



THE
MEN'S
CENTER

MEN TALK

THE MEN'S CENTER NEWS

April / May 2008 VOL. 32 #2

Not Running On Empty

— © 2008 BY JOE SZURSZEWSKI

It's an all-too-common scene. One spouse surprises the other with the news that he or she wants a divorce. The effect is devastating, and the surprised spouse can't understand what's happening or why. Statistically speaking, the spouse getting the shattering news is much more likely to be the husband. The utter shock and crushing pain guys feel upon hearing the news is evident in the words they use to describe their emotions: "It felt like a lightning strike", "I was blindsided" and "It was like getting shot down by a Messerschmitt out of the sun – I didn't even know there was a problem until the cockpit was on fire and I was bleeding." If you're a man in this situation, what can you do? Is your life over? Are you doomed to an existence of misery, regret and self-loathing? If you remember only three words from this article, make sure it's these three: It gets better. If you don't believe me, that's fine. I didn't believe it either. Just keep it as a possibility at the back of your mind.

My own story goes like this. In the space of 3 weeks, I was diagnosed with and had surgery for cancer; I was diagnosed with a separate disorder that forced me to radically change my diet for the rest of my life; and my wife of 18 years, whom I loved dearly, told me while I was still recovering from surgery that she no longer loved me, she was moving in with another man, and she wanted a divorce. If anyone could feel just justified in thinking his world had just imploded, it had to be me. It wasn't just that I felt my life was over - I knew with complete and absolute certainty that I couldn't survive the excruciating despair I felt. I reacted angrily to friends and family who told me that I would eventually get over it. If I "got over" it, that somehow cheapened my pain and meant my marriage didn't match the romantic "I would die without you" ideal of love so prevalent in our culture. Or so I thought.

As the months dragged by, I stayed home a lot and cried. I felt sorry for myself and wondered what the next tragedy was going to be. Would I get hit by a bus? Or

lose my eyesight and not be able to continue working as a photographer? Maybe my cancer would recur and put me out of my misery. Occasionally, however, I caught myself laughing or enjoying some simple pleasure. I tried to tell myself this wasn't appropriate for someone in my situation, but I couldn't stamp out all the random enjoyment in life. And fortunately so — isn't happiness, whatever its origins, just as valid an emotion as the vast emptiness I felt? Yet at the time, it just felt wrong.

Slowly – so slowly I didn't realize it – I began taking small steps back to health. I found a divorce support group at the Men's Center and discovered I was far from alone. I saw a therapist who helped me realize that I could either drive myself crazy trying to change what I could not change, or I could work on adapting to my new circumstances. And I did a lot of thinking. I thought about my part in the end of my marriage. I thought about the unfairness of what had happened. And I thought about my future. Eventually, I reached an astonishing conclusion: I was getting over it. No

Not Running on Empty continued on pg 2



Library Corner

– *RAY CLARE, LIBRARIAN*



We are pleased to offer our members a unique and extensive collection of quality reading on men's topics.

As a Men's Center member, you are eligible to check out books from our library. The next issue of Men's talk will list the recently donated books – watch for it! And while you are enjoying our many book resources, consider a browsing our large and growing selection of periodicals.

- Men's Health
- Lavender
- Transitions
- Men's Journal
- Voice Male
- Fathering Today

Recently Added to the Library:

Recovering from Boyhood Sexual Abuse, a documentary CD by Ethan Delavan, donated by Dr. Mic Hunter, an educational TV talk show about the GLBT community produced by Kim Pride, and *Love! Valor! Compassion!* Tandem Video. The above are available for check-out in the Men's Center Office.

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. Call 612-822-5892, or e-mail us at tcmc@tcmc.org
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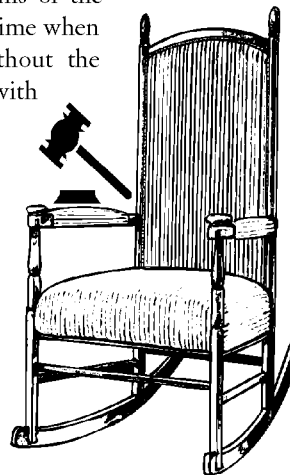
Greetings from the Chair

Spring is a time of great awakenings and renewal in nature. It has many wonderful things to offer in terms of the burgeoning of plant life and a time when we can feel free to travel without the barriers and risks associated with winter.

So why is it that I find myself more erratic in my mood every spring. This paradox is possibly in less need of analysis than it is in acceptance and understanding.

