

men talk

tcmc 
twin cities men's center

in our 37th year
of public service

Dec/Jan 2014
Volume 37 #6

Life's Balancing Act; How I use my Body, Mind and Spirit

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Life is a balancing act, we all know and agree. When people talk about finding balance in life, it is often about balance of work and family life, and about balance of the hectic lifestyle and stress management.

But I don't think that is the most important area in our life that needs balance. What we truly need is to balance the physical, mental (intelligence & emotional) and spiritual dimensions of our life.

When I think of balance, an analogy of a stool comes to mind. When I think of a stool I typically think of a three legged stool. This in itself provides plenty of support and balance. But add an additional leg; the stool becomes even sturdier. I believe adding the two dimensions of the mental component (intelligence and emotion) provide even greater stability to one's life.

As human beings, we have body, mind and spirit. Our body needs nutrition and exercise, so do our mind and spirit. Only when we learn to nurture our body, mind and spirit and keep them in balance, can we become more complete and live more fully. The problem is that many people live one- or two-dimensional lives in a three- or four-dimensional world.

It is important to take good care of our body. Our body needs the right combination of nutrition and exercise. We need to eat healthy and exercise regularly in order to have a healthy body, live a long and productive life.

Exercise is a part of quality self-care! Aerobic exercises are usually of relatively long duration, using large muscle groups, and do not require more oxygen than you can take in, including jogging, bicycling, long-distance swimming, walking and rope jumping. Anaerobic exercises are of shorter duration, done "all out," and for which oxygen inhaled is insufficient for the intensity of the activity, including sprinting, wrestling and short swimming races. Either form of exercise helps you use your body physically, as well as focuses your attention away from other stressors that you might have.

Healthy is a choice. We have to make right choices in our daily lives in order to stay healthy. Keeping the body in good condition is important. It affects how we feel about ourselves. However, some people focus too much attention on the physical dimension, on getting fit and having a great physical body, and on physical appearances, but they don't know or neglect the fact that the body is not all that constitutes a human being.

Like our body, our mind also needs appropriate nutrients and exercise to function well and stay healthy. Human beings are intellectual. If we don't develop our mind, gain knowledge through education and experience, our potential will be handicapped and limited.

We live in a fast-paced world with all the conveniences that modern life has to offer. Our lives are filled with activities that either don't give us much time to think or take away our ability to think.

We cannot let the news media, entertainment and advertisement industry dictate our lives and tell us what we need, what to buy, how to live and how to think. This mindset is ingrained throughout most of Western Society, via marketing saturation! Garbage in, garbage out. If we let too much garbage and negativity go into our mind, our mind will be corrupted and will produce more garbage and negativity. We need to care for our mind by paying attention to what we read, hear and watch. We need to nourish and exercise our mind by using it to learn, to grow and to think.

One way to nourish the mind is Mindfulness, focusing your attention on

the present moment. It is paying attention to each moment, living in the here and now. Instead of the what-ifs and if-onlys, the focus is on the what-is.

Its opposite, mindlessness, is going through life ignoring the present moment because of attention directed toward the goal rather than the experience. Mindlessness occurs when you drive to school or work and describe yourself as being on automatic pilot. All of a sudden, you are at your destination without having really experienced the trip. How sad it is that some people reach the end of their lives without ever having truly experienced the trip along the way.

Mindfulness recognizes existentialist philosophy, such as that of Albert Camus, which argues that who we are is more important than what we do. When patients have been taught to have this focus, mindfulness has been found effective in treating chronic pain, psoriasis, and anxiety disorders. Because stress is often caused by a preoccupation with the past (guilt, shame, regret) or with the future (fear of upcoming events), mindfulness is an excellent way to help manage stress.

Researchers have also used religion and spirituality as interventions to improve health and alleviate stress. In an interview pertaining to his and other researchers' studies on prayer and health, Larry Dossey describes a fascinating and controversial study he conducted. A group of patients with the same illness were divided into two groups. Then a group of people who described themselves as religious believers prayed for one group of patients. Patients in neither group knew whether they were the objects of the believers' prayers, and those praying had no idea for whom they were praying. The patients who were prayed for improved their health to a greater extent than did the other patients. We become what we think. A healthy mind creates a healthy life.

