



MEN TALK

THE MEN'S CENTER NEWS

February/March 2009 VOL. 33 #1

How Do You Listen To Sexual Assault

— © 2009 BY DJOKE STEEN

The second rape

The mythic image of the violent stranger jumping out of the bushes is oddly reassuring and very persistent in spite of contradicting statistics about sex crimes. The uncomfortable reality is that most perpetrators are known and trusted by the victim and that often no physical violence is used. If your friend tells you she has been sexually assaulted, there is a good chance the perpetrator walks around in your social circles.

Since I was not physically attacked by a stranger, conversations about my sexual assault focused around determining where I had gone wrong; to what extent I had provoked and/or resisted the assault. Speaking out meant facing my shame and humiliation, instead of support, I noticed that some kind of uneasiness and defensive thinking kicks in when people are confronted by a sexual assault victim. I found most people choose to critically question the victim. To critically evaluate the perpetrator is uncomfortable territory for many of us.

The first rape

I foolishly trusted a person who later turned out to be untrustworthy.

I accepted a wonderful back massage from a man who presented himself as a massage expert. Suddenly, without any indication of what was about to happen, he pushed his finger in my vagina, and I found myself in the midst of a sexual situation.

He had not inquired in any way whether I wanted him to go from massaging me, to being sexual with me, let alone penetrate me. I never had a chance to say "Yes," therefore I also never had a chance to say "No."

When I all of a sudden felt his finger in my vagina, I felt a huge explosive pang go off in my head. I was dazed and in shock. The explosion in my head was accompanied by a great sense of loss. I had lost autonomy over my most private part; somebody was bulldozing himself into that part of me that I have so many tender emotions about.

The shock and the sense of loss were immediately followed by me going into coping mode. I instinctively felt I needed to hide my humiliation and fear, cut my losses, and slip out of the situation as fast as possible. I feared what might come next. I remember with pain back to the moment where I wondered whether enough time had passed to move my body away from his finger, in order to maintain the facade of being a willing participant. After I thought it timely to extricate myself from his finger, I forced a smile and excused myself by saying that I was very tired and needed to go home. I apologetically declined his invitation to stay longer.

What is sexual assault?

I found that most people define sexual assault as a violation of boundaries, and not as non-consensual sex. I was blamed for not having put up a boundary at some point, somehow. The perpetrator was not blamed for taking liberties with my body without my positive cooperation, or even my awareness.

Negotiating consensual sex is a very complicated dance. I like to call it a dance since most of the communication is often non-verbal. The short phrase "no means no" helps us communicate our morals about the more elaborate negotiation process that precedes consensual sex.

Our current sexual morality puts the responsibility for ensuring consensual sex entirely on the woman, by giving her the power to veto. Our commonly held definition of a sex-crime is that a man violates a woman's "No." (Of course men too can be sex-crime victims.) The implication here is that as long as a woman has not put up her verbal defensive block, no transgressions have occurred.

Many of us see mutuality as necessary for sex, we want to be wanted. We want a meeting of the bodies and the minds. Many men's attitude about sex is "yes, means yes" and they become sexual with a woman's body only after receiving positive cooperation. The sexual predators among us don't value mutuality, at best, their attitude about sex is "no means no."

Listen to Sexual Assault 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

Several books have been donated recently by friends of The Men's Center. Come in, browse, and check out books that interest you. A copy of Bob Anderson's book, *Out of Denial, Piecing Together a Fractured Life* is available for check-out in the 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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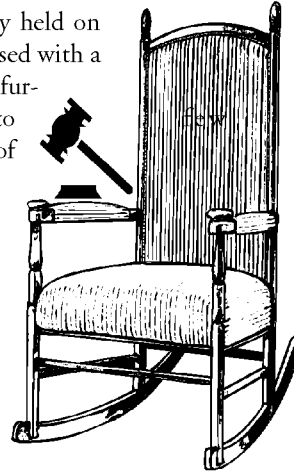
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Greetings from the Chair

Greetings to the many volunteers, participants and members of the Twin Cities Men's Center. The annual meeting of TCMC was recently held on January 10, 2009. I was impressed with a good turnout of 21 men. I was further impressed when I wanted to recognize the many volunteers of TCMC; I asked them to stand up and all men present did so, with the lone exception of a visitor from another agency. The large pool of volunteers and the consistency over the years of their service is a huge asset at TCMC.



