



MEN TALK

THE MEN'S CENTER NEWS

October/November 2006 VOL. 30 #5

Maintaining Men's Health After 60 with Movement & Merriment

— © 2006 BY LARRY JOHNSON

I feel fortunate. I just turned 60, and I still have the “pretty good” health I’ve always had. My mother read PREVENTION magazine and did things like deliberately limiting sugar intake in the 50s, and until about age 30 I was a disciplined athlete. I took one of President Kennedy’s 50 mile hikes at age 14, and in basic training at Fort Sam Houston, I earned the first weekend pass by acing the PT (physical training) test. However, at age 40 I remember getting off a bus and running to make a connection. Suddenly I experienced why even in baseball, where you stand around much of the time waiting, 40 is old to keep playing professionally. Then there’s the rampant cancer in my family, and the respiratory difficulty I’ve had since junior high when exposed to certain kinds of dust and other toxins. Whoa, I’m having a rush of 60 years of experience maintaining health in the midst of life as we know it, even after 60. Here goes.

DO WHAT MAKES YOU HAPPY

I have loved telling stories to children of all ages ever since I started as an urban camp director in the late 60s. It’s why I took it into education and fought to make it a central teaching and learning tool. It’s also why I just took early retirement because such things have been squeezed from education as we know it. I find myself telling stories politically to bring education back, preparing to once again do “traditional” storytelling residencies in schools, and telling stories to drive my health-related e-commerce business. I’m also happy, slowly ice skating at least once in every state, and spending the time learning the better partner/lover communication we should have all learned growing up. WHAT MAKES YOU HAPPY? Focus on it so it drives your health to the better.

LAUGH A LOT AND INSPIRE OTHERS TO DO THE SAME

My dad, a natural trickster, loved the Proverbs in the Old Testament, so I grew up with A MERRY HEART DOETH GOOD LIKE MEDICINE, and with jokes and tricks done kindly in love. Dale Carnegie says a simple smile on the phone or in person raises your chances for success and the good feelings stemming from it, in business, relationships, teaching, recreation, and life. Now many health professionals are saying a SMILE or LAUGH releases healing and good feeling endorphins that charge your body and mind with better health. If you’re not being able to HAVE MORE FUN THAN YOU CAN TOLERATE with what you’re in the middle of in the moment, take a break. Find a quiet, secret place and just start laughing out loud. You’ll go back to the “war” in better shape and end the day in a healthier place.

GET A GOOD NIGHT’S SLEEP

Work and play hard and honest and fall asleep as much as possible in the arms of your lover. If extenuating circumstances call for reinforcements, consider herbal substitutes for sleeping pills, like VALERIAN AND HOPS. Think high quality for excellent sleep and health.

EAT FOR LIFE

When I’m using story to teach health, I take a piece of food through the chewing process and into the stomach. With graphic detail appropriate to the audience, some of that digested food assimilates into the blood to deliver life (or slow death, depending on the quality) to all parts of the body. Some just travels out as waste, or in a totally healthy system, as nutrients to create more life. There are plenty of places to go for intense information on food that really pumps your life up. For here, just for the sake of “healthstorming”, consider growing some of your own on carefully composted and non-pesticided ground, or down-size some of the dollar-expensive, health-cheap JUNK FOOD and put the savings into higher cost and quality food from the Co-op. Drink lots of the “water of life” filtered through, I’d say, a high end water purifier. You check the quality of the system once and avoid the ongoing uncertainty of which kind of bottled water is really very good. Then keep some good food bars with you at all times so if you’re in a hurry and tempted to downgrade your health with most fast food, POP A FOOD BAR. If you’ve carefully checked it out ahead of time, its healthier and actually quicker than going through the line.

REGULAR EXERCISE

There’s plenty written on this too. The key is finding something that suits you well enough so it happens. I went to a health club for a while, but I truly prefer to absorb my exercise into my daily life and to do things that pump less pollutants into the air. I cut logs into fireplace wood with my grandfather’s original crosscut logging saw. I cut the grass with a non-motorized reel mower, and I walk between bus or light rail as part of maintaining office space on whatever mass transit I happen to be writing on. I admit I’m still trying to create a natural way to do the stretching exercises my chiropractor recommends, but I think it will happen. You might want a health club membership or a good fitness video or a regular walk around the lake. Just find something that makes what’s definitely good for all of us FUN FOR YOU.

