



# MEN TALK

THE MEN'S CENTER NEWS

June/July 2005 VOL. 29 #3

## *Preventing HIV: More Than a Condom*

— BY BILL BURLESON

Twenty-five years ago, before HIV was known, how often did gay and bi men use condoms? Let's do the math: carry the one...OK, the answer is pretty much never. Only a few years later and continuing to today, we see a completely different picture. Condom use is now the norm. I'd guesstimate 80-90% of gay and bi men not in relationships practice safer-sex and use condoms. That's a huge, huge change. Twenty years ago we – both as a community and as individuals – stepped up to address the problem; we need to give ourselves credit for that.

But obviously the work is not done. Those of us in HIV prevention work have to ask ourselves: what can we do to reach that last 10-20%? Or, more accurately and more usefully, what are the barriers some people face that keep them from taking better care of their sexual health?

One barrier is poverty. Just ask Sean Dyer, formerly Health Education Coordinator for Pillsbury House at 35th and Chicago. "Whatever their needs, we try to meet them," Dyer says. Some of his clients "don't have money to pay rent or they just lost their job or their child doesn't have milk or food." To address this need, "We have food shelves, we have clothing, all things to service unmet needs of clients. We also have economic assistance programs here too."

How do food shelves, clothing distribution, and economic assistance reduce the risk for HIV? Perhaps the best answer is another question: how can a person put a priority on their sexual health when they are hungry, cold, and/or homeless?

Barriers may exist not only for gay and bi men, but also for anyone who is sexually active. Take for example a young woman who is a sex worker. How much control does she have over whether she practices safer sex? "Many of the sex workers I work with experience oppression, abuse, addiction, and exploitation," says Mary Jo Meuleners, coordinator of the Youth Intervention Project (YIP). Meuleners works with many women who sell or trade sex for money, shelter, and other basic needs. "If a young woman is selling sex to curb her addiction or to satisfy a pimp, practicing safer sex may be a low priority. Several young women have shared with me the demand and increase in money from customers for sex without condoms. A

*Preventing HIV continued on page 2*

## *The Men's Center/Pride Liberated The Pride Festival, June 25 and 26, 2005*

The Pride Festival, located at Loring Park, is in its thirty-third year and was attended last year by around 400,000 people. This year's Festival theme, "Liberation in Progress," reminds us that although some injustices have been overcome, the GLBT civil rights movement is "in progress," with a long way to go before GLBT have achieved full equality in our society. Pride is a celebration of the history and accomplishments of the GLBT rights movement, and serves as a rallying cry to the community in the pursuit of challenging discrimination. We hope you have a happy and safe Pride season this year!

Pride Festival's many diverse organizations and the Men's Center's 10 different support groups have much in common. Both of the above organizations allow their groups to work side-by-side granting each other equal rights. With the help of Webster's New World Dictionary, the word or term "Pride" is defined as: "proper respect for oneself; sense of one's own dignity or worth; self respect."

We respect our differences as we would our numerous body appearances. The denial of the respect does not allow our civilization to reach a higher form of society in its truest form, on our planet Earth. Lower forms of animal life completely eradicate "the different" through starvation, and/or outcast them from the group. This has never happened between the Pride Festival and the Men's Center. There's your Liberation factor in progress!

The medical research people have yet to come up with a cure for being straight, bisexual, gay, lesbian, or transgender or for that matter any of our other differences.

GLBT = Gay, Lesbian, Bisexual and Transgender. There are those among us who are not "in the know" about what those initials stand for. The people those initials represent are very much human. The physical, social and psychological basic needs are the same for all of us.

My sensitivities levels are documented by the fact that of being born different and accepting myself. (It didn't happen over night!) Yes, I was born on New Year's Day a few years ago. So were my brothers. No, we are not triplets! It was a birth sequence never known to the world before – it was the only known birth sequence known to mankind of three males all born on New Year's Day two years apart. Our births were announced to the world and it's media in 1947 through *Ripley's Believe it or Not!* newspaper column. My brothers and I, of course, are very diverse.

