

MEN TALK

THE MEN'S CENTER NEWS

December/January 2003 VOL. 27 #6

Why and How Do Intimate Relationships Matter?

— BY JIM DUFFY

Philosopher Huge LaFollette is the author of “Personal Relationships: Love, Identity, and Morality” (1996). LaFollette studies close personal relationships. These are intimate or loving relationships.

LaFollette explains that close, personal relationships entail partners’ commitment to making the interests and needs of one’s partner become one’s own interests and needs. These relationships are, therefore, close, personal, intimate, loving, and committed to mutualizing each other’s interests and needs.

These relationships are intrinsically valuable. LaFollette also believes that such relationships are essential for self-knowledge and for increasing one’s moral capacity. That’s a remarkable claim, but it is not a new idea. Long ago Aristotle wrote about a necessary connection between moral capacity and close personal relationships. This connection is mutually causal—moral capacity and rewarding experiences in close personal relationships cause each other. LaFollette has filled in many more details of Aristotle’s understanding.

Using LaFollette’s understanding, we can say we human beings discover and fulfill our very own personalities and moral capacity by means of creating intimacy and love in close personal relationships. LaFollette explains that when we voluntarily love someone, we do so because the beloved acts loveably. This is opposite to the idea that unconditional love is even possible, much less desirable, in voluntary love relationships. (These ideas do not apply, that is, to relationships such as those between parents and their children, where a parent’s unconditional love for his or her child may be possible.)

There are good reasons why we love and are loved voluntarily. Those reasons have to do with how we behave. Not only do we have to have good reasons for loving, others will have to have good reasons for loving us. As LaFollette explains, nobody wants to be told, “I don’t love you because you are intelligent, sensitive, aesthetically tasteful, humorous, pleasantly disposed, or challenging. In fact, I don’t like any of your traits. I just love you.” If someone told you this, you would

wonder if they really love YOU at all! The lover and the beloved want to be loved for good reasons, and those reasons have to do with how they behave.

So where can we find concrete guidance teaching us how to behave lovingly?

One source of guidance is the work by John Gottman, who studied how couples behave who have long-term satisfactory love relationships. Learn more about Gottman’s work at www.gottman.com. Another source of guidance is a book titled “We Love Each Other But” by Ellen Wachtel. There are many more good sources, of course.

From the two sources named above, we can learn quite a lot. From Gottman we learn, for instance, that it is important to have positive experiences that are more frequent than negative experiences—by a ratio of at least 5 to 1! From Wachtel, we get the excellent advice to treat your beloved as if you were the president of his or her fan club!

At Jim’s workshops at the Men’s Center, he has presented these and many more ideas about intimate loving relationships that summarize some of the exciting recent findings on relationships as studied by these and other scholars of this most important subject. Please see his Feb. 4, 2004 workshop, detailed in the calendar.



Library Corner

—TED BRADFORD,
LIBRARIAN



Using the library is a membership privilege. To check out a book, all you have to do is write your name, phone number, and the date on a checkout card and leave it in the box. Or just come in and browse – you will be surprised at how stimulating it can be to expose yourself to the books in our collection. So come on in and take a look.

We also have many useful periodicals, such as:

- Men's Health
- Voice Male
- Everyman (July issues feature an overview of the Men's Movement)
- Lavender
- Men's Journal
- Transitions
- Rainbow Families
- Bi All Means
- Wellness Journal
- The Edge
- and others

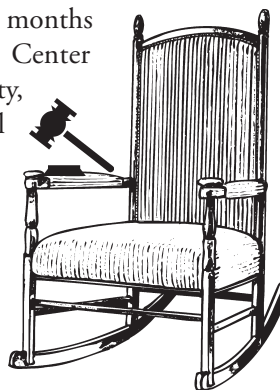
Enjoy your library!

Letter from the Chair

Many events are upcoming in the next few months for the Men's Center including our Holiday Party, Annual General Membership meeting, Annual Planning Meeting, and Facilitator Training. I hope to see you there.

