

men talk

tcmc 
twin cities men's center

in our 35th year
of public service

Dec. 2011/Jan. 2012
Volume 35 #6

Together On A Journey With Hank Bruns

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Who am I really? How have I been? Where am I going?
How will I get there?

On a cold and snowy February evening a determined man was looking for answers to these same questions we have asked year after year at The Twin Cities Men's Center. It was 1973 and Hank Bruns had heard about a group of men informally offering support to each other just by being together and doing some men talk. These men had recently emerged from the growing men's awareness movement of the early 1970's. Hank found them lacking any furniture in their rented church space and sitting in a circle on the floor. Nervous about what these guys might think of him and feeling awkward with his own confusions, he turned away at the door, but after reconsidering returned to face the music.

Hank has often derived a personal and private comfort from all kinds of music during those occasional all night work shifts at his radio station back in Illinois in the 1950's, and later in Minnesota on his early morning drives into work at the State Highway Department or on his regular evenings out at Orchestra Hall. In addition, his studies in electrical engineering, bio-energetic therapy, and spiritual healing have led him to pursue inner balance and harmony with others in the midst of life's challenges.

This treasured wisdom has been passed on to us with Hank's elections to TCMC's Board of Directors, his guidance with our development of support groups, and his capable leadership for several Midwest Regional Men's Conferences. Hank wrote encouraging letters to the Board or to our MEN TALK editor when we have been discouraged or strayed from our mission statement "...to provide resources for men seeking to grow in body, mind, and spirit...."

In a recent interview Hank said: "My biggest surprise in those early years came in realizing that for a long time I had been missing the friendship of other men, and that their camaraderie could heal some of the irritations in my life which had begun to fester. In addition, as our self-confidence grew, the joy of working with other men cooperatively on challenging issues brought with it an increased attendance at our support groups. Very soon

we found that the experiences of our gay community demanded our attention and differentiation from our men's divorce and general issues discussions."

Time after time, Hank took the lead as support groups formed to meet the needs of fathers, men with HIV, men living in St. Paul, survivors of abuse, and men transitioning from prison settings. With his encouragement both women and men of color were invited to participate on our Board, in Wednesday Presentations, in a relationship issues group, and in our Transition Groups. The efforts of Hank and others at the Men's Center, combined with our forward vision as men on a journey, prepared a foundation for our Men Helping Men With Anger Program to grow and flourish here.

Hank trained and led a strong cadre of support group facilitators. In our Men's Center support groups we have emphasized a focus on self-responsibility so that we can identify areas in our lives we wish to understand and improve upon with the support of others. As we practice expressing ourselves and respecting the persons we are with, we create the tools we need to bring to our interpersonal relationships.

Over time, with Hank in the lead, we have developed effective support groups. *Together On A Journey continued on pg 2*

Donors Needed

The Twin Cities Men's Center needs a few contributors to step forward to help us through the remaining months of 2011. Our investments to reach out to the therapy community and to support the PRIDE event were about \$2,500 above our normal budget, which about equals the shortfall in contributions as compared to last year.

Library Corner

— JIM HEANEY, LIBRARIAN



We have a unique and extensive collection of books on men's and general topics which can be checked out by members. Our periodicals include; *Fathering Today*, *Men's Health*, *Men's Journal*, *Lavender*, *Transitions*, and *Voice Male*.

Recent Additions: **THE OASIS GUIDE TO ASPERGER SYNDROME, Advice, Support, Insight and Inspiration.** By Patricia Romanowski Bashe & Barbara L Kirby. **12 EFFECTIVE WAYS TO HELP YOUR ADD/ADHD CHILD, Drug-Free Alternatives for Attention Deficit Disorders,** By Laura J. Stevens. **M.S. WHEN THE BODY SPEAKS ITS MIND, A Psychiatrist Probes the Mysteries of Hypochondria and Munchausen's Syndrome.** Berney Goodman, M.D. **THE HOMO HANDBOOK, Getting in Touch With Your Inner Homo.** A survival guide for lesbians and gay men by one of America's most outspoken and "out" comics. By Judy Carter. **A HANDBOOK FOR HEALING, ADULTS CHILDREN OF ALCOHOLICS.** By Patty McConnell.

