



MEN TALK

THE MEN'S CENTER NEWS

February/March 2003 VOL. 27 #1

Support Group and Class Highlights

RE-ENTRY GROUP UPDATE

— HANK BRUNS

In the last issue of Men Talk we published the news that The Men's Center would open a new Drop-in Support Group in March, COMMUNITY REENTRY / TRANSITION GROUP. This group is intended to focus on the difficulties persons face when leaving a prison environment and reentering the community.

We asked, "where can a former prisoner go for emotional support when he returns to the community? Where can he be openly honest about his discouragements, frustrations, temptations, and fear of public attitudes? Where can he talk openly about his feelings where he will not be treated like a monster?" We believe The Men's Center is the answer.

The personally offered responses to this question were all very positive."

An analogy, if we may; a molecule of water consists of a unique atom of Oxygen and two unique atoms of Hydrogen. Take away the atom of Oxygen or either unique atom of hydrogen, and we no longer have a molecule of water.

Humanity consists of millions of unique human beings, which altogether make up a magnificent molecule of Spirit, Intelligence, Solidity and Beauty. Take away any one of these atoms, if you will, and we no longer have a complete and solid molecule of Humanity. It is our desire to continue to make a significant difference in our world — our community- by offering yet another opportunity to solidify our surroundings in the manner we best know how, by way of this Drop-in Support Group.

The first meeting will be held on Wednesday evening, March 5, 2003 at The Men's Center office, at 7:30 PM. Obviously, the first several meetings may be absorbed in part by some amount of organization and logistics, but it will not diminish our fervor in providing Support, where Support is needed. Please pass on the word to anyone who may wish to participate. Suggest they 'phone the office if more info is needed.

NEW RESILIENCY GROUP

— NORM PETRIK

This new group is for long term support, beyond the crisis stage. It will meet Tuesdays at 7:30 beginning Feb 11th. Open to Men only.

NEW GLBT SUPPORT GROUP

— NORM PETRIK

A new GLBT 20-Something Group will be held each Wednesday beginning March 26th at 7:30 p.m. The current GLBT 20-Something Group will continue to meet on Saturdays at 2:00 p.m. Both are combination social and support groups with occasional discussion topics.

EMOTIONAL ABUSE SURVIVORS GROUP

One of our most attended groups happens on Thursday evenings. Men and women who have survived (or are surviving) emotional abuse can find support and help. Have you been emotionally abused? Are partners, friends, or relatives exhibiting behaviors such as: being angry with you even though you didn't mean to upset them; seeming to take the opposite view from you on many things; frequently displaying a Jekyll and Hyde personality; having "no idea what you're talking about" when you try to discuss issues with them?

If you recognize these experiences, you may wish to attend a meeting with us. All men and women are welcome to drop in any Thursday, 7:30pm to 9:30pm at the Men's Center.

Men and Women in Relationships Class

— NORM PETRIK

There are still openings for couples to register for this series of classes. Talk to your female partner and call Chrysalis 612-871-0118 voice mail or 612-871-3652 to register.

"Building a Healthy Relationship Together: An Education and Support Group for Couples" It is in collaboration with Chrysalis, men and women will meet separately for 4 weeks, beginning Monday Feb 10th, 6:30-8:30pm, and together for 2 weeks together ending Monday March 17th. Fee is \$10 per session, no one turned away, payable at the Men's Center for the first 4 weeks, and at Chrysalis during the last 2 weeks, when men and women will meet together.

Library Corner

—RANDY GENRICH



VOLUNTEERS NEEDED!

To Tedd Bradford -

Thanks for carding, organizing, and shelving the numerous books added to the library—and to Tim for helping.

Have you visited the Men's Center library—checked out a book or just browsed? Please do so - it's a membership privilege! It's an easy process. Just write your name and phone on the book card, put it in the box provided - and read. Take the book with you or relax in the library with a bagel and coffee, pop, or tea.