Human beings are also emotional and relational. We cry, laugh and feel. We need affection, kindness, encouragement from each other. Our emotional status and the quality of our relationships have a large impact on our quality of life. Among the four dimensions of life, spiritual dimension is the most controversial and the most difficult one to understand because its existence is not as obvious as the other dimensions. It is an intangible!

But something that we cannot see and touch can still exist. It's important to understand that what's visible is temporary, but what's invisible is eternal. It seems clear that religious and spiritual involvement affects health. Spirituality is "person's orientation toward or experiences with the transcendent existential features of life (e.g. meaning, direction, purpose, connectedness), sometimes referred to as the search for the sacred life."

Every human being has a longing from the depths of the soul that cannot be fulfilled by anything in this world.

If we can humble ourselves enough, we will realize that we need faith in order to live a more meaningful life at a deeper level, to become a complete, whole human being, to live life to the fullest. Without faith, our lives can feel empty and meaningless.

If we can get the physical, mental, emotional and spiritual balancing act together, it will be easier t

This article is an excerpt of a longer piece to be published on our website, www.tcmc.org

Library Corner

— JIM HEANEY, LIBRARIAN



I am excited to get these new books onto the library shelves. A generous contribution of books which approach addictions from the "Rational Recovery" method as opposed to traditional 12 step programs have been donated.

Courage to Change: One day at a time in Al-Anon II, by the Al-Anon Family Groups.
7 Tools to Beat Addiction: A new path to recovery from addictions of any kind, Stanton Peele.
Love and Addiction, Stanton Peele.
Addiction is a Choice, Jeffrey A. Schaler.
Resisting 12-Step Coercion: How to fight forced participation in AA, NA, or 12-step treatment, Stanton Peele, Charles Bufe with Archie Brodsky.
Drinking: A love story, Caroline Knapp.
Sex, Drugs, Gambling, & Chocolate: A workbook for overcoming addictions, Dr. A. Thomas Horvath.
The Small Book: A revolutionary alternative for overcoming alcohol and drug dependence, Jack Trimpey.
Sober for Good: New solutions for drinking problems – Advice from those who have succeeded, Anne M. Fletcher.
Overcoming Procrastination: The famed scientific method for ending a habit that is robbing you of time, money, power, freedom, and love, Albert Ellis and William J. Knaus.

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. **Staff:** Randy Genrich - Office Mgr, Bryan Wistrom - Office Asst, John Hesch - Anger Mgmt Coord.
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Greetings from the Chair

It is with a heavy heart that I write this column because TCMC has lost a staunch advocate in Gerald Obremski. Gerald devoted much of his life to helping men in a variety of important ways, both at TCMC and with other men's organizations. Gerald was also a good friend to many at TCMC. He passed away on Sept. 29th at the age of 70.

Gerald was TCMC's treasurer for 17 years, fully half of TCMC's history at the time he stepped down several years ago. Gerald was a CPA who ran his own accounting business, and his steady hand and reassuring demeanor guided TCMC through some lean financial times. I remember as a new board member how impressed I was at the calm thoroughness with which he delivered the monthly financial report. Some months the news was bad, some months it was good, but Gerald made sure that whatever the state of our finances, we always paid our bills and kept our doors open so we could continue to serve the men who needed our services.

As important as Gerald's talents as treasurer were to TCMC, his association with our Anger Management program may have been even more important. He completed the first anger management training offered by TCMC back in 1995. In 1997, Gerald began a remarkable run of facilitating anger management classes for 15 years. Gerald's good friend and current Anger Management coordinator John Hesch remembers how Gerald always showed interest and concern for the men in his classes. "Teaching the class with Gerry improved my life and showed me how to

give something back...Gerry was a gift to me and other men because he cared."

John remembers the analogy Gerald liked to use when teaching, an analogy still used in classes today: "Anger is like garbage you keep stuffing in a garbage can. To get more garbage in the can, you have to keep stuffing it in and packing it down. Meanwhile all that garbage creates methane gas. When you least expect it, the gas explodes and blows the lid off the garbage can."

In addition to his tireless devotion leading anger management classes, Gerald allowed TCMC to use his CPA office rent-free as a location for classes for many years.

