



MEN TALK

THE MEN'S CENTER NEWS

June/July 2008 VOL. 32 #3

A Review of Souled Out: A Memoir of War and Inner Peace

— © 2008 BY AMY BLUMENSHINE

As care providers and healing men seek to learn about the spiritual impact of war on soldiers, they would be well-served to read the recent memoir by the Wisconsin veteran Michael Orban. Exquisitely reflective and with well-crafted description, Orban describes his own decades of healing his war-wounded soul. Not yet 20, he had slogged his way through the Vietnamese bush in the infantry, acting with a “Kill or be killed” mentality. He quotes the heretical version of the 23rd Psalm popular with the infantry: “Yea, though I walk through the valley of the shadow of death, I will fear no evil, because I am the meanest M..F.er in the valley.” While acting to survive, he witnessed and participated in activity that he describes as stealing his soul.

“Everything spiritual that had formed the foundations of my soul and guidance in life felt like a lie, as did my social teachings. My soul had been scooped and cleaned out just as one scrapes a pumpkin to make a jack-o-lantern. Every seed, every strand of pulp of my beliefs were gone. I was souled out, and the windows to my soul { the thousand yard stare of his eyes} were positive proof.”

Upon returning home, he was eager to resume his life, but was stymied by his post-traumatic stress disorder (PTSD) symptoms. He lost his marriage and failed college. Alcohol became his way to cope. His PTSD would not be treated for over two decades. “Nothing gave me pleasure or was of interest. I felt spiritually dead....The enormous volume of unreal experiences seen in war plagued my mind. This confusion and inability to understand myself and what was in my mind added additional fear to the quantity already buried behind the barrier protecting my psyche. I felt that the failure of my belief system left me with no comprehension of whom I was. There is probably no more frightening or dreadful fear than that of losing your mind. Nor is there a greater struggle than to keep that torment hidden. Years later I would find I had no choice, those festering emotions were coming out, like it or not.”

Still desperately trying to maintain a facade of being okay, he fled to Africa, working in the Gabon bush for the Peace Corps and in Cameroun for a nongovernmental organization. “Here before me was God's cure if I chose to take it.” In Africa, “I would marvel.... at the majesty of life; the realization that life was much bigger than we are; that life is about more than any one of us, and greater than any single person. This realization eventually led me beyond my egocentric concentration on my war experiences, and helped me choose between going inward to my own demons, or moving outwards to experience life as a part, not the center.”

Returning to the states, he writes that but for the “over-generosity” of his many siblings, he would have been homeless due to his alcohol

use and other PTSD symptoms. Eventually, his confrontation with suicide prompted a more productive search for healing. “One aspect of trauma is the fear of what I had experienced in war was too complicated, too overwhelming to face. I was afraid that I could not confront the issues and resolve them; that there would be no answers. And that those issues must be left behind the facade I had created. But this was exactly the thinking that would doom me to a life locked in those same unresolved issues, an eternal circle of my own misery.”

He came to conclude that part of his problem was the societal denial of the harm related to soldiering. “Society seems to have a need to think of its military as this pure clean assembly of men and women who could not possibly hurt or abuse prisoners or others, shoot their own soldiers, or become mentally traumatized. Society needs to feel secure and believe that its military is honorable, courageous, and will fight within the rules set up to appease governmental leaders.... We mask over many truths to have that security, and war veterans are a part of this erroneous thinking. He or she must return heroic and unaffected by the experience. Society needs (and government intends) to see this for the sake of social sanity.”

For Orban, his path to recovery after the confrontation with war required addressing his belief system and the care of his soul. “To rebuild a belief system that makes sense of life is not easy, but this is essential for getting out from behind the facade and facing the truth

A Review of Souled Out 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. 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

The Twin Cities Men's Center will again take part in the annual Pride Celebration in Loring Park, Minneapolis. This celebration is set to commemorate the Stonewall Riots in New York which occurred in June of 1969. This was a pivotal event for rights of GLBT.

