



MEN TALK

THE MEN'S CENTER NEWS

December 2006/January 2007 VOL. 30 #6

The Twin Cities Men's Center Turns 30!

— © 2006 BY ANDY MICKEL

With the successful celebration on October 15th, the Men's Center now enters its 4th decade of public service to the Twin Cities community. More than 35 people attended including these guests: David Grocott, center director of the ManKind Project Minnesota, Tania Jajewski from Chrysalis, and Minneapolis council member Cam Gordon. The past 3 decades we've travelled neatly divide the phases of our development. What has remained true over all that time is that the Men's Center is an umbrella organization providing incubation to leading-edge activity in different areas of men's work.

The highlights of our accomplishments and challenges over the years define the three-legged stool of the Men's Center:

- Drop-in Support Groups
- Outreach/Men's Resources
- Workshops/Conferences/Classes.

IN THE FIRST DECADE, 1976 - 1986

From its beginnings at U of Minnesota Lutheran Student Center, in 1973, the Men's Center evolved from consciousness-raising men's groups (of students), and incorporated as 501(c)3 non-profit in 1976. It moved locations 6 times.

Greatest lasting accomplishments:

- drop-in, peer support groups
- producing the Men's Survival Resource Book, 1978.

Overarching Theme: men catching up with the women's movement

- began support groups: divorce, gay issues, general men's issues
- began the Men In Violent Relationships support groups (became Domestic Abuse Project) , HTLV-III (HIV) support groups (became Minnesota AIDS Project)
- began Midwest Regional Men's Conferences: 1978, '80, '83, '85, '87, '89, '92.

IN THE SECOND DECADE, 1986 - 1996

The Men's Center moved to permanent location at 33rd & Hennepin in uptown Minneapolis—a suite of meeting rooms. Membership peaked in 1989 coincident with the most program activity: the Birth Project, Earnie Larsen Workshop, 8th Midwest Regional Men's Conference, an evening with Robert Bly and Michael Meade.

Greatest lasting accomplishments:

- Wednesday Workshop Presentations
- Consistent publication of Men Talk as quarterly journal;
- join fabric of TC Social Service community for referrals

- creating a library of over 400 men's movement & human potential books.

Overarching Theme: regular program & outreach

- led the development of generic spirituality-based men's work in Heartland North America
- focus on affirming what is right about men.
- Active role of serving as men's resources clearinghouse in Twin Cities
- Integration of these men's work factions: pro-feminist men, men's rights men, gay rights men, mythopoetic men, new warrior men, etc.
- began fathers & sons groups (became Fathers Resource Center, now Resource Center for Fathers & Families)

IN THE THIRD DECADE, 1996 - 2006

The Men's Center has just experienced its most successful decade providing a consistent level of services. The TCMC website was launched in 1995 with a complete Men's Resource Directory. Men Talk was published on time for 60 consecutive issues. Most notable is the creation of our Men Helping Men with Anger Management classes which are given 12 times per year and now serve the wider community.

Greatest lasting accomplishments:

- TCMC website: <<http://www.tcmc.org/>> with Resource Directory
- Men Helping Men With Anger Management Program
- * Re-invention of Men Talk as bi-monthly newsletter.
- * Creating a Values Statement

Overarching Theme: Consciousness of Mission; Creation of relevant programs of service to Twin Cities Community

- Consistent participation in Twin Cities Pride Festival

continued on page 2

Attend The Men's Center Annual Meeting!

9:00 am, January 13, 2007

This is your opportunity to vote for the new Board of Directors and set the direction of the Men's Center for the coming year. Come to the Men's Center and let your voice be heard! All members are welcome.

Library Corner

– *RAY CLARE, LIBRARIAN*



We are pleased to offer our members a unique and extensive collection of quality reading on men's topics. This month, we received a wonderful donation from a newer member. We have five copies of:

No More Mr. Nice Guy

A proven plan for getting what you want in love, sex, and life.

By Dr. Robert A. Glover

Stop by and check out a copy!

