

# men talk

tcmc 

in our 35th year  
of public service

twin cities men's center

Apr / May 2011  
Volume 35 #2

## *Domestic Violence: We Can Diminish It!*

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**D**omestic violence is a major societal tragedy. It destroys the safety in millions of homes. For over 30 years we have been seeking to end domestic violence done to women. This is an important goal. Yet efforts by millions of people and multi-billions of dollars over decades have done little to reduce domestic violence. Are we missing something important? If so, what is it?

One thing that is missing is services to men who have experienced domestic violence from their female spouses. I feel deep sadness about the absence of services to these men who experience domestic violence. When I hear men, or their mothers, sisters or daughters, tell me about the intense and on going violence and suffering these men are subjected to, I feel frustrated because I have to tell them that there are essentially no services, counseling or places to escape-to available for these men.

**Historical:** In the past, as many as 95% of police reports related to domestic violence involved violence by men to women. The percentage of victimized males reported has been increasing over the years. In Dane Co., WI, for example, one fourth of the persons presently identified by police reports as domestically abused are men. (WI Dept. of Justice Annual Domestic Abuse Incident Reports). Considering the societal shaming these men are subjected to (e.g., Be Tough! Take it like a man! Don't be such a wus!), this is a remarkably high percentage.

The first national survey of domestic violence in 1976 found that 1.8 million women experienced physical domestic violence that year. The study also found, to the researchers' surprise, that 2.1 million men experienced physical domestic violence. (Straus, M. & Gelles, R. (1986) *Marriage & Family*, 48: 465-479) Dozens of later studies have confirmed the finding of similar numbers of men and women experiencing domestic violence. Women report more physical injuries, while men tend to experience more verbal, emotional, psychological and spiritual (VEPS) violence.

Therapist Dr. John Macchietto wrote about his experience with domestic violence:

*"When I was unaware of the research regarding battered men, I never saw battered men or physically abusive women in my counseling. Subsequent to my learning of the prevalence of physically abused men, I began asking specific questions of my male and female clients. Very shortly afterward, I began (as well as continue) to see proportionately equal numbers of battered men and women as well as abusive men and women."* (Mental Health Counseling 14: 385 [1992])

**Win-win:** I am troubled and depressed by the lack of services that our society provides for the multitudes of suffering men because I need

to have men treated fairly and compassionately. For people working to aid women who have experienced domestic violence, providing services for men may feel threatening because it would reduce currently provided services for these women. However, providing compassionate caring to wounded men offers the hope of reducing the amount of domestic violence done by men to women. This seems like a win-win situation.

Recently a domestic Violence Center worker stated that currently four million women experience domestic violence annually. If this is true, we are obviously not reducing the amount of domestic violence in our society. Part of this is likely due to the lack of holding women accountable for their violence. And part of this is likely due to the judgmental/ punitive way we treat the persons labeled as perpetrators. These are people, both men and women, who have been wounded severely and may be living the way they learned and/or striking out at their wounding. I feel sad and perplexed by the lack of compassion shown toward these people, both men and women, because these also are our brothers and sisters.

**Want to reduce domestic violence?** Some things to do that may reduce domestic violence:

1. Abandon our belief that men are the bad guys and women are the good guys.
2. Recognize that we, both men and women, are wounded and wonderful, and we all are co-creators of our world, both the positive and the negative parts.
3. Recognize that domestic violence is a human, not a gender based, condition.
4. Hold women accountable for their violence to men (and to children) as much as we hold men accountable for their violence.
5. Study and learn to recognize and confront forms of violence done by women to men, such as denial of sex to punish or retaliate, nagging, insisting he do things "her way", using sex as a commodity, and other ways to control or have power-over men.
6. Assist both men and women to develop their communication skills.
7. Promote harmony rather than divorce as the preferred solution to domestic violence.
8. Some people, both men and women, are so intensely wounded that we lack the skill to aid their healing. World renowned shelter founder Erin Pizzey calls them "family terrorists". (Prone to violence, 1982, Commoners Publ.) We need to continue to protect those around them.
9. Create a society based on compassion.

*Domestic Violence continued on pg 2*

## Library Corner

— JIM HEANEY, LIBRARIAN



We have a unique and extensive collection of books on men's and general topics which can be checked out by members. Our periodicals include; *Fathering Today*, *Men's Health*, *Men's Journal*, *Lavender*, *Transitions*, and *Voice Male*.

