

# men talk

tcmc 

in our 36th year  
of public service

twin cities men's center

June/July 2012  
Volume 36 #3

## *Climate Change for Gay Marriage and Equal Rights in the US of A*

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**L**egalize it! Gay men who live in states where same-sex marriage is legal are healthier, have less stress, make fewer doctor visits and have lower health care costs”, a new study finds. Feb 2012 [www.amongmenmn.com/blog/](http://www.amongmenmn.com/blog/)

*American Journal of Public Health* – In 2003 the state of Massachusetts legalized same-sex marriage and during the twelve months after legalization a health clinic—that primarily serves gay and bisexual men—saw a dramatic decrease in doctor visits. Researchers attribute the decrease in visits to the reduction of stress-related illness as a result of the change in legislation. **PI Mark L. Hatzenbuehler, PhD, Center for the Study of Social Inequalities in Health, Columbia University**

### **TCMC PARTNERS WITH AMONG MEN - BEING PART OF THE CHANGE FOR A LOVING CLIMATE FOR ALL GOD'S CHILDREN**

TCMC has the longest running support group for gay men in the area and continues, tirelessly, to support men of all ages - meeting on Tuesdays 7:30 – 9:30 PM. Join us! Because of the strength of our commitment to supporting gay and bisexual men, TCMC was invited to be a community partner with Among Men.

Growing out of a long-standing legacy of pioneering efforts to support GBTQA men since the 70's, Among Men, a new program created through the U of M, Division of Epidemiology & Community Health has recently partnered with TCMC to support men who have sex with men. The goals of the initiative are to help men to learn balanced intimacy skills, to lower our risk for HIV and other sexually transmitted infections, and to learn how to HAVE FUN in healthy relationships.

Learn more at [www.amongmenmn.com](http://www.amongmenmn.com). TCMC will be hosting an Among Event the weekend of Oct 13-14th. Mark your calendars

Thanks to our President, Barack Obama, a talented legal scholar and past head of the Harvard Law Review, equal rights for gays is now in the forefront of US political conversation. Support equal rights locally (Vote NO on the amendment in MN and say YES to candidates and initiatives that support equal rights for all.) Shifts happen!

### **MY OWN STORY: SELF LOVE OVER HATE**

Born and raised in rural Faribault, Minnesota, which in the 1950's was a farm town, without an interstate connection to the Twin Cities, there were only whispers back then about “those gays in the Cities.” There were certainly no role models to emulate. I always had the fears that I would be beaten and killed if I came out in the small town. Matthew Shepard's ordeal, his tragic murder by bullies and homophobes in Laramie WY in Oct 1998, has birthed a transformation and new hate crimes legislation that transcends small town paranoia. Judy Shepard is a Saint! See [http://en.wikipedia.org/wiki/Matthew\\_Shepard](http://en.wikipedia.org/wiki/Matthew_Shepard)

### **FAIR LAWS ARE GOOD FOR OUR HEALTH!**

So the real hope for me, is that enough gays just come out and be self-loving and nurturing, modeling to those who still live in the mindset of the Old Testament and judge others in the USA as “wrong/sick” that all U.S. citizens deserve equal rights. As gays come out and be their true selves, the total shift for equality will happen – by being angels here on earth.

Gays make up 5-11% of the population in all cultures. We want the same freedoms and protections that other citizens expect.

From a recent speaker at a church memorial “A true friend lights up when you come into the room and has no agenda for your life to change you”

### **SETTING AN INTERNATIONAL EXAMPLE OF FAIRNESS THROUGH THE RULE OF LAW – SUPPORTING THE CONSTITUTIONAL HEALTH OF EVERY CITIZEN**

I visited China recently and met some gay men there by using on line tools. It is similar there now as it was in rural Minnesota in the 1950's. Repression and fundamentalism encourage shame and depression (often-internalized cultural homophobia) without positive role models as examples and legal protection. My Episcopal Christian upbringing tells me that Jesus modeled loving my neighbor as myself. As progressive Christians here on earth, we should focus on the Love Jesus and

*Continued on page 2*

## Library Corner

— JIM HEANEY, LIBRARIAN



The books in the Men's Center Library are sectioned off into 14 categories. These categories are: Fathers, Children & Families, Fiction, Gay & Lesbian, Health & Therapy, Humor, Men's Movement & Masculinity, Men's Stories & Poetry, Miscellaneous, Relationships & Friendships, Reference, Relationships & Friendships, Sexuality, Spirituality, Valued Elders, Women.