Be sure to visit our library on your next trip 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. Here you will find such works as:

- Men's Health
- Lavender
- Transitions
- Bi All Means
- Edge Life
- D.A.D.S #1
- Voice Male
- Men's Journal
- Rainbow Families
- Essential Wellness
- G.R.I.P.
- And even more

Book Returns Needed:

Some of these books have become so important in 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

Editor

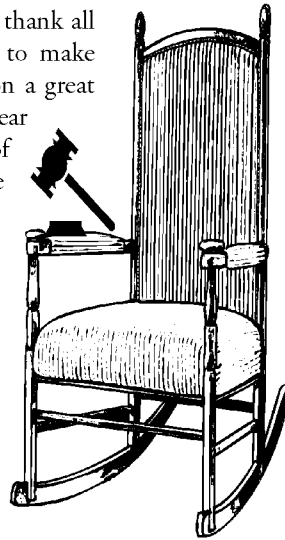
Bill Dobbs

Board of Directors

- Len Zimney, Chair
- Norm Petrik, Secretary
- Gerry Obremski, Treasurer
- Tommy Jones
- Andy Mickel
- Bobby Schauerhamer
- Malik Holt-Shabazz

Greetings from the Chair

On behalf of the TCMC board of directors, I want to thank all of those who helped to make our 30th anniversary celebration a great success. It was wonderful to hear stories about the beginnings of the Men's Center, as well as the marvelous testimonies of its positive impact on so many people's lives. Even though we touch on the different activities of the Men's center at each monthly board meeting, having so many men together to share their witness created a real sense of awe about all of the great things that are happening as a result of this organization's existence. If you were not able to attend this wonderful event, be sure to make it to the 35th.



The Twin Cities Men's Center Annual Meeting will be held on January 13, starting at 9:00 AM. All members are encouraged to attend. If you have ever pondered the idea of giving something back to the organization, please consider submitting your name as a board candidate. If you are not able to attend

but wish to run for a seat, just leave your name at the office phone number, or by email. It's a rewarding job working with a great group of guys, and new blood is always welcome.

There will be no annual planning meeting this year, but TCMC members are strongly encouraged to submit their ideas directly to the board via letter, email, or in person, at any time during the year. The January board meeting will be held on the 15th. All other meetings are held on the second Monday of each month and are open to all members. If you wish to reserve some time on the agenda, simply contact any board member.

2006 has included the beginnings of some good new programs and funding opportunities. Let's continue the work to make 2007 our best year ever!

**LEN ZIMNEY,
BOARD CHAIR**

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- Hosting non-Men's Center programs/events; partnering with the ManKind Project Minnesota
- Produced and organized the first regional 2001 Men's Health & Wellbeing Symposium in the United States
- Began many more support groups: Emotional Abuse Survivors, Sexual Abuse Survivors, 20-Something GLBT, Retirement, Anger Management, Transition, Addiction Busters, Two-Spirited Spirituality, etc.

LOOKING FORWARD, 2006 - 2016

Our most significant contribution to the Twin Cities region has been the continuing process of defining masculinities (plural) counter to the larger culture's single definition.

In the future:

- Look for us to vastly increase our networking with "like" organizations such as Interfaith Church Council.
- We will emphasize services for "20-something" Younger Men to support them in their relationship challenges with women, men and parents.
- We shall also expand opportunities for adult men to provide Youth Mentoring, perhaps working with city council member Cam Gordon.

Andy Mickel is a long-time Men's Center member, former editor of Men Talk, current board member, and unofficial historian of The Men's Center.

Very Last Chance

Book Sale

Special sale prices end with this issue. \$3 each, or 2 for \$5

Men Freeing Men

By Francis Baumli, Editor
Explores the myth of the traditional male role.

Male Menopause

By Jed Diamond, Ph.D.

Surviving Male Menopause

- A Guide for Women & Men
By Jed Diamond, Ph.D.



