

# men talk

tcmc   
twin cities men's center

in our 36th year  
of public service

Oct/Nov 2012  
Volume 36 #5

*It's Your Choice*

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I've never cared much for facts. In an election year "facts" become horribly distorted by politicians hoping to capitalize on the fears of the electorate. Facts can be so cumbersome and argumentative so I'm going to stick to my own opinions and let the reader decide ----- if those opinions fit the facts.

Minnesotans will be voting on two constitutional amendments this November. One would require everyone to have a voter ID in order to vote. Proponents say it will reduce voter fraud. Opponents claim it will disenfranchise voters like the elderly, people with disabilities, military personnel and students. What bothers me though is the complete lack of any plan for implementation. "Trust me," they say. They don't want to be encumbered by any facts either. For or against, we have no idea what we are getting ourselves into.

The other amendment would define marriage as a union between one man and one woman. Supporters say marriage is a religious sacrament meant for one man and one woman. There is the obvious question of why is the government involved in marriage at all under separation of church and state. And the other obvious question: If the church is going to control the state then whose religion shall have that privilege.

The obvious questions, however, are not always the important questions. Given the 50% divorce rate and the escalating cost of divorce I'd have to venture that a lot of people have no idea what they are getting themselves into. Maybe that's the real problem. I wonder if we are trying to fix a problem that doesn't really exist. Seems like a rather personal choice.

I do know the season of Pride still lingers. Pride has a lot to do with personal choice. I'm talking about that sense of fulfillment and belonging that comes from confidence in the choices we make. We realize that being gay was never a choice. What we choose is to express ourselves openly and freely and establish confidently for ourselves and our community that we are as we were created and we do belong. This is what the GLBT movement has contributed to our culture at large. Pride has shown us the value of individual expression, acceptance, and personal choice. In a diverse culture such as ours personal choice ought to be a given.

Any suggestion that Gay Pride is a fight for rights and social justice refuses to recognize the essence of Pride and the value of individual expression. No doubt, they adopt the alternate view that portrays pride as a sense of supreme arrogance, attempting to deconstruct individual expression using guilt and shame in an effort to construct their own values as a proper model of social conformity. That is the essence of constitutional amendments that seek to restrict the rights of individuals. The illumination of rights and social justice are simply a natural artifact of recognizing diversity. It is a constructive movement attempting to eliminate barriers to individual expression and social evolution created by advocates of rigid social structure, structures that allow them to control the lives of others. Of course it wasn't always that way. One cannot reasonably proclaim that the Stonewall riot was simply an overly exuberant expression of love and compassion. It is an inevitable response which exaggerates the natural oppression that results from rigid ideals of social conformity.

If pride is the capacity for love and acceptance, then humility is its implementation. As such I acknowledge how much GLBT gained from the women's rights movement which sought to elevate women's roles beyond the nuclear family and establish their right to individual expression within the broader context of our culture. The radical feminism that has evolved into today's women's movement wasn't a peace rally either. Indeed, lesbian feminists were battling on two fronts. How can we blame them if we felt they seemed a little bit testy?

What does this have to do with the Twin Cities Men's Center anyway. TCMC seeks to provide help and services to all men. The advancement of equality really depends on the liberation of men. We need to recognize that men need emotional support. We need to let a man hold a baby without fear that he's going to drop it. We need to let a man put on a dress and feel sexy when he goes out on Friday night without fear that he'll forget how to run the jack hammer come Monday morning. Only then do we begin to recognize true equality. Only then do we embrace the idea that masculinity and femininity are both valuable and contribute equally to the strength and value of our culture. They

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## 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

I like to think that TCMC, with its classes, support groups, and presentations, is an excellent place to improve yourself, but you have lots of other choices. There are friends and family, professional options like therapists and psychiatrists, social groups such as softball teams, and of course the voting booth. So whichever path you choose – hang on, the voting booth? Really?

As you may have guessed, it's no accident I'm mentioning politics in this issue. The upcoming election features a full slate of state and federal races, along with several ballot initiatives. But public opinion of our elected officials is at an all-time low, and voters of all ideological persuasions are disgusted with the current state of affairs. Many people think of voting as at best a pointless waste of time, and at worst a process that validates an out-of-control gang of thugs. So how could voting possibly improve your life?