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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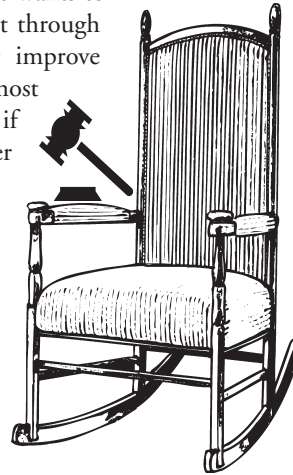
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Greetings from the Chair

When a man shows up at TCMC for the first time, his focus is usually on himself. He wants to cope with a personal crisis, get through a major life change, or just improve himself in some way. And most men do exactly that. But if he sticks around, he'll discover something unexpected and at least as rewarding – TCMC is a great place to meet and learn from some extraordinary men, men who not only have a wide variety of amazing life experiences, but are also happy to share these experiences with other men.

Hank Bruns is one of these extraordinary men, and even before you finish reading this column, I strongly encourage you to read Dick Madigan's excellent interview with Hank in this issue of Men Talk. It is no overstatement to say that Hank and his wisdom, enthusiasm, and dedication to TCMC touch everyone who comes through our door. From the TCMC Board, to our support groups, our outreach efforts, and our Anger Management Program, Hank has influenced them all.



The opportunity to meet and learn from a man like Hank is a great fringe benefit of being involved with TCMC. But the incredible thing is that there are many such men here. Come to a support group, a Wednesday presentation, or just visit our office some afternoon, and you can't turn around without bumping into a man with some amazing stories to tell. Even more incredibly, a lot of these men get together in the same room once a year.

Which is a not-so-sneaky way of reminding you that our annual meeting is coming up on January 7th at 9 am. Hopefully after reading this far, you're eager to attend, but maybe you're not sure. If the opportunity to meet and learn from extraordinary men isn't enough, you also get to have a say in the future direction of TCMC and hear about our plans for 2012. But maybe the best reason to attend is to give other men the opportunity to meet the extraordinary man that is you.

JOE SZURSZEWSKI
BOARD CHAIR

Together On A Journey continued from pg 1

tive support group guidelines by listening to the dissonance in ourselves, then walking and talking side by side in our varying masculinities. Agreeing on confidentiality in our groups allows us a sense of safety in revealing our personal issues. When we focus in on awareness of our feelings in group we are able to see our way clear of the obstacles on our paths toward "...healthier family and community relationships." We have learned to challenge our negativity toward others, as well as our negative self-talk. In groups we grow to respect the vulnerabilities of others with our non-judgmental support, and also to appreciate our own opportunities to befriend the man we wish to be.

In concluding I asked Hank: "So, what wisdom has kept you going when you have experienced painful challenges in your life?"

"I strongly believe in the possibility of personal growth. Also I have learned that with support we can change the negatives in our relationships to positives for all parties involved. We can heal our pain after feeling confusion, depression, grief, or anger. Forgiveness is in our toolbox, and the world needs a lot of it."

Then I wanted to know: "Are you open to receiving notes or phone calls from old friends at TCMC?"

"Yes! I've got a large mailbox in the Men's Center office and I can return messages left at the office telephone number."

"CHEERS" to Hank Bruns who continues his passionate support of TCMC with an open mind, an open heart, and an open pocketbook.

Dick Madigan, a TCMC group facilitator and office assistant, is grateful to Hank for his 20+ years of healthy mentoring.