At the Annual Meeting, we will be holding elections for new board members and alternates. If you are interested in being a board member/alternate, please give me (763-295-2446) or another board member a call (612-822-5892). I will be happy to answer any questions you may have.

Thanks to everyone who has served on the board through the years. I have been a board member/alternate since



1993 and served with many great people during that time. It is time for new leadership to take the reins. For me, 2004 will probably be pure politics (my favorite hobby).

I will still be around helping out here and there. I like the MENTALK mailing parties and doing most outreach booth events.

Thanks everyone for your donations of time, talent and treasures. It is our dedicated staff, volunteers and everyone letting others know about us that makes the Men's Center what it is. Keep up the great work.

For Men, For All,

**TOM PERRAULT
BOARD CHAIR**

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, a non-profit organization. Call 612-822-5892 for subscriptions, or e-mail us at tcmc@tcmc.org

Editor

Bill Dobbs

Board of Directors

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MEN'S CENTER EVENTS

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.

1976 - In Our 27th Year - 2003
of Public Service

Check out our web site: www.tcmc.org

email: tcmc@tcmc.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1976 - In Our 27th Year - 2003 of Public Service</p> <p>Check out our web site: www.tcmc.org email: tcmc@tcmc.org</p>			<p>PRESENTATION A Circle of Warriors 7-9 p.m. 20's GLBT Re-Entry 7:30 p.m.</p>	<p>SUPPORT GROUPS Div/Unclpl./General: Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.</p>	<p>SUPPORT GROUP Men's Bisexual issues 7:30 p.m.</p>	<p>SUPPORT GROUP 20's GLBT 1:00p.m.</p>
5	<p>SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.</p>	<p>SUPPORT GROUPS Gay Issues in Mpls Divorce/Unclpl./General Issues in St. Paul 7:30 p.m.</p>	<p>PRESENTATION Understanding Relationships 7-9 p.m. 20's GLBT Re-Entry 7:30 p.m.</p>	<p>SUPPORT GROUPS Div/Unclpl./General: Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.</p>	<p>SUPPORT GROUP Men's Bisexual issues 7:30 p.m.</p>	<p>SUPPORT GROUP 20's GLBT 1:00p.m.</p>
	6	7	8	9	10	11
	<p>BOARD MTG 7 p.m. SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.</p>	<p>SUPPORT GROUPS Gay Issues in Mpls Divorce/Unclpl./General Issues in St. Paul 7:30 p.m.</p>	<p>PRESENTATION Catlin's Cause 7-9 p.m. 20's GLBT Re-Entry 7:30 p.m.</p>	<p>SUPPORT GROUPS Div/Unclpl./General: Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.</p>	<p>SUPPORT GROUP Men's Bisexual issues 7:30 p.m.</p>	<p>SUPPORT GROUP 20's GLBT 1:00p.m.</p>
	12	13	14	15	16	17
12						
<p>BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.m.</p>	<p>SUPPORT GROUPS General Issues 12:30p.m. Men/Women 7:30 p.m. Relationship Class</p>	<p>SUPPORT GROUPS Gay Issues in Mpls Divorce/Unclpl./General Issues in St. Paul 7:30 p.m.</p>	<p>PRESENTATION Family Law Seminar 7-9 p.m. 20's GLBT Re-Entry 7:30 p.m.</p>	<p>SUPPORT GROUPS Div/Unclpl./General: Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.</p>	<p>SUPPORT GROUP Men's Bisexual issues 7:30 p.m.</p>	<p>SUPPORT GROUP 20's GLBT 1:00 p.m.</p>
