



MEN TALK

THE MEN'S CENTER NEWS

December/January 2008 VOL. 32 #6

Stereotyping Men: How It Hurts Us All

— © 2008 BY JOHN H. DRIGGS, LICSW

WHEN YOU PUT SOMEONE IN A BOX YOU LOCK A PART OF YOURSELF AWAY.

It's been a year since I survived a near fatal car crash. Fell asleep at the wheel. It's a miracle that no one was killed. That wasn't the biggest miracle to come out of it. I'd always had a competitive and distant relationship with the men at the office. They reminded me of my brothers. Always teasing me and giving me hell. Part of it was fun. I liked laughing with the guys about guy stuff. But part of it was alienating. You know, men can be stupid and I was stupid with them. What I was really the most stupid about was how much they actually cared about me. That's where the real miracle happened. The guys at the office all came and visited me at the hospital and told me not to worry. They mowed my lawn, bought groceries for my wife and kids, paid my mortgage for the two months I was out of commission and covered my duties at work. They even sent me cards and got me a bobble head of Tiger Woods. I nearly choked on my tears in the hospital when I heard about their caring. And to think I just saw them as guys!

Unfortunately too many of us also just see men as guys. We may fail to see men as humans with incredible strengths and common failings much like ourselves. We may only see the image of men and not be in touch with their true inner selves and inherent capability. We see men only as stereotypes. Our connections with men—fathers, brothers, uncles, husbands and sons—all suffer from seeing only superficial aspects of men. Even worse, our connections with ourselves also suffer from male stereotyping. We lose out big!

HOW MALE STEREOTYPING HARMS US

Nothing is wrong with self-effacing humor, whether it's about our own petty failings or the nonsense that some men are up to. Laughing with men about our common humanity is good for us all. When we have tried to be honest and our feelings have fallen on deaf ears, humor is a healthy antidote to pain. However some of us undermine our relationships from the get-go. We may laugh *at men* and not *with men*. Some of us use humor and covert judgments as weapons because we are simply mad and we don't know how to deal with our anger. We may act powerless and be helpless around men. We may blame men for making it difficult for us to be honest with them. In reality it is ourselves who are resisting honesty. Stereotyping men seals off our wounds, and it weakens the possibility of heartfelt connections with them.

Continued stereotyping has even worse consequences. When we see only superficial aspects of men they become like objects to us and we treat ourselves like objects in turn. Men sense our antipathy towards them and they stay distant from us. Too many of us have a great loneliness in our connections with men due to the inauthenticity of our relationships. The very parts of us that need affirmation by men get sealed off forever. We all become desperate housewives in our connections with men. We make war with men because we are too scared to authentically love them. Stereotyping is our secret weapon in this war, but it mostly wounds ourselves.

Some of us are not even aware that we are stereotyping men. Our unexamined assumptions about men and how our fathers, brothers and husbands live within us deeply define us. Buddha once said, What we think, we become.

ROLE OF THE MEDIA

Unfortunately men are often portrayed in the media as unresponsive, passive, clueless, incompetent and dependent on their wives. Very few commercials show men being nurturing with their families. Such depiction's occur despite how often men are increasingly playing nurturing roles. The reality is that dads today spend twice as much time with children as they did 30 years ago and co-parenting is the family norm these days. Many men are stepping up to the plate in caring for their wives and children. We are a long ways away from *Father Knows Best*. A 2001 survey of 1000 adults found that 2/3 of respondents thought that women featured in advertisements were shown as intelligent, assertive and caring while men were portrayed as pathetic and silly. Since most purchasing is done by women, preferential status by advertisers is an obvious appeal to the bottom line. Perhaps the anger in advertising towards men also reflects how much these family guys are missed on an emotional level by their families when men overwork.

Stereotyping males begins early and has devastating consequences for young boys and their self-concepts. According to a research survey 1 of 101 G-rated movies between January 1990 and January 2005, boys are typically depicted as dominant, disconnected, dangerous, and dumb. Males occur in the movies 3 times as often as females. They are half as likely as girls to be shown as relational. They are rarely dads, husbands, brothers, or other nurturing male figures. Males are often shown as resorting to violence to solve problems. Certainly boys who are entranced by early media watching are absorbing and internalizing all these cultural stereotypes. They underperform in school and are affected for life.