**Recent Additions:** The Men's Center is proud to announce that two TCMC members have donated signed copies of their books.

*OUT OF DENIAL, Piecing Together A Fractured Life.* By Robert K. Anderson, 2008. Bob Anderson is a past anger management facilitator and a long time TCMC member.

*PSYCHOLOGICAL AUTOPSY OF ELVIS PRESLEY,* By William J. Ronan, 2011. Bill is also a TCMC member. Bill uses the full resources of his profession to forge beyond the well-known facts and the irrepressible hype of the Elvis legacy.

Also: *DYING OF EMBARRASSMENT, GETTING CONTROL, THE STORY OF JANE.*

Thanks for your help.

## 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](mailto:tcmc@tcmc.org)  
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## Greetings from the Chair

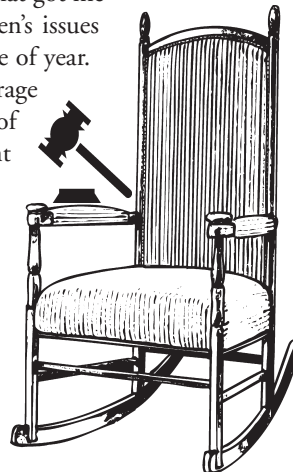
In this country, spring is traditionally associated with cleaning and basketball, among other things, and that got me thinking about a couple of men's issues that seem pertinent at this time of year.

From the attic to the garage to the basement, the arrival of warmer weather and new plant life heralds a renewed interest in tidying and simplifying one's living space. Particularly in Minnesota, I think we just want to clear out the stuff that has piled up indoors during the long winter. This impulse feels natural and healthy, and reminds me of another cleaning out that could be at least as healthy.

Just as it feels good to not be crowded by possessions and accumulated junk, it also feels good to not be boxed in by thoughts and feelings that make you uncomfortable. Whether you have a large support network that went unused during the winter, or whether you've never talked to another man about how you feel, spring is a perfect time to come to a support group at TCMC and learn how good it feels to unburden yourself of your more difficult feelings. In other words, do some spring cleaning of your internal living space.

If you watch sports on TV even a little (I've been watching the college basketball tournaments recently as, ahem, "research" for this column), you're all too familiar with the

genre of advertisement aimed at men that casts aspersions on the manhood of any guy foolish enough not to buy the advertised product. A current series of ads features the tag line "Man Up" and suggests that the easy way to do this is drink a particular kind of beer. Really? That's all it takes to be a man? Things like honesty, emotional authenticity, trustworthiness, fairness, and open-mindedness have nothing to do with it? All I have to do is crack open a brew? Well, then sign me up!



OK, so I'm being very literal in my analysis of TV ads, and very few people in reality would react to an ad in this way. But the point is that as men, we should not allow our role in society to be defined for us, we should define what it means to be a man for ourselves. If we want to equate maleness with drinking beer, fine. But if we want to define masculinity in terms of higher ideals, then we should do that. And though advertisers will continue to redefine masculinity for their own ends, each of us can decide for ourselves what being a man means, and by acting on those ideals, we can improve not only ourselves, but our communities and the world at large.

**JOE SZURSZEWSKI**  
**BOARD CHAIR**

*Domestic Violence continued from pg 1*

### Creating a society based on Compassion

*"If you want to be happy, practice compassion. If you want others to be happy, practice compassion."* — Dalai Lama.

A society based on Compassion will be vastly different from our present society. In this future society, caring for each other will be a given and a joy. It will be a joyous and exciting world. People will not "fall thru the cracks". Every person's essential needs will be met. And violence will become obsolete. So I believe the solution to domestic violence is to transform our society to a belief system based on Compassion. This will not be easy because we have been trained from birth to operate in a judgmental/ blaming/ shaming belief system. Some steps I invite you to consider include:

1. Commit ourselves to learn how to relate to ourselves and to others in a compassion ate (aka nonviolent) way.
2. Develop groups to assist us to learn to live compassionately. Dr. Marshall Rosenbergs Non-Violent Communication Program (CNVC.org) is an example of such a program.
3. Develop programs to assist couples to live together harmoniously. The program of Tony and Elaine Kubicki of Waukesha, WI, called Isolation to Intimacy, is an example of such a program