This system works okay, however some of the topics overlap into 2 or 3 categories. Whoever was in charge of the place went with their best guess in terms of what book goes in what section. Finding a book was, at times, confusing. **THE LIBRARY NOW HAS A CATALOG OF EVERY BOOK ON THE SHELF.**

You do not need a password to access this new catalog. The new catalog is in a white 3 ring binder. Our entire collection of books is sorted 3 different ways; by Author, Category and Title. (I thought about using 4 categories, however, I could not find a 4 ring binder).

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

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## Greetings from the Chair

Growing up has been described as the process of distancing and distinguishing yourself from your parents, whereas being a grown-up is about accepting and even embracing the ways in which you are very much like your parents. With Mother's Day just passed and Father's Day approaching, I've been thinking about how we as adults often wind up much like our parents, whether we would have chosen this or not.

What would you do if told you could pick and choose specific personality traits from your father? Would you choose to be just like him, not at all like him, or maybe a few traits here and there? It might seem like an impractical question, because of course this isn't possible. But if you think about it, and can identify even a few of your father's better traits that you've inherited, it frees you to be grateful that you are his son, and more importantly, to work on those less welcome traits.

We live in a society in which healthy male role models for young boys are few and far between. Responsible men who look after their families, care about their communities, and are true to themselves aren't the sort of cultural icons that sell a lot of sneakers and energy drinks apparently. So young boys are

saturated with messages that insist being a man means being a lazy, self-interested thug who only cares where his next beer and his next sex are coming from.

If you're reading this, I'm guessing that doesn't describe you. And if it doesn't, the odds are you have your father, at least in part, to thank for that. In the face of an avalanche of unhealthy information, he managed to instill in you a better moral compass, and he gave you a better basis for lifelong happiness and self-fulfillment. Did you inherit some of his traits that you wish you hadn't? Almost certainly, but being grateful for the good one makes it easier to identify the others, and that makes it easier to work on improving those less desirable traits.

If you're lucky enough to have the opportunity, please call or visit your father this Father's Day and thank him for his work in making you who you are. And if you don't have the opportunity, please channel your gratitude into parenting your own kids, or into supporting a father you know. And why limit it to the 3rd Sunday in June? One day a year is far too little to acknowledge the job fathers do.

**JOE SZURSZEWSKI**  
**BOARD CHAIR**

*Continued from Page 1*

true disciples model – the New Testament that speaks of love not of hate. The wristband I wear from the Matthew Shepard Foundation, with the words, **Erase Hate**, reminds me of this each day,

The take away here is: Love your neighbor, gay, straight, black, white, red, yellow, green, purple, pink, as yourself. And encourage all of us to join circles of faith and spirituality that support intimacy and health for all members of the living earth community. No exceptions! Local indigenous peoples, the Dakota, Anishinabeg, end prayer circles with the declaration "We are all related" Mitakuye Oyasin!

A sea change is happening, like Patrick Skully has said during some of his performances at his Cabaret, there is a "tsunami of gay rights and awareness happening all around us in Minnesota. Canada has gay marriage to the north and Iowa to the south." Let's share in the healing waters of health in the water state of 10,000 Lakes and allow marriage and healthy balance for all.

Take care and hope to see you as part of the growing rainbow at PRIDE.