DO A THOROUGH ANNUAL PHYSICAL

I started this at age 40. Maybe it was 50, and I’m getting better at taking the doctor’s recommendations, like for high cholesterol.

continued on page 2

Library Corner

– *RAY CLARE, LIBRARIAN*



We are pleased to offer our members a unique and extensive collection of reading on men's topics. This month, we feature a baker's dozen new additions to our library. They include!

- Earth Father, Sky Father
- Intervention for Men Who Batter
- Letters to My Son
- Man Enough
- Manhood in the Making
- Men in Therapy
- Owing Your Own Shadow
- Raising Cain
- Real Boys
- The Courage to Raise Good Men
- The Lover Within
- The Society without Father
- The Way Men Think

Give us a try! We likely have what you are looking for. Be sure to check it out on your next visit to the Men's Center! You won't be disappointed!

And while you are enjoying our many book resources, consider a browsing our large and growing selection of periodicals.

Some of these books have become so important in some of our members' lives that they seem to have been out since I had hair. While we have no specific time limit, please consider if you are still using any Men's Center books you now have, and return them to availability.

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

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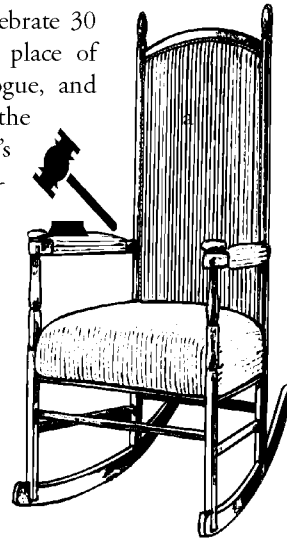
Andy Mickel

Bobby Schauerhamer

Malik Holt-Shabazz

Greetings from the Chair

On October 15th the Twin Cities Men's Center will celebrate 30 years of providing a place of support, encouragement, dialogue, and education for men throughout the metropolitan area. The Men's Center is not a "flashy" organization by any stretch. We don't get much press and certainly don't have a fancy central office. But I know from listening to what others share, the TCMC changes men's lives for the better, one by one, through its support groups, outreach programs and presentations, as well as its excellent anger management seminars. This is something for which each of us can be very proud.



We should also keep in mind that when one of our fellow members has developed more self worth and dignity, or learned how

to be a better spouse, friend, or father, there is a multiplying effect that begins to change our community, and the world, into a better place.

The Men's Center continues to build bridges with other support organizations such as Chrysalis and the Resource Center for Fathers and Families, while continually looking for new ways to connect with men from all ages and backgrounds.

Let's celebrate our gift to each other and to our community with hardy congratulations and thanks to each other, while looking forward to many more years of continued service.

**LEN ZIMNEY,
BOARD CHAIR**

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Actually, I had minimal difficulty cutting back or eliminating the sugars and starches because I had early childhood training. Coffee, a perhaps lesser known cholesterol terrorist, was the problem. I was born in Swedish Hospital and took coffee intravenously the second day there. When the other modifications didn't do enough, I pulled out the earlier "athletic discipline" and went to one half pot of excellent coffee in the morning, rather than a full pot chased later in the afternoon by another one (sorry, we all have our addictions). Later in the day I drink tea, or take a RHODIOLA tablet, or drink a "no-sugar, no-carb" energy drink available through our business. I also take SAW PALMETTO regularly just to make the doctor feel silly when the prostate test turns up nothing. It wouldn't be at all funny otherwise.

CULTIVATE THE HAPPY SENSE OF CHILDLIKE WONDER

I'm so sorry for a world that eliminates some or all of this from too many children, as well as most adults. The cliches are "stop and smell the roses, or the coffee (whoops)", but please, go forth and multiply your own. Lay in the grass on a warm summer day and imagine figures in the cloud shapes. Talk serious nonsense and BE IN LOVE outside under the stars, or better yet, a FULL MOON. Tell a bizarre, kind, made-up story to your grandchildren. Ask the questions that are there even if no one else dares, and YES, say out loud that the emperor or empress has no clothes if that is in fact the case. I believe this must be part of what Jesus meant when he said, "Except a person become as a little child, he or she cannot enter the Kingdom of Heaven", and whatever you personally think that Kingdom is, it's got to be the HEALTHIEST PLACE IN THE UNIVERSE.

