



# MEN TALK

THE MEN'S CENTER NEWS

December 2004/January 2005 VOL. 28 #6

## *A Journey Out of the Darkness*

— BY BOBBY SCHAUERHAMER

**M**any men have struggled with understanding how they could have committed an act that is extremely offensive to others. Their offensive behavior has often been inconsistent with other experiences in their lives. They have difficulties understanding these inconsistencies, often experience considerable shame and regret, and grapple with rebuilding a life in which they will not come to harm or offend someone again. I am among that group of men and have met many other men with whom I share this type of struggle. This is an invitation to reflect on your own, if any, experiences with behavior that has offended others.

Offensive behavior can carry legal and criminal consequences. Offenders typically resist these consequences energetically, and delay or ignore any admission of guilt for the offensive behavior. Herds of fast dancing attorneys await the never ending supply of offenders who are unwilling to face their darkness. For those offenders who are unable to look toward their own darkness, the journey never begins.

An amazing array of support and hope becomes available for men who have offended and are able to look at themselves with an open, critical mind. This is not a short term or one time experience, but a lengthy process. I have been one of the men fortunate by this availability. Initially, most of my support was imposed on me by others. More recently, I have sought out and secured my own supports.

Family and friends of offenders have burdens placed on them to understand the reasons for the offensive behavior previously exhibited by men on this type of journey. They do not have the availability of support to the extent that is seen with offenders. For some, the task is overbearing, or the offender is not worth the effort in their estimation, and they sever ties with the offender.

An admission of guilt is the beginning of recovering to a healthier, harm free way of living. Your family and friends deserve this chance to heal. Once you tell the truth about the story of how you came to offend, it becomes much easier to reveal your truth about other issues. This is an essential feature of rebuilding trust with others. It is difficult to trust someone who does not tell the truth consistently.

Offenders can also support those around them by listening without defensiveness to how the offensive act has impacted their lives. Their process of dealing with unthinkable acts may have similarities to the offenders process of dealing with it, but their process runs an independent course. Offenders need to be patient and accepting of the time table followed by concerned people around them. You cannot force someone to trust you before they are ready.

In the end, we all need to exercise patience and understanding

with one another. The events which have a specific time line are easier for me to deal with than the ones with none.

2558 days left of probation

Time remaining until reunification with my adult children - unknown

*Bobby Schauerhamer is currently a board member at The Men's Center and a facilitator for the Healthy Sexual Boundaries support group. He was licensed as a psychologist in Minnesota between 1979 and 2001. His career as a psychologist abruptly came to an end coincidental with the revelation of offensive behavior. His journey out of the darkness has brought many unexpected gifts of friendship, support of a loving family, and a new way of living.*

### *Holiday Party*

COME TO THE MEN'S CENTER  
**HOLIDAY POTLUCK DINNER PARTY**  
**WEDNESDAY DECEMBER 29TH AT 7PM.**  
 BRING A DISH TO SHARE, BEVERAGE WILL BE PROVIDED. J. C. HANCOCK WILL LEAD US IN SINGING OF BOTH MEN'S AND HOLIDAY SONGS.

### ABUSIVE FAMILY SYSTEMS

**Signs of trouble:**  
 Kicking the family dog...

If only they had the Men's Center!

© debbs 2004

**Library Corner**

—RANDY GENRICH,

**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.

Recent donations include a new book and cassette “*The Case for Father’s Custody*”, by Daniel Amneus. We also have many periodicals and newsletters for your use, such as:

- Men’s Health
  - Voice Male
  - Lavender
  - Men’s Journal
  - Transitions – Sep/Oct Feature article: *Survival Strategies for Today’s Man*
  - Rainbow Families
  - Bi All Means
  - Wellness Journal
  - The Edge
  - Everyman – *The Times for Father’s & Families*
  - D.A.D.S #1
- Enjoy your library!