Many current periodicals and magazines are available as well as archive copies for research:

- Men's Health
- Voice Male
- Everyman
- Lavender
- Men's Journal
- Transitions
- Rainbow Families
- Bi All Means
- Wellness Journal
- The Edge
- and others

These magazines have excellent articles that might be of interest to you. For example, The Dec 2002/Jan 2003 Everyman has "Men, Women, and the Default Provider Role" and "Fathers: The Vital Link for Sons"

Letter from the Chair

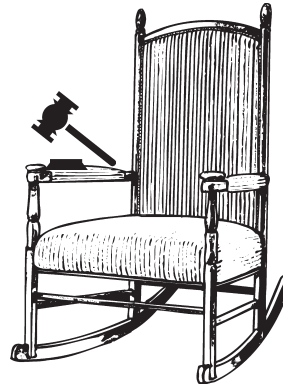
We have a great start to the year 2003. We have a full board of eight members:

Tom Perrault (chair),
 Bill Dobbs (vice-chair),
 Norm Petrik (secretary),
 Gerald Obremski (treasurer),
 Bob Eng,
 Andy Mickel,
 James Quenzar,
 Len Zimny;
 and

four alternates:
 David Hess,
 Mike Isaacs,
 Wade Johnson,
 Steve Onell.

The Men's

Center is on the verge of doing many new and exciting things this year. It will be great to be part of it. I also encourage everyone to volunteer to help make our existing and new projects succeed. Let's have a great 2003. If you have any questions please give me a call at (763) 295-2446.



For Men, For All,

**TOM PERRAULT
 BOARD CHAIR**

Address change notifications from the post office cost the Men's Center \$1.14 each. Please let us know in advance of mailings! Thanks!

Advertising Rate Schedule:

Full Page	7-1/2" x 10"	\$200
1/2 Page	7-1/2" x 4-7/8"	\$125
1/4 Page	3-5/8" x 4-7/8"	\$65
Business Card	2" x 3-1/2"	\$25

Space Rental Rate Schedule:

	<i>Not for profit</i>	<i>Profit event</i>
Full Day (8 hrs)	\$50	\$100
Half Day (4 hrs)	\$25	\$50
Hourly	\$7.50	\$15

Facilitators !

If you have some experience attending our support groups, and would like to facilitate groups from time to time, or on a regular basis, please give me a call. Leave a message at the Men's Center 612 822-6147 for me.

Our annual Facilitator Training begins 9am on Saturday, February 8th.

— Norm Petrik,
 Chair Program Committee

Letter to the Editor

"I was reading your newsletter on shame-rage connection. I just spent two visits to the outpatient program lasting for about three months in Fairfield hospital and the VA for depression and anxiety. I have to tell you that this article really touched home. I suffered from an abusive child-hood and adult lesson abuse, from being physically abused to the verbal and shaming. I have been suffering the effects ever since; it is hard to acknowledge that I am a very viable and good person; I am working on it continuously; I am seeing a doctor and doing what he says along with volunteering. for a series of seminars on dialectical behavior . Thanks for the article! It gave me hope."

— Jerry



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

Feb / Mar 03 1976 - In Our 27th Year - 2003
 of Public Service
 Check out our web site: www.tcmc.org
 email: tcmc@tcmc.org

	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Resiliency in Mpls Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION GLBT Wedding Workshop 7-9 p.m. 20's GLBT 7:30 p.m.	SUPPORT GROUPS Div/Unclp/General; Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 2:00 p.m.
2	3	4	5	6	7	1
	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Resiliency in Mpls Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Your Balancing Act 7-9 p.m. 20's GLBT 7:30 p.m.	SUPPORT GROUPS Div/Unclp/General; Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 2:00 p.m.
9	10	11	12	13	14	15
BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.m.	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Resiliency in Mpls Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Human Development and Relationships 7-9 p.m. 20's GLBT	SUPPORT GROUPS Div/Unclp/General; Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 2:00 p.m.
16	17	18	19	20	21	22
	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Resiliency in Mpls Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Saving for Retirement 7-9 p.m. 20's GLBT 7:30 p.m.	SUPPORT GROUPS Div/Unclp/General; Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 2:00 p.m.
23	24	25	26	27	28	1
	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Resiliency in Mpls Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Father/Son Work Tapes 7-9 p.m. 20's GLBT 7:30 p.m.	SUPPORT GROUPS Div/Unclp/General; Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	MT. ARTICLE DEADLINE SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 2:00 p.m.
2	3	4	5	6	7	8
	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Resiliency in Mpls Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Saving for Your Children's Education 7-9 p.m. 20's GLBT	SUPPORT GROUPS Div/Unclp/General; Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	MT. FINAL DEADLINE SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 2:00 p.m.
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BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.m.	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Resiliency in Mpls Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Transforming Men & Boys 7-9 p.m. 20's GLBT 7:30 p.m.	SUPPORT GROUPS Div/Unclp/General; Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 2:00 p.m.
16	17	18	19	20	21	22
	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Resiliency in Mpls Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION "CL" Class 7-9 p.m. 20's GLBT 7:30 p.m.	SUPPORT GROUPS Div/Unclp/General; Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	MAILING PARTY 9:00 a.m. SUPPORT GROUP 20's GLBT 2:00 p.m.
23	24	25	26	27	28	29
SPRING SOCIAL 3:00 p.m.	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.					
30	31					

The Men's Center number is 612 / 822-5892.
 Call for info on Anger Management. classes.

