### Two Spirits & Gate Keeper Community

Open to Men and Women

We are Two Spirit People and Gatekeepers of the Spirit World, offering a Safe & Connective environment. Serving the LGBT & Queer & Questioning community, our allies & our families in Minnesota. Our focus is to remain inclusive of every ethnic genre; allowing for positive community interaction to promote spiritual & emotional growth, emphasizing self awareness, group enlightenment & personal empowerment. We live in a world that resists our journey to seek those pathways that reconnect us to the indigenous teachings of elders long ago. We create this circle to receive kindness, express compassion and speak our truth with one another.

• 3rd Friday - Talking Circle 7:30 - 9:30 pm  
• Last Friday - Potluck Gathering 7:30 - 9:30 pm  
• 4th Wednesday - Cultural Presentation 7:00 - 9:00 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 7:30 - 9:30 pm

#### Healthy Sexual Boundaries

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worries about excessive, compulsive or obsessive sexual activities? Too much pornography in your life? Too many strip clubs? Ever feel like a sex addict? Feeling uncomfortable about inappropriate fantasies/thoughts/urges? Hurting or disappointing someone you love?

This group is a safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries.

• Saturdays 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 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 19th**, Tom Weaver co-hosting together with Dave Mueller at Dave's home in Hastings at 1318 Ramsey St, 55033 (Hwy 61 south of St. Paul 20 minutes) at 1318 Ramsey St (take a left on 10th from 61), 612-827-6442. **Sunday, September 16th** at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 55414 (in Prospect Park off University Ave near I-94 and 280), 612-331-8396. **29 men attended July's brunch at Bobby Schauerhamer's!** - Andy Mickel, 2007-07-19.

**23rd Annual Minnesota Men's Conference** Sept. 4-9, 2007 at Camp Miller, Sturgeon Lake, Minnesota. **Keeping Our Feet on Human Ground** with teachers: Robert Bly, Malidoma Somé, Robert Moore, Eric Larsen, Daniel Deardorff, Miguel Rivera, Doug von Koss, Tom Gambell and many friends. There is much uncertainty and unease these days, and those feelings are appropriate. But we also need to keep our feet on the ground so we won't be blown over or blown into the air. Malidoma Somé will lead a fire ritual this year. And Robert Moore will lecture us on the bearding of the dragon and the fearfulness of being grandiose. A new teacher, Eric Larsen will be with us for the first time. He is the author of *A Nation Gone Blind*, a tough book about public lies and our longing for them. Robert Bly will offer some of his new poems and recent translations of Hafiz. Daniel Deardorff will give us wild stories and some singing. Jay Leeming, Thomas R. Smith, and Timothy Young will lead their afternoon poetry workshop. Tom Gambell will teach Aikido. Miguel Rivera will bring drumming and ritual, and Doug von Koss his amazing early morning singing and all-day joy. FFI: Craig Ungerman 1-877-333-3136 <hiddenwine@earthlink.net> <<http://www.hiddenwine.com/MMC>> - Mark Stanley, 2007-07-13.

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held October 12-14, 2007 at Eagle Lake Camp near Brainerd, MN. Registrations received by August 31 are discounted \$65. The cost is \$650, with many payment plans available. To learn more, attend an Open

Circle event: Observe, Ask Questions (or Participate if you like) in a safe container with a group of men who are practicing authenticity and connection to feeling at **Open Circle of Warriors** events at the Men's Center every 2nd Wednesday, 7-9 p.m. **Contact Andy Mickel** with any questions 612-279-6416 or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times. Register online at <<http://minnesota.mkp.org>>. - Andy Mickel, 2007-07-16.

**Orr Books** in Uptown Minneapolis, 2 blocks from the Men's Center closed its doors after more than 25 years of service. Orr supported the Men's Center by stocking Men's Studies books and providing a free pickup point for copies of Men Talk for the last 22 years. **Thank you Charlie Orr** for your steadfast support of all people seeking personal growth. - Andy Mickel, 2007-06-30.

Men seeking support and encouragement in their spiritual journeys are invited to attend the **Men's Contemplative Spirituality Group** that meets at the **Benedictine Center** on the fourth Monday of every month, from 7 to 9 p.m. Upcoming meetings are August 27 and Sept 24. This ongoing group has been in existence for five years. It is an opportunity for men who want to integrate contemplative spirituality into their everyday lives. David Sagula, PhD, a psychologist and retreat leader, facilitates the meeting and discussion. The cost is a freewill offering. FFI: <<http://www.stpaulsmonastery.org/>> (click the Benedictine Center link) 651-777-7251, <[benedictinecenter@stpaulsmonastery.org](mailto:benedictinecenter@stpaulsmonastery.org)>. The Benedictine Center, a ministry of the Benedictine Sisters at St. Paul's Monastery, is located at 2675 Larpenteur Avenue East in Maplewood 55109. - Kathleen Lindstrom, 2007-06-25.