**Address change notifications from the post office cost the Men’s Center \$1.14 each. Please let us know in advance of mailings! Thanks!**

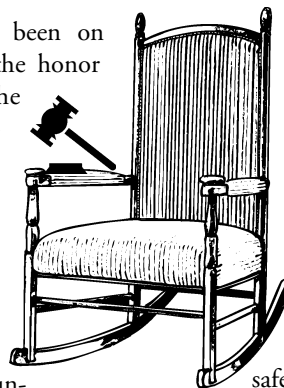
*Men Talk* is a bi-monthly publication of the Twin Cities Men’s Center, a non-profit organization. Call 612-822-5892 for subscriptions, or e-mail us at [tcmc@tcmc.org](mailto:tcmc@tcmc.org)

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*Letter from the Vice-Chair*

While our chair has been on vacation, I’ve had the honor of conducting the Board meetings. I will be stepping down from the Board next year after serving for the second time in the eighteen years I’ve been a member. If every member served two years every decade... well, we’d need more seats! As it is, we often rely on the same few men. We have hundreds of members and we serve thousands of men. We need some new men to step up to the Board, younger men as well as those who have been around a while.



It doesn’t require money, education, family connections, or spotless background. All you need is a desire to improve things around here and a willingness to put that into action. Board terms are one or two years and require attendance at monthly meetings. Most of our Board members also take on activities that are of specific interest, such as developing new programs, producing our outreach materials,

etc. Come to the annual meeting to throw your hat in the ring. Welcome aboard!

Recently we’ve had several members travel to Moose Lake correctional facility and do outreach to the men there. We received rare praise from both sides of the system; inmates as well as administration. Our new Men in Transition groups are providing a necessary safe and blame-free space for men leaving prison. Since we are not affiliated with the Dept. of Corrections, we offer a genuinely confidential place where men can get real support. Also, our new Healthy Sexual Boundaries group truly helps men heal their sexual behaviors without shaming or stigma. On behalf of the Board, I’d like to thank the men who have made these groups a reality.

**ONWARD,  
BILL DOBBS,  
BOARD VICE-CHAIR**

*Letter to the Editor*

Dear Men’s Center,

I have been coming to your center for about 12 years off and on. As a whole this has been a safe, secure place to go and get support regardless of the group. In fact in recent times I have been going to the psychological/emotional abuse support group Thursday night with Dudley as the co-facilitator and Tracey as the facilitator. One recent evening the topic focused a lot on abusive support experiences. A couple of other members and myself shared in a general way negative experiences that have happened to us at other groups. I could see that I am not the only one who has had something offensive done to me in a support group setting. Both of these members needed to leave a little bit early for various reasons. With then just the facilitator, co facilitator and myself talking and without mentioning any names or blaming a particular group I got a little more specific about an offensive moment that happened to me a long time ago by a very capable leader who should have known better. In fact aside from his inappropriate grab this leader is probably the best facilitator around. I had known him a while before the incident. I have no desire to pursue that issue having already reported it anonymously years ago in the suggestion box. Obviously if this leader continued this behavior he could not have continued as a facilitator no matter how respected he was.

The emphasis of this e-mail is not this old wound or continually holding a grudge. It is appreciation for the fact that the facilitator and co facilitator of the psychological/emotional abuse support group put a lot of effort forth in helping me to find peaceful resolution of this memory. In this effort things were kept on a high note on how I could achieve this possibility rather than focusing on what occurred beforehand. As the co-facilitator pointed out he holds onto things, other people hold onto things and I hold onto things. And as I then pointed out, judging by my counselor’s perception when people are reasonable, I do not hold a grudge. Well, the dialogue was such that I can start to feel that the positive efforts and interactions achieved at this time are more important than any previous negative moment at your center. So, I am just trying to point out, no matter how trying the subject material the facilitator and co-facilitator of the psychological/emotional abuse support group are there because they want to support others.

Thank you.