Every one of you is diverse. Something you just accept and move on with life. Accept the diversity that you are surrounded by in the world. If you appreciate your equal rights, well, then, allow the next person their equal rights also. What's wrong with *fair play*? The alternative is to fight over it like in the animal kingdom. What a civilization I have been born into! Tomorrow will be better, provided each of us take part in making it happen! BELIEVE IT OR NOT!

## Library Corner

—DON JENSEN,  
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 have a new book, thanks to Francis, *Men Freeing Men - Exploring the Myth of the Traditional Male*, edited by Francis Baumli, Ph.D. We also have many periodicals and newsletters for your use:

- Men's Health
- Voice Male, featuring  
    "Manhood in a Time of War"
- Lavender
- Men's Journal
- Transitions
- Rainbow Families
- Bi All Means
- Essential Wellness
- Edge Life
- Everyman
- 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)

**Editor**

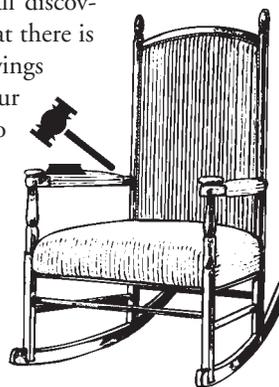
Bill Dobbs

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## Letter from the Chair

I'm guessing that we have all discovered in the course of life that there is a gauge within us that swings between love and hate toward our fellow humans. Some are too bossy, some too mousy, etc. But the widest twitches on the meter are on matters of personal identity. We range from intolerant to joyful of our differences and those attitudes start early. My son tells me it's still common on an elementary school playground for an activity (or person) to be called 'gay' if undesirable, for example.



Twitch.

My gauge has swung quite a bit over the years with respect to the GLBT community. What opens hearts and minds best is direct experience, I think. The talk, at 18, with a guy

who let me ask all the stupid gay questions I could think of. The high school classmate who called years later because he was 'coming out.' The girlfriend who tried to explain her 'bi-ness.' The struggles to get to a healthier society have a lot to do with how happy and comfortable we are with ourselves. Long ago I knew that if the world were filled with my clones I'd go insane. We all 'swing' one way or another and that will not change. Hate eats us. Love grows us. Twitch.

**LIVE LONG AND PROSPER,  
BOB ENG, BOARD CHAIR**

## 2005 Ashley Rukes GLBT Pride Parade!

The Parade will be held in downtown Minneapolis on Hennepin Avenue on Sunday, June 26, 2005 starting at 11 a.m. and our grandstand announcement will read as follows:

The Men's Center has a proven track record for 29 years! Last year recorded 5000 visitations at the 33rd and Hennepin Ave. location! Currently the Men's Center is operating 10 diverse support groups, along with presentations, classes and workshops! It is an excellent resource center! Definitely Liberation in Progress!!!

Booth location in the park is on the festival's east side. Come check us out!

*Preventing HIV continued from page 1*

young woman confronted with these circumstances face huge barriers to keeping herself safe."

In my work with gay and bi men at the Red Door Clinic, one common barrier I see is internalized homophobia. I talk with many men who believe they are defective, broken, less than others. Homophobia teaches us we are all of this and less. If a person simply doesn't believe they are worth it, why would they take care of themselves?

What do we need to do to overcome these and so many other barriers?

First, as individuals, we need to know that we all deserve good health, and we all deserve to take care of ourselves. If you find yourself in a situation where that is difficult for any reason, call Pillsbury House, the YIP Program, the HIM Program, or another sexual health program for assistance.

Second, as service providers, friends, and relatives we need to meet people where they are at, both literally and figuratively. As Dyer says, "You have to know where the people are." Everyone is different, and everyone has their own experiences, culture, and family history impacting their definition of health. We must see HIV prevention as not merely telling people to abstain from sex or to slap on a condom. Instead we need to address the whole person complete with their myriad of skills, needs, and barriers.