Larry Johnson is one of 100 or so men with that name in Minneapolis, but he's the one who wrote this article. He partners with Elaine Wynne in KEY OF SEE STORYTELLERS which helps people find their own stories and use them effectively in work and daily life. He is also co-owner of EL ENTERPRISES which specializes in helping individuals and business build WHOLE AND HEALTHY SYSTEMS.



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
1	SUPPORT GROUPS General Issues 12:30p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m. Anger Mgmt Alumni 7:00 p.m.	PRESENTATION Resumes for the New Career 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m. Two Spirit Circle 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
8	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION A Circle of Warriors 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
BRUNCH 10:00 a.m. 30TH ANNIV. PARTY 1:00 p.m. MEN'S RETIREMENT 5:30 p.m.	SUPPORT GROUPS General Issues 12:30p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Adrift – Navigating Our Sexual Lives 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m. Two Spirit Circle 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
22	SUPPORT GROUPS General Issues 12:30p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Two Spirit Cultural 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m. Two Spirit Gathering 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
29	SUPPORT GROUPS General Issues 12:30p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Men In Transition 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m. Two Spirit Circle 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
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12	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Adrift – Navigating Our Sexual Lives 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	MT FINAL DEADLINE SUPPORT GROUP Men's Bisexual Issues 7:30 p.m. Two Spirit Circle 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.m.	SUPPORT GROUPS General Issues 12:30p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION No Presentation - Thanksgiving Eve Transition 7:30 p.m.	THANKSGIVING HOLIDAY	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m. Two Spirit Gathering 7:30 p.m.	MT MAILING 9:00 am SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
26	SUPPORT GROUPS General Issues 12:30p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Two Spirit Cultural 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	The Men's Center number is 612 / 822-5892. Call us about Anger Management classes.	

1976 – In Our 30th Year – 2006
of Public Service

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

Oct/Nov 06

PRESENTATIONS

Nearly every Wednesday evening, the Men's Center is proud to offer a presentation on a wide range of subjects of interest to men as well as to our community. This tradition has been part of the Men's Center offering since it's founding 30 years ago. These drop-in meetings require no pre-registration, and volunteer experts in the respective subjects conduct them all. Because of our primary mission, all presentations are for men only unless it is otherwise indicated in the individual descriptions.

Please read through these various descriptions to determine which is of interest to you, and consider bringing a friend. This could be an excellent introduction to the Men's Center for them. Each presentation is intended to foster personal growth and to stimulate interest in the topic.

Our presenters include: **Jim Amundson, William Cox, Kevin Eliza, Andy Mickel, Keith Pederson, and Sue Varness-Gunder.**

A small fee is collected at the door for each person attending:

Non-Members of TMC – \$5.

Regular Members (\$20 level) – \$3

Sustaining Members – FREE

All presentations meet at The Men's Center, 3249 Hennepin Ave. So, Suite 55 Minneapolis, MN 55408

We welcome your suggestions for new topics and presenters. Please call Randy at 612-822-5892 with your ideas.

The Men's Center does not endorse, takes no specific position, nor does it hold any opinion on the presentations, or of any information imparted, or of the presenter(s) themselves. Presentations are the sole product and responsibility of the presenter(s).

DESCRIPTIONS

Resumes for the New Career – Playing Society's Game!

Presenter: Sue Varness-Gunder

When: Oct 4, 7:00-9:00 p.m.

Open to, men, women, and children.

This session will discuss resume writing, interviewing, the "hidden job market," and learning how to motivate yourself to obtain the career you want. You will see how to make the most of the job when you have it. It comes to learning how to play the game. Bring your own resume along, and be prepared to ask your own questions.

Sue Gunder is Career Development Manager at PPL Industries, a local program of the local charity PPL. She has more than 9 years in their program of helping people enter

the mainstream job market. In all she has more than 18 years experience working with the "hard to employ". These include persons recently released from prison, the homeless, some veterans, and individuals with chemical dependencies. You can reach Sue at: PPL Industries, 1179 15th Ave SE, Minneapolis MN 55414.

