

men talk

tcmc 
twin cities men's center

in our 36th year
of public service

Dec 2012 / Jan 2013
Volume 36 #6

Jim Lovestar Received the 2012 Ron Hering Award - part 1

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Who was Ron Hering?

Ron Hering was one of the three founders of the Mankind Project. Ron was a university professor. Ron was a workshop leader on men's issues. In 1993, Ron was tragically killed in a murder suicide. The Ron Hering Award is a recognition of men who, in memory of and in tribute to Ron, dedicated themselves as volunteers to support people in their positive pursuit of self-awareness and self-discovery.

Recipient of the Ron Hering Award:

Jim Lovestar stated during my interview with him that it was his work he had done with veterans and community gardens that opened the way for him to be nominated and to have received the Ron Hering award for 2012. In addition, Lovestar provides guidance and training for men and women through the work he does for the institute on wellness as in Lovestar's work through Conscious Body. Perhaps it is Lovestar's work through the Mankind Project (MKP) that many men are most familiar with.

Said Lovestar, "The Ron Hering award is for service outside of the MKP. It was what I had done outside of MKP that put me in as a candidate to receive the award."

Lovestar is actively involved with Veterans for Peace and urban agriculture. He volunteers his time toward both causes. Lovestar believes it was his work with Veterans for Peace and Urban Agriculture that contributed to him to have received the Ron Hering Award.

"Those are two things I'm doing. I was told that was why I was nominated for the Ron Hering award. I have the opportunity to educate people about what is going on with urban agriculture. The award is a pat me on the back kind of thing."

Volunteer for Veterans:

Men are typically groomed at a young age to stuff and bury feelings. While in the military, people learn to bury feelings. With that, what are the psychological and social ramifications of men in and out of the military who stuff and bury what they may have seen and experience in their youth and as adults or on the field of battle? Secondly, how does the stuff and bury influence the communication among family members?

Lovestar shared with readers in a 2003 copyrighted article

published in a Phoenix newspaper about his experiences with his father, a World War II veteran. Jim Lovestar's said that his father "felt the sting of post-traumatic stress. Isolation is a primary symptom of post-traumatic stress disorder and a common characteristic of being male in this country. He told me so little about his pain because we were both male. He was undoubtedly afraid to let me see his weakness. He may have believed I could not understand; or, he may have thought he was protecting me from something that was too big for me to handle. I prefer that he would have told me why he was withholding his truth and then let me choose whether I wanted to hear it. As it was, I could sense the distance between us and lacked the skills to bridge it."

That may be the reason why Lovestar is so passionate about sharing his wealth of information and skills with people he meets along the way.

Lovestar said during my interview with him that he had joined the Marines during the Vietnam War. Lovestar had a "long time membership with Veterans for Peace. I am a member of the Minnesota Peace Team." An example of what Lovestar had done with Veterans for Peace was at the 2008 Republican Convention. "We got between police and protesters at the 2008 Republican National convention in St. Paul.

Lovestar said he speaks to young people in schools. "Rather than to tell them not to join, I tell them what to expect once they get in. I tell them about how our culture romanticizes the military. Little things like treating men in the military like they are patriots.

While speaking to students of military age, Lovestar stated "The media shares stories of people in the military who died in combat - they didn't die in combat - they were killed in combat. He didn't die in action he was killed in action."

"I ask the students - would you consider to give your life for your country?"

Lovestar believes that "When you volunteer, you give your life for your country one day at a time - you don't have to die for your country."

Part Two of this article will be published in the Feb/Mar 2013 issue of Men Talk.

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
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Greetings from the Chair

The end of a year is traditionally the time for reflection and stock-taking, along with planning and looking forward. Where have I been? Where am I going? Not everyone likes this kind of introspection or feels comfortable taking an honest look at themselves and their lives. If you're a TCMC member or friend, this is probably neither unfamiliar nor scary for you. But whether you're an old hand at year-end self-examination or nervously contemplating your first stab at it, I'd like to offer some thoughts on how to look back gently and look forward with confidence.