SIX COMMON MYTHS ABOUT MEN

- Men resist new approaches to fatherhood, marriage and other close relationships because they are threatened by change. Actually time with family is the leading request for men at the workplace more so than more money or better job status. Men are enjoying increasingly active nurturing roles.
- Men have few needs for emotional intimacy. Most adult men report that being sexual with a partner brings them *emotionally* closer to them—their main reason for having sex.

Stereotyping continued on pg 2

THE MEN'S CENTER NEEDS YOUR IDEAS AND HELP

With the 2009 Pride Celebration scheduled for late June, now is the time to start planning for a booth and parade float. Whether you see yourself as a leader or more of a follower, the Men's Center depends on your input to make this happen. Twin Cities Pride is an opportunity to get the word out that TCMC provides support for GLBT individuals in an environment where everyone can live together in harmony.

HOW TO PARTICIPATE

Interested in forming a Men's Center Pride committee? Leave your name & contact info at the TCMC office or contact Don Haumant at Scoot.Vanderbean@gmail.com or 612-801-8986.

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

Several books have been donated recently by friends of The Men's Center. Come in, browse, and check out books that interest you.

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
Staff

Randy Genrich
John Hesch

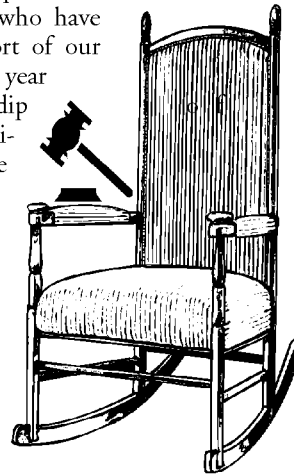
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Greetings from the Chair

Greetings to the members, participants and friends of the Twin Cities Men's Center. My special appreciation at this time to those of you who have responded to a call for support of our organization, now in it's 33rd year of service. We experienced a dip in our support group contributions which is one of the main sources of revenue in our extremely lean budget. It seems that both support group contributions and membership renewals have improved lately. My appreciation goes out to those of you who have stepped up to help this very important organization.



Secondly, we will be holding our annual meeting on the second Saturday in January (a full notice is in this issue of the Men Talk). Your presence is important to us. The annual meeting also provides members with an opportunity to run for the Board of Directors. We always appreciate

having new members for the Board.

Please join me in providing our hearty thanks to Gerald Obremski who has been on the Board of Directors for many years and will be stepping down at the end of his term in January. He has also functioned as an officer of the Board, our Treasurer, for those many years. He has agreed to provide us with some of his valued support in filing tax forms and other duties while not being on the Board. We will be seeking a person to serve as Treasurer on our Board at our Board meeting later in January.

My hope is that this letter finds each of you well. I will see you at the Men's Center.

**IN SERVICE,
BOBBY SCHAUERHAMER,
CHAIR OF THE BOARD**

Stereotyping continued from pg 1

- Men do almost nothing to run homes and leave everything, including raising children, to spouses. Indeed women do more than their fair share of housework despite working as much as men outside the home. However –stereotypical– men's work regarding keeping the cars in order, fixing the roof, repairing things, getting the leaves out of the gutter often goes unnoticed and is assumed. Most of the dangerous work—like checking on burglars and going to war is done by men.

- Men think that people who praise them are being manipulative. Men are so infrequently praised, due to being seen as not needing it, that when they are given a pat on the shoulder they wonder what the praiser wants from them.

- As men age, they lose their interest in sex. Men have active libidos throughout their lives but are less sexual with age due to fears of aging, partner conflict and misinformation about sex.

- Men aren't interested in the finer things in life and asking them to read or see films will usually result in noncompliance. Men may be initially scared of the vulnerability that subjective media brings up. However when men try something new, they frequently like what they try.

WHY DO WE STEREOTYPE MEN?