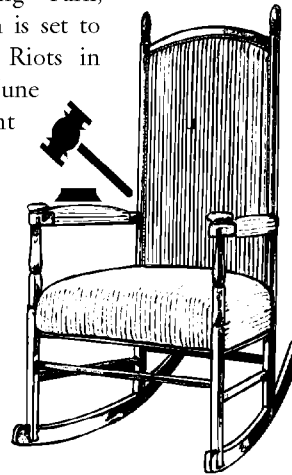
One of my fondest memories of service at the TCMC is to greet people at the booth that we have maintained for years at this event. I hope to see many of you there at the Park.

Other moments to celebrate this season at the TCMC include the anniversaries of the beginning of two of

our support groups. The Healthy Sexual Boundaries group which meets on Saturday mornings has been in existence now for over 5 years. We celebrated this event with a brunch at the Center announced to regular attendees. The Tuesday evening support group, Addiction Busters, as facilitated by Tommy Jones has now past 4 years of meeting at TCMC.

My wish is that all of you have a marvelous summer and partake of some of the many events as shown in our schedule.

**BOBBY SCHAUERHAMER,
BOARD CHAIR**



A Review of Souled Out continued from pg 1

of the darkness."

Our experience paying attention to the impact of war on veterans is not yet broad enough that we can say that all military involved in war will have problems of the soul as Orban did. Clearly some do, however. May we be prepared to help them in their recovery.

Amy Blumenshine is a peace activist and is involved at Our Saviour's Lutheran Church, 2315 Chicago Avenue South, Minneapolis. There she has been working to develop programs for Veterans, especially those returning from recent wars. Her review is of the book, Souled Out: A Memoir of War and Inner Peace, by Michael S. Orban (Candler, NC: Silver Springs Press, 2007) www.michaelorban.com.

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

Aliveness Project Food Drive

Bring nonperishable food or personal care items to the Pride Festival Saturday or Sunday, June 28-29. Food collection barrels will be at the Aliveness Project booth, and Aliveness volunteers will take the food back to their building at the end of each day.

Men's Retirement Group Schedule Change

The monthly Men's Retirement Support group will meet the 2nd Sundays of June and July, June 8th, and July 13th at 5:30 pm instead of the usual 3rd Sunday meeting time. This group is for men who are thinking about or have retired and want an opportunity to discuss 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
	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.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
1	2	3	4	5	6	7
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 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.
8	9	10	11	12	13	14
FATHER'S DAY 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 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.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
15	16	17	18	19	20	21
	SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Exploring Self- Hypnosis 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.	PRIDE FESTIVAL SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
22	23	24	25	26	27	28
PRIDE FESTIVAL Visit the Men's Center Booth in Loring Park!	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.	FOURTH OF JULY HOLIDAY	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
29	30	1	2	3	4	5
	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 ARTICLE DEADLINE SUPPORT GROUP Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
6	7	8	9	10	11	12
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 They Love Me – They Love Me Not... 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.
13	14	15	16	17	18	19
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 Gay Men and Aging 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.
20	21	22	23	24	25	26
	SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION No Presentation 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.	Our phone number is 612 / 822-5892. Call us about Anger Management classes.	
27	28	29	30	31		

Jun/Jul 08

1976 – In Our 32nd Year – 2008
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: **Chuck Boe, Steve Boman, Jim Gerharter, Mary Gray, Kelley Lorix, Andy Mickel, Keith Pederson and Linda Wray.**

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: Kelly Lorix

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.

A Circle of Warriors

Presenter: Andy Mickel

When: Wed, June 11, 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.

Reiki Healing and Energy Work

Presenter: Chuck Boe

When: Wed, June 18, 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.

Exploring Self-Hypnosis for Positive Change

Presenter: Steve Boman

When: Wed, June 25, 7:00-9:00 pm

Open to Men and Women

This is a brief introduction to use of self-hypnosis, which can aid in the promotion of self-improvement and emotional health. Participants will have an opportunity to learn a bit about what hypnosis is and is not and to experience hypnosis for themselves if they choose to.