	19	20	21	22	23	24
19						
	<p>SUPPORT GROUPS General Issues 12:30p.m. Men/Women 7:30 p.m. Relationship Class</p>	<p>SUPPORT GROUPS Gay Issues in Mpls Divorce/Unclpl./General Issues in St. Paul 7:30 p.m.</p>	<p>PRESENTATION Men Can Stop Rape 7-9 p.m. 20's GLBT Re-Entry 7:30 p.m.</p>	<p>SUPPORT GROUPS Div/Unclpl./General: Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.</p>	<p>SUPPORT GROUP Men's Bisexual issues 7:30 p.m.</p>	<p>SUPPORT GROUP 20's GLBT 1:00 p.m.</p>
	26	27	28	29	30	1
26						
	<p>SUPPORT GROUPS General Issues 12:30p.m. Men/Women 7:30 p.m. Relationship Class</p>	<p>SUPPORT GROUPS Gay Issues in Mpls Divorce/Unclpl./General Issues in St. Paul 7:30 p.m.</p>	<p>PRESENTATION News About Grieving 7-9p.m. 20's GLBT Re-Entry 7:30 p.m.</p>	<p>SUPPORT GROUPS Div/Unclpl./General: Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.</p>	<p>MT ARTICLE DEADLINE SUPPORT GROUP Men's Bisexual issues 7:30 p.m.</p>	<p>SUPPORT GROUP 20's GLBT 1:00 p.m.</p>
	2	3	4	5	6	7
2						
	<p>BOARD MTG 7 p.m. SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m. Relationship Class</p>	<p>SUPPORT GROUPS Gay Issues in Mpls Divorce/Unclpl./General Issues in St. Paul 7:30 p.m.</p>	<p>PRESENTATION The Return of the Goddess 7-9p.m. 20's GLBT Re-Entry 7:30 p.m.</p>	<p>SUPPORT GROUPS Div/Unclpl./General: Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.</p>	<p>MT FINAL DEADLINE SUPPORT GROUP Men's Bisexual issues 7:30 p.m.</p>	<p>SUPPORT GROUP 20's GLBT 1:00 p.m.</p>
	9	10	11	12	13	14
9						
<p>BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.m.</p>	<p>SUPPORT GROUPS General Issues 12:30p.m. Men/Women 7:30 p.m. Relationship Class</p>	<p>SUPPORT GROUPS Gay Issues in Mpls Divorce/Unclpl./General Issues in St. Paul 7:30 p.m.</p>	<p>PRESENTATION Intro to Kundalini Yoga 7-9 p.m. 20's GLBT Re-Entry 7:30 p.m.</p>	<p>SUPPORT GROUPS Div/Unclpl./General: Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.</p>	<p>SUPPORT GROUP Men's Bisexual issues 7:30 p.m.</p>	<p>MAILING PARTY 9:00 a.m. SUPPORT GROUP 20's GLBT 1:00 p.m.</p>
	16	17	18	19	20	21
16						
	<p>SUPPORT GROUPS General Issues 12:30p.m. Men/Women 7:30 p.m. Relationship Class</p>	<p>SUPPORT GROUPS Gay Issues in Mpls Divorce/Unclpl./General Issues in St. Paul 7:30 p.m.</p>	<p>PRESENTATION No Presentation 7-9 p.m. 20's GLBT Re-Entry 7:30 p.m.</p>	<p>THANKSGIVING HOLIDAY</p>	<p>SUPPORT GROUP Men's Bisexual issues 7:30 p.m.</p>	<p>SUPPORT GROUP 20's GLBT 1:00 p.m.</p>
	23	24	25	26	27	28
23						
30	<p>The Men's Center number is 612 / 822-5892. Call for info on Anger Management classes.</p>					
30						

Oct/Nov 03

PRESENTATIONS

Workshops and presentations have been a part of The Men's Center offerings to the community since it's beginning 27 years ago.

We welcome your suggestions for new topics and presenters.

Presenters new to the Men's Center are: **Chris Lewis, Wayne Olson, and Dennis Wynne.** Returning to continue their support of the Men's Center are: **Jim Duffy, Harry Greenberg, Andy Miller, Steve Nichols, and Jay Walder.**

The Men's Center Board appreciates the volunteer presenters who return from time to time and welcome first timers. Their presentations add a new dimension to our weekly Wednesday night gatherings.