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
<h2>Dec 11/Jan 12</h2>				SUPPORT GROUPS Divorce/Uncpl General 7:30 pm	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
Call us about Anger Management Classes 4	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m. Abuse Survivors 7:30pm 5	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m. 6	PRESENTATION Family Law 7pm H.S.B. East 5:30pm Transition 7:30 p.m. 7	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm 8	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m. 9	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m. 10
11	SUPPORT GROUPS General/Div/Uncpl 12:30 p.m. BOARD MTG. 7 p.m. Abuse Survivors 7:30pm 12	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m. 13	PRESENTATION Mankind Project Open Circle 7pm H.S.B. East 5:30pm Transition 7:30 p.m. 14	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm 15	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m. 16	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m. 17
BRUNCH 10:00 a.m. SUPPORT GROUPS Men's Retirement 5:30 p.m. 18	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m. Abuse Survivors 7:30pm 19	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m. 20	PRESENTATION No Presentation 7pm H.S.B. East 5:30pm Transition 7:30 p.m. 21	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm 22	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m. 23	CHRISTMAS EVE 24
CHRISTMAS HOLIDAY 25	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m. Abuse Survivors 7:30pm 26	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m. 27	PRESENTATION Same Sex Marriage Discussion 7pm H.S.B. East 5:30pm Transition 7:30 p.m. 28	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm 29	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m. 30	NEW YEAR'S EVE 31
NEW YEAR'S DAY HOLIDAY 1	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m. Abuse Survivors 7:30pm 2	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m. 3	PRESENTATION Family Law 7pm H.S.B. East 5:30pm Transition 7:30 p.m. 4	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm 5	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m. 6	ANNUAL MEETING 9:00am- 11:00am FACILITATOR MTG 11:00am- noon Healthy Sexual Boundaries 10:00 a.m. 7
8	SUPPORT GROUPS General/Div/Uncpl 12:30 p.m. BOARD MTG. 7 p.m. Abuse Survivors 7:30pm 9	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m. 10	PRESENTATION Mankind Project Open Circle 7pm H.S.B. East 5:30pm Transition 7:30 p.m. 11	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm 12	MEN TALK DEADLINE SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m. 13	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m. 14
BRUNCH 10:00 a.m. 15	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m. Abuse Survivors 7:30pm 16	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m. 17	PRESENTATION Collaborative Divorce 7pm H.S.B. East 5:30pm Transition 7:30 p.m. 18	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm 19	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m. 20	MEN TALK MAILING 9:00 am SUPPORT GROUPS Healthy Sexual Boundaries 10:00 am 21
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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 the wider community. This tradition has been part of the Men's Center offering since it's founding 35 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 are **Bob Manson, Jim McCleary, Andy Mickel, Denny Smith, Rasheen Tillman and Linda Wray.**

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

Non-Members of TCMC – \$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

Family Law Clinic

Discussion Leader: Bob Manson

When: Wed, Dec. 7, 7:00-9:00 pm

Open to Men and Women

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
- * Separation
- * Paternity
- * Property Division
- * Custody
- * Spousal Maintenance
- * Child Support
- * Financial Settlements
- * Co-habitation

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.

Mankind Project Open Circle

Presenter: Andy Mickel

When: Wed, Dec 14, 7:00-9:00 pm

ManKind Project Minnesota began in 1990 and over 800 men are in our community. We have more than 20 on-going men's groups which serve as places where men can develop their Emotional Intelligence, practice Accountability to their Commitments of Service to others, and practice Authenticity in Actions and declarations.

This Open Circle enables participants to witness other men practice clarity of self-expression from their hearts rather than their heads. Join us in our 5-round format and ask questions to learn more and even participate yourself if you choose. Our structure is based on the masculine archetypes of King, Warrior, Magician & Lover in Moore and Gillette's book.

Over 50,000 men have attended ManKind Project experiential weekends for men all over the world to empower men to improve their lives and work together to help other men and families.

ManKind Project Minnesota offers two New Warrior Training Adventure weekends/ year.

No Presentation

When: Wed, Dec 21, 7:00-9:00 pm

An Open Discussion of the Proposed Amendment to Ban Same Sex Marriage

Presenter: Denny Smith

When: Wed, Dec 28, 7:00-9:00 pm

Open to Men and Women

A seminar on "Why Marriage Matters" and the importance of equality for ALL Minnesotans. A prominent theologian said "Society as a whole must respect, defend and promote the dignity of every human person, at every mo-ment and in every condition of that person's life." Welcoming Communities of Faith promotes the belief that this quote should apply to all people.