*Tom Weaver, MD, is a retired allopathic doctor, native Minnesotan, recovering short person, and graduate of Carleton College, BA in Biology and Education. He received his MD from the University of Minnesota Medical School, and is an advocate for equal rights for all people. He is a gay son and father of two sons, now ages 31 and 27. He serves as Vice Chair of the TCMC Board of Directors and volunteers for Mankind Project International. For more info visit <http://mankindpride.com/> To reach Tom email [tomweaver7747@gmail.com](mailto:tomweaver7747@gmail.com)*

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
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## Jun/Jul 12

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

					<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
	<b>SUPPORT GROUPS</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Family Law 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm		
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>SUPPORT GROUPS</b> Men's Retirement 5:30 p.m.	<b>SUPPORT GROUPS</b> General/Div/Uncpl 12:30 p.m. ----- <b>BOARD MTG.</b> 7 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Mankind Project Open Circle 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm  Northside Men 6:30pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>FATHER'S DAY BRUNCH</b> 10:00 a.m.	<b>SUPPORT GROUPS</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Spirituality and Food 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>PRIDE FESTIVAL</b>  <b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>PRIDE FESTIVAL</b>	<b>SUPPORT GROUPS</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Dan Gorbunow 7pm ----- H.S.B. East 5:30pm Transition 7:30	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm  Northside Men 6:30pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	<b>SUPPORT GROUPS</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>FOURTH OF JULY HOLIDAY</b>	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>SUPPORT GROUPS</b> Men's Retirement 5:30 p.m.	<b>SUPPORT GROUPS</b> General/Div/Uncpl 12:30 p.m. ----- <b>BOARD MTG.</b> 7 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Mankind Project Open Circle 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm  Northside Men 6:30pm	<b>MEN TALK DEADLINE</b> <b>SUPPORT GROUP</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>BRUNCH</b> 10:00 a.m.	<b>SUPPORT GROUPS</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Mediation 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>MEN TALK MAILING</b> 9:00 am ----- <b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 am
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	<b>SUPPORT GROUPS</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Open Hearted Resiliency 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm  Northside Men 6:30pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
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<b>29</b>	<b>30</b>	<b>31</b>	<p>Call us about Anger Management Classes.</p> <p><b>1976</b> - In Our 36th Year - <b>2012</b> of Public Service</p>			

## 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 Michelle Goldberger, Dan Gorbunow, Bob Manson, Andy Mickel, Amy Running, Rasheen Tillman, and Eric Wickiser.

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: Rasheen Tillman  
When: Wed, Jun. 6, 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, Jun. 13, 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.*

### Spirituality and Food

Presenter: Michelle Goldberger  
When: Wed, Jun. 20, 7:00-9:00 pm

*Open to Men and Women*

The talk will be about food addiction, discussing the problem and the spiritual solution, using her own story of food addiction and how she overcame it 8 years ago. During the talk, she will show an 8 minute documentary done by Joan Lunden, from Good Morning America on COR Retreat, a local place to recover from food problems. The talk will be open to men and women. Michelle Goldberger is the program director of COR Retreat, a non-profit, five day, residential recovery program for people struggling with food issues.

*Michelle Goldberger lost 60 pounds 8 years ago and has been maintaining that weight loss ever since. The real miracle for Michelle is that the constant thoughts of food are gone and have been for 8 years! The web site for COR retreat is [www.cormn.org](http://www.cormn.org) and you may reach Michelle Goldberger at 612-669-6110.*

### Presentation

Presenter: Dan Gorbunow  
When: Wed, Jun. 27, 7:00-9:00 pm

*Open to Men and Women*

Description not submitted by publication deadline. Please see our Calendar online at: [www.tcmc.org](http://www.tcmc.org)

*Dan Gorbunow, AMT, is an initiated helper in the sacred culture of the Anishinaabe (Ojibwe) people, and has many years experience in personal and community healing. He helped to run a rites of passage organization for youth and now provides support for several detention and treatment centers in prayer and talking circles. He also facilitates and DJ's for free-style dance events with world music and tribal percussion, please visit [Meetup.com](http://Meetup.com), Shamantra Trance-Formational Dance Meetup.*

### July Fourth Holiday

No Presentation

### Mankind Project Open Circle

Presenter: Andy Mickel  
When: Wed, Jul. 11, 7:00-9:00 pm  
Same description as June 13.