Lastly, as a society, we need to remember that all of us are important, and no one deserves to be forgotten. We ought to keep in mind how hard it is for many in our society to get by, to live well, and to stay healthy. We need to leave our judgement at home. We must do what we can for everyone-homeless people, sex workers, gay and bi men, not to mention thugs, drug addicts, and millionaires alike — if we are to put an end to this epidemic.

Meanwhile, don't forget a condom.

Contact Pillsbury House, (612) 824-0708 ext 117, Mary Jo Meuleners and the YIP Program at (612) 348-3307, or the HIM Program at (612) 348-6641



# 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>Jun/Jul 05</b>			<b>PRESENTATION</b> The Gifts of ADD 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General: ... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual issues. 7:30 p.m.	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00a.m.
			1	2	3	4
	<b>SUPPORT GROUPS</b> General Issues.12:30p.m. 20's GLBT 7:30p.m.	<b>SUPPORT GROUPS</b> Addiction Busters in Mpls 7:30 p.m. Gay Issues in Mpls 7:30 p.m.	<b>PRESENTATION</b> A Circle of Warriors 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General: ... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual issues. 7:30 p.m.	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00a.m.
5	6	7	8	9	10	11
<b>MEN'S RETIREMENT</b> 5:30 p.m.	<b>BOARD MTG.</b> 7 p.m. <b>SUPPORT GROUPS</b> General Issues.12:30p.m. 20's GLBT 7:30p.m.	<b>SUPPORT GROUPS</b> Addiction Busters in Mpls 7:30 p.m. Gay Issues in Mpls 7:30 p.m.	<b>PRESENTATION</b> Aging Well 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General: ... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual issues. 7:30 p.m.	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00a.m.
12	13	14	15	16	17	18
<b>FATHER'S DAY</b> <b>BRUNCH</b> 10:00 a.m.	<b>SUPPORT GROUPS</b> General Issues.12:30p.m. 20's GLBT 7:30p.m.	<b>SUPPORT GROUPS</b> Addiction Busters in Mpls 7:30 p.m. Gay Issues in Mpls 7:30 p.m.	<b>PRESENTATION</b> Men's Rights in Divorce 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General: ... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual issues. 7:30 p.m.	<b>PRIDE FESTIVAL</b> <b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00a.m.
19	20	21	22	23	24	25
<b>PRIDE FESTIVAL</b>	<b>SUPPORT GROUPS</b> General Issues.12:30p.m. 20's GLBT 7:30p.m.	<b>SUPPORT GROUPS</b> Addiction Busters in Mpls 7:30 p.m. Gay Issues in Mpls 7:30 p.m.	<b>PRESENTATION</b> Suffering from Vague Dis(-)jease 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General: ... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual issues. 7:30 p.m.	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00a.m.
26	27	28	29	30	1	2
	<b>FOURTH OF JULY</b> <b>HOLIDAY</b>	<b>SUPPORT GROUPS</b> Addiction Busters in Mpls 7:30 p.m. Gay Issues in Mpls 7:30 p.m.	<b>PRESENTATION</b> What About Men's Health? 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General: ... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	<b>MT. ARTICLE DEADLINE</b> <b>SUPPORT GROUP</b> Men's Bisexual issues. 7:30 p.m.	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00a.m.
3	4	5	6	7	8	9
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10	11	12	13	14	15	16
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17	18	19	20	21	22	23
	<b>SUPPORT GROUPS</b> General Issues.12:30p.m. 20's GLBT 7:30p.m.	<b>SUPPORT GROUPS</b> Addiction Busters in Mpls 7:30 p.m. Gay Issues in Mpls 7:30 p.m.	<b>PRESENTATION</b> Retirement or Refirement? 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General: ... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual issues. 7:30 p.m.	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00a.m.
24	25	26	27	28	29	30

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

**1976** - In Our 29th Year  
of Public Service - **2005**  
Check out our web site: [www.tcmc.org](http://www.tcmc.org)  
email: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)

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## 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 (612) 822-5892 with your suggestions.