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

Dec06/Jan07

Our phone number is 612 / 822-5892.
Call us about Anger Management classes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m. Anger Mgmt Alumni 7:00 p.m.	PRESENTATION SuperHypnosis 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.
3	4	5	6	7	8	2
	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30 p.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. Two Spirit Circle 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
10	11	12	13	14	15	16
BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.m.	SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Courting As A Relationship Style 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 10:00 a.m.
17	18	19	20	21	22	23
	CHRISTMAS HOLIDAY	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Holiday Party 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 10:00 a.m.
24	25	26	27	28	29	30
	NEW YEAR HOLIDAY	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m. Anger Mgmt Alumni 7:00 p.m.	PRESENTATION Do You Have an Anger Problem? 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 10:00 a.m.
31	1	2	3	4	5	6
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7	8	9	10	11	12	13
	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Men's Rights in Divorce 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 10:00 a.m.
14	15	16	17	18	19	20
BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.m.	SUPPORT GROUPS General Issues 12:30 p.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.	MT MAILING 9:00 am. SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
21	22	23	24	25	26	27
	SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Envision Your Future 7-9 p.m. Transition 7:30 p.m.			
28	29	30	31			

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

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: Kevin Eliza, Jim Gerharter, J.C. Hancock, John Hesch, Andy Mickel, Steve Peters, Jerry Semmler, and Robert Wilkinson.

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

SuperHypnosis

Presenter: Robert Wilkinson

When: Dec 6, 7:00-9:00 p.m.

Open to Men and Women 18 or over

Join Robert Wilkinson for an interesting and beneficial seminar on dealing with stress. Myths will be broken, questions answered, and lives changed. Participate in (or just witness) an actual group hypnosis session!

You will also learn how you can use hypnosis and self hypnosis to improve your life in dozens of other ways. If you would like to learn more about hypnosis before the program, visit <http://superhypnosis.org>.

Robert Wilkinson first got involved in hypnosis in 1977 while living in San Diego, California. Self educated in hypnosis at first,

then mentored by Jeff Marcus, founder of SuperHypnosis, he later studied hypnotherapy through American Pacific University and became certified by the American Board of Hypnotherapy.

A partner in SuperHypnosis since 2004, he opened an office serving the Twin Cities Metro Area.

A Circle of Warriors

Presenter: Andy Mickel

When: Dec 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 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.

Courting As A Relationship Style

Presenter: Steve Peters

When: Dec 20, 7:00-9:00 p.m.

Open to men and women.

Let's face it, our relationships can become pretty humdrum as we go about the serious business of paying the bills and keeping the rain gutters unclogged. We lose the zest we once had for the fun and sweetness love offers our partners and ourselves. So? What to do? Just keep slogging along, hoping for the best? I favor shifting gears, and I'd like for you to take a night off from all that serious, weight-of-the-world stuff we too often carry around to come hear and share some ideas for keeping the life in our lives with our sweethearts. Bring your partner or come alone as you contemplate what you want to have with a future partner. I will share some ideas I've been developing for making a respectful, playful courtship a relationship style and for creating wonderful new memories while savoring your old ones.

Stephen Peters, M.A. in Human Development, is a writer and speaker with many years experience working with people of all ages and life situations.

Holiday Party

Presenter: J. C. Hancock

When: Dec 27, 7:00-9:00 p.m.

Open to men and women.

Come to the Men's Center Holiday Party, Wednesday December 27th at 7 p.m. Bring a dish to share. Beverages will be provided. J.C. Hancock will lead us in singing of both Men's and Holiday Songs.

Norm Petrik, Program Committee Chair

Do You Have an Anger Problem?

Presenter: John Hesch

When: Jan 3, 7:00-9:00 p.m.

Open to men and women.

This is the perfect holiday gift for men and their partner/spouses who may have anger issues. Find out if you have a problem and what you can do about it. Simple nuts and bolts solutions will be discussed along with long-term strategies. As part of the presentation, participants will receive a free, confidential anger analysis. John will also answer questions about what anger is and isn't, and offer practical ways to control behaviours around anger.