# 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1976 - In Our 28th Year of Public Service - 2004</b> Check out our web site: <a href="http://www.tcmc.org">www.tcmc.org</a> email: <a href="mailto:tcmc@tcmc.org">tcmc@tcmc.org</a>			<b>PRESENTATION</b> Men's Rights in Divorce 7-9 p.m. Transition 7:30 <b>1</b>	<b>SUPPORT GROUPS</b> Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. <b>2</b>	<b>SUPPORT GROUP</b> Men's Bisexual issues 7:30 p.m. <b>3</b>	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m. <b>4</b>
<b>5</b>	<b>SUPPORT GROUPS</b> General Issues 12:30p.m. 20's GLBT 7:30p.m. <b>6</b>	<b>SUPPORT GROUPS</b> Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m. <b>7</b>	<b>PRESENTATION</b> A Circle of Warriors 7-9 p.m. Transition 7:30 p.m. <b>8</b>	<b>SUPPORT GROUPS</b> Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. <b>9</b>	<b>SUPPORT GROUP</b> Men's Bisexual issues 7:30 p.m. <b>10</b>	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m. <b>11</b>
<b>12</b>	<b>BOARD MTG.</b> 7 p.m. <b>SUPPORT GROUPS</b> General Issues 12:30p.m. 20's GLBT 7:30p.m. <b>13</b>	<b>SUPPORT GROUPS</b> Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m. <b>14</b>	<b>PRESENTATION</b> Achieving Financial Success 7-9 p.m. Transition 7:30 p.m. <b>15</b>	<b>SUPPORT GROUPS</b> Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. <b>16</b>	<b>SUPPORT GROUP</b> Men's Bisexual issues 7:30 p.m. <b>17</b>	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m. <b>18</b>
<b>BRUNCH</b> 10:00 a.m. <b>MEN'S RETIREMENT</b> 5:30 p.m. <b>19</b>	<b>SUPPORT GROUPS</b> General Issues 12:30p.m. 20's GLBT 7:30p.m. <b>20</b>	<b>SUPPORT GROUPS</b> Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m. <b>21</b>	<b>PRESENTATION</b> Retirement, or is it Refirement? 7-9 p.m. Transition 7:30 p.m. <b>22</b>	<b>SUPPORT GROUPS</b> Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. <b>23</b>	<b>SUPPORT GROUP</b> Men's Bisexual issues 7:30 p.m. <b>24</b>	<b>CHRISTMAS HOLIDAY</b> <b>25</b>
<b>26</b>	<b>SUPPORT GROUPS</b> General Issues 12:30p.m. 20's GLBT 7:30p.m. <b>27</b>	<b>SUPPORT GROUPS</b> Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m. <b>28</b>	<b>PRESENTATION</b> Holiday Party 7-9 p.m. Transition 7:30 p.m. <b>29</b>	<b>SUPPORT GROUPS</b> Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. <b>30</b>	<b>SUPPORT GROUP</b> Men's Bisexual issues 7:30 p.m. <b>31</b>	<b>NEW YEAR'S DAY HOLIDAY</b> <b>1</b>
<b>2</b>	<b>SUPPORT GROUPS</b> General Issues 12:30p.m. 20's GLBT 7:30p.m. <b>3</b>	<b>SUPPORT GROUPS</b> Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m. <b>4</b>	<b>PRESENTATION</b> No Presentation Transition 7:30 p.m. <b>5</b>	<b>SUPPORT GROUPS</b> Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. <b>6</b>	<b>MT ARTICLE DEADLINE</b> <b>SUPPORT GROUP</b> Men's Bisexual issues 7:30 p.m. <b>7</b>	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m. <b>8</b>
<b>9</b>	<b>BOARD MTG.</b> 7 p.m. <b>SUPPORT GROUPS</b> General Issues 12:30p.m. 20's GLBT 7:30p.m. <b>10</b>	<b>SUPPORT GROUPS</b> Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m. <b>11</b>	<b>PRESENTATION</b> A Circle of Warriors 7-9 p.m. Transition 7:30 p.m. <b>12</b>	<b>SUPPORT GROUPS</b> Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. <b>13</b>	<b>MT FINAL DEADLINE</b> <b>SUPPORT GROUP</b> Men's Bisexual issues 7:30 p.m. <b>14</b>	<b>ANNUAL MEETING</b> 9:00 am <b>ANNUAL FACILITATOR TRAINING</b> 12:00 pm Transition 1:00 p.m. <b>15</b>
<b>BRUNCH</b> 10:00 a.m. <b>16</b>	<b>SUPPORT GROUPS</b> General Issues 12:30p.m. 20's GLBT 7:30p.m. <b>17</b>	<b>SUPPORT GROUPS</b> Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m. <b>18</b>	<b>PRESENTATION</b> Social Pressures to Feel Crazy 7-9 p.m. Transition 7:30 p.m. <b>19</b>	<b>SUPPORT GROUPS</b> Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. <b>20</b>	<b>SUPPORT GROUP</b> Men's Bisexual issues 7:30 p.m. <b>21</b>	<b>MT MAILING</b> 9:00 am <b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m. <b>22</b>
<b>MEN'S RETIREMENT</b> 5:30 p.m. <b>23</b>	<b>SUPPORT GROUPS</b> General Issues 12:30p.m. 20's GLBT 7:30p.m. <b>24</b>	<b>SUPPORT GROUPS</b> Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m. <b>25</b>	<b>PRESENTATION</b> Humor Everyday 7-9 p.m. Transition 7:30 p.m. <b>26</b>	<b>SUPPORT GROUPS</b> Div/Uncpl/General; Male Surv. Sex Abuse Emotional Abuse 7:30 p.m. <b>27</b>	<b>SUPPORT GROUP</b> Men's Bisexual issues 7:30 p.m. <b>28</b>	<b>PLANNING MEETING</b> 9:00 am Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m. <b>29</b>
<b>30</b>	<b>SUPPORT GROUPS</b> General Issues 12:30p.m. 20's GLBT 7:30p.m. <b>31</b>					