PRESENTATIONS

Workshops and presentations have been a part of The Men's Center offerings to the community since it's beginning 27 years ago.

We welcome your suggestions for new topics and presentations.

Presenters new to the Men's Center are: Charlie Borden, Audrey Grossman, David Olson, Bob Paul, and Michael Reano. Returning to continue their support of the Men's Center are: Jim Guswiler, Scott Humphries, Jerome Schoenecker, Laura Smidzik, and Cheryl Tyra.

The Men's Center Board appreciates the volunteer presenters who return from time to time and welcome first timers. Their presentations add a new dimension to our weekly Wednesday night gatherings.

All presentations meet at TMC, 3249 Hennepin Ave. So, Suite 55, unless otherwise noted. These low cost presentations are shown in the Calendar of Events and a more extensive description follows. No pre-registration is needed; entrance fees collected at the door are:

Non-Members of TMC – \$5.

Regular Members (\$20 level) – \$3

Sustaining Members – FREE

Please take time to read the descriptions and plan to attend if they stimulate your interest. Bring a friend to share the experience and acquaint him/her with the Men's Center.

Each presentation is intended to promote personal growth, stimulate your interest in a topic, and to give you an opportunity to interact with other attendees.

Note: All events are for men only unless otherwise stated.

Presentations are the sole responsibility of the presenter(s). 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.

DESCRIPTIONS

The GLBT Wedding Workshop

Presenter: Laura Smidzik
Wednesday Feb. 5, 7-9 pm

Open to Men and Women

This workshop will provide a safe and affirming place for GLBT couples to begin to plan a wedding or commitment ceremony. This workshop will help couples define what is meaningful, prioritize, and start a planning process. Ideal for couples in the early planning process or simply considering a ceremony. Local resources provided.

Laura Smidzik, a trainer and

consultant, is past president of Rainbow Families. She is a spirited and positive speaker and activist in the GLBT community.

Your Balancing Act

Presenter: Sharol Tyra
When: Wed. Feb. 12, 7-9 pm

Open to men and women

Do you feel you have to give it all and then have nothing left for you? The benefit of this seminar is to provide information, coaching tools, and resources provided to create balance in your life. Apply a Life Balance Guide to the main areas of your life. Get what you want! Integrate all elements to step into your personal power and connect with yourself and others on a deeper level.

Sharol Tyra of Life Illumination Coaching and Seminars specializes in exposing your alive authenticity and expanding your scope of awareness. Sharol helps clients design their lives, accentuate strengths, find clarity in conscious living, and develop as leaders. Sharol is advanced trained from Coaching and Leadership Institutes. She was published and featured in a TV News story and several magazines. She has presented seminars several times at The Men's Center. Visit Sharol's Web Site at www.sharoltyra.com.

Human Development and Relationships

Presenter: Jerome Schoenecker
When: Wed. Feb. 19, 7-9 pm

Open to Men and Women

Why does human development have such a profound effect on our ability to relate with intimacy? Why does it take so long and how can we accelerate our growth so we can attract more mature partners? These questions and more will be discussed.

Jerome Schoenecker is a life coach and personal development trainer. He is currently the site coordinator for the Resource Center for Fathers and Families.

Saving for Retirement

Presenter: David Olson/Scott Humphries
When: Wed. Feb. 26, 7-9 pm

Open to men and women

This presentation is geared to any person who is saving for retirement.

Topics to be covered:

- Create a vision, make your choices
- Assess where you currently are
- What will it cost, How close am I?
- Protect what you currently have.
- Invest in your goals - dollar-cost averaging, stocks, bonds, taxes, real

- rate of returns, traditional vs IRAs, diversification, tax control triangle
- Enjoy your working life knowing you've developed a sound plan to save for your retirement.