John Hesch is the Anger Management coordinator for the Twin Cities Men's Center. You can reach him on the Anger management hotline at 612-229-3102.

A Circle of Warriors

Presenter: Andy Mickel

When: Jan 10, 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.

Men's Rights in Divorce

Presenter: Jim Gerharter

When: Wed, Jan 17, 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 22 years experience as a lawyer. He is a longtime member of the Men's Center and has made numerous presentations at the center.

Two Spirits MN Community

Presenter: Kevin Eliza

When: Jan 24, 7:00-9:00 p.m.

Open to men and women.

The first & third Fridays of each month the Two Spirit Minnesota Community holds a Talking Circle at the Twin Cities Men's Center located at 3249 Hennepin Ave South, Suite 55 in Minneapolis.

On the fourth Wednesday of each month, we present information on the Two Spirit communities and the role they have played in the fabric of societies long before the western civilized populous started to cut these threads out. We look for our role re-entry into society, seek to understand our magic, seek to better understand and co-create our missions today, with other two spirit individuals.

On the fourth Friday of each month, we have a "Gathering." Its intention is to provide a space for us all to come and just socialize and BE, still. A safe place where we can receive the LOVE from one another for just being who we are and share our stories.

Our intention is to have an annual fundraiser Pow Wow type of events and bring individuals form all over the world. Come be apart and set the example for those possibly searching, to find the LIGHT that our combined threads create. We seek and are open to everyone.

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

Envision Your Future

Presenter: Jerry Semmler

When: Jan 31, 7:00-9:00 p.m.

Open to Men and Women

Pick a goal and make a collage that depicts it. Take the collage home and display it in a prominent place for a

visible reminder to motivate you. Bring a selection of magazines and a pair of scissors. Extras will be supplied as well as paper and paste.

Jerry Semmler worked for many years facilitating groups to help people reach their goals.

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/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

Two Spirits MN Community

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 4th Friday of the month we invite you to join us for potluck GATHERING.

• 1st, 3rd, & 4th 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

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, 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.). **Sunday, January 21st** at Stephen Fuller's, 2616 Harriet Ave S #201, Minneapolis 55408; 612-870-6167 (near Lyndale & W 26th 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. 16 men attended October's Men's Brunch at the Men's Center during its 30th Anniversary Celebration. - Andy Mickel, 2006-11-13.

The University of Minnesota Library will house the archives and papers of Robert Bly, thanks to fundraising by the U of M foundation. Bly has authored many collections of poems, including *My Sentence Was a Thousand Years of Joy*. He has also extensively translated other works into English by Pablo Neruda, Rainer Maria Rilke, Antonio Machado, Federico Garcia Lorca, Rumi, Kabir and others. Robert Bly's most famous contribution to the mythopoetic men's movement is the nonfiction book. *Iron John*, a bestseller. Ten years ago he wrote *The Sibling Society* in which he critiqued relationships among the baby boom and subsequent generations in America. - Sarah Williams, Minneapolis Star Tribune, 2006-10-19.

"My blessing for the work you and others do at the Men's Center..." - John Everingham, Wilmette, IL, 2006-05-13.

Fathers with questions about: Child Support, Parenting Time, Custody, and other Family Law matters can attend a no-cost Family Law Clinic, December 5th,

2-4 p.m. North Memorial Family Practice, 1020 W. Broadway Ave., Minneapolis 55412. Also co-sponsored by the Resource Center for Fathers and Families, Catholic Charities/Seton Services. Bring your current orders or motion to have the attorneys read to help develop a plan. - North Memorial Family Practice, 2006-11-01.