## Dec04/Jan05

The Men's Center number is 612 / 822-5892. Call us about Anger Management classes.

## PRESENTATIONS

Workshops and presentations have been a part of The Men's Center offerings to the community since it's beginning 28 years ago.

We welcome your suggestions for new topics and presenters. Please call Randy at 61-822-5892 with your suggestions.

Presenters new to the Men's Center are: **Antonio Cardona, Justin Cronen, and Hal Schipps.** Returning to continue their support of the Men's Center are: **Jim Duffy, Jim Gerharter, J. C. Hancock, Norm Petrik, and Andy Mickel.**

The Men's Center Board appreciates the volunteer presenters who return from time to time and welcomes 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

### Men's Rights in Divorce

Presenter: Jim Gerharter

When: Wed. Dec. 1, 7:00-9:00 p.m.

*Open to Men and Women*

Jim will focus this presentation on men's rights and responsibilities in domestic relationships and pre-divorce actions which can help or hinder men in protecting their rights.

*Jim Gerharter is a Minneapolis attorney practicing in the Uptown area. He has 21 years experience as a lawyer. He is a longtime member of the Men's Center and has made numerous presentations at the center.*

### A Circle of Warriors

Presenter: Andy Mickel

When: Wed. Dec. 8, 7:00-9:00 p.m.

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....) 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 adventure has changed men's lives.

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

### Achieving Financial Success

Presenter: Justin Cronen

When: Wed. Dec. 15, 7:00-9:00 p.m..

*Open To Men and Women*

This presentation is open to both men and women and is to be very interactive. Topics I will present range from cash flow management to 401K options and common mistakes to avoid during a life transition period. The presentation will give attendees a solid understanding of what their options are as well as pros and cons of each. After the presentation I will answer any questions people have.

*Justin specializes in helping individuals achieve their financial goals through a long term relationship based on trusted and knowledgeable advice. Key areas include retirement and educational planning as well as making the most of your current situation and managing income taxes.*

### Retirement, or is it Refirement?

Presenter: Norm Petrik

When: Wed. Dec. 22, 7:00-9:00 p.m.

Many men look forward to retirement to shed the burden of workday life, others fear retirement and wonder what they will do when employment is not part of their weekly schedule. Whichever feeling better describes you, come and share and also watch the video, "Retirement or Refirement" by James Gambrino which will help you find more meaning after retirement.

*Norm is 69 years old, retired September 3rd, as a psychologist for 37 years at St Cloud*

*VA Medical Center and a member of the Men's Center Board. He began the retirement support group at the Men's Center 4 years ago to help him deal with fears of retirement. The group meets monthly the 3rd Sunday of each month from 5:30p.m.-7:00 p.m. Please come!*

### Holiday Party

Presenter: Norm Petrik, J. C. Hancock

When: Wed. Dec. 29, 7:00-9:00 p.m.