This will be my last letter as Chairman of the Board of Directors. I stepped down from that position at the annual meeting so that I could assume a new role as the Executive Director. This is an exciting transition for me to take responsibility for new fund raising. I would encourage any of you to contact me with your fund raising ideas.

I believe that this will be a period of

renewal for TCMC. We have managed to provide many valued services over 33 years with a tremendously lean budget. My belief is that TCMC can build upon a wonderful foundation of volunteers and a of dedicated staff to extend our services in a time of expanding community needs. I look forward to this coming year, the possibility of growth for TCMC and the continued opportunities for filling the needs of the community within this unique organization, the Twins Cities Men's Center.

Our next monthly meeting of the TCMC Board will be at 7 to 9 pm on February 9, 2009, Monday. The Board has been elected at the annual meeting and officers will be elected at this monthly meeting. Visitors are always welcomed.

**BOBBY SCHAUERHAMER,
 DEPARTING CHAIR OF THE BOARD**

Listen to Sexual Assault continued from pg 1

I've read that most sexual predators resist the idea of seeing themselves as such. They will look for ways to validate their behavior and will often seek public approval for their private transgressions.

The predator, who maliciously uses stealth and deceit to circumvent the woman's "no" walks away from his groping and fondling viewing himself as above reproach. The stealth and deceit predator uses our rule, "no means no" to sidestep the complicated dance of negotiating positive cooperation to ensure consensual sex.

The predator, who delusionally uses poor listening skills to allow himself to insert his imaginary "yes" also feels above reproach. He validates his actions by his intent and not by how his actions affect others. The delusional predator uses our rule "no means no" to validate his inability to control his "imaginary wishful thinking" as an excuse for injuring others. How often do we hear: "Oh, but I thought I had her consent!"

Just as men learn to degrade women from other men, they also learn to respect women from other men. A man who chooses the short-phrase "no means no" to represent his values about sex provides the green light for the stealth and deceit, and the delusional perpetrators. The man who chooses "no means no" fails to protect his sisters and daughters from this kind of sexual predator.

A man who uses the short phrase "yes means yes" instills that consent is absolutely required in sex. He implies that to be sexual with a woman's body without her positive cooperation, is sexual assault.

Djoke Steen, originally from The Netherlands has lived in the San Francisco Bay area for the last 15 years. She has invited others to join in discussion on this topic at <http://tribes.tribe.net/sexualassault>

By-Laws Revision Report

During the Annual Meeting, Don Haumant presented his work on the Men's Center By-Laws. A number of revisions were proposed to clarify language and intent. The members present accepted all the revisions unanimously. If you wish to read a copy of the current By-Laws, they are on file in the office.



MEN'S CENTER EVENTS

The mission of the Men's Center is to provide resources for men seeking to grow in body, mind, and spirit; and from that foundation to advocate for healthier family and community relationships.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living with HIV 7:30 p.m.	2 SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	4 PRESENTATION Family Law Clinic 7-9 p.m. Transition 7:30 p.m.	5 SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 p.m.	6 SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	7 SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
8	9 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.	10 SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	11 PRESENTATION A Circle of Warriors 7-9 p.m. Transition 7:30 p.m.	12 SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 p.m.	13 SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	14 SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
15 BRUNCH 10:00 a.m. Men's Retirement 5:30 p.m.	16 SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living with HIV 7:30 p.m.	17 SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	18 PRESENTATION Ambiguous Loss 7-9 p.m. Transition 7:30 p.m.	19 SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 p.m.	20 SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	21 SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
22	23 SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living with HIV 7:30 p.m.	24 SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	25 PRESENTATION Massage Workshop 7-9 p.m. Transition 7:30 p.m.	26 SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 p.m.	27 SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m. Two Spirit Circle & Potluck 7:00 p.m.	28 SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
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Feb/Mar 09

1976 — In Our 33rd Year — 2009
of Public Service

Call us about Anger Management Classes.