Father/Son Work Tapes

Presenter: Michael Reano
When: Wed. March 5, 7-9 pm

Open to Men and Women

Father/Son Work Tapes features interviews with twenty-three men that were recorded over a period of five years. The men featured are of different ages, economic class, and ethnic identity. The Interviews are framed with footage of the urban and industrial landscapes accompanied with a voiceover commentary. The film's goal is to create a document that will be meaningful to viewers who may see their own lives, and their parents, through others' conversations about work and the career paths that often extend from one generation to the next. It is my intention for Father/Son Work Tapes to show the epic in ordinary men's everyday lives.

Short Synopsis: Through interviews framed by autobiographical reminiscences and hometown factory scenes, while "looking for the epic in ordinary men's everyday lives." Father/Son Work Tapes explores issues of masculinity as men of varying ages talk about their jobs, role models and very different work ethics. Michael investigates the underlying meaning of work in men's lives. From the influence their fathers had upon them, to ideas of ethic and purpose, viewers are presented with a wealth of information to stay with them for a lifetime.

Michael Reano began making films over twenty years ago. After graduating from the University of Wisconsin-Madison and earning a Master of Fine Arts degree in Film & Video at Ohio University, he became both a producer and mentor of his craft. From a

HOLIDAY PARTY REPORT,

A dozen men came to our annual holiday party, listened to background music provided by Jerry Olson, ate good food furnished by all, had some fun time getting to know each other and had fun singing holiday songs under the leadership of J.C. Hancock.

Thanks to Jerry and J.C. as well as Mike Chatt of the Program Committee, for his efforts at making it a success.

*Norm Petrik,
Chair Program Committee*

selection of 16mm films such as "Love and Lust and Just Another Obsession" in the 1980's, his recent work deals heavily with revealing insightful perspectives on subjects less talked about today. In "Grammar of Bronze" and "The Teacher as Artist: A Journey in Creativity", he succeeds in uncovering aspects of vocation often unnoticed or neglected by persons outside of the arts & education world.

Saving for Your Children's Education

Presenter: David Olson/Scott Humphries

When: Wed. March 12, 7-9 pm

Open to Men and Women

This presentation will be of interest to parents or grandparents wanting to save or pay for their child's/grandchild's education. Topics discussed will be:

- How to excite your children about attending college.
- How to select a college.
- How to save for college. Financial aid and how it works.
- How to access education savings.

Transforming Men & Boys Through Mentoring

Presenter: Charlie Borden/Bob Paul

When: Wed., March 19, 7-9 pm

Leaders from The Boys to Men Mentoring Network are hosting an evening to unlock the power within men found through mentoring. You don't have to enroll as an mentor. Bring a picture of yourself as a teenager. We'll coach each other about mentoring relationships already in our lives and talk about opportunities to serve Twin Cities Boys ages 12 to 16, who are still waiting for mature loving men as allies.

The Workshop will be led by: Charlie Borden, Executive director of MN BTM and Bob Paul, Chairman of Board or MN STM. For info call 651-230-8002 or 952-914-9128.

Charlie Borden is Co-founder of MN BTM and is currently mentoring two St. Paul Boys. Bob Paul is current BTM board chair and has mentored two Minneapolis Boys.

"CL" Class

Presenter: Jim Guswiler

When: Wed., March 26, 7-9 pm

Tired of all the psychobabble? Ready to get off the "feeling" roller coaster and get on the "behavior" track? Constructive Living, CL, is a straight-talk lifeskills program that centers on right behavior. Awareness of the needs of the present and support we have received in the past directs us to do our lives well, and to right behavior. Much of the Constructive Living

program centers on student exercises that bring that awareness into focus. "Doing What Needs To Be Done" is what the "CL" Class is all about.

How to Love Yourself

Presenter: Audrey Grossman

When: Wed., April 2, 7-9 pm

Open to Men and Women

Description: In this healing presentation, Audrey will introduce ten principles of "How To Love Yourself". These principles provide a foundation for learning emotional, mental, and spiritual tools to empower yourself in creating new loving ways that promote healing transformation in your life. An opportunity for questions in the group format will follow.

Audrey has a private practice, Peaceful Heart, providing support, guidance and inspiration in the process of personal healing. She is strained in Counseling Psychology, Communications, Spiritual Principles of Healing and Reiki. Her devotion to helping men and women in the process of reclaiming self-love and self-acceptance while releasing painful histories is her mission. Audrey is an author, speaker, teacher, counselor, and woman of service to individuals seeking assistance in healing their heart.