*Dr. Schenk is a seeker and a visionary. A writer and speaker, he seeks to enroll people to participate in creating a peaceful, joyful, sustainable world. He participated in the 1963 March on Washington. He was imprisoned in 1973 for War Tax Refusal. Along with the books he has authored, he co-edited a book about healing men's shame wounds. Organizer of the Domestic Abuse Project of Dane County and now mostly retired, he still works to aid the healing of men's deep socialization induced wounds.*

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
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## Apr/May 11

Check out our web site:  
[www.tcmc.org](http://www.tcmc.org)  
e-mail: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)  
phone: 612 / 822-5892

					<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	<b>SUPPORT GROUPS</b> General 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m.	<b>PRESENTATION</b> Family Law Clinic 7-9 p.m.	<b>SUPPORT GROUPS</b> Women & Sexual Addiction 12:00p.m.	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>BRUNCH</b> 10:00 a.m.	<b>SUPPORT GROUPS</b> General 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m.	<b>PRESENTATION</b> A Circle of Warriors 7-9 p.m.	<b>SUPPORT GROUPS</b> Women & Sexual Addiction 12:00p.m.	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>SUPPORT GROUPS</b> Men's Retirement 5:30 p.m.	<b>SUPPORT GROUPS</b> General 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m.	<b>PRESENTATION</b> No Presentation	<b>SUPPORT GROUPS</b> Women & Sexual Addiction 12:00p.m.	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>MAY DAY</b>	<b>SUPPORT GROUPS</b> General 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m.	<b>PRESENTATION</b> Family Law Clinic 7-9 p.m.	<b>SUPPORT GROUPS</b> Women & Sexual Addiction 12:00p.m.	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>MOTHER'S DAY</b>	<b>SUPPORT GROUPS</b> General 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m.	<b>PRESENTATION</b> A Circle of Warriors 7-9 p.m.	<b>SUPPORT GROUPS</b> Women & Sexual Addiction 12:00p.m.	<b>MEN TALK DEADLINE</b>	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>BRUNCH</b> 10:00 a.m.	<b>SUPPORT GROUPS</b> General 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m.	<b>PRESENTATION</b> No Presentation	<b>SUPPORT GROUPS</b> Women & Sexual Addiction 12:00p.m.	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m.	<b>MEN TALK MAILING</b> 9:00 am
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>SUPPORT GROUPS</b> Men's Retirement 5:30 p.m.	<b>SUPPORT GROUPS</b> General 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m.	<b>PRESENTATION</b> No Presentation	<b>SUPPORT GROUPS</b> Women & Sexual Addiction 12:00p.m.	<b>SUPPORT GROUPS</b> Men's Bisexual Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 am
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	<b>MEMORIAL DAY</b>	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m.				
<b>29</b>	<b>30</b>	<b>31</b>				

Call us about Anger Management Classes.

1976 - In Our 35th Year - 2011  
of Public Service

## 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 the wider community. This tradition has been part of the Men's Center offering since it's founding 34 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 are **Jim Gerharter, Bob Manson, Andy Mickel, 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: Linda Wray  
When: Wed, Apr 6, 7:00-9:00 pm

*Open to Men and Women*

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

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

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

### A Circle of Warriors

Presenter: Andy Mickel  
When: Wed, Apr 13, 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.*

### No Presentation

When: Wed, Apr 20, 7:00-9:00

Check our online calendar for updates <<http://www.tcmc.org/events2/calendar.html>>

### No Presentation

When: Wed, Apr 27, 7:00-9:00

Check our online calendar for updates <<http://www.tcmc.org/events2/calendar.html>>

### Family Law Clinic

Discussion Leader: Bob Manson  
When: Wed, May 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, May 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."