Register now for the Minnesota Fatherhood Summit. Plan to join Minnesota Fathers & Families Network at their 4th annual winter conference at the St. Cloud Civic Center on Monday & Tuesday, January 22 & 23, 2007. Confirmed keynote presenters include Adrienne Burgess, the director of policy and research at Fathers Direct in London, England; and Tom Klaus, program director at Advocates for Youth in Washington, D.C. Registration materials are now available. FFI: <<http://www.mnfathers.org/summit.html>>. - Paul Masiarchin, Executive Director, MFFN, 161 St. Anthony Ave. Suite 845, St. Paul, MN 55103, 651-222-7432, <pmasiarchin@mnfathers.org> - 2006-10-19.

Judson Family Center in Minneapolis hosts free Educational Events every 2nd Thursday, 7-8:30pm. Upcoming events are: "Ask the Therapist" on January 11th, in which a panel of Family Center therapists will discuss mental health and answer general questions, and "Fear in the Post 9-11 Era" presented by Dr. Dave Mathews on the question whether international, national and local news focuses on the fear-producing events of war and violence. - Judson Family Center, 101 Harriet Ave S., Minneapolis, MN 55409, 612-827-2631 - 2006-10-01.

Key of See Storytellers announces their 4th Saturday Storytelling for Adults at

Dunn Bros. by Loring Park has moved to December 2 at 7:30 so we can be joined by Steve Leeper, coordinator of Mayors for Peace based in Atlanta and Hiroshima, Japan. Larry and Elaine will warm up for Steve, telling a peace story or two; then turn the evening over to our guest who will tell the story of mayors all over the world organizing to halt the proliferation of nuclear weapons of mass destruction. In January -- watch for details of Larry and Elaine offering a "not for credit" (therefore less expensive and more efficient) course similar to the one they taught for so many years at Metro State University, and at shorter workshops around the U.S. and several locations around the world. It will have a name, but whatever it's called, it's help for trainers, activists, parents, spiritual leaders and more to find your won stories and form them to make your work in the world more powerful. - Larry Johnson, 612-747-3904 - 2006-10-31.

The next ManKind Project-Minnesota New Warrior Training Adventure will be held April 13-15, 2007 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>>. - Andy Mickel, 2006-11-01.

Our web site, <<http://www.tcmc.org/>> will be undergoing changes in the coming months.. - Andy Mickel. - 2006-11-13

Annual Facilitator Training

Our annual facilitator training will be held Saturday January 13th after the Annual Meeting which begins at 9:00 a.m., thus facilitator training should begin about 11:00 a.m., with lunch provided by 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 share our experiences. I hope you will all come. We very much appreciate your help by facilitating. Please also come to the Annual Meeting at 9:00 a.m.

– 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 _____

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 (next class begins Monday, Dec. 4)

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 if you need further details, call our Anger Management coordinator, John Hesck, on the Anger Management phone 612-229-3102.

COUNSELING AND PSYCHOTHERAPY

25 years exp. as director of U. of M. employee assistance program and private practice. Individual, couples, issues of depression, identity, coming out, CD.

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David W. Johnson, MA 612-721-8048
dwjohn@umn.edu

Dear Men's Center Members and Friends:

Here's a special gift for you! A FREE \$10.00 Gift Card you can use on my website, www.shoptrustbuy.com Simply, give me a call at 800-742-0150!



Your Gift Card will be sent to your home or your email!

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- Exceptional quality you've got to experience for yourself!
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There's so much more on the website, why wait to shop?

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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Annual Meeting Notice & Proxy Statement

**THE MEN'S CENTER ANNUAL MEETING WILL BE ON
SATURDAY, JANUARY 13, 2006 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 13, 2006. 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. 13, 2006

I VOTE **AGAINST** THE BOARD OF DIRECTORS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 13, 2006.

I **ABSTAIN** FROM VOTING AT THE ANNUAL MEMBERSHIP MEETING, JAN. 13, 2006.

signed _____ date _____.

**What's
Inside**

Page 1 *The TCMC Turns 30!*
by Andy Mickel

Page 2 *Library Corner*
by Ray Clare

Page 2 *Letter from the Chair*
by Len Zimney

Page 3 *All Purpose Coupon*

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Inserts *Dec/Jan Calendar
Here & There*

by Andy Mickel