All presentations meet at TMC, 3249 Hennepin Ave. So, Suite 55, unless otherwise noted. These low cost presentations are shown in the Calendar of Events and a more extensive description follows. No pre-registration is needed; entrance fees collected at the door are:

Non-Members of TMC – \$5.

Regular Members (\$20 level) – \$3

Sustaining Members – FREE

Please take time to read the descriptions and plan to attend if they stimulate your interest. Bring a friend to share the experience and acquaint him/her with the Men's Center.

Each presentation is intended to promote personal growth, stimulate your interest in a topic, and to give you an opportunity to interact with other attendees.

Note: All events are for men only unless otherwise stated.

Presentations are the sole responsibility of the presenter(s). 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.

DESCRIPTIONS

All You Wanted To Know About Buying or Selling a House

Presenter: Samantha Mason
When: Wed. Dec. 3, 7:00-9:00 pm

Open to Men and Women

Tired of renting? Need to sell your house? Samantha will show you how to buy and/or sell your house. What is the process? Pre-approved, house hunting purchase agreement, home inspections, appraisals, title and closing will be discussed. There will be a presentation and question - answer time. She looks forward

to meeting you. Buyer and seller representation is available.

Samantha is a Realtor for Edina Realty. Lake Minnetonka office. 952-476-5369

Knowing Ourselves Through Our Body

Presenter: Jim Amundson

When: Wed., Dec. 10, 7:00-8:00 pm

Open to Men and Women

Drawing on the techniques from a psychotherapy called Pessio-Boyden psychomotor psychotherapy (PBSP) participants will focus on exploring and discovering what their bodies say is needed to be happy and whole. Although we are born knowing this information, often in learning our gender role – how to be a real man or real woman – growing up we learn that it's necessary to suppress the knowledge of PBSP and so we carry this suppressed knowledge in our body. This presentation will be primarily an experiential evening of attempting to access our body's knowledge.

Jim Amundson, PhD., is a licensed psychologist in private practice. He is a certified PBSP therapist and has a lifelong interest in gender issues for both men and women.

Not in Our Town

Presenter: Carl Adamec

When: Wed. Dec. 17, 7:00-9:00 pm

Open to Men and Women

Carl Adamec of Circus Reform Yes goes behind the glitter of today's circuses to expose their inherent cruelty to wild animals, their danger to public safety and their effects on children in our community. Come join us for a discussion on why wild animal circuses are incompatible with today's values.

Carl Adamec is a retired teacher from the New York Public System. He has a MS in Education. He has a MS in Education. He and his wife, Eileen founded Circus Reform Yes (CRY)

Christmas Eve

No Presentation

When: Wed. Dec. 24

New Year's Eve

No Presentation

When: Wed. Dec. 31

Aftermath: The Road to Resilience

Presenter: Norm Petrik

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

Open to Men and Women

Norm will present a video tape developed by the American Psychological

Association to help people learn about recovering from losses, and feel hope. "Aftermath: The Road to Resilience" was stimulated by the trauma associated with 9-11. APA developed this 44 minute video to help people know what to do to bet better.

Norm Petrik, PhD has been a psychologist for 35 years as the St. Cloud VA Medical Center and a board member of the Men's Center for the past 7 years.

Dreams - Opening the Door to Spiritual Transformation

Presenter: Carrie Sword

When: Wed., Jan. 14, 7:00-9:00 pm

Open to Men and Women

Working with dreams is the most meaningful thing you'll ever do. Dreams lead you into the depths of your soul. They waken you to new possibilities in your life and your relationships. They also show you how to use seemingly negative experiences, like depression and anxiety, to ultimately gain deeper insight and open the door to spiritual transformation. This seminar will provide information about dreams and spirituality and will include an interactive exploration of participant's dreams.

Carrie Sword, is a National Certified Counselor with a PH.D in clinical psychology, an M.A. in counseling psychology, and fifteen years of dream therapy experience. She is also a researcher and writer on the topic of dreams. She offers one-on-one sessions, workshops and groups through Sword Dreamwork and Psychotherapy in Minneapolis, (612) 382-7843.