Presenters new to the Men's Center are: **Jan Jirak**, and **Paul Read**. Returning to continue their support of the Men's Center are: **Jim Duffy**, **Jim Gerharter**, **Clarence Jones**, **Scott Lewis**, **Andy Mickel**, and **Norm Petrik**.

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

### The Gifts of ADD

Presenter: **Scott Lewis**

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

*Open to ADD adults (men and women) and those who live and work with them.*

Attention Deficit Disorder (ADD) is not about a deficit or a disorder, nor is it an issue only for children. It is more about an inconsistency in attention, rather than a deficit. Plus, the challenges of ADD can continue into adulthood, along with the old messages of being lazy, crazy, or stupid. Although ADD is generally seen as a hardship, there are also wonderful advantages. These include high energy, intuitiveness, and creativity. Join us to take a look at these gifts ADD can offer.

Through interactive discussion and small group work, we will explore these benefits, share practical how-tos and offer moral support to enjoy life with ADD.

*Scott Lewis coaches high functioning adults with Attention Deficit Disorder to enjoy their life and see ADD as a gift. He is certified by the Coaches Training Institute as a Professional Co-Active Coach. In his practice, he shares a passion for Nonviolent Communication® and Gremlin Taming®, which promote compassionate and powerful relationships without self-imposed limitations. Scott has a Master's degree in Social Work and lives full-time in an RV, while coaching and traveling in North America.*

### A Circle of Warriors

Presenter: **Andy Mickel**

When: **Wed, June 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 and provide a model for men to generate and maintain a world for the betterment of ourselves, our families, tribes, communities and cultures.

We are all familiar with a man's physical tools (a hammer, a sword, a plow...). Is this enough? What about integrity, commitment, authenticity and clarity? Observe—ask Questions—or Participate if you like with a group of men who are practicing authentic connection to feeling in a safe container. The New Warrior Training Adventure is an "Inventing" opportunity that has changed men's lives.

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

### Aging Well

Presenter: **Norm Petrik**

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

*Open to Men and Women*

There are lots of choices we have to maintain our health, including diet, exercise, and stress reduction. Norm will show a 30 minute video tape on Aging Well and lead a discussion, and perhaps some stretching exercises to put knowledge into action.

*Norm Petrik worked as a psychologist for the VA in St Cloud for 37 years, and retired Sept 04. He had heart bypass surgery in April 1993 and was physically active both before and after surgery. He also practices yoga stretches on a daily basis.*

### Men's Rights in Divorce

Presenter: **Jim Gerharter**

When: **Wed, June 22, 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.*

### Suffering from Vague Dis(-)ease: Grieving When Loss Isn't Clear

Presenter: **Paul Read**

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

Thanks to the pioneering work of Elisabeth Kubler-Ross and others, much has been learned about how we respond to particular life events which result in some sort of loss. Whether the loss of a loved one through death or change in relationship, the loss of one's own health or bodily function, or some similarly traumatic event, we've come to expect that the experience of loss will be a process, a journey. But what about those events in our lives that aren't so dramatic? What losses are 'flying under the radar' that are causing us to grieve? In this presentation, we'll review some of the basic understandings of the grief process and then move on to what U of M professor and researcher Pauline Boss calls 'Ambiguous Loss.' Participants are encouraged to bring their own stories and questions. A list of resources will be provided.

*Paul Read, M.A., M.Div. is a licensed marriage and family therapist with TRUST Family Center at Judson in south Minneapolis. He is Lutheran pastor and is vice-chair of the Religious Coalition for Reproductive Choice, Minnesota and a national All Options Clergy Counselor trainer.*

### What About Men's Health

Presenter: **Clarence Jones**

When: **Wed, July 6, 7:00-9:00 p.m.**

*Open to Men and Women*

There is clearly a difference in the health status between women and men. There are even more health disparities issues when we talk about P.O.C and the White population. Some surveys indicate many men have not seen a doctor within the last 5 years and that many men use the emergency room as their primary medical contact. Other surveys indicate that the HIV rate in prison is five times the rate in the general population and that approximately 60% of the prison population will be released in the next year.