The purpose of this seminar is to provide a forum for those on both sides of the issue to discuss controversial topics in a calm and logical manner.

Participants will leave the seminar with a deeper understanding of their own thoughts and feelings about respect for others and will be encouraged to adopt a life-long commitment to move away from judgment and condemnation and move towards love and acceptance.

Denny Smith is the Executive Director of Winning Marriage Equality. For more information call him at 320-240-0948 or visit www.wmenow.org.

Family Law Clinic

Discussion Leader: Linda Wray

When: Wed, Jan 4, 7:00-9:00 pm

Open to Men and Women

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
- * Separation
- * Paternity
- * Property Division
- * Custody
- * Spousal Maintenance
- * Child Support
- * Financial Settlements
- * Co-habitation

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.

Mankind Project Open Circle

Presenter: Andy Mickel

When: Wed, Jan 11, 7:00-9:00 pm

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This Open Circle enables participants to witness other men practice clarity of self-expression from their hearts rather than their heads. Join us in our 5-round format and ask questions to learn more and even participate yourself if you choose. Our structure is based on the masculine archetypes of King, Warrior, Magician & Lover in Moore and Gillette's book.

Over 50,000 men have attended ManKind Project experiential weekends for men all over the world to empower men to improve their lives and work together to help other men and families.

ManKind Project Minnesota offers two New Warrior Training Adventure weekends/ year.

Collaborative Divorce

Presenter: Charles Goldstein

When: Wed, Jan 18, 7:00-9:00 pm

No description submitted by press time. Check our online calendar for updates <<http://www.tcmc.org/events2/calendar.html>>

Presentation

Presenter: David Dubois

When: Wed, Jan 25, 7:00-9:00 pm

No description submitted by press time.

Check our online calendar for updates
<<http://www.tcmc.org/events2/calendar.html>>

Family Law Clinic

Discussion Leader: Rasheen Tillman
When: Wed, Feb 1, 7:00-9:00 pm

Open to Men and Women

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
- * Separation
- * Paternity
- * Property Division
- * Custody
- * Spousal Maintenance
- * Child Support
- * Financial Settlements
- * Co-habitation

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.

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

General Men's Issues/ Divorce/Uncoupling

Open to Men Only

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

Abuse Survivors

Open to Men and Women

Many adults have been sexually abused in childhood or adolescence. Whether you have clear memories or vague recollections

you probably experience difficult feelings of fear, anger, grief, or embarrassment. Sharing your story and feelings with others is proven to be a critical part of the healing process. The Abuse Survivors Group provides a safe environment to share your experiences and learn about how others are coping with these issues. Join us in developing healthier attitudes and behaviors that transform us from victims into survivors.

- Mondays 7:30 - 9:30 pm

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

Gay Issues

Open to Men Only

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.) This is the Twin Cities longest running gay support group.

- Tuesdays 7:30 - 9:30 pm

Transitions

Open to Men and Women

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

Healthy Sexual Boundaries-EAST

Open to Men Only

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.

The group is open to all men, not just Project Pathfinder clients or former clients. If you are currently in primary treatment at

Project Pathfinder, please consult with your therapist before attending this group.

Location:

Project Pathfinder Group Room "B"
Griggs-Midway Building (NE Entrance)
3rd Floor, Suite N385
1821 University Ave. W.
St. Paul, MN 55104

- Wednesdays 5:30 - 7:30 pm

NORTHSIDE General Men's Issues / Relationship Issues

Open to Men Only

Men can express thoughts and feelings about the process of life's challenges and experiences, and what it means to be a man in American culture. The North Metro especially the Northside has unique stressors as under-served, under-resourced area. This is a group to talk about it all on an interpersonal level from the support of other men. Facilitators: Michael Martens, Malik Holt-Shabazz

- First Wednesdays 6:30 - 8:30 pm

Location:

Harrison Neighborhood Association -
503 Irving Ave N, Minneapolis 55405
FFI: Michael Martens, 612-377-5496

Bisexual and Gay Issues

Open to Men Only

Men of all orientations explore a wide range of personal issues including our sexuality. We focus on our feelings about who we are and how we choose to live in the future.