### Mediation

Presenter: Amy Running  
When: Wed, Jul. 18, 7:00-9:00 pm

*Open to Men and Women*

Mediation is a confidential process where an impartial third person (mediator) helps people talk with each other so they can make decisions about their conflict. Come and learn how mediation can help you resolve issues with you family, partner, or neighbors without expensive legal fees.

*Amy Running is a staff attorney with Fairview Health Services and is a trained mediator. She can be reached at [arunnin1@Fairview.org](mailto:arunnin1@Fairview.org)*

### Open Hearted Resiliency - Facing the Mess we're in Without Going Crazy

Presenter: Eric Wickiser  
When: Wed, Jul. 25, 7:00-9:00 pm

*Open to Men and Women*

Today's personal, economic and global crises challenge us to increase our reservoirs of inner resiliency. Based on the teachings of Joanna Macy's Work That Reconnects, this interactive session offers both a philosophy and means to face events directly while keeping your heart open and your feet on the ground. Spend an evening getting to know yourself and others as authentic, connected, ecological beings.

*Eric Wickiser, engineer, contractor, body worker, and spiritual seeker has facilitated Macy's Work That Reconnects and Awakening The Dreamer, Changing the Dream. He is passionate about passing a sustainable planet on to his grandchildren.*

# Family Law Clinic

Discussion Leader: Bob Manson  
When: Wed, Aug. 1, 7:00-9:00 pm  
*Open to Men and Women*

Same description as June 6.

## 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.

- On Hold 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.

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

- 1st, 3rd, & 5th Thurs 6:30 - 8:30 pm

### 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

### Men's Retirement Group Schedule Change

The monthly Men's Retirement support group will meet the 2nd Sundays of June and July, June 10th and July 8th at the usual time of 5:30p.m., instead of the usual 3rd Sundays.

Norm Petrik, Group Facilitator

# Here and There

- Edited by Andy Mickel

Upcoming Monthly Men's Sunday Brunches (bring something to share/cook up): **June 17th (Father's Day--children welcome)** at **Jim Lovestar's** backyard picnic table, 2629 Upton Ave N, Minneapolis 55411(1 block east of Theodore Wirth Parkway and near the Broadway/Lowry Jct), 612-588-8984. **July 15th** at **Tom Weaver's** 1410 Colorado Ave S., Suite 210, St. Louis Park, 55416, 612-281-5230. 17 men attended April's brunch at Andy Mickel's and 6 men came to May's brunch at Stephen Sewell's - Andy Mickel, 2012-05-21.

I received the following note in email from Monica, our coordinator at the Aliveness Project. - Dick Madigan, 2012-04-29

"Well gang, once again you've blown my mind. We're still tallying up the numbers of the envelopes you've brought in, but at about 4:00 PM Friday we were over \$30,000 with LOTS left to keep counting.

"Granted, we know this isn't all just about the money. Good grief, no, it is more than that. "This is what you bring to The Aliveness Project community: hope.

"You bring hope to people who are truly seeking it. Hope to find stable housing so that it is easier to refrigerate HIV meds. Hope to someone who longs to reconnect with family having felt alienated way too long ago, or even to find a new "family" of community here at The Aliveness Project. Hope to someone who is trying to eat more healthily so that their viral load drops and their T-cell count soars.

VOLUNTEER  
NEEDED

TO HOST WEDNESDAY  
EVENING PRESENTATIONS,  
2-3 TIMES EACH MONTH.  
DUTIES INCLUDE TAKING  
ATTENDANCE AND MONEY  
FROM ATTENDEES, AND  
OCCASIONALLY INTRODUCING  
SPEAKERS. YOU CAN ATTEND  
THE PRESENTATIONS FOR  
FREE.

Hope to a young HIV positive couple who excitedly learns their young child is, in fact, HIV negative. Ever growing hope."