Obviously some men do behave badly when it comes to their family's well-being. It's only natural to project some antipathy that comes out in the form of stereotyping. However this explanation doesn't strike at the heart of the matter. Clearly some women aren't saints when it comes to loved ones and yet they often are portrayed as competent when it comes to family life. The heart of the matter is that stereotyping men distracts us from looking at ourselves. It's much easier to write men off than notice how we are not being genuine with men, how we expect men to rescue us from life's struggles and how we have not come to terms with limitations in our relations with men—our fathers, brothers, sons and husbands. The fact is there probably is a lot more we can get from men emotionally. But we may not be ready to receive it. So we create barriers by pigeonholing men.

GETTING MORE PERSONAL WITH MEN

To break barriers with men the place to start is with yourself. You may not be completely aware of all the ways you keep men at arm's length. Read Daphne Rose Kingma's *The Men We Never Knew* (Conari Press, 1993) and get support from a trusted friend who can help you face some challenging realities while comforting you in your struggles. Often writing a letter to a man you want more from that focuses on your limitations and needs is a good place to start. Clearly you will require help with how far you can go with a particular man and when is it best to accept what will not change. Let us all have the courage to see men as people who are different from but very much like ourselves. Men are sacred people much like ourselves.

John H. Driggs, L.I.C.S.W., is a Licensed Clinical Social Worker in private practice in St. Paul and co-author of Intimacy Between Men (Penguin Books, 1990).



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
Call us about Anger Management Classes.	SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living with HIV 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Family Law Clinic 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
	BOARD MTG. 7 p.m. SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living w HIV 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.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 Survivors Sexual Abuse 7:00 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
	SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living with HIV 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Managing Sanity and Resilience... 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 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. Men's Retirement 5:30 p.m	SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living with HIV 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	CHRISTMAS EVE HOLIDAY	CHRISTMAS HOLIDAY	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 12:30 p.m. Combat Trauma 7:30 p.m. Living with HIV 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	NEW YEAR'S EVE HOLIDAY	NEW YEAR HOLIDAY	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
	SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living with HIV 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Family Law Clinic 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 p.m.	SUPPORT GROUP Men's Bisexual Issues 7:30 p.m.	ANNUAL MEETING 9:00 a.m. Annual Facilitator's Meeting 11:00 a.m.
Men's Retirement 5:30 p.m	BOARD MTG. 7 p.m. SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living w HIV 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.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 Survivors Sexual Abuse 7:00 p.m.	MEN TALK DEADLINE SUPPORT GROUP Men's Bisexual Issues 7:30p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
BRUNCH 10:00 a.m.	SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living with HIV 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION The Aha! Person 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	MT MAILING 9:00 am SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
	SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living with HIV 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Transformational Techniques 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 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.

Dec/Jan 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: Jim Gerharter, Harry Greenberg, Sid Levinsohn, Kelley Lorix, Andy Mickel, Sharol Tyra, 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, Dec. 3, 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, Dec. 10, 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.

Managing Sanity and Resilience Through Divorce/ Uncoupling

Presenter: Harry Greenberg
When: Wed, Dec. 17, 7:00-9:00 pm

Open to Men and Women

Divorce or leaving a long-term relationship is often a profoundly life-changing event, but everyone experiences the process differently. What is often helpful is an understanding of both the intellectual and emotional contours of the journey.

In this experiential and participant focused workshop, we will explore a variety of factors that play a major role in how one understands, and manages the divorce process, reviewing behaviors to avoid and strategies to employ.

Harry Greenberg is an educator, social worker, and social justice activist.

He received his masters degree in social work and his teaching license from the University of Minnesota. He is licensed as a graduate social worker in the state of Minnesota. He has been involved in divorce education since 2000 working at both Storefront and Chrysalis. Much of his passion in this topic came about through the lessons learned in his own divorce.

His work as an educator and counselor focus on client self-empowerment, user-friendly education, and the use of narrative and solution focused inquiry.