Just living life, and the daily challenge of balancing jobs, family, finances, friends, and hobbies, leaves most people with little time or energy to step back and think about it all. Are you happy with the arc your life is on? Are there parts of your life you wish you could change? If anything were possible, what would you change?

I encourage you to make a little time to think about these questions. But I also encourage you to be gentle with yourself as you do this. There may be things in the past you wish you could change, or even things in the past that make you angry, either with yourself, or with someone else. But the past is past. Beating yourself up over something you wish you had done dif-

ferently only results in getting beaten up. And holding a grudge against someone who wronged you in the past keeps you from moving on with your life. Let the past be an inspiration for doing something differently in the future, rather than baggage that holds you back.

So how do you make a meaningful change in your life? One approach would be to think of 2013 as your "Year of _____", where you fill in the blank with a word or phrase from your list of things you'd like to change. Simply telling yourself that the coming year will have a particular focus can be surprisingly effective at making progress toward that goal. So maybe 2013 could be your "Year of Organizing Finances", if you need to clear up credit card debt, or build up savings. Or maybe it can be the "Year of Honesty" if you're thinking about telling your family and friends about your true sexuality. Or maybe even the "Year of Fun" if you work too many hours and need to find ways to unwind.

Whatever you hope to accomplish in the New Year, I wish you the courage to create the goal, the compassion to be gentle with yourself when the going gets tough, and the persistence to stick with it.

JOE SZURSZEWSKI
BOARD CHAIR

The Men's Center Annual Meeting

will be held on Saturday, January 5th, 2013. All members are welcome!

The Annual Facilitator Training

will be held Saturday, January 5th, 2013 after the annual meeting which begins at 9am, and facilitator training will begin at noon. We will take a lunch break at 1pm with a free lunch provided by the Men's Center. Training will continue after lunch. 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, including setting limits quickly if a group member expresses anger at another group member. We will give needed help on how to lead groups and share our experiences. I hope all 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 Committee

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Dec 12/Jan 13

web site: www.tcmc.org
e-mail: tcmc@tcmc.org
phone: 612 / 822-5892

Call us
about Anger
Management
Classes.

SUPPORT GROUPS
Healthy Sexual
Boundaries
10:00 a.m.

	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION Family Law 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm Northside Men 6:30pm	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
2	3	4	5	6	7	8
	SUPPORT GROUPS General/Div/Uncpl 12:30 p.m. ----- BOARD MTG. 7 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION Mankind Project Open Circle 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	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.
9	10	11	12	13	14	15
BRUNCH 10:00 a.m. SUPPORT GROUPS Men's Retirement 5:30 p.m.	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION What is Holding You Back? 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm Northside Men 6:30pm	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
16	17	18	19	20	21	22
	CHRISTMAS EVE HOLIDAY	CHRISTMAS HOLIDAY	PRESENTATION None 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	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.
23	24	25	26	27	28	29
	NEW YEAR'S EVE HOLIDAY	NEW YEAR'S DAY HOLIDAY	PRESENTATION Family Law 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm Northside Men 6:30pm	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m.	ANNUAL MEETING 9:00am- 11:00am FACILITATOR MTG noon Healthy Sexual Boundaries 10:00 a.m.
30	31	1	2	3	4	5
	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION Mankind Project Open Circle 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	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.
6	7	8	9	10	11	12
	SUPPORT GROUPS General/Div/Uncpl 12:30 p.m. ----- BOARD MTG. 7 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION Reset Your Life 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm Northside Men 6:30pm	MEN TALK DEADLINE SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
13	14	15	16	17	18	19
BRUNCH 10:00 a.m. SUPPORT GROUPS Men's Retirement 5:30 p.m.	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION What is Holding You Back? 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m.	MEN TALK MAILING 9:00 am ----- SUPPORT GROUPS Healthy Sexual Boundaries 10:00 am
20	21	22	23	24	25	26
	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION None 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm Northside Men 6:30pm		
27	28	29	30	31		

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 **Peggy Carlson, Bob Manson, Andy Mickel, Rasheen Tillman, Tony Voelker, 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. 5, 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. 12, 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.