A Circle of Warriors

Presenter: Andy Miller and Others

When: Wed., Jan. 21, 7:00-9:00 pm

The ManKind Project is an organization of men working together to improve their lives and help other men. As New Warriors "We are an order of men called to reclaim the sacred masculine provides a model for men to generate and maintain a world in such a way as to include and yet rise above one's own issues for the betterment of one's self, one's own family, tribe, nation and race.

We are all familiar with a man's physical tools (a hammer, a sword, a plow,É) Is this enough? What about integrity, commitment, action and clarity? I know that most men want and need these tools. The New Warrior Training Adventure can help. Join a circle of warriors to ask questions and hear how the adventure has changed men's lives.

"The initiation of men is the hope of the world." - Don Jones, former chairman, ManKind Project.

Issues Relating to Divorce

Presenter: Kelley Lorix

When: Wed. Jan. 28, 7:00-9:00 pm

Open to Men and Women

Kelley's presentation will include how to prepare financially and strategically for divorce, child support, spousal maintenance, custody and visitation – what the options are and how it will affect support, property – what happens to the house, pensions and other items acquired during the marriage. This session will include question and answer session geared to helping you with the exact problems you may be faced with in your lives.

A private practice attorney, Kelley Lorix has better than fourteen years in state courts throughout Minnesota litigating, arbitrating and mediating the issues of concern to all of us as we go through divorce. Kelley has presented numerous times at the Men's Center.

New Developments in Understanding Relationships

Presenter: Jim Duffy

When: Wed. Feb. 4, 7:00-9:00 pm

Open to Men and Women

There has been a lot of exciting and valuable research published in recent years on the subject of behaviors that help or hinder success in intimate relationships. From scientific researchers such as John Gorman and Neil Jacobson to psychiatric authors such as Bernard Apellbaum and Ellen Wachtel, these recent results are both immensely practical and profoundly fascinating in what they teach us about human nature. Come and hear a summary presentation of some of the recent research and learn more about how you can study in depth the new developments in understanding of intimate human relationships.

Jim Duffy is a writer and freelance researcher in a wide variety of areas of the human studies. He is a humanist, educator and consultant whose popular presentation and many subjects at the The Men's Center have been well received as both interesting and useful as well as often controversial.

SUPPORT GROUPS

"The mission of the Men's Center Support Groups is to create a safe place, in times of personal and social challenge, for any men and women to receive and give support to one another and share feelings and experiences to facilitate SELF-ACCEPTANCE and PERSONAL GROWTH."

The Men's Center support groups are hosted by a trained facilitator. Although each

group has a specific focus, all groups are open to general discussions and attended as a Drop-In basis. Support groups begin promptly at 7:30, so arrive early such that you can browse the many resources and library materials. A donation of \$3-9 helps keep TMC operational. Liquid refreshments are available at a separate donation rate. All groups are men only, except where listed for women and men.

• Minneapolis Location

3249 Hennepin Ave. S. Suite 55

• St. Paul Location

Memorial Lutheran Church

NE Corner Maryland Ave. & Earl St.
(not a mailing address.)

Men's and Women's Issues

General Mixed-Gender Issues

Open to Men and Women

Participants can express what it means to be male or female, and hear constructive feedback in a safe, mixed-gender environment.

- Mondays (Mpls) 7:30 - 9:30 pm

Emotional/Psychological Abuse

Open to Men and Women

This group is for people who are or have been in abusive relationships that interfere with health living.

- Thursday (Mpls) 7:30 - 9:30 pm

Twenty-Something GLBT

Open to Men and Women

A discussion/support/social group for Twentysomething GLBT persons. Any GLBT in her/his 20s is welcome to attend. GLBT topics and issues are discussed in an open, affirming and supportive environment. Ideas for discussion topics or social events are welcome!