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 33 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, Rick Laska, Kelley Lorix, Andy Mickel, Bob Monson, Cynthia Reuss, and Connie Studer.

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: Jim Gerharter
When: Wed, Feb. 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, Feb. 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.

Ambiguous Loss: How to define that which is irretrievable lost and name what parts remain

Presenter: Connie Studer
When: Wed, Feb. 18, 7:00-9:00 pm
Open to Men and Women

Ambiguous losses are those that lack clarity and can lead to sharply different assessments of exactly who or what has been lost. When loss is ambiguous, we can feel immobilized. Certain emotional processes within us are kept frozen. This workshop will help participants to define "hidden losses".

Connie Studer, M.A., LAMFT, Licensed Associate Marriage and Family Therapist, is a skilled presenter with many years experience in public speaking and facilitation of groups. She is in private practice and works with adults, couples, and families. Several years' clinical experience working with issues of grief, loss, trauma, and transition began with work at the Center for Grief, Loss, and Transition in St. Paul, MN and continued as the grief counselor at Pride Institute. Connie offers grief groups for the GLBT community and other support groups including caregiver support groups.

Massage Workshop

Presenter: Cynthia Reuss
When: Wed, Feb. 25, 7:00-9:00 pm
Open to Men and Women

You will learn some self-massage

techniques, some simple massage strokes to use with a partner or friend, have an opportunity to ask questions.

Cynthia Reuss is a self-employed massage therapist. She finished her massage training at CenterPoint School of Massage in Minneapolis, in 2004. She specializes in therapy for stress or injury-related muscle tension. Cynthia uses a combination of Deep tissue work, with Positional Release and passive stretching. Her office is located in the Uptown area, where she shares space with a wonderful chiropractor, Dr. Kimberly Berkus.

Cynthia has done this workshop a couple of times at the Men's Center and looks forward to meeting you.

Family Law Clinic

Discussion Leader: Kelly Lorix
When: Wed, Mar. 4, 7:00-9:00 pm
Open to Men and Women

See Feb. 4 Description

A Circle of Warriors

Presenter: Andy Mickel
When: Wed, Mar. 11, 7:00-9:00 pm
See Feb. 11 Description

Managing Sanity and Resilience Through Divorce/ Uncoupling

Presenter: Harry Greenberg
When: Wed, Mar. 18, 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.

HIV 101

Presenter: Rick Laska

When: Wed, Mar. 25, 7:00-9:00 pm
What are HIV & AIDS? Do I need to get tested? Where can I get tested? How do I know if I'm at risk for getting HIV? Here's your chance to learn everything you ever wanted to know about HIV transmission and prevention.

Rick Laska began his HIV prevention work in 1999. He started working with the Minnesota AIDS Project in 2004 and is currently a Community Educator for the MAP AIDSLine. He is a Red Cross Certified HIV Instructor.

Family Law Clinic

Discussion Leader: Bob Monson

When: Wed, Apr. 1, 7:00-9:00 pm

Open to Men and Women

See Feb. 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

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** (bring something to share/cook up): **February 15th** at **Eric Mann's** 632 Morgan Ave S., Minneapolis, 55405 612-729-1220 (on the north side of I-394, Penn Ave Exit); **March 15th** at **David Miner's**, 311 E 24th St #1, Minneapolis, 55404, 612-345-4835 (across the street from the Institute of Arts); **April 19th** at **Andy Mickel's**, 106 SE Arthur Ave, Minneapolis, 55414, 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). About 10 men each attended both the December & January brunches. - Andy Mickel, 2009-01-19.