What is Holding You Back?

Presenter: Tony Voelker

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

Open to Men and Women

Are you feeling stuck? Are you unable to move forward with your life? Are there things holding you back from being happy? Are there emotions that keep you feeling bad, angry, and stuck? Are you living your life in the past, and unable to move forward? Do you get angry, and don't know how to get past the anger? Are there additions that you want control over? Are there fears keeping you back? Is low self-esteem affecting your life? This class will give you the tools to get unstuck from your past. Introduce you to the tools and resources that you can use to help you move forward into the life you want and deserve.

Tony Voelker is trained in many forms of Therapy tools EFT, NLP, Ericson style Hypnosis, and other advanced tools to empower you to move forward, take charge of yourself and live a more fulfilling and happy life. Call with questions if this class is right for you, 612-875-1970.

No Presentation

Presenter: Holiday

When: Wed, Dec. 26

Family Law Clinic

Discussion Leader: Linda Wray

When: Wed, Jan. 2, 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. 9, 7:00-9:00 pm

See Dec. 12th description

Reset Your Life

Presenter: Peggy Carlson

When: Wed, Jan. 16, 7:00-9:00 pm

Open to Men and Women

Peggy and her friend Carolyn White launched Reset and Design in 2011. "Many people feel lost after a divorce, death in the family or being laid off. Our goal is to give them direction," according to Carlson. "We help them reorganize their living space while they refocus their lives." Reset and Design's initial focus was on recent divorcees and widows or widowers, the business has expanded to empty nesters.

After her marriage of 24 years ended, Peggy soon suffered the loss of her stepfather and her job. Facing what appeared to be insurmountable problems, she managed to forge ahead by doing what comes naturally: helping other people in similar situations "start over." For more information on Reset and Design, e-mail Resetanddesign@gmail.com.

What is Holding You Back?

Presenter: Tony Voelker

When: Wed, Jan. 23, 7:00-9:00 pm

Open to Men and Women

Are you feeling stuck? Are you unable to move forward with your life? Are there things holding you back from being happy? Are there emotions that keep you feeling bad, angry, and stuck? Are you living your life in the past, and unable to move forward? Do you get angry, and don't know how to get past the anger? Are there additions that you want control over? Are there fears keeping you back? Is low self-esteem affecting your

life? This class will give you the tools to get unstuck from your past. Introduce you to the tools and resources that you can use to help you move forward into the life you want and deserve.

Tony Voelker is trained in many forms of Therapy tools EFT, NLP, Ericson style Hypnosis, and other advanced tools to empower you to move forward, take charge of yourself and live a more fulfilling and happy life. Call with questions if this class is right for you, 612-875-1970.

No Presentation

Presenter: None Scheduled

When: Wed, Jan. 30

Family Law Clinic

Discussion Leader: Rasheen Tillman

When: Wed, Feb. 6, 7:00-9:00 pm

Open to Men and Women

See Dec. 5th description

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): **December 16th at Mark Bloom's**, 232 W. Franklin Ave #106 (near Lyndale Ave) Minneapolis 55404 612-636-5116. **January 20th at Frank Brandon's**, 975 Como Blvd E, St. Paul, 55103. 651-487-3008. (on the east side of Lake Como). Ten men attended the October brunch at The Men's Center; 8 men attended the November brunch at Rick Charlson's. — Andy Mickel, 2012-11-17.

"Put a Membership Renewal Paypal button on TCMC website. Blessings on your good work: you are changing the world!" — Earl Hipp, 2012-10-22.

The Minnesota Family and Father's Network (MFFN) MFFN's Annual Summit will be held again in St. Cloud on Jan 28-29, 2013. Theme is: "The Spirit of Fatherhood: Nurturing the Mind, Body and Soul of Fathers." Kelly Inn. Cost: \$175 non-MFFN member registration \$150 MFFN member registration (early bird until January 11).