Participants will come away with a simple method of centering, relaxation and positive imagery that can be used alone or as a foundation for later work in promoting personal growth.

Steven is a Licensed Marriage and Family Therapist with a private practice in St. Louis Park. He has been providing individual, group, and family therapy in the areas of mental health and addiction since 2004. Hypnosis is one of the many therapeutic techniques he offers to clients.

Family Law Clinic

Discussion Leader: Linda Wray

When: Wed, July 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, July 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.

They Love Me - They Love Me Not...

Presenter: Mary Gray

When: Wed, July 16, 7:00-9:00 pm

Open to Men and Women

Are You Sick of Being Confused And Angry?

Healthy Goals:
Run a Marathon
Lose Weight
Change Jobs

Terrorizing Goals:
Commitment
Marriage
Faithfulness
Honesty

Join us to explore the mind of the commitment-phobic and find the strength to break free and move on!

Mary Gray is currently the CEO and founder of a local 501(c) non-profit, MinnesotaHelpers.org. Her relief agency was a resounding success not only in helping house families devastated by Hurricane Katrina, but helping hundreds of artists from the State of Mississippi obtain gallery space in the Twin Cities as the majority of art galleries along the Gulf Coast were obliterated by Katrina. To date her art program has brought close to \$100,000.00 in art sales to those participating in ArtShare. She also convinced her hometown of Wayzata to adopt Bay St. Louis, Mississippi as a sister-city, which resolution was passed in December, 2005.

Gay Men and Aging

Presenter: Keith Pederson

When: Wed, July 23, 7:00-9:00 pm

Open to mature adults over the age of 18.

Studies have indicated that as Gay and Bisexual men age there are changes in the way they interact with others sexually. Have you ever experienced condom fatigue? Do you believe in treatment optimism? Do you think you possess inserter invulnerability?

If you answered YES to any of these questions, consider attending this event. This presentation is designed especially for you.

Topics covered will be broad ranging and will vary on everything from HPV to the effect of condoms in keeping erections.

This presentation will center on research from the early 2000's to today that informs us of the lesser known health risks associated with male aging.

Keith Pederson is a Health Education Coordinator for PrideAlive, a program of the Minnesota AIDS Project. Keith has been working with MSM for many years and continues to champion the message of safer sex in many delivery venues.

No Presentation

When: Wed, July 30, 7:00-9:00 pm

Go for a walk with a friend

Family Law Clinic

Discussion Leader: Jim Gerharter

When: Wed, Aug. 6, 7:00-9:00 pm

Open to Men and Women

See June 4 Description

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): **June 15th** (Father's Day—children welcome) at Jim Lovestar's backyard picnic table, 2629 Upton Ave N, Minneapolis 55411 (1 block east of Theodore Wirth Parkway and near the Broadway/Lowry Jct), 612-588-8984. **July 20th** at Bobby Schauerhamer's 5100 N. Bryant Ave. Minneapolis, 55430 612-670-6508 (6 blocks west of the 49th-53rd Ave Exit off I-94 North). 27 men attended the April brunch at Andy Mickel's; 10 men attended the May brunch at Rick Gravrok's. - Andy Mickel, 2008-05-19.

June is Men's Health Month <<http://www.menshealthmonth.org/>>, and **June 9-15 is National Men's Health Week** <<http://www.menshealthweek.org/>>, a special awareness period passed by Congress in 1994. Awareness materials such as brochures, T-shirts, mugs, bumper stickers, etc. can be purchased at the MHN Store: <<http://www.mhnstore.com/>>,- Men's Health Network, PO Box 75972, Washington, DC 20013; 202-543-6461 x101 - 2008-04-15.

Correct use of language. I have tirelessly clarified misuse of the terms **gender** (masculine, feminine, neuter, transgender, etc.); **sex** (male, female, hermaphrodite, transsexual, etc.); and **sexual orientation** (homosexual, bisexual, heterosexual, asexual, autosexual, etc.). Therefore my gender is not male. My sex is male. In fact at the Men's Center we have a long tradition of speaking about **masculinities** (plural), because we have accepted for a long time the analysis in men's issues circles (since the early 1970's) that the dominant culture's definition of masculinity (the social stereotype) is not only meaningless, but oppresses men. We can have as many different masculinities as there are men.