- Wednesdays (Mpls) 7:30 - 9:30 pm
- Saturdays (Mpls) 1:00 - 3:00 pm

General Men's Issues/Relationship Issues Divorce/Uncoupling/Family of Origin/ Workplace

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 (Mpls) 12:30 - 2:30 pm
- Tuesdays (St. Paul) 7:30 - 9:30 pm
- Thursdays (Mpls) 7:30 - 9:30 pm

Gay Issues

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.)

- Tuesdays (Mpls) 7:30 - 9:30 pm

Re-Entry

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 (Mpls) 7:30 - 9:30 pm

Male Survivors of Sexual Abuse

You may feel alone. It is a brave step to seek out other men who can share from this perspective the deep feelings of shame. Only by talking it out can freedom evolve from this secret prison.

- Thursday (Mpls) 7:30 - 9:30 pm

Bisexual Men

This group will allow Bi men to explore personal issues of all kinds while learning from each other what it means to be a Bi man.

- Fridays (Mpls) 7:30 - 9:30 pm

Men Facing Retirement Issues

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 (Mpls) 5:30 - 7:00 pm

Become part of the 20 x 12 Honor Roll

This is a new type of membership that is designed to acknowledge and make it easier for those members who have consistently supported us.

Here's how:

- Join by paying \$20 a month (or \$240 at once)
- On the Honor Roll, you no longer need to donate money at meetings
- You are recognized on a Men's Center plaque
- You are invited to an annual honors dinner

Call 612 / 822-5892 today!

Thanks for your support!

Here and There

– Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up): **Sunday, December 21st** at Rick Gravrok's, 2925 Monterey Ave S, St. Louis Park, 952/926-6655. (on the west side of Lake Calhoun, off Lake St.). **Sunday, January 18th** at Frank Brandon's, 975 Como Blvd E, St. Paul, 651-487-3008. (on the east side of Lake Como). Men hang out together and enjoy good food with no agenda whatsoever. These brunches are Open to all men from 10 a.m. until 1 p.m.; plan to come and chat and eat for a 1/2-hour to 2-hour period anytime – inevitably some men stay on until 2 p.m. 12 men attended October's brunch at the Men's Center and 16 men attended Stephen Sewell's brunch, co-hosted by Paul Busch, in November. – Andy Mickel, 2003-11-17.

Just Between Men Brunch, 1st & 3rd Saturdays of every month at 11 a.m., Pillsbury House, 3501 Chicago Ave. S., Minneapolis. Sponsored by: Just Between Men FFI: Call Sean Dyer at 824-0708 x117, GLBT Press Newspaper, <<http://www.glbtpress.com>>, 2003-09-15.

The Minnesota Fatherhood & Family Services Summit will be held on Friday, January 16, 2004 9:30-4:00 at the St. Cloud Civic Center in St. Cloud. Themes: How to involve fathers in the lives of their children. Get the latest info on effective programming, father-

related research, and legislation affecting fatherhood services in the state. The conference is geared toward family-services and fatherhood services practitioners and advocates, including state, county and non-profit agencies serving fathers and families. \$30-\$60 to MFFN, 1700 NE 2nd St, Minneapolis, 55413. FFI: <<http://www.mnfathers.org>>, 612-787-4091, pmaslarchin@mnfathers.org
– Randy Genrich, 2003-10-29.

No reports have been received from the **International Men's Conference 2003 held November in Detroit, MI** and featuring Robert Bly, David Deida, Warren Farrell, Joe Laur and Jed Diamond. The theme was: Passion, Power, Peace: Today's Man: Leader, Partner, Father, Friend...setting Priorities, finding Balance. See: <<http://www.motimc.com>>. – Andy Mickel, 2003-10-21.

Online Anger Management Education classes and books for teens is at: <<http://www.angereducation.com>>. Certainly no substitute for face-to-face classes, but for teens who prefer the anonymity of online lurking, this is definitely better than no anger management at all. Denise Zuckerman recently developed the online series of courses to address the needs of adolescents and adults struggling with feelings of anger. The courses are

designed to assist and expand existing service programs.
– Andy Mickel, 2003-11-10.