To honor the many ways in which Gerald supported TCMC and helped men throughout the Twin Cities to grow and improve themselves, the board of the Twin Cities Men's Center has created the Gerald Obremski Memorial Anger Management Scholarship Fund. This fund will be used to pay part of the anger management tuition fee for men facing financial difficulties. This is a fitting tribute to Gerald, as it will allow men who would otherwise not be able to take the class to benefit from the lessons that he believed in so deeply. If you would like to contribute to the fund, please contact the TCMC office.

JOE SZURSZEWSKI
BOARD CHAIR

(Thanks to John Hesch and Andy Mickel for sharing their memories of Gerald)

The Annual Facilitator Training

will be held Saturday January 11th, 2014 after the annual meeting which begins at 9am, and facilitator training will begin about 11:30. We will take a lunch break about 1pm with a free lunch provided by the Men's Center and also a gift certificate! 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

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
	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	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
1	2	3	4	5	6	7
	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.
8	9	10	11	12	13	14
BRUNCH 10:00 a.m. Men's Healing Ritual 1:00 - 3:00 p.m. 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 Verbal Abuse Seminar 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.
15	16	17	18	19	20	21
	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Christmas Eve Holiday	PRESENTATION Christmas Holiday	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.
22	23	24	25	26	27	28
	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS New Years Eve Holiday	PRESENTATION New Years Day Holiday	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.
29	30	31	1	2	3	4
	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.	ANNUAL MEETING 9:00am- 11:00am FACILITATOR MTG 11:00am- noon Healthy Sexual Boundaries 10:00 a.m.
5	6	7	8	9	10	11
	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 Balancing Male Hormones 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm	MEN TALK DEADLINE SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
12	13	14	15	16	17	18
BRUNCH 10:00 a.m. Men's Healing Ritual 1:00 - 3:00 p.m. 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 Managing Sanity and Resilience 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
19	20	21	22	23	24	25
	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	PRESENTATION Stress Management 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.	Call us about Anger Management Classes.
26	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 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 **Kelley Lorix, Mac McElroy, Andy Mickel, Bob Manson, Rhys Preston, and Rasheen Tillman**

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. 4, 7:00-9:00 pm

Open to Men and Women

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

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

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

Mankind Project Open Circle

Presenter: Andy Mickel

When: Wed, Dec. 11, 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.

Verbal Abuse Seminar

Presenter: Katheline Johnson

When: Wed, Dec. 18, 7:00-9:00 pm

Open to men and women

If you've been told you're too sensitive, you have been verbally abused. We were all lied to when as children we were told, "sticks and stones can break your bones but words will never hurt you..." The truth is that words can be weapons which hurt, demean, belittle and degrade your inner sense of self. Verbal abuse creates mental pain and emotional anguish and the perpetrator rarely has any awareness about the intent or effect. Learn about the various types of VA, the effects, and some techniques for responding.

Katherine Johnson is a Minnesota State Licensed Psychologist whose twenty year anniversary being in private practice will be the fall of 2013. During this time Katherine has helped hundreds of abused men and women find and use their voice to identify, name and protect themselves from this, the most insidious form of abuse.

No Presentation

When: Wed, Dec. 24, 7:00-9:00 pm

Christmas Eve Holiday

No Presentation

When: Wed, Jan. 1, 7:00-9:00 pm

New Years Eve Holiday

Mankind Project Open Circle

Presenter: Andy Mickel

When: Wed, Jan. 8, 7:00-9:00 pm

See Dec. 11th Description

Balancing Male Hormones

Presenter: Dr. Rhys Preston

When: Wed, Jan. 15, 7:00-9:00 pm

Open to men and women

Do you have sugar or salt cravings? Have an extra five to ten pounds around your belly? PMS? Difficulty getting up in the morning? Need that cup of coffee in the afternoon? The job of the adrenal glands is to enable your body to deal with stress from every possible source, ranging from injury and disease to work and relationship problems. Your resiliency, energy, endurance and your life all depend on their proper functioning.

Dr. Preston has been providing successful and empowering health care to the Minneapolis community for over 20 years. In addition to chiropractic education, he has post-graduate studies in functional endocrinology and balancing female & male hormones.