This presentation will take a look at these and other issues and answer

questions on how individuals and community agencies can work with medical agencies to assist men in being proactive about their own health and their loved one's health.

*Clarence Jones has presented before at the Men's Center on this topic.*

## A Circle of Warriors

Presenter: Andy Mickel

When: Wed, July 13, 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 and provide a model for men to generate and maintain a world for the betterment of ourselves, our families, tribes, communities and cultures.

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

## Why Can't My Partner Hear Me?

Presenter: Jan Jirak

When: Wed, July 20, 7:00-9:00 p.m.

*Open to Men and Women*

Can't understand what's eating your spouse? Having trouble getting through to your partner? Good communication greatly increases satisfaction in a relationship.

*Jan Jirak, a Licensed Psychologist who practices in the Uptown area, will share specific techniques for clear, constructive, loving communication.*

## Retirement or Refirement?

Presenter: Norm Petrik

When: Wed, July 27, 7:00-9:00 p.m.

*Open to Men Only*

There are lots of choices about how to live when one no longer has paid employment, and the healthy ones are staying involved in life in some meaningful way. He will show a video tape on "Refirement, creating your 2d life", and lead a discussion on feelings associated with retirement. Norm leads a support group that meets monthly to discuss feelings associated with this major life change. The group meets on Sunday evening at 5:30-7:00pm, in June and July, the 2nd Sundays, June 12th and July 10th. Usually we meet 3rd Sundays. Join us!

*Norm Petrik retired Sept 04 after 37 years of employment as a psychologist at the St Cloud VA, has been on the Men's Center Board for the past 9 years, and has been active in Mended Hearts, a support group for persons that had heart surgery. He has also been active in Sokol Minnesota, a Czech-Slovak Cultural organization devoted to healthy minds and bodies and in his local church.*

## 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

### Men's and Women's Issues

#### 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

#### 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 (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

### 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
- 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 / Community 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

#### 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

21 men attended April Men's Brunch and about a dozen were at May's Brunch. **Upcoming Monthly Men's Sunday Brunches** (bring something to share/cook up): **Sunday, June 19th** (Father's Day--children welcome) at Jim Lovestar's backyard picnic table, 2629 Upton Ave N, Minneapolis (just east of Victory Memorial Parkway and north of Lowry Ave), 612-588-8984. **Sunday, July 17th**, Tom Weaver co-hosting together with Dave Mueller at Dave's home in Hastings (Hwy 61 south of St. Paul 20 minutes) at 1318 Ramsey St (take a left on 10th from 61), 612-827-6442. 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, 2005-05-17.

**Race to Empower** is a certified 5K race, as well as children's fun run and zeroK around Lake Harriet in Minneapolis held Sunday, August 6th. Its intention is to empower those affected by physical and sexual abuse. Proceeds will benefit Prevent Child Abuse Minnesota, the Rape and Sexual Abuse Center and the Men's Center Anger Management Program. FFI: <<http://www.RaceToEmpower.org>>

– Sarah L. - 2005-04-18.  
**Robert Bly's Great Mother Conference** "The intelligence of the Heart" is the Conference topic being held nearby in Wisconsin this year, May 28 through June 5, 2005 at Camp Nebagamon in Lake Nebagamon, Wisconsin. Special guest teacher, Joseph Chilton Pearce, over the years has become a warrior for the intelligence of the heart; He reminds us that the heart has its own electromagnetic field that arches out and curves back and by this means intersects with other hearts. The earth itself has an electromagnetic field.