Topics of interest:

- Development of spirituality in children and adults, and how fathers affect that development.
- Professionals will learn about how to approach the ethical boundaries around spirituality with respect and dignity.
- Discussion of those systems that seem to be barriers and show how they are actually supports for these fathers
- Child Support

- Child Welfare
- Department of Corrections

Keynote speakers include:

Ted Bowman, University of Minnesota (Family Education) and the University of St. Thomas (Social Work) — "Men, Fathers, Families and Losses: Spirituality and Grieving"

William Doherty, Department of Family Social Science at the University of Minnesota and Director of the Citizen Professional Center — "Spiritual Development in Family Life"

Kent Nerburn, Author — "Searching for Dad in a Father-Starved World"

Tim Marx, Catholic Charities — "The Importance of Fathers: Parenting with Positivity"

FFI: <<http://www.mnfathers.org/>>, 2012-11-05.

The next ManKind Project-Minnesota New Warrior Training Adventure will be held April 26 - 28, 2013 at a camp in Minnesota to be determined. 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. Contact **Andy Mickel** with any questions **612-279-6416** or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times. — Andy Mickel, 2012-11-18.

Come out and sing with One Voice Mixed Chorus!

We are the Twin Cities and Minnesota's 100-voice gay, lesbian, bisexual, transgender and allies chorus celebrating 25 years of building community and creating social change by raising our voices in song. It's the most fun you'll have in a chorus - and you get to make a difference. It's the friendliest audition you'll ever do! Complete information available online: <http://www.ovmc.org/audition-information.html>.

One Voice Mixed Chorus unites gay, lesbian, bisexual, transgender people and straight allies to build community and create social change by raising our voices in song. As one of the largest GLBT chorus in North America, One Voice is known for its musical excellence, diverse programming, and deep commitment to community outreach. The 100 singing members range from ages 17 to 75, and the "Fifth Section" boasts more than 50 non-singing volunteers. Whether performing in schools, at community events, or on stage for marquee concerts, One Voice inspires transformation through passionate, vibrant, and creative performances. The award-winning chorus, under the direction of Artistic Director Jane Ramseyer Miller, has performed for thousands of people throughout the Twin Cities, Greater Minnesota and beyond and is described by Chorus America as "one of the region's best ensembles." For more info, call 651-298-1954 or e-mail operations@ovmc.org — Rebecca Merrill, 2012-11-01

THANKS TO OFFICE VOLUNTEERS

I AM GREATFUL FOR THE PEOPLE WHO VOLUNTEER IN THE OFFICE. THEY ARE A BIG HELP, ALONG WITH THE MANY FACILITATORS, IN KEEPING THE MEN'S CENTER GOING. ALSO, THANK YOU TO THE TCMC BOARD.

CURRENTLY THE FOLLOWING ARE VOLUNTEERING: DANIEL RAEMEER, ROBERT WALKER, RICK CHARLSON, TONY VOELKER, JIM HAENEY, DICK MADIGAN.

I STILL HAVE NEED FOR A FEW VOLUNTEERS TO CONTACT MEDIA TO PROMOTE THE MEN'S CENTER. CALL ME AT 612-822-5892.

— RANDY GENRICH

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.

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 Hesck, on the Anger Management phone 612-229-3102.

Many thanks to

[f°4] **Factor of 4, LLC**
for the generous donation of website services to The Men's Center.

Responsive Website Services
612-279-6400
www.factorof4.com

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

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 I 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 or correspond at our e-mail address: tcmc@tcmc.org

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

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men talk

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Annual Meeting Notice & Proxy Statement

THE MEN'S CENTER 37TH ANNUAL MEETING WILL BE ON

SATURDAY, JANUARY 5, 2013 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 5, 2013. 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. 5, 2013
Directors up for re-election are: Bill Baldwin, Andy Mickel, Ken Knoll, Rick Charlson
- I VOTE **AGAINST** THE BOARD OF DIRECTORS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 5, 2013.
- I **ABSTAIN** FROM VOTING AT THE ANNUAL MEMBERSHIP MEETING, JAN. 5, 2013.

signed _____ date _____.

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