Managing Sanity and Resilience

Managing Sanity and Resilience

Through Divorce/Uncoupling

Presenter: Harry Greenberg

When: Wed, Jan. 22, 7:00-9:00 pm

Open to Men and Women

Divorce or leaving a long-term relationship is often a profoundly life-changing event, but everyone experiences the process differently. What is often helpful is an understanding of both the intellectual and emotional contours of the journey.

In this experiential and participant focused workshop, we will explore a variety of factors that play a major role in how one understands, and manages the divorce process, reviewing behaviors to avoid and strategies to employ.

Harry Greenberg is an educator, social worker, and social justice activist. He received his masters degree in social work and his teaching license from the University of Minnesota. He is licensed as a graduate social worker in the state of Minnesota. He has been involved in divorce education since 2000 working at both Storefront and Chrysalis. Much of his passion in this topic came about through the lessons learned in his own divorce. His work as an educator and counselor focus on client self-empowerment, user-friendly education, and the use of narrative and solution focused inquiry.

Stress Management

Presenter: Nancy Saslow

When: Wed, Jan. 29, 7:00-9:00 pm

Open to men and women

Nancy teaches mind/body skills for stress management and shame resilience, co-dependency recovery and self care. You will learn self-healing tools to manage stress and develop mind/body balance through gentle yoga, mindfulness meditation, guided relaxation, breathing exercises, creative expression, and group support. Many people seek a place where they can get support and also develop resources to help them cope during challenging times. This group is an introduction for participants to share their journey of healing with others, and develop their inner wisdom through learning mind/body skills in a supportive setting.

Nancy Saslow has been in practice for more than 20 years, currently at BodyMind Synthesis in Minnetonka. She received her MA in Counseling at Lesley University Graduate School. For more information, you can reach her at (952) 314-2748.

Family Law Clinic

Discussion Leader: Rasheen Tillman

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

Open to Men and Women

See Dec. 4 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

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

Give a Gift

of a

Men's Center

Membership

ONLY \$25

612-822-5892

Here and There – Edited by Andy Mickel

Upcoming Monthly Men's Sunday Brunches, drop-in anytime 10AM-1PM (bring something to share/cook up): December 15th at Stephen Sewell's, 647 Lincoln Ave #F, St. Paul, 55105 (just east of Dale Av) 612-229-6699. January 19th at Frank Brandon's, 975 Como Blvd E, St. Paul, 55103, 651-487-3008. (on the east side of Lake Como). About a dozen men attended the 37th Annual Men's Center Celebration Men's Brunch in October. – Andy Mickel, 2013-11-12.

The 37th Annual Men's Center Celebration was observed through a 2-hour blessing ritual facilitated by Dan Gorbunow who invited the spirit of honoring our meeting room spaces as the places where so many hundreds of men have found healing over nearly 3 decades. Men in attendance all derived personal meaning as well as blessing from the ritual. Dan is now offering a monthly on-going TCMC Men's Healing Ritual which was approved at the November 11 board meeting beginning December 15th at the Men's Center. See notice in the Presentations section of this issue. – Andy Mickel, 2013-11-12

Inroads Online - A Community for Men Seeking Soul

Before ManKind Project-Minnesota community was formed in 1999, there was a group of alumni from Robert Bly's Minnesota Men's Conferences called the Minnesota Men's Council dating from 1984. Their print journal in the early 90's was called "Inroads" and died out in the late 90's.

Local man and former Men's Council member, Tony Signorelli, has re-incarnated a new version at: <<http://www.inroadsonline.com/>> which appears to be a content-rich, attractive blog of many writings by men. – Andy Mickel, 2013-10-15

Minnesota AIDS Project TEACH Trainings in December:

HIV Highlights in 2013, Tues, Dec. 3rd 6-8 p.m.

Porn industry halted after HIV cases? A new HIV test with a window period of 20 days? HIV cured? 2013 has brought exciting advancements and plenty of news about HIV. This training will provide highlights and analysis of HIV updates in 2013. Dinesh Rathakrishnan, a Macalester College biology major with a concentration in community and global health is also a 3rd year intern at the Minnesota AIDS Project and has provided numerous HIV, STI and Hepatitis C trainings to community groups. Dinesh will offer his own take on HIV news in 2013 and how their implications impact individuals living with HIV, those at-risk, and the providers and educators that serve them. This training is open to the public and geared toward professionals, educators, college students working with populations at-risk and living with HIV, and other interested community members. Snacks will be provided! \$10.00.