## Retirement Group Time Change

THE RETIREMENT GROUP WHICH USUALLY MEETS ON THE 3RD SUNDAY OF EACH MONTH FROM 5:30-7:00 PM, WILL MEET THE 2ND SUNDAY IN JUNE AND JULY, IE JUN 12TH AND JULY 10TH FROM 5:30-7:00 PM. THIS GROUP IS FOR MEN TO DISCUSS THEIR FEELINGS ASSOCIATED WITH THIS MAJOR LIFE TRANSITION EITHER BEFORE OR AFTER RETIREMENT. AND WE DISCUSS WAYS TO MAKE THIS TRANSITION BETTER.

NORM PETRIK, FACILITATOR

Our heart with its field maintains a conversation with our brain and with the universe itself. Poetry puts us into a field of this kind, as does great music, art, and dancing. The heart has an intelligence that brings us closer to the wildness of the universe in a way that the intellect alone cannot. Attn: Jon Parsons, 17 Eddy Street, West Newton, MA 02465-2132. Phone: 617-332-3541 <<http://greatmotherconference.com>> E-mail: [greatmother@yellowmoon.com](mailto:greatmother@yellowmoon.com) – Mark Stanley, 2005-05-02.

**Minnesota Men's Conference:** Registration open for Fall 2005. <http://hiddenwine.com/MMC/> Special guests: Michael Meade, with Malidome Somé too! Michael Meade is a nationally recognized storyteller, teacher, author, and scholar of mythology and student of ritual in traditional cultures. Sept 13-18th, 2005, Camp Miller, Sturgeon Lake, Minnesota Contact: Craig Ungerman email: [hiddenwine@earthlink.net](mailto:hiddenwine@earthlink.net) Phone: (860) 923-6987 Toll Free: (877) 333-3136 Fax: 860-923-1896 – Mark Stanley, 2005-05-02.

The next **Mankind Project Minnesota New Warrior Training Adventure** will be held October 2 at Eagle Lake Camp near Brainerd, MN. The cost is \$595. **Open Circle of Warriors** events at the Men's Center on second Wednesdays, 7-9 p.m. Contact **Andy Mickel 612-279-6416** or see: <<http://minnesota.mkp.org>> for Open

I-Group dates/times and with any questions. Register with Marc Salzl, 15215 Court Rd, Minnetonka, MN 55345, 952-933-0541, <[msalzl@mn.rr.com](mailto:msalzl@mn.rr.com)> – Andy Mickel, 2005-05-02.

"I am a professor at a university in UK – I have recently become interested in men's health. During the first two weeks of June I am in Minnesota visiting a former PhD student who is now teaching at Winona University. I will be around during the first few days of **Men's Health Week** – Does your organization have a programme of events during that week? Could you send me a programme?" John Hubley <<http://www.hubley.co.uk>> +1-44-11327-55486 <[john@hubley.co.uk](mailto:john@hubley.co.uk)> - 2005-05-12

"John, We do not have a program of events that week; however the Apr/May issue of *Men Talk* is devoted to Men's Health, and we put on the first-ever "**Men's Health and Well Being Conference**" in 2001 at Minneapolis Community College. You can find the collection of conference presentation descriptions in our archives on the website." – Andy Mickel - 2005-05-12

**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. - 2005-03-15

## St. Paul Support Group Discontinued

WE REGRET THE NEED TO DISCONTINUE OUR TUESDAY EVENING ST. PAUL SUPPORT GROUP AS OF JUNE 7, 2005. DECLINING ATTENDANCE DUE TO THE AVAILABILITY OF OTHER COMMUNITY RESOURCES MEANS THAT WE HAVE NEEDED TO LOOK IN NEW DIRECTIONS TO MEET THE MISSION OF THE MEN'S CENTER. IN GREAT APPRECIATION TO OUR ST. PAUL GROUP ATTENDEES WHO HAVE ENLIGHTENED OUR LIVES WITH THEIR SEARCH FOR PERSONAL GROWTH. PLEASE KEEP IN TOUCH WITH THE MEN'S CENTER. WE COULD NOT HAVE BEEN AVAILABLE TO OUR ST. PAUL COMMUNITY WITHOUT THE SUPPORTIVE OUTREACH OF THE MEMORIAL LUTHERAN CHURCH CONGREGATION. WHAT A WONDERFUL THIRTEEN YEARS FOR US