A Circle of Warriors

Presenter: Andy Mickel

When: Oct 11, 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 has changed men's lives.

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

Adrift – Navigating Our Sexual Lives

Part one of two (Second part is on Nov 15)

Presenter: Keith Pederson

When: Oct 18, 7:00-9:00 p.m.

Open to Gay/Bi and Questioning men and their allies

Have you ever felt as though there is conflicting information circulating about our sexual lives and how to be safer in your own sexual activities? As Gay/Bi men it can be a challenge even finding partners. Beyond that, some of the venues we use to meet other men for dating can bring specific challenges and/or risks.

In this first of two parts we will discuss some of the ways we interact and meet. We will also discuss the risks associated with non-traditional methods of finding partners (Internet, public space, phone lines, Craig's list, etc.).

Participants will receive information and referrals to additional local resources and programs based on interests discussed at event.

Participants are encouraged to attend both sessions but it is not required. Second part is scheduled for November 15, 2006 from 7 – 9 p.m.

Keith Pederson is an employee of PrideAlive (a program of the Minnesota AIDS Project).

Two Spirits MN Community

Presenter: Kevin Eliza

When: Oct 25, 7:00-9:00 p.m.

Open to men and women.

A new group celebrating "Old Ways" indigenous - we practice openness to Two Spirit Men & Women (The tradition of Two Spirit holds that we participate in both - feminine & masculine and that we are neither), diversity, elders, all ethnicities, spiritualities, members of the general and GLBT populations are welcome.

On the 1st and 3rd Fridays of each Month starting in October we will experience "TALKING CIRCLE". On the last Wednesday of the month we will present CULTURAL Presentations. And on the Last FRIDAY of the month we invite you to join us for potluck GATHERING, beginning September 22nd with Autumnal Equinox.

Further details can be obtained from Kevin or Ron via 612-870-3667 or Twospiritsmnm@yahoo.com

Men In Transition: Letting Go of the Past/ Creating the Future

Presenter: William Cox

When: Nov 1, 7:00-9:00 p.m.

Open to men and women.

Life is constant change! And, there are times when change has an extra punch. Some of these change events are: Ending Relationships, Job Loss, Re-location, Spiritual Shifts, Health Crises and Bereavement. You can add your own! This workshop will look at the changes in our lives, how we deal with them and ways we can live with change which add meaning and purpose to our lives.

William Cox was a founding board member of the Twin Cities Men's Center in 1976 and has been involved in men's issues before and since that time. In his "retirement" he is a member of the Community Faculty of Metropolitan State University where he teaches classes on "The American Male" and "Group Dynamics and Facilitation". He is also a Life Coach and leads seminars on "From Age-ing to Sage-ing: A New Vision Of Growing Older" and "Centering Prayer/ Centered Living: A Journey of Spiritual Transformation."

A Circle of Warriors

Presenter: Andy Mickel

When: Nov 8, 7:00-9:00 p.m.

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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."

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

Adrift - Navigating Our Sexual Lives

Part two of two (First part is on Oct 18)

Presenter: Keith Pederson

When: Nov 15, 7:00-9:00 p.m.

Open to Gay/Bi and Questioning men and their allies

In the first part of this dialogue we discussed some of the ways we interact and meet one another. We also discussed the risks associated with non-traditional methods of finding partners (Internet, public space, phone lines, Craig's list, etc.).

In this session, participants will be able to "chart" their own course in sexual risk reduction. This event will include group work (role plays) and brainstorming to develop a list of safer sexual activities. Participants will be offered a take-home, personal reflection tool to assess and plan for a safer sexual experience.

Participants will receive information and referrals to additional local resources and programs based on interests discussed at event.

Participants are encouraged to attend both sessions but it is not required.

Keith Pederson is an employee of PrideAlive (a program of the Minnesota AIDS Project).

Two Spirits MN Community

Presenter: Kevin Eliza

When: Nov 29, 7:00-9:00 p.m.

Open to men and women.