Come to the Men's Center Holiday Potluck Dinner Party. Bring a dish to share, beverage will be provided. J. C. Hancock will lead us in singing of both men's and holiday songs.

*Norm Petrik is the Men's Center Program Committee Chair, among his many other activities. J. C. Hancock has volunteered holiday entertainment for many years at the Men's Center.*

### No Presentation

When: Wed. Jan. 5, 7:00-9:00 p.m.

### A Circle of Warriors

Presenter: Andy Mickel

When: Wed. Jan. 12, 7:00-9:00 p.m.

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....) 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 adventure has changed men's lives.

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

### How to Recognize & Resist the Many Social Pressures to Feel Crazy

Presenter: Jim Duffy

When: Wed. Jan. 19, 7:00-9:00 p.m.

A few decades ago psychoanalyst Theodore Rubin wrote and lectured masterfully about the very many pressures our society places on us to become self-hating. In other words, he wrote about the many ways society tries to make us feel crazy and bad about ourselves. Learn at this seminar about Rubin's ideas on social

pressures to use poor judgment (i.e., to feel "crazy") and to falsely believe that we are ever unworthy human beings (i.e., to feel self-hatred). As time permits, we may lean as many as 50 different ways in which our society routinely tries to make us crazy and feel bad about who and what we are. Resisting so much destructive influence begins by recognizing the very many destructively conflicting social pressures placed on all of us.

*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.*

## Humor Everyday

Presenter: Dr. Hal Schippits

When: Wed. Jan. 26, 7:00-9:00 p.m.

Humor can be used as a great way to cope with life difficulties, as well as add to its enjoyment. It can be used to ease tension in both personal and professional situations, while increasing problem solving and other creativity skills. The key is to use only positive humor for relationship building opportunities. Dr. Schippits will lead an open discussion on how humor can help as well as hinder a person achieving their life goals, as well as giving ideas on how to sharpen one's skills in identifying humor in everyday life situations.

*Dr. Hal Schippits is a native of Chicago, Illinois, an ordained United Church of Christ minister, a Licensed Independent Clinical Social Worker, as well as a Clinical Psychologist. With over 30 years of experience in the fields of mental health, chemical dependency, and developmental disabilities, he has had countless opportunities to see the importance of healing humor in people's lives. He looks forward to sharing his ideas and message with the members of the Men's Center.*

## Tobacco, the Tobacco Industry and LGBT Populations

Presenter: Antonio Cardona

When: Wed. Feb. 2, 7:00-9:00 p.m.

*Open to Men and Women*

Research on adult tobacco use consistently shows a higher prevalence among lesbian/gay/bisexual/transgender (LGBT) populations than among the general population—reasons why are largely unknown, and counterstrategies are critical. Tobacco industry marketing, uncovered when the Master Settlement Agreement (MSA) forced companies to share its internal documents, provided insight. The American Legacy Foundation uncovered the industry campaign Project SCUM (Sub-Culture Urban Marketing)

aimed at gays and the homeless. The formerly secret documents revealed specific marketing toward LGBT, whose rates increased when the MSA banned youth (but not other population) advertising. The industry reaches out to LGBT persons through direct and indirect advertising, community outreach, and sponsorships. Messages to LGBT have been relatively absent from advertising until recently, creating receptivity to such overtures. Reducing LGBT smoking rates is a public health challenge that will require exceeding the sense of validation tobacco advertising has created in LGBT communities.

*Antonio Cardona is currently the Community Outreach Coordinator for Rainbow Health Initiative. Rainbow Health Initiative recently received a grant from the Minnesota Partnership for Action Against Tobacco to develop a strategic plan to address tobacco use in the Minnesota GLBT community. This presentation was prepared by Perry Stevens, consultant.*

## 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

#### 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!

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

#### Transitions

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
- Saturdays (Mpls) 1:00 pm - 3:00 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

#### Choosing Healthy Sexual Boundaries

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.