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*"The initiation of men is the hope of the world." - Don Jones, former chairman, ManKind Project.*

### No Presentation

When: Wed, May 18, 7:00-9:00

Check our online calendar for updates <<http://www.tcmc.org/events2/calendar.html>>

### No Presentation

When: Wed, May 25, 7:00-9:00

Check our online calendar for updates <<http://www.tcmc.org/events2/calendar.html>>

### Family Law Clinic

Discussion Leader: Jim Gerharter  
When: Wed, June 1, 7:00-9:00 pm

*Open to Men and Women*

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

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

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

## SUPPORT GROUPS

*"The mission of the Men's Center Support Groups is to create a safe place, in times of personal and social challenge, for any men and women to receive and give support to one another and share feelings and experiences to facilitate SELF-ACCEPTANCE and PERSONAL GROWTH."*

*The Men's Center support groups are hosted by a trained facilitator. Although each group has a specific focus, all groups are Open to general discussions and attended as a Drop-In basis. Support groups begin promptly at 7:30, so arrive early such that you can browse the many resources and library materials. A donation of \$3-9 helps keep TMC operational. Liquid refreshments are available at a separate donation rate. All groups are men only, except where listed for women and men.*

### • Minneapolis Location

3249 Hennepin Ave. S. Suite 55

### General Men's Issues/ Divorce/Uncoupling

Men express feelings about separation, divorce, breaking up with a lover, and topics such as child custody/legal hassles. Men can express what it means to be a man in our culture and other issues in their lives.

• Mondays 12:30 - 2:30 pm

### 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.) This is the Twin Cities longest running gay support group.

• 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

### Women Dealing with Sexual Addiction

*Open to Women Only*

Sexual addiction affects us all. Its stigma is very shaming and can keep us from finding the support we need. Without judgment or phrases like "being on or off the wagon", this group will provide education and open discussion on a variety of sexual addiction topics, including: Awareness, stress management, triggers, emotions, obsessive/compulsive behavior, grief and shame. This group is for women who want to learn to set healthy boundaries for themselves in a supportive environment.

• Thursdays 12:00 - 2:00 pm

### 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.

• Thursdays 7:30 - 9:30 pm

### Bisexual Men

This group will allow Bi men to explore personal issues of all kinds while learning from each other what it means to be a Bi man.

• Fridays 7:30 - 9:30 pm

### Healthy Sexual Boundaries

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worries about excessive, compulsive or obsessive sexual activities? Too much pornography in your life? Too many strip clubs? Ever feel like a sex addict? Feeling uncomfortable about inappropriate fantasies/thoughts/urges? Hurting or disappointing someone you love?

This group is a safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries.

Healthy Boundaries welcomes all men who are currently participating in, or who have completed, sex offender treatment. Facilitated by Tommy Jones and Bobby Schauerhamer.

• 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

### Male Survivor's of Sexual Abuse Support Group Cancelled

The Thursday night Support Group for male survivor's of sexual abuse has been cancelled.

Joe Szurszewski, Board Chair

### Second Healthy Boundaries Support Group in the works

The TCMC Board passed a motion at the February meeting to approved starting a second Healthy Boundaries Support group at Pathfinder. Like the current Saturday group at the Men's Center, this group will be facilitated by Bob Schauerhamer and Tommy Jones.

Details in a future issue of Men Talk.

### Men's Retirement Group Schedule Change

The monthly Men's Retirement Support Group will meet the 4th Sunday of May, on May 22nd, instead of the usual 3rd Sunday. We will meet as usual on the 3rd Sunday of April, April 17th, at 5:30pm.

The 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

# Here and There – Edited by Andy Mickel

**Upcoming Monthly Men's Sunday Brunches** (bring something to share/cook up): **April 17th** at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 55414. 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). **May 15th** at Bob Schauerhamer's, 3232 N. Fremont Ave. #120, Minneapolis 55412. 612-259-8245 (612-670-6502 cell). (South on Fremont from I-94/Dowling Ave N exit) About a dozen men attended Mark Bloom's / Eric Mann's February brunch; - Andy Mickel, 2011-03-18.

The **next ManKind Project-Minnesota New Warrior Training Adventure** will be held April 29 - May 1, 2011 at Voyageur Environmental Center, Mound, MN west of Minneapolis. The cost is \$595, 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 for Open I-Group dates/times, see:

<<http://minnesota.mkp.org/>> . - Andy Mickel, 2011-03-08.

**Gay/Bi Fathers/Husbands Support Group** meets second Wednesday evening and last Saturday morning of every month. Confidential, respectful, drop-ins welcome. Serving TC metro area since 1979. FFI: <[info@fathersgroupmn.com](mailto:info@fathersgroupmn.com)>. - Bob Anderson, 2011-03-18.