A new group celebrating "Old Ways" indigenous - we practice openness to Two Spirit Men & Women (The tradition of Two Spirit holds that we participate in both - feminine & masculine and that we are neither), diversity, elders, all ethnicities, spiritualities, members of the general and GLBT populations are welcome.

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Further details can be obtained from Kevin or Ron via 612-870-3667 or Twospiritsmnm@yahoo.com

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

Addiction Busters

Open to Men and Women

Struggling with chemical or behavioral addiction? AA not helping you? Frustrated with twelve -step programs? Don't like feeling powerless? Want to bust your addiction rather than being busted FOR your addiction? Would you like to talk about Rational Recovery, SMART Recovery, the works of Stanton Peele, Ann Fletcher, James Prochaska and others in a supportive, confidential, comfortable atmosphere? Come to Addiction Busters support group and discuss alternative, cognitive approaches that may help you battle your addiction in new and different ways!

- Tuesdays 7:30- 9:30 pm

General Men's 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 12:30 - 2:30 pm
- Thursdays 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 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 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.

- Thursdays 7:30 - 9:30 pm

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- 1st, 3rd, & Last Fridays 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 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 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 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, October 15th** at the Men's Center 3249 Hennepin Ave S, Suite 55, Minneapolis 55408 for 30th anniversary celebration. **Sunday, November 19th** at Stephen Sewell's/Paul Busch's, 1795 Summit Ave, St. Paul, 55105 (west of Snelling Av) 651-917-2495. **Sunday, December 17th** at Rick Gravrok's 2925 Monterey Ave S, St. Louis Park, 55416. 952/926-6655. (on the west side of Lake Calhoun, off Lake St.). 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. 4 men attended August's Men's Brunch at Dave Mueller's and 16 were at September's Brunch at Andy Mickel's in Minneapolis. – Andy Mickel, 2006-09-01.

The next ManKind Project-Minnesota New Warrior Training Adventure will be held October 27-29 at Eagle Lake Camp near Brainerd, MN. The cost is \$595, with payment plans available. To learn more, attend an Open Circle event: Observe, Ask Questions (or Participate if you like) in a safe container with a group of men who are practicing authenticity and connection to feeling at **Open Circle of Warriors** events at the Men's Center every 2nd Wednesday, 7-9 p.m. Contact **Andy Mickel** with any questions 612-279-6416 or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times. Register online at <<http://minnesota.mkp.org>> or call Eric Lucas, at 952-237-3532, <welucas4@frontiernet.net> – Andy Mickel, 2006-09-11.

The African American Men Project presents **Black Men Reading**, Weekly Book Club, Wednesdays, 6-9 p.m. NorthPoint Wellness Center, 1313 Penn Ave N, Minneapolis, MN 55411. Refreshments provided. FFI: 612-302-4692.

The African American Men Project presents **EMERGE! Weekly Men's Group**, Mondays, 6-8 p.m. Pilot City Neighborhood Services, 1315 Penn Ave N, Minneapolis, MN 55411. "It takes a village to raise a child...but it takes OUR MEN to raise a village." Refreshments provided. FFI: 612-302-4694.

The Aliveness Project provides services and programs to the HIV/AIDS community including Meal Program, Food Shelf, Support Groups, HIV Resource Library and Prevention Services. **The Aliveness Project's Fundraiser** is an Evening of Games, Saturday, October 7, 6-11p.m. at Joe's Garage in Loring Park. Fun Finger Foods, Cash Bar, Silent Auction and Grand Prize Drawing. Cost \$100/person tax deductible. 612-822-7946. FFI: <events@aliveness.org><<http://www.aliveness.org/>> - 2006-09-11.

Join us for the **Minnesota Men's Action Network: Alliance for the Prevention of Sexual Violence Men can Make a Difference** state conference, in Brainerd, MN, October 13-14, 2006. This conference is for men who desire a world in which they, their children, partners, parents and friends can live free from the threat of sexual harm and abuse. The conference will offer opportunities to hear from expert trainers,

gain new information and skills, and join with other men to take action, all in the beautiful lakeside setting of Cragun's resort. There is no charge for this conference and Friday night lodging is available at a special reduced rate of \$50. Our keynote speakers are Jackson Katz and Tony Porter. This conference is a collaborative effort between the Minnesota Department of Health, Men as Peacemakers in Duluth, and the Gender Violence Institute in Clearwater as part of the larger project to develop a network of men and male leaders involved in primary prevention practices. – Jan Hayne, Dads Make a Difference, 651-222-1622, www.dadsmakeadifference.org 2006-08-15.