- Saturdays (Mpls) 10:00 am - 12:00 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

# Here and There

– Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up): **Sunday, December 19th** at Rick Gravrok's 2925 Monterey Ave S, St. Louis Park, 952/926-6655. (on the west side of Lake Calhoun, off Lake St.) and **Sunday, January 16th** 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. - Andy Mickel, 2004-11-13.

The **Minnesota Fathers & Families Network (MFFN)** is producing its 2nd annual winter **conference**, Minnesota Fatherhood & Family Services Summit Wed- Thu, January 19 & 20, 2005; St. Cloud Civic Center; St. Cloud, Minnesota; **"Strengthening Fathers; Strengthening Families"** Join us to be at the forefront of the conversation about how to involve fathers in the lives of their children. Learn how the changing face of fatherhood is affecting fathers, families, children, and communities across Minnesota. Get the latest information on effective programming, father-related research, and legislation affecting fatherhood services in the state of Minnesota. This conference is geared toward family-services and fatherhood-services practitioners and advocates, including state, county, and non-profit agencies serving fathers and families. Registration ranges from \$25-\$80 to: MFFN, 1700 NE 2nd St. Minneapolis 55413. FFI: Paul Masiarchin, 612-787-4091, <pmasiarchin@mnfathers.org> or <<http://www.mnfathers.org/>>

This holiday season the **Twin Cities Gay Men's Chorus** <<http://www.tcgmc.org/>> is partnering with the **Aliveness Project**, a local 501(c)(3) non-profit organization. **Serving our HIV community in the Twin Cities** and greater Metro area, Aliveness

Project provides nutritional, therapeutic, social and educational services to these individuals so that they may live full, dignified lives. Every holiday season, Aliveness Project distributes over 700 unique baskets to over 1500 people. Each basket is customized with a variety of gifts, depending on individual needs. TCGMC is asking our very generous audience to help us help Aliveness Project this year. For every gift you bring to the holiday concerts, the Chorus will give you a \$5 discount coupon good for future Chorus concerts this season. <<http://www.aliveness.org/members/baskets.html>>.

**James Sherman** in *Newsweek's* **November 8th My Turn** column gives an excellent analysis of a happy marriage, as well as an common sense and effective critique of Laura Schlessinger's misandrous book, "The Proper Care and Feeding of Husbands." Sherman proposes that 3 important criteria for getting married are: 1) promising to accept your partner for who he/she is and not who you hope he/she will become (and if not sure about who he/she is, then don't marry. 2) promising to fight fairly and sometimes give in because it's just not that important to win all the time, and 3) promise to say yes to a request for a favor provided you don't keep score. He says that besides being in love with someone, being in love with the *idea* of being married is a prerequisite of a happy marriage. Schlessinger's shaming and sexist description of men is that we're easy to please: "Men are very simple creatures" and should be approached as one would a household pet: a hearty meal and an occasional roll in the hay. She refers to men as "simple" on pages 5, 10, 30, 44, 52, 92, 121 of her book according to Sherman. - 2004-11-01.

The **Minnesota Freedom Band** presents **"Crescendo! The Drama of Music"** at Minneapolis South High School theater, 3131 19th Ave S, Saturday, December 18, 8 p.m. welcoming its new principal

conductor, Chad Olson in presenting music from stage and screen. The Minnesota Freedom Band is a Twin Cities-based lesbian and gay concert and marching band—a voluntary, nonprofit musical organization. FFI: <<http://www.mnfreedomband.org/>>.

Bernard Amador's new book, *To Know A Fallen Angel: Understanding the Mind of a Sexual Predator* tells about the ability to triumph over the lasting effects of sexual abuse. The book explains what happened to the mind of a sexually abused child and takes its readers on an expedition through the mind of a sexual predator, as the story of a young boy's life unfolds from chapter to chapter. In this chronology of sexual secrecy, Amador recounts the life of Michael, a child who grows up in the heart of the poverty-stricken South Bronx in an apartment filled with sexual abuse and incest fueled by alcoholism and domestic violence. As the story unfolds, the sexual abuse Michael experiences results in a misunderstanding between father and son that separates them emotionally and leaves the boy with a desire to know what it would be like to have a "normal" relationship with his father. It also leads to the development of sexual predatory behavior in Michael. Paperback (5x8), 216 pp, ISBN: 141849822X \$11.50 CONTACT: Bernard Amador, <bamador@toknowafallenangel.com>, <<http://www.toknowafallenangel.com/>> 2004-11-13.