"Men's Fitness pumps up Minneapolis" The magazine ranked [Minneapolis] **third most fit in its annual ranking guide**. When it comes to being fit, Minneapolis residents are right up there with anyone else in the country. Men's Fitness magazine ranked the country's "Fittest/Fattest Cities," and the 11th annual survey put Salt Lake City at the top of the Fittest list. Minneapolis was third, with Colorado Springs wedged between. - Paul Walsh, Minneapolis Star Tribune 2009-01-14.

2nd Annual **ManZone, Men's Health Edutainment, Northfield**, Jan 30-31. The ManZone is dedicated to providing men and boys with the information they need to live happier, healthier lives. ManZone's edutainment (educational + entertaining) focusses exclusively on men's health and wellness. "It's a free event for men—and those who love them." FFI - Mark Mueller-Dahl, 612-964-9906 <muellerdahl@myclearwave.net> - 2009-01-19.

The **Minnesota AIDS Project AIDSLine** has new hours. We are now open Monday-Friday 9:00 a.m. - 5:30p.m. Our phone numbers have not changed. - Brian Gjerde, Community Educator, MAP, 2008-12-23.

Northfield Potluck Group usually meets 3rd Saturday evenings at various hosts'

houses as a means of socializing with gay, lesbian, bisexual, transgender and otherwise people from Central and Southern Minnesota. Some members come from Blue Earth, Burnsville, Warsaw, Montgomery, Fairfax and other towns. Requirement is to bring a potluck dish to share. FFI: Jerry at 1-800-742-0150 <otrio123@netzero.net> - 2009-01-10.

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held May 1-3, 2008 at Eagle Lake Camp near Brainerd, MN. The cost is \$650, with many payment plans and partial scholarships available. To learn more, attend an Open Circle event: Observe, Ask Questions (or Participate if you like) in a

safe container with a group of men who are practicing authenticity and connection to feeling at **Open Circle of Warriors** events at the Men's Center every 2nd Wednesday, 7-9 p.m. Contact **Andy Mickel** with any questions 612-279-6416 or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times. - Andy Mickel, 2009-01-15.

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.

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 began after Dec 1, and a new Tues Spiritual-based class in Edina will 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.

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.

Annual Facilitator Meeting Report

Ten men attended our annual facilitator training on Jan. 10th after the Annual Meeting. Two new men took the training, along with the more experienced persons, and all of us gained. They were all thanked for their service to the Men's Center in leading support groups. We discussed various topics in the Facilitator Manual, and gave people a chance to discuss concerns they have in leading groups. Randy Genrich and Norm Petrik led the training.

– Norm Petrik, Program Committee Chair

The Men's Center ALL-PURPOSE FORM

Clip this form and mail to The Men's Center. A regular annual membership at The Twin Cities Men's Center is \$20. With that you get access to the extensive reference library on Men's Issues, receive the Men Talk newsletter, participation in the annual meeting, and enjoy reduced fees to Men's Center sponsored events. If you are able to afford a membership at the Patron (\$40) level, you get free admission to all Wednesday workshops in addition to all the regular membership benefits.

- I want to sustain the activities of The Men's Center by becoming a "20 x 12 Honor Roll Member."
- Please ENTER/RENEW my membership at The Men's Center for the next 12 months:
Enclosed please find \$_____ \$20 (Regular) \$40 (Patron).
- I want to make an additional, tax-deductible gift of \$_____. Thanks much.
- My new/correct address/phone is printed below.
- Please remove me from The Men's Center mailing list; the pre-addressed gummed mailing label is attached.
(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 _____

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E-mail the editor at tcmc@tcmc.org

UPTOWN AREA SPACE TO RENT

**The Men's Center,
3249 Hennepin Ave S**

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

(612) 822-5892

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

4

Family Law Clinic
Only \$5

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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