Because **homophobia** means "fear of same sex", then any man regardless of his sexual orientation can be a target of homophobia (homophobia does not mean fear or hatred of homosexuals). Such is the case in point with Sascha Radetsky, professional ballet dancer in New York City who wrote the "My Turn" column "Don't Judge Me by My Tights" in the March 17, 2008 issue of *Newsweek* magazine (pg 17). Radetsky described how he started taking ballet at

age 5, and was the target of fistfights in throughout school in New York. He experienced discouragement, harassment and violence. He is proud of his profession despite the "skewed vision" of many Americans. He wears makeup on stage, some of his colleagues are gay, and he wants to move on to a future where ballet can be considered a masculine pursuit. - Andy Mickel, 2008-04-01.

Project 515 has identified 515 Minnesota statues that provide rights and responsibilities based on the legal definition of marriage. To become aware of the impact on men and women of these statutes, call 612-246-3885 or visit: <<http://www.project515.org/>> or E-mail <project515@earthlink.net> - Lee Anderson, Chair, Project 515 Inc., P.O. Box 50143, Minneapolis, 55405-0143. - 2008-04-23.

Festival for Fathers for 2008 will be at North Commons Park, 1801 James Ave. North Minneapolis on Saturday, August 9, 2008, noon - 4pm. See details at <<http://www.mnfathers.org/festival.html/>> - Minnesota Fatherhood Update, May 2008, Minnesota Fathers and Family Network, 2008-05-20.

"What About the Guys" by Gail Rosenblum was a full-page cover story in the Minneapolis Star Tribune Source section for Sunday, April 6, 2008. The subject is the proportion of American teenagers with sexually transmitted diseases. News that 25% of American teenage girls have STDs is presented to Minnesota teenage boys to get their responses. In Minnesota officials at Hennepin County Medical Center work with male-focused leadership programs, St. Paul has Sex 101 sessions at Boys Totem Town. Duluth has high-school youth-development land leadership councils and in Brainerd, a Wise Guyz program promotes sex education for male teens. - Gale Rosenblum, <grosenblum@startribune.com>

The film "**Journeyman**" a documentary about rites of passage, mentoring, and male culture in America by Charlie Borden and Kevin Obsatz which premiered in November, 2007 in Minneapolis is now available in two DVD editions. See: <[\[www.mirrormanfilms.org/\]\(http://www.mirrormanfilms.org/\)> for further information. - Charlie Borden, 2008-04-15.](http://</p></div><div data-bbox=)

"I was going to try to beat you to the punch [by renewing early] this year, but I hit 65, and it's like walking in slow motion on a Magler and moving in the opposite direction than the train is going. Did get out yesterday, though, [on a bicycle ride], not the "iron man" though but looking forward to another season..." -Best Wishes, Larry Boatman, St. Paul. 2008-04-20.

"Thank you for the article "Not Running on Empty" by Joe Szurszewski. It helped me so much." G. Easley, Minneapolis, 2008-05-01.

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held October 3-5, 2008 at Eagle Lake Camp near Brainerd, MN. The cost is \$650, with many payment plans and a 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 authentic 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, 2008-05-12.

Announcing **Martin Prechtel's** new and long desired school: Bolad's Kitchen "The New Sprouts: A course in overlooked histories of forgotten people kept alive in the smallest of places— Hope with Details" FFI: Bolad's Kitchen, PO Box 338, Ojo Caliente, NM 87549; 505-583-9103; <bluetayra@newmexico.com> <<http://www.floweringmountain.com/boladskitchen/secondsprouting.html>> December 1 – 10, 2008 and June 25 – July 5, 2009 sessions; cost is \$1500 one year (20 days) or \$850 for one session. - Martin Prechtel, 2008-04-10.

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.

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



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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

YOUR AD HERE!
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

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
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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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