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
- **St. Paul Location**
Memorial Lutheran Church
NE Corner Maryland Ave. & Earl St.
(not a mailing address.)

Men's and Women's Issues

General Mixed-Gender Issues

Participants can express what it means to be male or female, and hear constructive feedback in a safe, mixed-gender environment.

- Mondays (Mpls) 7:30 - 9:30 pm

Emotional/Psychological Abuse

This group is for people who are or have been in abusive relationships that interfere with health living.

- Thursday (Mpls) 7:30 - 9:30 pm

Twenty-Something (20 to 30 year olds)

This group offers a supportive place for GLBT's to socialize and to discuss life's challenges and experiences.

- Saturdays (Mpls) 2:00 - 4:00 pm

General Men's Issues/Relationship Issues

Divorce/Uncoupling/Family of Origin/Workplace

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 (Mpls) 12:30 - 2:30 pm
- Tuesdays (St. Paul) 7:30 - 9:30 pm
- Thursdays (Mpls) 7:30 - 9:30 pm

Resiliency

This new group is for long term support, beyond the crisis stage

- Tuesdays (Mpls) 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 (Mpls) 7:30 - 9:30 pm

Male Survivors of Sexual Abuse

You may feel alone. It is a brave step to seek out other men who can share from this perspective the deep feelings of shame. Only by talking it out can freedom evolve from this secret prison.

- Thursday (Mpls) 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 (Mpls) 7:30 - 9:30 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 (Mpls) 5:30 - 7:00 pm

Here and There

– Edited by Andy Mickel

The Men's Center has a new E-mail address: <tcmc@tcmc.org>. - Andy Mickel, 2003-01-11

15 men attended January's "Brazilian" brunch at Frank Brandon's in St. Paul. Next brunches: Sunday, February 16th at Dean Jurek's, 3620 W 32nd St #102, Minneapolis (just off Excelsior Blvd, west of Lake Calhoun), 612/922-8604. Sunday, March 16th at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 612/331-8396. (in Prospect Park off University Ave near I-94 and 280). Sunday, April 20th at Harry Greenberg's, 2435 Garfield Ave S, Minneapolis 612/870-9418 (one block east of Lyndale). Eat and socialize at the next **Monthly Men's Sunday Brunches** (bring something to share/cook up). Men hang out together and enjoy good food with no agenda whatsoever. These brunches are **open to all men from 10 a.m. until 1 p.m.**; plan to come and chat and eat for a 1/2-hour to 2-hour period anytime – inevitably some men stay on until 2 p.m. - Andy Mickel, 2003-01-19.

The next **Minnesota New Warrior Weekend** will be held by **Mankind Project Minnesota**, May 2-4, 2003 at Eagle Lake Camp near Brainerd, MN. The cost is only \$495 until March 10th; \$595 thereafter. Contact Andy Miller 612-269-7369 with any questions. Register with Tracy Bridge, 1003 Oakridge Avenue, Shoreview, MN 55126; 612-321-4723 (office); 651-482-0929 (business); E-mail: <Turtlelake4@aol.com> - Tracy Bridge, 2003-01-16.

Eighth annual **Rainbow Families Conference**, 55 workshops, 1100 attendees, will be held Saturday, February 22, 8:30am-4:30pm. Children and teens must be preregistered by February 10. FFI: call 612/827-7731 or E-mail <connect@rainbowfamilies.org> <<http://www.rainbowfamilies.org>> to view the brochure or print out a registration form. - Randy Genrich, 2003-01-15.

Men's Center in the News: The January **Men's Health** issue of *Minnesota Monthly* magazine contains several articles and the Men's Center was instrumental in getting associate editors Nick Fauchald & Sarah Tieck on the right track with the resources we had compiled from the 2001 Men's Health and Well-Being Symposium. Editorial Director Pam Nettleton will publish a letter giving the Men's Center proper recognition in the February issue. - Andy Mickel, 2003-01-07.

"The **National Coalition of Free Men, Twin Cities Chapter** (NCFM-TC) is pleased to present to the Men's Center two books: *Father and Child Reunion* by Warren Farrell, Ph.D., and *If Men Have All the Power How Come Women Make the Rules?* by Jack Kammer. These books are presented with our compliments, coupled with deep appreciation for the outstanding work that the Men's Center has undertaken these past 26 years on behalf of men everywhere throughout the Twin Cities. No formal acknowledgment of this

donation is required; we ask only that the books be added to the Men's Center library. Thank you! - Kyle Knutson, 2003-01-09.