The simple truth is, elected officials write our laws, and our laws govern how we live. Now far be it for me tell you how to vote. That would not only be disrespectful, but silly, because what's best for me is surely different than what's best for

you. But I would like to point out a few issues you might care about, and how the laws that are (or aren't) written about those issues could change your life.

Are you a man who's dealt with the family court system in some way? You can bet that if lawmakers started to hear from enough men who felt strongly about some aspect of the family code, things would change.

Are you a gay man who'd like to marry your partner? I think I vaguely recall hearing something about an upcoming vote on this.

What about health issues? Are you worried about paying for medical treatment or qualifying for insurance? Again, this is something that has been, and will continue to be legislated.

There are many more examples, but the point is that whatever issues you need to address on the path to improving yourself, there are almost certainly laws that deal with them. So educate yourself about the issues and candidates, decide what makes the most sense for you, and get out there and VOTE.

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

*Continued from Page 1*

are not opposites. They are complements. We need to accept once and for all that holding a baby and running a jack hammer do not demand that one be female and the other be male. We need to fully embrace the idea that masculinity and femininity can be fully embraced by either sex. It is not enough to let our daughters be president; we must also allow our sons to be princesses.

Then again, I'm a transgender woman. I choose to embrace femininity. I express myself openly and freely as a female to establish confidently for myself and my community that I am as I was created and I do belong. What would I know about men?

*Paula Overby is a graduate of the University of Minnesota, Minneapolis with a BA in Psychology and a second major in Computer Science. Paula has spent several years providing community based mental health services, but spent most of her career in IT in support of her family. Paula values family first with 2 daughters ages 35 and 22 and a Son 18. Paula is a transgender woman actively supporting the transgender community, human dignity and social justice. She is a community activist supporting the implementation of community programs for dealing with domestic violence and Intimate Partner Abuse. Paula currently participates as an alternate on the TCMC board of Directors and is a qualified presenter for the AMONG MEN project. To reach Paula, e-mail [Paula.mirare@comcast.net](mailto:Paula.mirare@comcast.net)*

# EVENTS CALENDAR

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
Call us about Anger Management Classes.	<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 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>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<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	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>AMONG MEN SPECIAL EVENT</b> 11:00 a.m. -7:00 pm <b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>AMONG MEN SPECIAL EVENT</b> 11:00 a.m. -7:00 pm	<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> Winning The Money Game 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>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>BRUNCH</b> 10:00 a.m. <b>SUPPORT GROUPS</b> Men's Retirement 5:30 p.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> Richard Arides 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>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</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> None 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>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</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> 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>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>ANGER MANAGEMENT SPECIAL EVENT</b> 9:00 a.m. <b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	<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>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>BRUNCH</b> 10:00 a.m. <b>SUPPORT GROUPS</b> Men's Retirement 5:30 p.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> None 7pm H.S.B. East 5:30pm Transition 7:30 p.m.	<b>THANKSGIVING HOLIDAY</b>	<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>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</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> Mediation 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>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	

**web site:**  
www.tcmc.org  
**e-mail:**  
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 the wider community. This tradition has been part of the Men's Center offering since its 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 Richard Arides, **Bill Baldwin**, **Bob Manson**, **Kelley Lorix**, **Andy Mickel**, **Rasheen Tillman**, and **Amy Running**.

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, Oct. 3, 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, Oct. 10, 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 Gilette'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.*

### Winning The Money Game: Dump The Debt and Build Your Wealth!

Presenter: Rev. Bill Baldwin  
When: Wed, Oct. 17, 7:00-9:00 pm

*Open to Men and Women*

This workshop will explain the staggering cost of debt slavery and offer clear strategies for dumping the debt and building real wealth. We'll look at healthy ways to look at everything having to do with money. Money is the long acknowledged source of the greatest relationship stress and conflict. We'll hopefully leave with a sense that taking control of our financial life is doable and very worthwhile.