YOUR FACILITATORS, HANK BRUNS, BOB COOK, AND DICK MADIGAN

## Community Transition/ReEntry Support Group

AS PREVIOUSLY REPORTED, THE WEDNESDAY NIGHT GROUP IS REALLY ON FIRE. ATTENDANCE IS GREAT, AND JUST ABOUT AT FULL CAPACITY. HOWEVER THE SATURDAY AFTERNOON GROUP HAS NOT EXPLODED THE SAME WAY. UNTIL ATTENDANCE CAN BE IMPROVED, AND CLIENTELE INFORM US THAT THEY WANT THE SATURDAY GROUP AS WELL, BEGINNING ON SATURDAY, APRIL 2, 2005, WE WILL TEMPORARILY POSTPONE THAT GROUP. NO CHANGE ANTICIPATED ON WEDNESDAY NIGHT. PHONE RANDY AT (612) 822-5892 AND LET US KNOW YOUR DESIRES. WE ARE READY, WILLING AND ABLE TO REINSTATE THE SATURDAY SCHEDULE. GOOD LUCK.

FACILITATOR, HANK BRUNS

## 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
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### New Anger Management Coordinator and Class Update

John Hesch is the new Anger Management Coordinator for TCMC. He has facilitated anger groups for the past 8 years in Hopkins with co-facilitator Gerald Obremski.

Recently John was in a south Minneapolis grocery store when he was approached by a man who said, "You sure look like an angry man to me." The first thing that went through John's mind was "had he been escalating in the store or cutting off little old ladies with his shopping cart." No, he decided he hadn't done that. His answer was "Yes, I'm an angry man."

It turns out that his questioner was guy named Steve who had taken the Anger Management class in spring of 2003. Steve went on to say how helpful the class had been for him and his wife. Currently Anger Management has two classes at TCMC, one in Edina and, and one to start in Hopkins.

The class is excellent for men who need to separate angry feeling from their behavior. The 12-week group is supportive of men seeking to make changes or understand their own behavior. "I've seen the changes men have made who want a healthier and fuller life with less tension," says John.

Anger Management is setting up a **2-night event for facilitators on Monday and Tuesday Evening, June 20 and 21**. The speaker will be Dave Decker, licensed psychotherapist who developed the course material. Dave will cover anger management topics. This event would be good for all newly interested and current facilitators. Food will be served for those coming directly from work. A flyer listing time and location will be sent out soon. Contact John Hesch if you are interested in planning the event or need further detail at the new Anger Management phone 612-229-3102.

**Pride Booth Volunteers Needed**

The Men's Center information booth at Pride Weekend in Loring Park will need two hours of your time. Please sign up with Randy by phone and we'll contact you later for specific time slots that you would prefer on June 25th or 26th. This is a great opportunity to promote our mission and develop your interpersonal relationship skills. Others really would benefit from seeing your smiling face at our Pride booth and hearing how we all learn from each other.

**Contact Randy at: (612) 822-5892**

**WANTED:**

Working portable electric generator to drive our speakers on the Men's Center SUPERTRUCK unit for the Pride Parade, June 26, 2005.

**Contact Jerry at: (952) 892-0191**

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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### *BLISS* © 2005 JERRY ESNOUGH

*Complete connective  
Feeling beyond thought  
Endless tone*

*Mystical agenda  
Free falling flight  
Bleeding through joy*

*Seducing intention  
Swaying  
In the wind*

*Expanding effortless  
Reaching receiving  
Rest eternal*

### *RETURN TO ME* © 2005 JERRY ESNOUGH

*Heaven rates high in hopefulness  
A thousand loves expressed in one embrace  
Held and holding  
Loving and being loved*

*Nothing is missing in perfection  
The dead forest's bottom is in decay  
Reclaiming missed opportunities  
Collectively gathering new soil*

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