That gives me pause to appreciate the availability of the Men's Center as a consistent source of support for nearly a hundred men that attend one of our support groups on a weekly basis. There is nothing more important in adversity than finding a place with

consistency. I believe that the Men's Center continues to function after over thirty years as a reflection of the needs of men to have a safe, supportive environment. I am proud to serve in this important organization.



I am reminded of the many stories that I have heard of men bravely surviving adversity and sharing their stories with others. I am commonly reminded of strength in their own survival abilities, but also the strength in healing and support in sharing. I am grateful for the availability of the Twin Cities Men Center for those who seek out support.

**BOBBY SCHAUERHAMER,
BOARD CHAIR**

Not Running on Empty continued from pg 1

one was more surprised than I. It was slow, painful, and often felt like 99 steps backward for 100 steps forward, but it was getting better. Somehow, despite myself, I was getting better. I felt like a pilot who runs out of fuel at 40,000 feet, only to discover he has a reserve tank he didn't even know existed. I firmly believe that everybody has such an emotional reserve tank, a kind of natural instinct for emotional health that kicks in when it's needed the most.

Joe Szurszewski is a new board member and I facilitate the Thursday evening divorcel/uncoupling/general issues support group. Also, he sometimes hosts the Wed. Family Law Clinic.

Pride Volunteers Needed

Anyone wishing to help out with the Men's Center PRIDE booth at Loring Park or the Men's Center float in the parade on June 28 and 29, 2008, call John Ruud at **651-808-0291**

– Joun Ruud, TCMC Pride Coordinator

Men's Retirement Group Schedule Change

The Men's Retirement Group will meet Sunday April 13th at 5:30pm, the 2nd Sunday, instead of the usual 3rd Sunday meeting. We will meet as usual in May on the 3rd Sunday at 5:30 pm, May 18th. This group is for men who are thinking about or have retired and want an opportunity to discuss their feelings about this major life change. Welcome if this sounds like it might help you.

– Norm Petrik, Group facilitator



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
Our phone number is 612 / 822-5892. Call us about Anger Management classes.		SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Family Law Clinic 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.
	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.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
Men's Retirement 5:30 p.m.	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 Overcoming Barriers to Change 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.
BRUNCH 10:00 a.m.	SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Picture Yourself in a Better Job! 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 & Potluck 7:00 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
	SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Can We Talk About It? 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.
	SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Family Law Clinic 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 ARTICLE DEADLINE SUPPORT GROUP Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
MOTHER'S DAY HOLIDAY	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.	MT FINAL DEADLINE SUPPORT GROUP Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
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 Managing Anxiety & Depression 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.
	MEMORIAL DAY HOLIDAY	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Reiki Healing and Energy Work 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 & Potluck 7:00 p.m.	MT MAILING 9:00 a.m. SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.

1976 — In Our 32nd Year — 2008
of Public Service

Apr/May 08

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: **Chuck Boe, Todd Fossey, Amanda Hane, Andy Mickel, David Miner, James Stolz, and Volunteer Attorneys.**

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

Family Law Clinic

Discussion Leader: Linda Wray

When: Wed, Apr. 2, 7:00-9:00 pm

Open to Men and Women

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

Attorneys will volunteer their time and

expertise for the benefit of those who attend. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.

A Circle of Warriors

Presenter: Andy Mickel

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

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

We are all familiar with a man's physical tools (a hammer, a sword, a plow....) 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.

Overcoming Barriers to Change:

Presenter: James Stolz

When: Wed, Apr. 16, 7:00-9:00 pm

Open to Men and Women

Whether it is struggling with alcohol, quitting smoking or hitting the gym, everybody struggles with taking that leap to commit to change. This presentation will look at the typical reasons why people procrastinate making change. We will discuss how negative thinking can paralyze people and identify ways to overcome them and move on to a healthier and more fulfilling life.

James Stolz is a psychotherapist with practices in both Minneapolis and St. Paul. James is on faculty at the University of St. Thomas and the College of St. Catherine, where he teaches Social Welfare Policy and coordinates chemical dependency class curriculums. Previously, James served as Co-Director at the Interprofessional Center for Counseling and Legal Services and served at the Center's Director of Social Work Services. In this role, James trained new clinicians in the provision of social work services to a wide variety of client populations, including new immigrants and persons seeking asylum through the Center's Legal Services program. Prior to his work at the Center, James served as Executive Director at the PRIDE Institute and currently sits on the Board of Directors for the Rainbow Health Initiative. James is a licensed independent clinical social and holds a Master's Degree in Social Work from Virginia Commonwealth University.

Picture Yourself in a Better Job!