*Bill Baldwin is an ordained minister with the United Church of Christ, a Men's Center member and anger management class facilitator since 2000. Bill is also on the TCMC board of directors. His mission is "total health for everyone," which includes financial health. Bill is curious about everything and is always up for an adventure.*

### Presentation

Presenter: Richard Arides  
When: Wed, Oct. 24, 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)

### Halloween

Presenter: None  
When: Wed, Oct. 31  
No Presentation scheduled

### Family Law Clinic

Discussion Leader: Kelley Lorix  
When: Wed, Nov. 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, Nov. 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 Gilette'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.*

### Thanksgiving

Presenter: None  
When: Wed, Nov. 21  
No Presentation scheduled

## Mediation

Presenter: Amy Running

When: Wed, Nov. 28, 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 arunning1@Fairview.org*

## Family Law Clinic

Discussion Leader: Bob Manson

When: Wed, Dec. 5, 7:00-9:00 pm

*Open to Men and Women*

See description on Oct. 3rd.

## 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 TCMC 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

# Here and There – Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up): **October 21st at the Men's Center** 3249 Hennepin Ave S, Suite 55, Minneapolis 55408: 36th anniversary celebration, Andy Mickel and Daniel Heist co-hosts. **November 18th at Rick Charlson's** 1124 Vincent Ave S, Minneapolis 55405 (Exit from 394 at Penn Ave, then take south frontage road about 1/2 mile, then left on South Cedar Lake Road, then one block and left on Vincent to 1124: tan-colored house on right side of street). 612-354-3134. Fourteen men attended the September brunch at Andy Mickel's. - Andy Mickel, 2012-09-17.

"Thank you for all you are doing! Great work!" - Jill Marks, 2012-08-01.

"Keep up the Good work. Thanks." - Earnie Schroeder, 2012-08-04.

**The Minnesota Family and Father's Network (MFFN)** has undergone changes recently. MFFN has closed down its Plymouth office and staff will be working virtually beginning August 1st.

New mailing address effective August 1, 2012:  
Minnesota Fathers & Families Network  
3109 West 50th Street #134  
Minneapolis, MN 55410-2102

Contact information for staff:  
Morgan Streeter, Executive Director,  
763-473-7432, mstreeter@mnfathers.org  
Sarah Cheesman, Communications  
Coordinator, 763-248-9541,  
scheesman@mnfathers.org

MFFN is hosting its annual **Fall Seminar Series "Beyond 2morrow: Reconnecting After Incarceration"** beginning in September. Paul Harrison, President and National Director of Reentry AfterCare will be this year's presenter. Paul developed the Prison 2 Society model using practical applications with logistical solutions supported by true evidence based practices to overcome the obstacles of reentry using the words and stories of returning citizens who have had to walk down that path. These practical applications are designed to assist and enhance the work already being done in the community and is backed by the research and knowledge of a powerful team of criminologists from several

universities who sit on the advisory board. Reentry AfterCare does not seek to replace any community work but rather acts as a bridge and educational arm to help all invested parties work more cooperatively and build capacity to greater serve returning citizens.

Dates, locations:

**October 10th** - Fergus Falls, MN MFFN Fall Seminar Series - Beyond 2morrow: Reconnecting After Incarceration

**October 24th** - St. Cloud, MN MFFN Fall Seminar Series - Beyond 2morrow: Reconnecting After Incarceration

**November 1st** - Rochester, MN MFFN Fall Seminar Series - Beyond 2morrow: Reconnecting After Incarceration

**November 14th** - Marshall, MN

**November 28th** - Twin Cities

Cost: \$45 until 14 days before the event, \$55 after that.

Time: 9:30am-4:30pm

FFI: <http://www.mnfathers.org>, 2012-08-03.

**Community and Conversation for Men** As part of its focus on men's spirituality, the Benedictine Center in Maplewood will be offering a 4-week series of workshops geared to the needs of men. Called "Men Called to Personal Change," these morning workshops will be held on Thursdays, from 7:30 to 9 a.m. October 25 through November 15. A freewill offering will be accepted.