No Presentation

Christmas Eve
When: Wed, Dec. 24

No Presentation

New Year's Eve
When: Wed, Dec. 31

Family Law Clinic

Discussion Leader: Linda Wray
When: Wed, Jan. 7, 7:00-9:00 pm

Open to Men and Women

See Dec. 3 Description

A Circle of Warriors

Presenter: Andy Mickel
When: Wed, Jan. 14, 7:00-9:00 pm

See Dec. 10 Description

The Aha! Person

Presenter: Sharol Tyra
When: Wed, Jan. 21, 7:00-9:00 pm

Open to Men and Women

Discover 10 qualities of successful people who say "Aha!" and get more out of life. The Aha! Person Says, "Aha!" To

1. Bringing Visions to Life
2. Feeling Deeply
3. Breathing and Recommitting
4. Knowing the Truth

Create a fresh perspective to achieve goals and enhance personal and professional growth.

Sharol Tyra, PCC, CPCC, RN of Life Illumination is a Professional Speaker, College Adjunct Instructor, & Certified Coach. Her fun, engaging, and inspirational presentations make her a popular speaker for conferences and celebrations. Sharol is passionate about helping people expand their horizons. She returns to the Men's Center for another well-received presentation. Visit www.SharolTyra.com

Transformational Techniques

Presenter: Sid Levinsohn
When: Wed, Jan. 28, 7:00-9:00 pm

• Are you sick and tired of being stressed out? Now, release stress in seconds!

• Tired of worrying about your health and not finding solutions?

• What to do if you have a family history of a chronic illness!

• The three most important ingredients to stop failing health and attract well-being.

• The Law of Attraction: The actual techniques to manifest the life you want. Yes! Here is a new way to get what YOU want, not what others want for you.

• Why to awaken each day saying to yourself, "What am I going to create today?"

• Learn what the bleep life is all about by discovering your real life purpose.

- A fear-reducing breakthrough that can turn hopelessness to hopefulness.
- Quantum physics made easy; the science of possibilities to make the "impossible" possible (how to do what you think you can't do)!

Sid Levinsohn, a local pharmacist and medical researcher, has become a nationally known expert on the topic of surviving chronic and terminal illnesses. Sid describes his self-healing journey and the lessons he learned interviewing long-term cancer survivors during his bout with cancer. Out of these experiences, he has created a transformational 'blueprint' developed for coping and overcoming the disease. Step-by-step techniques that are so simple that anyone can learn them (Alan Hymes M.D).

Family Law Clinic

Discussion Leader: Jim Gerharter
When: Wed, Feb. 4, 7:00-9:00 pm

Open to Men and Women

See Dec. 3 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

Living with HIV

A Support Group for all men with HIV

Come to a supportive and safe environment to discuss topics relating to living with HIV. A place to openly discuss your HIV issues with other men who understand. Open to all men regardless of their sexuality. Learn what each other

are doing to handle different aspects of their lives in relation to their HIV. Or just a place to talk about what is on your mind that day. Open to all men with HIV regardless of their sexuality.

- Mondays 7:30 - 9:30 pm

Creatively Coping with Combat Trauma

Open to Men and Women

Are you a veteran whose combat experiences are still troubling you? Post-traumatic stress disorder (PTSD) can make it hard to cope with everyday life. It emerges at unexpected times, disrupting your life. It's common to experience panic, flashbacks, nightmares, disorientation, feeling unreal, family, problems and difficulty relaxing.

You are not alone. This group will help veterans reconnect with family and community, safely explore traumatic memories, integrate mind, body and feelings, identify and develop personal strengths and improve coping skills.

- Mondays 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

Do you feel like you are the only one this has ever happened to? It's not true that men/boys cannot be raped or otherwise sexually abused. Many boys have survived abuse at the hands of parents (both Mothers

and Fathers), relatives, siblings, neighbors, clergy and strangers. Early sexual experiences do not make a boy "lucky"; they can cause lasting feelings of being used and make adult intimacy difficult. You are not alone. You are not to blame. We provide a place where it is safe for survivors to talk. It is helpful to be heard by others who know what you are saying is true.

Currently a closed group. Call The Men's Center 612-822-5892 if you are interested.