**Just Between Men Brunch**, 1st & 3rd Saturdays of every month from 11 a.m.-2p.m., Pillsbury House, 3501 Chicago Ave. S., Minneapolis. Sponsored by: Just Between Men FFI: Call R C Cass at 824-0708 x127,

Visit our web site, <<http://www.tcmc.org/>> for all kinds of Men's Resources for Twin Cities men! - Andy Mickel. - 2004-11-13.

## Annual Facilitator Training

Annual Facilitator Training will be Saturday January 15th after the Annual Meeting which begins at 9:00 am, thus the Facilitator training should begin about 11:00 am, with lunch provided the Men's Center about noon. Hank Bruns and Norm Petrik will lead this annual training to update facilitators on expectations for facilitators, give needed help with how to lead groups and to ask questions about the Men's Center. I hope you will all come, and also come to the Annual Meeting at 9:00 am, and also the Annual Planning meeting two weeks later January 29th at 9:00 am, when we talk about planning for the future of the Men's Center, all ideas are welcome.

**NORM PETRIK,  
PROGRAM COMMITTEE CHAIR**

## Retirement Group

THIS GROUP USUALLY MEETS THE 3RD SUNDAY OF EACH MONTH AT 5:30-7:00 PM, AS IT WILL ON DECEMBER 19TH. HOWEVER IN JANUARY WE WILL MEET THE 4TH SUNDAY, JANUARY 23RD. THE GROUP IS FOR MEN WHO ARE THINKING OF RETIRING FROM EMPLOYMENT AND MEN WHO ALREADY HAVE RETIRED AND DEALING WITH THIS NEW LIFE. ALSO PLEASE COME TO THE PRESENTATION ON RETIREMENT ON WED. DEC. 22ND AT 7:00 PM, TO EXPLORE THIS ISSUE WITH A FILM, *RETIREMENT OR REFIREMENT?*

**NORM PETRIK,  
PROGRAM COMMITTEE CHAIR**

**The Men's Center ALL-PURPOSE FORM**

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 \_\_\_\_\_

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	2" x 3 1/2"	\$25

**THE ALIVENESS PROJECT HOLIDAY BASKET PROGRAM**

We need your help with this year's program for people living with HIV/AIDS! Please bring donations to the Men's Center drop-off site: We can use: new clothing, toys for children/ teenagers, mittens/gloves, stocking caps, CDs/tapes, non-perishable food, gift certificates, stuffed animals, etc. Also, consider donating your time delivering gifts. Contact Randy at the Men's Center for more info. **612-822-5892**

**Men who work with children & families**

Winter Workshop  
February 4-6, 2005

**www.MenTeach.org**

**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:**  
Space is limited to 12 participants with 2 facilitators per class
- Cost:**  
\$185 for Men Center Members  
\$195 for Non-Members
- Starting Dates and Times:**  
Classes will be scheduled as the waiting list fills. Please call TMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Other questions, call Herb Jaehne 612-839-6806.

Please return your Men's Center library books. There are many out with no phone number and a poorly written name in the checkout book. Thanks!

**THANKS TO**



**Einstein Bros Bagels**  
1513 W. Lake Street  
612-825-5113

for supplying us with 2-3 dozen bagels twice weekly for the past years. Your support of the Men's Center is greatly appreciated.

**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](http://www.tcmc.org) or correspond at our email address: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)*

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

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**MEN TALK**

**The Men's Center News**

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## *Annual Meeting Notice & Proxy Statement*

**THE MEN'S CENTER ANNUAL MEETING WILL BE ON  
SATURDAY, JANUARY 15, 2005 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 15, 2005. 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. 15, 2005
- I VOTE **AGAINST** THE BOARD OF DIRECTORS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 15, 2005.
- I **ABSTAIN** FROM VOTING AT THE ANNUAL MEMBERSHIP MEETING, JAN. 15, 2005.

signed \_\_\_\_\_ date \_\_\_\_\_.

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