Each session will be led by Sam Rahberg, a Benedictine Oblate, spiritual director and director of the Center, who has a masters degree in Theology from Saint John's in Collegeville. "It's an opportunity for men to come together and talk about the challenges of living their Christian values in everyday life," he explains. "We will use insights from the book Change Anything and talk about making changes related to fitness, relationships or other behaviors."

Each session will also include morning prayer and breakfast. To register, or for more information, go to [www.stpaulsmonastery.org](http://www.stpaulsmonastery.org) and click on the Benedictine Center Link; or call 651-777-7251; or e-mail [benedictinecenter@stpaulsmonastery.org](mailto:benedictinecenter@stpaulsmonastery.org). The Benedictine Center, a ministry of the Benedictine Sisters of St. Paul's Monastery, is located on 2675 Benet Road in Maplewood. - Kathleen Lindstrom, 2012-08-26.

On October 12-14, 2012, the **Minnesota Recovery Connection** sponsors the event **Helping Men Recover: Emotional Sobriety for Men** at the Park Avenue Treatment Center 2649 Park Ave S, Minneapolis, MN 55407

Price: \$150 (includes meals and workbook)

Join Dan Griffin & Rick Dauer, experts on men, trauma, and recovery, to participate in a weekend retreat. This is a unique opportunity to deepen your recovery. Based on the groundbreaking curriculum, Helping Men Recover, it will be a weekend looking at men's unique issues in sobriety and identifying new tools for emotional sobriety. Three days of exercises, discussion, and reflection to enhance your recovery—and your life as a man! For men with 18+ months of sobriety. Includes all retreat meals and a workbook.

Space is limited so REGISTER NOW!!

Questions?: write to [Brandon@DanGriffin.com](mailto:Brandon@DanGriffin.com) or call: 612-701-5842

For more event info, see their website:

<<http://www.minnesotarecovery.org/>>

- Cheryl Maloney, 2012-07-24

## 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.

### 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.

# 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)

### ANGER MANAGEMENT SPECIAL EVENT

Dave Decker, psychologist and author of the anger management class materials used by the Men's Center will speak **November 3, Saturday, 9-11 a.m.** at the Men's Center. Dave's topic will be, "How do I know if I've really changed (how I handle my anger?)"

The presentation is open to men and women especially facilitators and men who have taken the anger management class. The lecture is free but reservations are required. Call Randy at the Men's Center 612-822-5892 to register. If you have questions, call John at 612-229-3102.



*Many thanks to*  
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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)




## 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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**4**

## Become A Leader / Among Men - Two Day Special Event

Among Men, an HIV prevention model that is in the final year of funding from The Minnesota Department of Health is proud to be working collaboratively with The Twin Cities Men's Center (TCMC). Among Men grew from a nearly twenty year history of HIV prevention programming housed in the University of Minnesota School of Public Health; Division of Epidemiology. Began under the name of Man2Man by Dr. B.R. Simon Rosser, the program's rich history includes hundreds of people whom have worked as facilitators, coordinators and leaders.

The program has served thousands of men who have sex with men and/or are attracted to other men since its origin. 2012 brought about two final chapters in the conclusion of the University's direction of

the future of the program. After a nearly 24 month period of re-writing the curriculum in an effort to modernize and update the model, the program was re-branded from Man2Man to become Among Men.

This change was accompanied by the adoption of Community Partners including TCMC. Community Partners are being engaged this year in an effort to move the program out from its academic research beginnings to the capable hands and implementation of community-based non-profits. Valuing how much TCMC has been able to accomplish on limited funding for such a successful period of over thirty-five years, selection of TCMC as a community partner was inevitable. The collaboration celebrates this union on **October 13th & 14th, 2012** by co-hosting an event at the TCMC.

The face of HIV is changing and the way we communicate the changes is through dialog. Part of what happens at an Among Men event is dialog between men. Through sharing personal stories, we learn from one another. By learning from one another we grow. It is this growth that strengthens each of us and makes our community stronger. Please join us for the upcoming Among Men event.

For more information visit <http://amongmen.org/register/> or call 612-626-7937 or 1-800-552-8636. We hope to see you at the event!

Or just scan and you are on your way!



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by Paula Overby*

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Anger Management*

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Presentations  
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Here & There*