The **Fatherhood Educational Institute of Chicago's** mission is to introduce indigent and incarcerated fathers regarding fatherhood through the use of clinical and related educational tools to promote fatherhood in poverty stricken neighborhoods and in the general public through events and any other means of educating the public on the importance of patriarchal involvement in children's lives. Its new affiliate program invites 501(c)3 non-profit organizations to support fatherhood issues in the Chicago area. FFI: <<http://www.fatherhood-edu.org/>> – Pat Flewellen-Harris, 2006-09-07.

Our web site, <<http://www.tcmc.org/>> has undergone a revision in the resource directory section, and we will continue to make changes in the coming weeks and months. – Andy Mickel. - 2006-09-07

The monogamy – polyamory continuum?

Presenter: Susan Miranda, M.A.

Amazon Bookstore Cooperative, 4755 Chicago Avenue South, Minneapolis

5 and # 46 Bus lines

Thursday, November 9, 2006 7:00 – 8:30 p.m.

Susan Miranda will discuss the complexity of relationships and how monogamy and polyamory are not either/or categories. Susan will facilitate a group discussion on the degrees and various possibilities for emotional and physical intimacy, love, sex and sexuality. Learn a perspective that can enhance a chosen monogamous connection and make sense of the concept of loving more than one person at a time.

Susan has her M.A. in Human Development with an emphasis in women's sexuality. She has studied experiential forms of body and sexuality education including Body-Mind Centering™, Ancient Hawaiian Bodywork or Lomi Lomi massage. She has also participated in the Betty Dodson Bodysex workshop in New York City. Since 1989, Susan has taught "unlearning homophobia, biphobia and sexphobia" seminars, and worked as a pelvic model/patient instructor for the medical community, a reproductive health counselor at a women's health clinic, and a caregiver for people with AIDS.

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 _____

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:

\$215 for Men Center Members

\$225 for Non-Members

Starting Dates:

Classes are filled on a first come, first served basis. Please call TMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Or call our Anger Management coordinator, John Hesch, if you are interested in planning the event or need further detail at the new Anger Management phone 612-229-3102.

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

Announcing a new book
by local author
Ken Schmitz

**Search for the Grail
A Man's Guide for Developing
an Inner Life**

Written for men who are seeking
to live more authentically.
Women readers will gain a
deeper understanding of the
men they know.

For more information and to
purchase this book go to:
www.searchforthegrail.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 e-mail address: tcmc@tcmc.org

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

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MEN TALK

The Men's Center News

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Twin Cities Men's Center 30th Anniversary Celebration! *Sunday, October 15 at the Men's Center*

Join us on Sunday, October 15 for a special "birthday" celebration marking the 30th Anniversary of the Men's Center. Board Member Malik Holt-Shabazz is organizing the event which will include food and refreshments. The monthly potluck Men's Brunch runs from 10:00 a.m. - 1:00 p.m. The anniversary program runs from 1:00 - 3:00 p.m.

TENTATIVE PROGRAM:

- A. Historical Introduction
1. Founder Recognition (2 min)
 2. Introduction of Network of "Like Organizations"
 - Chrysallis
 - ManKind Project
 - Resource Center for Fathers & Families
- B. Men's Center Today
1. Review of Efforts
 - 2 minutes from Support Group Facilitators
 2. City Representative
 - 5 minutes on role of Men's Center in Mpls.
 3. Anger Management
- C. Future
1. Interfaith Church Council
 2. Concern for Youth and Growth
 3. Questions & Answers



**What's
Inside**

Page 1 *Maintaining Men's Health*
by Larry Johnson
Page 2 *Library Corner*
by Ray Clare

Page 2 *Letter from the Chair*
by Len Zimney
Page 3 *All Purpose Coupon*

Page 4 *TCMC 30th Anniversary*
by Malik Holt-Shabazz
Inserts *Oct/Nov Calendar*
Here & There
by Andy Mickel