- Fridays 7:30 - 9:30 pm

Healthy Sexual Boundaries

Open to Men Only

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.

Healthy Boundaries welcomes all men who are currently participating in, or who have completed, sex offender treatment. Facilitated by Tommy Jones and Bobby Schauerhamer.

- Saturdays 10:00 am - 12:00 pm

Men Facing Retirement Issues

Open to Men Only

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

Annual Facilitator's Training

Our annual facilitator training will be held Saturday January 7th, after the Annual Meeting which begins at 9 a.m., thus facilitator training should begin about 11 a.m., with lunch provided by the Men's Center about noon. And if you have your facilitator training manual, please bring it to the training session.

Randy Genrich and Norm Petrik will again lead this annual training to update facilitators on expectations for facilitators, give needed help with how to lead groups and to share our experiences. I hope all you facilitators and men interested in learning to become a facilitator, will come. We very much appreciate your help for the Men's Center by facilitating!

Norm Petrik, Chair Program Comm

Give a Gift of a Men's Center Membership

ONLY \$20



Annual Membership Meeting

The Twin Cities Men's Center 36th Annual Meeting of membership will be held on January 7, 2012. the meeting begins promptly at 9:00 a.m. and runs until 11:00 a.m.

The Board of directors has four seats up for election. Tom W., Joe S., Norm P., and Jim H. have announced that they are candidates for these 2-year terms. The other three seats are held by Andy M., Malik H.S., Rick C., and Ken Knoll, who are currently in middle of their terms.

If you are a paid member of TCMC, this is your chance to run for the Board, speak your goals and desires for the coming year, and meet your fellow members.

Randy Genrich, Office Manager

Here and There - Edited by Andy Mickel

Upcoming Monthly Men's Sunday Brunches (bring something to share/cook up): **December 18th at Mark Bloom's**, 232 W. Franklin Ave #106 (near Lyndale Ave) Minneapolis 55404 612-636-5116. **January 15th at Frank Brandon's**, 975 Como Blvd E, St. Paul, 55103 651-487-3008. (on the east side of Lake Como). More than a dozen men attended October's brunch at the Men's Center. - Andy Mickel, 2011-11-17.

The **9th Annual Minnesota Fatherhood & Families Summit** will be held at the Kelly Inn and River's Edge Convention Center in St. Cloud on **January 23-24, 2012**. "*Fathering Across the Lifespan*" is this year's theme. Dr. Rob Palkovitz, Univ. of Delaware, Human Development & Family Studies, will be presenting this topic at the Tuesday morning, Jan. 24, 2012 keynote. Dr. Glen Palm, St. Cloud State University, Child & Family Studies will be teaming with Dr. Palkovitz on the Pre-Conference Institute, Monday, Jan. 23, 2012, 8:30-11:30 a.m. "Fathers in Families: Diverse Pathways for Reworking Fathering" is the topic. Separate registration for the Institute is required.

Other keynote speakers include Tom Gillaspay, MN State Demographer on the "State of the State: Implications of Demographic Change for

Fathers and Families;" Dr. Rose Brewer, Univ. of MN African American Studies, "Challenges & Possibilities of Black Fatherhood;" and Susie Brown, "How Practitioners Can Navigate the Political, Social and Economic Waters in MN." An outstanding array of workshop breakouts is included in the two-day agenda.

FFI: www.mnfathers.org for more Annual Summit information and to register. Contact Sarah Cheesman, MFFN Communications Coordinator, 763-473-0273 Limited space will be available for Exhibitors to display. - Minnesota Fathers & Families Network, 1605 County Rd 101 N, Suite 700C Plymouth, MN 55447-2708, Phone / Fax 763-473-7432 - 2011-11-17

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held April 27 - 29, 2011 at Voyageur Environmental Center, Mound, MN west of Minneapolis. The cost is \$595, with many payment plans and partial scholarships 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 **Mankind Open Circle** 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. - Andy Mickel, 2011-11-18.