**“Breaking out of the Box: Redefining Masculinity” the 36th National Conference on Men and Masculinity with the 23rd Annual Men's Studies Association Meeting**, at Florida State University, Tallahassee, April 1-3, 2011. Over 40 workshops, speakers, and multi-media presentations with Keynote Speakers: Shirin Ebadi, 2003 Nobel Peace Prize Winner for her work towards women's rights in Iran. Alan Berkowitz, developer of a social norms perspective for rape prevention programs for men. Chris Kilmartin, internationally recognized expert on gender and on violence prevention. Ben Atherton-Zeman, performing “Voices of Men”, an anti-violence prevention presentation. Judge Thomas Hornsby and Barry Goldstein,

on Child Custody and the judicial system. FFI: NOMAS: National Organization for Men Against Sexism <[info@nomas.org](mailto:info@nomas.org)>, <<http://www.nomas.org/>> - 2011-03-18.

**Supporting Families of Children with Special Needs:** Tues, April 19, 2011. Cost: \$250. The training, offered by Parents as Teachers, covers: understanding family challenges & strategies to provide support; strategies for communicating with parents; activities that individualize & facilitate each child's growth & development; access to national & local resources and contacts; and includes Supporting Families of Children with Special Needs guide (800+pages). This session will be held at the Minneapolis ECFE building at 2400 Girard Ave N, Minneapolis 55411 from 8 a.m. - 4:30 p.m. FFI: [www.parentsasteachers.org](http://www.parentsasteachers.org) or 612-332-7563 x305. The Minnesota Fathers & Families Network (MFFN) enhances healthy father-child relationships by promoting initiatives that inform public policy and further develop the field of fatherhood practitioners statewide. Learn more online at [www.mnfathers.org](http://www.mnfathers.org).

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## Letter to the Board

Dear Joe and Board Members,

I am confused! Is this our mission statement?

*“Our mission: The Men's Center provides resources for men seeking to grow in body, mind and spirit, and from that foundation advocates for healthier family and community relationships.”*

Or is it something else? I am concerned that the Twin Cities Men's Center mission has changed its mission.

I originally came to the Men's Center during a time of significant personal conflict in my relationship. I found the Center to be a place for men to come and discuss their most personal issues. The Center was a place of safety to discretely discuss my issues concerning my relationship with my partner.

There were no women here. There were no women's groups. On occasion a woman would attend a seminar or give a seminar. Yet, it was a place for men to express their feelings free both rational and irrational. A place to get heard from other men, not women. It has become during the last few years a place where the more and more of the offerings have women participants, an exclusive women's only group, and women board member.

While I am not advocating these groups are not important, they are clearly not part of the mission statement. Speaking only for myself, I no longer feel that the Men's Center is a safe place where I can come and talk about my feelings. The changes have drastically changed my support for the Men's Center. I suggest the Board change the mission statement to reflect the Board's actions. A name change would also be appropriate to accurately describe the offerings.

Very truly yours,  
H. Ronald Berg

**Twin Cities Men's Center**

**ALL-PURPOSE FORM**

Men's Center members are entitled to: participate in our annual & monthly Board meetings, receive *Men Talk*, use the reference library, and enjoy reduced fees to Men's Center-sponsored events such as Wed. presentations.

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

DATE: \_\_\_\_\_

FROM Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work/Other Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

**PLEASE SUPPORT OUR MEN TALK ADVERTISERS!**

**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, there is one in Hopkins and one in Minneapolis. The next class starts April 25 on Monday nights at the Men's Center 7-9 p.m.

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.

**MEN TALK ADVERTISING RATE SCHEDULE**

Full Page	7 1/2" x 10"	\$200
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1/4 Page	3 5/8" x 4 7/8"	\$65
Biz Card	3 1/2" x 2"	\$25

**(612) 822-5892**

**tcmc@tcmc.org**

**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

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**TMC Office Hours: M 11:30am–12:30pm, 2:30pm–4:00pm; Tu, Th, F 1:00pm–4:00pm. 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](http://www.tcmc.org) or correspond at our e-mail address: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)*

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**men talk**

*twin cities men's center news*

**4**

# Family Law Clinic

Only \$5

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

**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:**

**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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Inserts *Apr/May Calendar  
Presentations  
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