Presenter: Amanda Hane, Lavon Jordan

When: Wed, Apr. 23, 7:00-9:00 pm

Open to Men and Women

Twin Cities RISE! is a work-skills training program that offers training in academic, technical, office, and interpersonal skills. We offer day and evening classes and help with job placement upon completion of the program requirements. In 2007, our Core Program graduates earned an average of \$12.29/hour plus benefits, or \$25,334 annually!

Twin Cities RISE! is a work skills development program that helps individuals living in poverty gain the skills necessary to seek full-time employment in jobs paying at least \$20,000 a year plus full benefits. We offer training in computer skills, clerical support, warehouse management and forklift operating, as well as in writing, math, and personal empowerment.

Can We Talk About It?

Presenter: David Miner

When: Wed, Apr. 30, 7:00-9:00 pm

Open to Men and Women

Quirky, weird, an introvert or a loner? Or someone who did something seen as wrong and is therefore out of the group? Being asked to talk about it seldom happens to someone being given the silent treatment. Through his own personal experience, news events, and research, David will discuss ostracism, a powerful means of social influence. It can be experienced in school classrooms, the workplace, a marriage, at a playground: Don't play with that boy, he doesn't have any friends. It is cruel, often devastating, and often unexplainable.

Ostracism is described as the power of silence which was familiar ground for David as a boy with congenital unilateral deafness, as a Vietnam veteran, and as a student which led to a BA in Folklore and Storytelling.

Family Law Clinic

Discussion Leader: Linda Wray

When: Wed, May 7, 7:00-9:00 pm

Open to Men and Women

See April 2 Description

A Circle of Warriors

Presenter: Andy Mickel

When: Wed, May 14, 7:00-9:00 pm

See April 9 description.

Managing Anxiety & Depression Naturally

Presenter: Todd Fossey

When: Wed, May 21, 7:00-9:00 pm

In 1993 Mr. Fossey was diagnosed with Post Traumatic Stress Disorder (PTSD) as well as a number of other anxiety disorders. After years of study, clinical experience and personal insight, Mr. Fossey has created an innovative and systematic approach to unlearning anxiety and depression naturally.

Todd M. Fossey is a Certified Clinical Hypnotherapist and honors graduate of the Hypnosis Motivation Institute and Center for Behavioral Sciences in Los Angeles. Having started his private practice in Beverly Hills, Todd's passion is his innovative clinical work with psycho-emotional issues, biodynamics and behavioral medicine.

Reiki Healing and Energy Work

Presenter: Chuck Boe

When: Wed, May 28, 7:00-9:00 pm

Reiki Master, Chuck Boe will share information about Reiki Healing and Energy work. This presentation will include the history of Reiki with hands on healing for those who would like to experience Reiki energy. There will be time for questions and answers about Reiki and Chuck's work.

Chuck Boe, third-degree Reiki Master since 1997, has a Reiki healing practice at 3249 Hennepin Avenue S. Minneapolis, MN 55408, Suite 60 (across the hall from the Men's Center). He has taught Reiki classes at Wisdom Ways in St. Paul and Eye of Horus in Minneapolis. He is currently a graduate student in the Human Development Program at Saint Mary's University. He does intuitive tarot readings as well.

Family Law Clinic

Discussion Leader: Linda Wray

When: Wed, June 4, 7:00-9:00 pm

Open to Men and Women

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

Attorneys will volunteer their time and expertise for the benefit of those who attend. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.

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

General Men's Issues/ Divorce/Uncoupling

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

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

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

Open to Men and Women

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 & Gate Keeper Community

Open to Men and Women

We are Two Spirit People and Gatekeepers of the Spirit World, offering a Safe & Connective environment. Serving the LGBT & Queer & Questioning community, our allies & our families in Minnesota. Our focus is to remain inclusive of every ethnic genre; allowing for positive community interaction to promote spiritual & emotional growth, emphasizing self awareness, group enlightenment & personal empowerment. We live in a world that resists our journey to seek those pathways that reconnect us to the indigenous teachings of elders long ago. We create this circle to receive kindness, express compassion and speak our truth with one another.

- Last Friday - Silent Group Meditation and Talking Circle and Potluck

7:00 - 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): April 20th at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 55414, 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). May 18th 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.). 10 men attended both the February brunch at Eric Mann's. - Andy Mickel, 2008-03-01.

Robert Bly was named the state of Minnesota's first poet laureate on February 27, 2008 by governor Tim Pawlenty. FFI: <<http://www.robertbly.com>> <<http://www.minnesotahumanities.org/Special/poet.htm>> - Steve Karnowski, 2008-02-27.