SHAMANTRA Trance-Formational Dance is an uncharted experience to help us connect joyfully with Self, Spirit, Intent, Healing, and Community in a safe space of free expressive movement, mystery, beauty, sound and ritual. 1st Saturdays 8:15 - 10 p.m., 2nd, 3rd, 4th Sundays 7:15 - 9 p.m. at: Living Waters Market & Cafe / Center for Harmonious Living, 12201 Minnetonka Blvd, Minnetonka 55305. 952-938-1929. FFI: Dan Gorbunow 612-987-0324, <http://www.livingwatersmarket.com/Ongoing_Events.html>. - 2011-09-19.

Men's Retirement Group Schedule Change

The monthly Men's Retirement support group will meet the 4th Sunday of January, the 22nd, instead of the usual 3rd Sunday. The December meeting will held the 3rd Sunday, the 18th as usual, and at the usual time 5:30 p.m.

The group is for men who are thinking about or have retired, and want an opportunity to discuss feelings about this major life change. Welcome if this sound like it might help you!

Norm Petrik, Group Facilitator

Twin Cities Men's Center

ALL-PURPOSE FORM

Men's Center members are entitled to: participate in our annual & monthly Board meetings, receive *Men Talk*, use the reference library, and enjoy reduced fees to Men's Center-sponsored events such as Wed. presentations.

- 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 Twin Cities Men's Center / *Men Talk*

DATE: _____
 FROM Name: _____
 Mailing Address: _____

 Home Phone: _____
 Work/Other Phone: _____
 E-mail Address: _____

PLEASE SUPPORT OUR MEN TALK ADVERTISERS!

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 TCMC Members (\$225 for Non-Members)

Starting Dates: Classes are filled on a first come, first served basis. Currently, there are classes on Mondays, Tuesdays, and Wednesdays.

Please call TCMC 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.

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	3 1/2" x 2"	\$25

(612) 822-5892

tcmc@tcmc.org

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



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UPTOWN AREA SPACE TO RENT

The Men's Center,
 3249 Hennepin Ave S

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

(612) 822-5892

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TMC Office Hours: M | 11:30am-12:30pm, 2:30pm-4:00pm; Tu, Th, F 1:00pm-4:00pm. 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.tmc.org or correspond at our e-mail address: tcmc@tmc.org

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

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Annual Meeting Notice & Proxy Statement

THE MEN'S CENTER 36TH ANNUAL MEETING WILL BE ON

SATURDAY, JANUARY 7, 2012 AT 9 AM

AT THE MEN'S CENTER IN SUITE 55, 3249 HENNEPIN AVE., MINNEAPOLIS, MN

The Annual Meeting will include election of new members to the Board of Directors, thanks to our volunteers, review of our achievements this past year, and socializing with your fellow Men's Center members. We have moved forward on many projects this year so come and celebrate what has been done and where we are going. If you have any questions, call the Men's Center offices at 612-822-5892.

The Men's Center By-Laws require a quorum of members to elect new board members. This mailing constitutes notice to all active members that a vote will be conducted by those members who are present at this meeting. If you cannot attend and wish to vote, please return this page to TMC prior to Jan 7, 2012. Please include your address label. All members who do not vote by mail or in person, consent to the appointment of the Chair and the Vice-Chair the power to vote on their behalf, on all matters that come before the Annual Meeting.

I VOTE **FOR** THE BOARD OF DIRECTORS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 7, 2012

I VOTE **AGAINST** THE BOARD OF DIRECTORS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 7, 2012.

I **ABSTAIN** FROM VOTING AT THE ANNUAL MEMBERSHIP MEETING, JAN. 7, 2012.

signed _____ date _____.

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Presentations
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Here & There*