- Thursdays 7:00 - 9:00 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
December 21st 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.). **January 18th** at Frank Brandon's, 975 Como Blvd E, St. Paul, 55103. 651-487-3008. (on the east side of Lake Como). 9 men attended Stephen Sewell's brunch in September. - Andy Mickel, 2008-11-17.

"Maybe [produce] another health symposium like you put on a few years ago [2001]—awesome—depression seemed the most popular lecture." - Tom Bachelder., 2008-10-15. Note from Andy: *The 2001 Men's Health and Wellbeing Symposium was very well received and we all wanted to do another one; it also broke even (did not lose money). It also was so much work, that we haven't found the time or energy to do it again.*

"Your services are superb. I refer my clients often. Thank you for continuing this fine, important, needed service." - anonymous, 2008-10-16.

Long-time Men's Center member and volunteer, support-group facilitator and fundraiser Bob Anderson has a new book: *Out of Denial* It's the memoir of a closeted gay married man who grew up in the conformist Fifties, took its values too readily to heart and got trapped in a maze of denial. It shows the toll this takes on him and those he loves, his struggle to break free and his eventual recovery of a lost boy and a submerged self. With frankness and humor, it celebrates the odyssey of coming out and the release of new energy for love and friendship, spirituality and creativity. Go to: <<http://stores.lulu.com/OutofDenial>> to get your copy, learn more about the author and even read chapter one.

Excerpts from the book...

"For years I denied a basic truth about myself, yet for all the damage that was done, what I see in the pattern of my life is an amazing generosity, a repeated invitation to step into the fullness of my being, whatever my resistance."

"A friend once said that being married and being gay, for him, was like living inside a glass jar. You saw everything that was happening to you, you went through the motions, but you didn't connect, you weren't fully present. You viewed yourself like a specimen under glass."

"The grief of inauthenticity is a grief many married gay men share. It runs deep and takes many forms... and is immeasurable, because it goes to the core of your being."

"Coming out didn't end my problems, and it created a host of new ones, but the difference was, I had a commitment to this life, it expressed me and had meaning for me. Every difficulty, therefore, was transformed into a learning opportunity, another step along the way; and embracing it, I turned it to my advantage." - Bob Anderson, 2008-11-10

Open Circle of Warriors events at the Men's Center every 2nd Wednesday, 7-9 p.m. or the Lion's Den Men's Group every 4th Wednesday also at the Men's Center. Contact Andy Mickel with any questions 612-279-6416 or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times. -Andy Mickel, 2008-11-11.

Many Voices, One Song: Hope for a World Beyond AIDS – A concert commemorating the 20th Anniversary of World AIDS Day Hopkins High School Auditorium, 2400 Lindbergh Drive, Minnetonka Friday, December 5, 2008, 7:30 pm & Saturday, December 6, 2008, 7:30 pm. Presented by One Voice Mixed Chorus and the Minnesota Philharmonic Orchestra. With community partners: African American AIDS Task Force, The Aliveness Project, Building Bridges, Minnesota AIDS Project, Rural AIDS Action Network. Tickets: \$18 and \$25 (\$10 students and seniors). <<http://www.ovmc.org/>> or 651-298-1954. -Karen Muleski, 2008-10-22

Men's Issues in the News...article by: Pam Louwagie, Minneapolis Star-Tribune Sunday 09 November 2008: "Sexual Assault on Campus: Culture Change 101"

Tyler Jones was tipping back a couple of beers with friends at a Dinkytown bar when he suddenly had to take a stand. "Hey, see that girl over there?" Jones recalled an acquaintance asking, nodding toward a woman he wanted to take home. "She's almost drunk. Not quite drunk enough... What shot should I buy her?" There was a time, Jones says, when he might have laughed off the remark. Not anymore. "You want to buy her something really strong to like, basically knock her out?" Jones, a University of Minnesota senior, recalled saying, "Man, that's not right. That's rape. That's sexual assault." The acquaintance looked stunned. "Whatever," he mumbled, and walked away. Complete story at: <<http://www.startribune.com/local/34129724.html>>

"I am writing on behalf of Children's Home Society & Family Services. We truly appreciate having loyal and credible partners in the community, such as Twin Cities Men's Center:

Children's Home Society & Family Services strives to prevent child abuse and neglect by offering free or low cost, integrated services that provide 1) ongoing support and education in setting goals towards self-sufficiency, developing life skills and building healthy relationships, 2) helping families to create family plans in order to reach those goals and 3) connecting families to other resources in the community. Services include Parent Support, Domestic Abuse & Anger Management, Financial & Home Ownership Education and Learning Disabilities. Our service areas include Ramsey & Dakota (651-641-1300), Anoka (763-785-9222), and Chisago (651-674-8596) Counties."

