



THE
MEN'S
CENTER

MEN TALK

THE MEN'S CENTER NEWS

February / March 2008 VOL. 32 #1

Drowning in Sorrow

— © 2008 BY ANDREW WILLIAMS

The story I am about to tell is one that has recently come back to haunt me because of recent events in my life. I need to tell it because of how it is a mirror image of what is happening in my personal development and my feelings as a man. Similar parallels can occur in everyone's lives and I hope that men and women alike, can heal, learn and grow from them.

When I was about 8 or 10 years old my parents signed me up for swimming lessons. I was dropped off at the pool with my best friend Dave and we were in the same class. All the children were divided into groups for the different levels. Dave and I went with our group and were instructed to do a number of laps back and forth across the pool and then to meet up with an organizer for further training. As we were making our way through the series of laps I realized that Dave and I were way behind the others. Many of these bigger and older kids had finished and moved on. I started to think, "Our names got listed incorrectly and we are in the wrong group." As we struggled to make it through the laps I noticed Dave, a little behind me, went to the edge of the pool and dragged himself out. Clearly we were spent. Then a ways further out I knew I was about out of gas. I thought; try to make it to Dave's side of the pool. One or two strokes; no, maybe I was closer to the teacher's side of the pool. I was back in the middle. As far away from safety one can be. A feeling of helplessness came over me. Trying to tread water and rest I started to drown. Maybe for about the first minute of struggling I managed crying for help. Next was I swallowing lots of water and attempting to keep my head up. I will never forget looking back at Dave. The look in his eyes was: "I barely had enough energy to save myself. I can't save you. I'm sorry". He looked very scared. I thought that I was going to die there and for some reason I could not differentiate between which one of us was in the worse of circumstances. I looked at the swim teacher and for the first moments the look was: "Stop screwing around

kid. This is no joke." It was far from it.

As my body started to slow to a stop I knew the oxygen in me was from my last breath. Being that I no longer could keep my nose or mouth above the water, it wouldn't be long before I would be gone. As I was drifting off, out of the corner of my eye I saw the swim teacher's face. Her eyes were huge and it was sheer terror. She knew this was no prank. She jumped in, swam out, and pulled me up on the grating around the edge of the pool where I lay shivering and scared.

I am learning that in these times that there are many men that are struggling with issues and some of us are having an extremely tough time with our role, our duties, and which "group" we fit into. Most of all, what is our value? Sometimes when one of us breaks down and asks for help, sometimes our peers are too overwhelmed themselves to assist us. Support from other elements of our society can occasionally lend a hand. The fact that is the most difficult for me to take is that there are many others that just as soon watch us drown.

Andrew Williams is a new Men's Center member and was recently elected to the Board.



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
- D.A.D.S #1
- Men's Journal
- G.R.I.P.
- Voice Male
- Fathering Today...

Book Recently Added to the Library
Iron Man Family Outing by Rick Belden
HIV Resource Guide by MAP AIDS Line
Wonder of Human Sexuality by R. M. Hogan
Worth Fighting With by Vincent Quinn

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. Call 612-822-5892, or e-mail us at tcmc@tcmc.org
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Greetings from the Chair

The Twin Cities Men Center, now in its 32nd year of public service, held its annual meeting this past January 12th. We had the opportunity to review our performance in the past year, review and revise our strategic planning, and show our appreciation for our many dedicated volunteers. About twenty members and friends of the Men's Center were in attendance.

On January 14, 2008, the Monday following the annual meeting, we conducted our first monthly Men's Center board meeting for 2008. I am very pleased to announce the addition of two new men to our board per their nomination and successful votes at the annual meeting, Joe Szujzewski and Andrew Williams. I ask that all of you take some time to welcome them to their new tasks as board members for the Men's Center and to listen to their ideas and passion for work around men's issues.

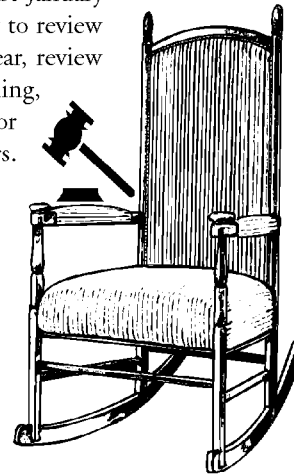
The officers who were elected to serve on the board for 2008 include: Norm Petrik as secretary; Gerald Obremski as treasurer; Ron Strangerhorse as vice chairman; and, myself, Bobby Schauerhamer, as chairman of the board. Please take the time to congratulate these men and offer your support of their efforts in these important functions.

Several successes have been made possible in this past year by the many volunteers who have dedicated hundreds of hours of time. We have seen some growth in the numbers of men who are attending our weekly support groups. We continue to have a vigorous anger management program with about 8, 12 week sessions scheduled per year.

Additionally, we have the tremendous consistency in the timely publication of the Men Talk, mailing of the Men Talk, and maintenance of an appropriate mailing list. Our web site has been regularly maintained and updated. Our finances are consistently documented and our taxes are submitted in a timely manner. Our meeting notes are being provided consistently and with lightning speed. Support groups are facilitated in a professional manner on a weekly basis by volunteers. All of these and many more tasks are among the credits of a dedicated group of skilled volunteers.

Proudly, I am once again chairman of the board of directors for this fine organization for 2008.

**BOBBY SCHAUERHAMER,
 BOARD CHAIR**



SMART GOALS FOR 2008

In addition to the election of new board members, the men at the Men's Center Annual Meeting agreed upon these priorities for the coming year, SMART Goals. (SMART = Specific, Measurable, Action-oriented, Realistic, Time-driven)

1. Outreach

- Network with like-minded organizations and communities
- Redesign usability of TCMC website
 <<http://www.tcmc.org/>>

2. Programs

- Reach out to a diverse community of younger (30+) men & communities of color.
- Improve promotion of Weds. Presentations

3. Finance

- Donate button on TCMC website
- Action on Current Grantwriting ideas

4. Admin

- Membership Development additional membership meeting in October.
- Tap member skill base and opinions

– ANDY MICKEL, BOARD MEMBER

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:

Date _____ FROM: name _____

_____ 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:** Limited to 12 men 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.

Ken Kunz
763-509-0645

Aaron Huddleston
Cell - 612-670-4626

**WEEKEND
CARPENTER**

763-509-0645

11305 51st Av. N.
Plymouth, MN 55442

Lic. #40539899

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 or 50th and France or online at:
www.wuollet.com
www.breadsmith.com




UPTOWN AREA SPACE TO RENT

The Men's Center, 3249 Hennepin Ave S

Space Rental Rate Schedule:

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

(612) 822-5892

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

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 e-mail address: tcmc@tcmc.org

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

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MEN TALK

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Family Law Clinic

NEW

Every 1st Wednesday of the month, the Men's Center is proud to present the Family Law Clinic. Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Paternity
- Custody
- Child Support
- Co-habitation
- Separation
- Property Division
- Spousal Maintenance
- Financial Settlements
- Your personal issue

Attorneys will volunteer their time and expertise for the benefit of those who attend. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.

Where: The Men's Center, 3249 Hennepin Ave S #55, Minneapolis MN 55408

When: Every 1st Wednesday from 7:00 to 9:00 PM

Just come! No advance registration required!

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