HIV Professional Development, Tues, Dec 17th, 9a.m.-5p.m.

This 1-day course is designed for individuals seeking an advanced training on HIV disease and information on how to provide HIV. Certified for 7 CE; \$75.

Hepatitis C Educator Training, Thurs, Dec 12th 9a.m.-6p.m.

This 1-day training will provide in-depth education on hepatitis C transmission, prevention, testing and treatment options. Participants will be given the opportunity to teach-back the information they have learned in a small group setting. Participants will also be provided with games and curriculum modules to present this information in a community setting. \$75.

RSVP to: <communityeducation@mnaidsproject.org>, Minnesota AIDS Project, 1400 Park Ave, Minneapolis, MN 55404. FFI: Becca Stickney, 612-373-2442, – Bonnie Rossow, 2013-11-05.

Minneapolis StarTribune writer Kim Ode lists the Men's Center as one of three resources for men in her article: "Society, Family Life Shape Men's Ability to Cope With a Breakup" appearing on November 1. <<http://www.startribune.com/lifestyle/relationship/230250941.html>> and <<http://www.startribune.com/lifestyle/relationship/230134141.html>> – Randy Genrich, 2013-11-01.

Minneapolis StarTribune senior book editor Laurie Hertzler covered the recent Robert Bly book launch for *Stealing Sugar from the Castle: Selected and New Poems 1950-2013* at the University of Minnesota Friday October 25th. Her article covering the event "Poet Robert Bly launches new collection in a poignant evening" noted that assisted by friend and fellow poet Thomas R. Smith, 86-year old Bly read 25 poems. "At the end there was thunderous applause." <<http://www.startribune.com/entertainment/books/229172431.html>> – Andy Mickel, 2013-10-26.

Minnesota Fathers & Families Network (MFFN)'s 11th annual Fatherhood Summit: Celebrating Minnesota Fathers: Recognizing Awesome Work in Our State, will be held January 27th & 28th, 2014, at the Kelly Inn in St. Cloud, Minnesota. The 2014 conference will showcase best practices and successes with fathers and their families from all regions of Minnesota. Together we will also look back at the changing culture and advances for fathers and families as MFFN celebrates more than a decade of work. FFI: <<http://www.mnfathers.org/training/upcoming-training-registration/>>

TCMC Monthly Men's Healing Ritual

Sunday, December 15, 2013. 1-3PM

Facilitator: Dan Gorbunow, AMT

Please join us for a powerful new offering for men of all ages, including youth and elders. We incorporate indigenous wisdom from around the world to help us invoke and receive the healing power of spirit, ritual and community to support our personal and collective missions. In expressing gratitude for our gifts and opportunities, we empower ourselves and each other. Open to all creeds, backgrounds, faiths, and beliefs - whatever is sacred to you is welcome. No cost, but gift offerings to benefit youth projects are accepted. Bring a healthy side dish or non-alcoholic beverage for fellowship, a drum or musical instrument if available, and of course, a donation to TCMC is always appreciated!

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 will begin Monday, Dec 2.

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.

Family Law Clinic

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

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

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

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

**When: Every 1st Wednesday from 7:00 to 9:00 PM
Just come! No advance registration required!**

UPTOWN AREA SPACE TO RENT

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

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

(612) 822-5892

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**

TMC Office Hours: M 11:30am-12:30pm, 2:30pm-4:00pm; Tu, Th, F 1:00pm-4:00pm. Our telephone (612) 822-5892 is answered 24-hours per day by 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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4

Annual Meeting Notice & Proxy Statement

THE MEN'S CENTER 38TH ANNUAL MEETING WILL BE ON

SATURDAY, JANUARY 11, 2014 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 11, 2014. 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. 11, 2014
Directors up for re-election are: Joe Szurszewski, Tom Weaver Jim Heaney and Norm Petrik

I VOTE **AGAINST** THE BOARD OF DIRECTORS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 11, 2014.

I **ABSTAIN** FROM VOTING AT THE ANNUAL MEMBERSHIP MEETING, JAN. 11, 2014.

signed _____ date _____.

***What's
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Community Ads*

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Inserts *Dec/Jan Calendar
Presentations
Support Groups
Here & There*