– Amy Lopez, Children's Home Society & Family Services. 651-641-1300 <<http://www.chsfs.org/>> - 2008-10-02

Minnesota Fatherhood Summit: Annual Winter Training Conference: Monday - Tuesday, January 12, 13, 2009, St. Cloud Civic Center. REGISTER NOW! Join MFFN for our 6th annual winter conference for professionals working in fatherhood programs, early childhood settings, public health, government agencies, and related family/social service organizations. Conference details and registration materials are available at www.mnfathers.org/summit.html or call (651) 222-7432. The 2009 theme focuses on healthy masculinity with keynotes by various noted speakers including:

- Dr. Christopher Kilmartin, author, stand-up comedian, actor, playwright, consultant, professional psychologist, and professor of psychology at Mary Washington College in Fredericksburg, VA.

- Dr. Leola Johnson, professor and chair of humanities and media and cultural studies at Macalester College in St. Paul. Dr. Johnson's scholarship focuses on hip-hop culture, rap music, sports, and other media representations of African Americans in news and entertainment.

- Joe Kelly, father, author, speaker, activist, editor, publisher, consultant, and a leading national voice for progressive parenting with vast expertise on issues affecting dads and daughters.

- Dr. Michael Obsatz, professor emeritus at Macalester College in St. Paul. His courses have included Institution of the Family, Human Sexuality, Male Socialization Issues and Violence, and Death and Dying.

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.

Annual Facilitator Meeting

Our annual facilitator training will be held Saturday January 10th after the Annual Meeting which begins at 9am, thus facilitator training should begin at about 11am, with lunch provided by the Men's Center about noon. Randy Genrich and Norm Petrik will again 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 all you facilitators will come. We very much appreciate your help by facilitatiing.

– Norm Petrik, Program Committee Chair

Men's Retirement Group Schedule Change

The Monthly Men's Retirement Support Group will meet the 2nd Sunday, January 11th, instead of the usual 3rd Sunday, at the usual time 5:30 p.m., and at the usual 3rd Sunday, December 21, at 5:30p.m. The group is for men who are thinking about or have retired, and want an opportunity to discuss feeling about this major life change. Welcome if this sounds like it might help you.

– Norm Petrik, 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 TCMC Members (\$225 for Non-Members)

Starting Dates: Classes are filled on a first come, first served basis. Currently we have a Wed class in Hopkins, and a Thurs class at Men's Center. A new Mon class at Men's Center will begin after Dec 1, and a new Tues Spiritual-based class in Edinawill begin on Feb 3.

Please call TCMC 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.

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

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

(612) 822-5892

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




BREADSMITH
HAND MADE. HEARTH BAKED.™

Spiritual-based Anger Management Class
 starting Feb 3 2009, Tuesday nights 7-9 pm
 at Christ Presbyterian Church in Edina.
 For further information or to sign up call John Hesch, coordinator, at 612-229-3102

**On Being a Shit:
 Unkind Deeds and Cover-Ups in Everyday Life**
"A humorous look at a serious topic"
 Buy this book and be ready to dethrone the next person who dumps on you.
 Buy for yourself or a put-upon relative or friend at <http://www.lulu.com/content/1151441>, Amazon.com and other on-line booksellers, or download from Amazon Kindle or Mobipocket

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 10, 2009 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 10, 2009. 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. 10, 2009
- I VOTE **AGAINST** THE BOARD OF DIRECTORS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 10, 2009.
- I **ABSTAIN** FROM VOTING AT THE ANNUAL MEMBERSHIP MEETING, JAN. 10, 2009.

signed _____ date _____.

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