The Men's Resource Center of Western Massachusetts <<http://www.mensresourcecenter.org>> now publishes a monthly e-newsletter in addition to their quarterly newsletter, Voice Male. November's e-newsletter featured 6 articles including Men's Walk to end Abuse, and a Peace Calendar. In the Fall, 2003 Voice Male, two letters are from Men's Resource Center's in Texas: Fredericksburg <<http://www.mrc-tx.org>> and Harlingen <<http://www.mensresource.org>> dealing with drop-in support groups and the cut in funding for social service in Texas. Articles include a review of Twin-Cities produced film, Hoop Dreams for its Fathering themes and advice for Survivors of the Dating Scene. MRC's main focus continues to be Men Overcoming Violence.
– Andy Mickel & Randy Genrich, 2003-11-05.

Everyman, A Men's Journal a bi-monthly covering men's issues and interests, continues to publish regular, content-filled issues embracing a wide-spectrum of men's issues. FFI: <<http://www.everyman.org>>, P.O. Box 4617, Station E, Ottawa, ON K1S 5H8 Canada, 613-832-2284.
– Andy Mickel, 2003-11-17.

The Men's Center ALL-PURPOSE COUPON

Clip this form and mail to The Men's Center. A regular annual membership at The Twin Cities Men's Center is \$20. With that you get access to the extensive reference library on Men's Issues, receive the Men Talk newsletter, participation in the annual meeting, and enjoy reduced fees to Men's Center sponsored events. If you are able to afford a membership at the Patron (\$40) level, you get free admission to all Wednesday workshops in addition to all the regular membership benefits.

- I want to sustain the activities of The Men's Center by becoming a "20 x 12 Honor Roll Member."
- Please ENTER/RENEW my membership at The Men's Center for the next 12 months:
Enclosed please find \$ _____ \$20 (Regular) \$40 (Patron).
- I want to make an additional, tax-deductible gift of \$ _____. Thanks much.
- My new/correct address/phone is printed below.
- Please remove me from The Men's Center mailing list; the pre-addressed gummed mailing label is attached.
- I have these feelings, thoughts, opinions, ideas, news items for The Men's Center:

Date _____

FROM: name _____
 Mailing address _____

 Home phone _____
 Work/other telephone _____

UPTOWN AREA SPACE TO RENT
The Men's Center, 3249 Hennepin Ave S
has daytime & weekend space available.
Private, quiet, confidential.
Especially suitable for therapists, small
groups, or yoga classes.

Space Rental Rate Schedule:

	<i>Not for 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

THIS SPACE AVAILABLE
FOR YOUR AD

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
Business Card	2" x 3-1/2"	\$25

E-mail: tcmc@tcmc.org



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COLDWELL BANKER
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Former TMC Board Chairman
Now serving your
Real Estate needs.

RENTING?
 Interest rates say consider buying.

DIVORCE?
 Need to sell to finalize? I can help.

DOWNSIZING?
 Maintenance free townhouses are great.

www.GloriousHomesInMN.com

TMC Office Hours: M, Tu, Th, F ;1-4:30pm. Our telephone (612) 822-5892 is answered 24-hours per day by US West voicemail, and an attempt is made to return calls within 1 or 2 days. Our FAX number is (612) 821-6424.

TMC is in the lower level of "Uptown Office Park," a brick office building on the Northeast corner of West 33rd Street and Hennepin Avenue in south Minneapolis, Enter through the door on the north (3249) end of the building (it has 2 numbers: 3249 and 3255!), immediately turn left and descend the stairway through the fire door to Suite 55. (Formerly) handicapped access is easiest through a side door on West 33rd Street.

Check out our web site: www.tcmc.org or correspond at our email address: tcmc@tcmc.org

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

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MEN TALK

The Men's Center News

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Annual Meeting Notice

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 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 call 612-822-5892 TMC prior to Jan 10, 2004 and request a proxy ballot. Please include your address. 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.

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