**Key of See Storytellers** events: Aug 5-9 Hiroshima/Nagasaki days: Larry and Elaine telling the Sadako Story at the family celebration 5 p.m. August 5 at the Lake Harriet Peace Garden. **61 Mile Hike** symbolic of things 1961 and Larry turning 61 begins at 6:10 a.m. on August 9. The deliberate walk will raise awareness for (1) better health care for all ages, (2) healthy

uses of transit, and (3) bipartisan, genuine total support for veterans and currently deployed soldiers and families and for the new functional and symbolic bridge at the Lake Harriet Peace garden. Questions to 612-747-3904 <[topstory7@comcast.net](mailto:topstory7@comcast.net)> - Larry Johnson, 2007-07-14.

**Two new websites** have launched to support work of initiating boys in Minnesota. <<http://www.boystomenmn.org/>> and <<http://www.mirrormanfilms.org/>> which has vast material on "man making" in the film: *The Power of Boys: Journey to Manhood*. The project is an outgrowth of new warrior men from the ManKind Project - Minnesota whose missions are concerned with mentoring youth. FFI: Charlie Borden and Rick Gravrok, **Boys to Men Mentoring Network of Minnesota**. - 2007-06-15.

The **Men's Leadership Alliance** has created programs in the **Art of Leadership** for 20 years. September 16-22 at a comfortable New England Lodge. Also available in 2007 are **Colorado Men's Spirit Camps, Vision Fast for Men, Boys Wilderness Trip, Elder Retreat**, and **Men's Leadership Alliance**. FFI: Men's Leadership Alliance, 2115 Poplar Ave, Boulder, CO 80304, 303-444-9066, <<http://www.mensleadershipalliance.org/>> - 2007-02-02

**Bill Dobbs and I have begun updating our website**, <<http://www.tcmc.org/>> this summer to allow you to bookmark interior pages. - Andy Mickel. - 2007-07-14

## NEW PROGRAM AT THE MEN'S CENTER

**STARTING IN THE FALL OF '07 WE WILL BE OFFERING A FAMILY LAW CLINIC. VOLUNTEER LAWYERS WILL PARTICIPATE ON THE FIRST WED. OF EACH MONTH IN A DISCUSSION/ CONVERSATION COVERING ISSUES OF DIVORCE. MORE INFO IN THE NEXT ISSUE OF MEN TALK.**

– RANDY GENRICH, OFFICE STAFF

**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.  
(You won't receive Men Talk if this box is checked.)

I have these feelings, thoughts, opinions, ideas, news items for The Men's Center:

FROM: name \_\_\_\_\_

Date \_\_\_\_\_ Mailing address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Home phone \_\_\_\_\_

\_\_\_\_\_ Work/other telephone \_\_\_\_\_

**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:**  
\$215 for Men Center Members (\$225 for Non-Members)

**Starting Dates:**  
Classes are filled on a first come, first served basis. Please call TMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Or if you need further details, call our Anger Management coordinator, John Hesch, on the Anger Management phone 612-229-3102.

**THE GRAY EAGLES**  
A social/support group  
for maturing men attracted to men

**Second Wednesday each month, 10:30 a.m. – noon**  
**The Men's Center, 3249 Hennepin Ave. S., #55**

For more info, call Don at 612-801-8986  
gray.eagles@yahoo.com

*This ad donated by PrimeTimers Minneapolis/St. Paul at*  
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**THANK YOU!**  
The Men's Center receives generous donations  
of baked goods from Wuollet's and Breadsmith  
Bakeries. You can find them at 25th and Hennepin  
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**YOUR AD HERE!**

**MEN TALK 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
Biz Card	2" x 3 1/2"	\$25

E-mail the editor at [tcmc@tcmc.org](mailto:tcmc@tcmc.org)

**UPTOWN AREA SPACE TO RENT**  
**The Men's Center, 3249 Hennepin Ave S**  
Space Rental Rate Schedule:

	Non-Profit	Profit event
Full Day (8 hrs)	\$50	\$100
Half Day (4 hrs)	\$25	\$50
Hourly	\$7.50	\$15

**(612) 822-5892**

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 e-mail address: [tcmc@tcmc.org](mailto: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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## *Another Day in the Life*

*The face I find in the mirror is  
not superman's.  
still, I am sure I am some superhero  
but then, in the shower  
the soap slips out of my hand,  
resounding, slithering, sliding around  
in the bottom of the tub.*

*I am gloriously human,  
my sweat washed off, the grime gone, clean –  
the day's soil, if not sins, scrubbed away –  
but no cigar, no special powers,  
though I do leap out of the tub  
in a single bound.*

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