The next ManKind Project-Minnesota New Warrior Training Adventure will be held April 25-27, 2008 at Eagle Lake Camp near Brainerd, MN. The cost is \$650, with many payment plans and a robust scholarship fund available. To register, contact Taylor Burr, 651-274-1212. 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. - Andy Mickel, 2008-03-02.

The film "Journeyman" a documentary about rites of passage, mentoring, and male culture in America by Charlie Borden and Kevin Obsatz premiered in November, 2007 in Minneapolis and continues to draw very strong interest and pack movie houses in select screenings across the United States. See: <<http://www.mirrormanfilms.org/>> for further information or to order a DVD copy online. - Charlie Borden, 2008-02-15.

"Prevention Works: Igniting Change for Families" is the theme of Prevent Child Abuse Minnesota's annual conference April 23-24 at the U of Minnesota St. Paul Campus. Conference tracks are • child abuse and culture • parent leadership • institutes for healthcare professionals • self-care for parents and professionals • research to support our work. Keynote address from Judge William Thorne, Jr, "Using Diversity as Best Practice, not Political Correctness". Workshop with U of Minnesota Professor Priscilla Day, "Cultural Strengths in Raising Healthy Children" and Institute with Prevention Consultant

Cordelia Anderson, "Countering Normalization of Sexual Harm". \$185 before April 1, \$205 before April 18 deadline. FFI: <<http://www.pcamn.org>>, 1-800-621-6322. - 2008-03-03.

Annual Newsletter of the Tracking Project "bringing the pieces together again" Upgraded web site<<http://www.thetrackingproject.org/>>, Thanksgiving Address: Greeting to the Natural World, Hawaii Arts of Life, 2007, Nurturing the Roots (NTR) Cottonwood School, 2004-2007, Arts of Life, Projeto Pegadas Brasil 2007, NTR Mentor Outreach 2006-2007 Circulo dos Saberes II, Hawkeye, Training, Dreamtracking & Tracking in the Southwest 2008, Schedule of Classes & Gatherings, 2008. FFI: The Tracking Project, Box 266 Corrales, NM 87048 505-898-6967 <thetrackingproject@earthlink.net> - John Stokes, 2009-02-01.

Men and Women Who Work With Men (MWWWM) meets informally to network every 1st Friday morning at Maria's Cafe, 1113 E. Franklin Ave., in Minneapolis 55404. Randy Genrich, 2007-11-12.

Be sure to stay in touch with Men's Center workshops, classes, support groups and other events at: <<http://www.tcmc.org/>> - Andy Mickel, 2008-02-02.

Addiction Busters for Veterans cancelled

Unfortunately, due to low attendance, the Addiction Busters for Veterans support group has been cancelled. However, interested vets are welcome to attend the popular Tuesday evening Addiction Busters group. We'd like to see you there!

TOMMY JONES, SUPPORT GROUP FACILITATOR

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.
(You won't receive Men Talk if this box is checked.)

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:** Limited to 12 men 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 Hesch, on the Anger Management phone 612-229-3102.

WEEKEND CARPENTER
(763) 509-0645



Aaron Huddleston
Cell: 612-670-4626
11305 51st Ave. N.
Plymouth, MN 55442



Ken Kunz
763-509-0645
Lic. #40539899

- Honest • Dependable
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- Reasonable Rates
- Here to serve our elders

THANK YOU!
The Men's Center receives generous donations of baked goods from **Wuollet's** and **Breadsmith Bakeries**. You can find them at 25th and Hennepin or 50th and France or online at:
www.wuollet.com
www.breadsmith.com




UPTOWN AREA SPACE TO RENT
The Men's Center, 3249 Hennepin Ave S
Space Rental Rate Schedule:

	Non-Profit	Profit event
Full Day (8 hrs)	\$50	\$100
Half Day (4 hrs)	\$25	\$50
Hourly	\$7.50	\$15

(612) 822-5892

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MEN TALK ADVERTISING RATE SCHEDULE

Full Page	7 1/2" x 10"	\$200
1/2 Page	7 1/2" x 4 7/8"	\$125
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Biz Card	2" x 3 1/2"	\$25

E-mail the editor at tcmc@tcmc.org

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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Family Law Clinic

NEW

Every 1st Wednesday of the month, the Men's Center is proud to present the Family Law Clinic. Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Paternity
- Custody
- Child Support
- Co-habitation
- Separation
- Property Division
- Spousal Maintenance
- Financial Settlements
- Your personal issue

Attorneys will volunteer their time and expertise for the benefit of those who attend. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.

Where: The Men's Center, 3249 Hennepin Ave S #55, Minneapolis MN 55408

When: Every 1st Wednesday from 7:00 to 9:00 PM

Just come! No advance registration required!

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