- Monica Travis, Director of Volunteer Services, <volunteer@aliveness.org>, The Aliveness Project, 730 E 38th St, Minneapolis, MN 55407

**The Minnesota Fathers and Families Network has been working with the Minnesota Department of Human Services Child Support Enforcement Division to improve modification of child support processes and provide information in new ways.**

We developed a brochure called Changing Your Minnesota Child Support Order (DHS 6040B) and a guide called Changing Your Minnesota Child Support Order: A Guide for Parents and Community Partners (DHS 6040C). These documents have been published and are available from DHS. The documents are also available on the DHS Child Support website at <https://edocs.dhs.state.mn.us/lfserver/Public/DHS-6040B-ENG> for the brochure and at <https://edocs.dhs.state.mn.us/lfserver/Public/DHS-6040C-ENG> to find the guide.

Many of you were asked to attend sessions to help us evaluate drafts last fall and also attended some training presented by Trygve Larsen on helping families navigate the modification process. We hope you are using these documents and the new ezDocs interactive online process DHS developed to help parents fill out the forms necessary to file for a modification of child support. The ezDocs tool is <http://www.dhs.state.mn.us/main/dhs16\_155989>.

- Sarah Cheesman, 2012-05-18 <scheesman@mnfathers.org>

**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, Check "shamantra transformational dance" at MeetUp.com - Dan Gorbunow, 2012-01-11.

The next ManKind Project-Minnesota New Warrior Training Adventure will be held September 28 - 30, 2012 at Camp, in Madison Lake, MN near Mankato. 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 Open Circle of Warriors events at the Men's Center every 2nd Wednesday, 7-9 p.m. FFI: Andy Mickel 612-279-6416 or see: <http://minnesota.mkp.org/> for Open I-Group dates/times. - Andy Mickel, 2012-05-07.

*Give a  
Father's Day  
Gift*

Men's Center Membership

ONLY \$25



**SPECIAL  
THANKS**

THE MEN'S CENTER WOULD LIKE TO SPECIFICALLY THANK THE ATTORNEYS WHO ARE THE DISCUSSION LEADERS FOR THE FAMILY LAW CLINIC. THESE ATTORNEYS VOLUNTEER THEIR TIME THE FIRST WEDNESDAY OF EACH MONTH. OUR SPECIAL THANKS GO OUT TO KELLEY LORIX, BOB MANSON, RASHEEN TILLMAN, LINDA WRAY.

**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 \$\_\_\_\_\_  \$25 (Regular)  \$50 (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:** \$235 for TCMC Members (\$250 for Non-Members)

**Starting Dates:** Classes are filled on a first come, first served basis. Currently, there are classes on Mondays, Tuesdays, and Wednesdays. The next class is schedule to start May 23rd.

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.



*Many thanks to*  
**Factor of 4, LLC**  
*for the generous donation  
of website services to  
The Men's Center.*

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**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](mailto: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](http://www.wuollet.com)  
[www.breadsmith.com](http://www.breadsmith.com)

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**UPTOWN AREA SPACE TO RENT**

**The Men's Center,  
3249 Hennepin Ave S**

	<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**

**TMC Office Hours: M | 1:30am-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 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  
Minneapolis, MN 55408 USA

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**men talk**

***twin cities men's center news***

**4**

## *Twin Cities Gay Pride*

### **JUNE IS THE MONTH TO CELEBRATE**

Watch the parade and join the Twin Cities Men's Center at our Pride Booth in Loring Park on June 23-24. Look for the pink T-shirts, and stop by and pick one up, as Bob says at the Tuesday night Gay Issues Group "GAY IS A GIFT"

For more information about all the Pride Events in the Twin Cities, go to **[www.tcpride.org](http://www.tcpride.org)**

***What's  
Inside***

Page 1 *Climate Change for Gay  
Marriage by Tom Weaver*  
Page 2 *Library Corner  
Letter from the Chair*

Page 3 *All Purpose Coupon  
Anger Management Class*  
Page 4 *Back Page*

Inserts *Jun/Jul Calendar  
Presentations  
Support Groups  
Here & There*