"Thanks for reminding me of my membership. I also wanted to give [the book, *Live Away Dads*, by William Klatte, Penguin Books, 1999, 230 pp.] ...It is intended to give support, ideas and hope to dads who don't live with their kids. I've done some work lately with Joe Kelly with Dads and Daughters from Duluth. If you don't know much about him, check out his website at <<http://www.dadsanddaughters.org>>. He has a newsletter and is very positive about fathers and their daughters. - Bill Klatte, 2003-01-09.

Martin Prechtel's new schedule of events highlights his new book, *The Toe, Bone and the Tooth - An Ancient Mayan Story Relived in Modern Times: Leaving Home to Come Home* appearing in February, Harper Collins, 378 pp. Contact Martin at: P.O. Box 28474, Santa Fe, MN 87592 505/474-4473 or on the web at: <www.floweringmountain.com>. - Mark Stanley, 2003-01-07.

Our web site, <<http://www.tcmc.org>> has now moved to a new server. E-mail: <tcmc@tcmc.org> - Andy Mickel. - 2003-01-11.

The Men's Center ALL-PURPOSE COUPON

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.
- I have these feelings, thoughts, opinions, ideas, news items for The Men's Center:

Date _____

FROM: name _____
 Mailing address _____

 Home phone _____
 Work/other telephone _____

Silent Auction

BY MIC HUNTER

MaleSurvivor, a nonprofit organization committed to ending all forms of sexual mistreatment will be having out 10th conference in Mpls this year in Sept. On the 19th of Sept we will be holding a silent auction to raise money for the organization. We are seeking donations of art, services, or other goods that we can include in the auction. If you, or someone you know what something to offer please let me know ASAP. Please forward this to others.

There are many who suffer and need our help.

Mic Hunter, Psy.D.
 Licensed Psychologist
 Licensed Marriage & Family Therapist
 357 Kellogg Blvd., East
 St. Paul, MN 55101
 651 224-4335

SPRING GAMES SOCIAL

Sunday afternoon March 30th, 3-5, come and play board games with other men, Men's Center will provide popcorn and beverages, bring snacks if you wish. Door prizes. Games led by Mike Chatt and Randy Genrich.

*Norm Petrik,
 Chair Program Committee*



SURF OUR WEBSITE AT WWW.TCMC.ORG

TMC Office Hours: M, Tu, Th, F ;1-4:30pm. Our telephone (612) 822-5892 is answered 24-hours per day by US West voicemail, and an attempt is made to return calls within 1 or 2 days. Our FAX number is (612) 821-6424.

TMC is in the lower level of "Uptown Office Park," a brick office building on the Northeast corner of West 33rd Street and Hennepin Avenue in south Minneapolis, Enter through the door on the north (3249) end of the building (it has 2 numbers: 3249 and 3255!), immediately turn left and descend the stairway through the fire door to Suite 55. (Formerly) handicapped access is easiest through a side door on West 33rd Street.

Check out our web site: www.tcmc.org or correspond at our email address: tcmc@tcmc.org

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MEN TALK

The Men's Center News

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Anger Management Classes for 2003

— BY HERB JAEHNE

We had a record number of classes for the Men Helping Men With Anger Program in 2002. Classes have been held in Minneapolis, Hopkins, Edina, and St. Paul. And with the two begun in Jan. (one in Edina and one at TMC), we believe 2003 will continue the trend. Our program is one of the most affordable in the metro area, in keeping with the Men's Center value of access for all. However, given our increasing costs to run this program, the Board voted to raise Anger Management Class fees to \$175 effective March 1. This is a modest increase from the previous fee.

We hope to directly serve about 150 men in our classes this coming year. If each of these men reached out to 10 other lives in a positive way, think of the ripple effect. These men are trying the best they can to understand the destructive effects of inappropriate expressions of anger and how it has impacted their lives and relationships. They are to be commended for stepping forward and talking through their fears. Many men never get to this point.

The real heroes of this program are the special men who volunteer to facilitate the 12 week classes. They are the heart of the Men's Center Program. They have experienced the gifts of a more joyful life and better relationships and want to pass these gifts on to the men in the classes.

We can have a more peaceful world when love replaces inappropriate anger. It must start within each of us, as we do our part, others will follow. Let us give thanks to the Men Helping Men volunteer facilitators for they are the hope for a peaceful future.

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