



1976 — IN OUR 29th YEAR OF PUBLIC SERVICE — 2005

MEN TALK

THE MEN'S CENTER NEWS

February/March 2005 VOL. 29 #1

A Man in Transition

— BY SCOTT FOSTER

I am a group member of the re-entry group. Our group began to grow last year as more and more brothers were released from the confines of the institutions in Minnesota. We have become a family of men that join together to discuss issues, and or problems that each other are facing. In my nearly fifty years of life on this planet, I have not had the opportunity to be a part of such a meaningful brotherhood of men that are totally unafraid to “share” their feelings.

I look forward each week to attending this group because it gives me a comfort zone where I can speak freely about anything that is on my mind. I was also released from prison nearly one year ago and have taken every advantage to try to make my life a better place since my release. In the years before my offense, I lived a secret life which I hid from my wife, my family, and my closest friends.

Today I no longer have to live that secret. I have nothing to hide from anyone and feel free in the fact that I “choose” not to be an offender towards any people. Life is not an easy road on the outside of the razor wire. Finding a meaningful job can be extremely tough especially when the employer has a company policy against any felonies on one's record. It is not to say that good jobs cannot be found. I persevere and maintain that I am as capable, if not more, than most others that apply for the same position dually because as an ex-con on ISR, I am required to work a full time job, and because I have not had a work history for nearly six years. When these types of issues surface in our group, group members offer support and ideas to find other work, or are there simply to listen to your concerns

We do not limit the group to those that have offended against others. It is open to any men that choose to attend and participate in the brotherhood that we have become. I find it to be a very healthy retreat from the everyday stresses that life has to deal men. PO's, ISR, conditional release, rules and restrictions that seem unfair and unjust, girlfriend problems, housing concerns, jobs, lack of jobs, roommates, health, and we even talk about fun things!

The group is still in it's infancy stage and is experiencing tremendous growth. I see the critical need for what we offer as support to the community of men. I have looked for this type of specific needs group and have had no success in finding anything like our group. The Men's Center is “THE BOMB” for support and I highly recommend its offerings to any and all who feel the need for that little extra that society has never been willing to offer men. Real true help and companionship.

Scott Foster is currently a attendee of the Men's Community Re-Entry-

Transitions support group. The Transitions group meets every Wednesday at 7:30 p.m., and every Saturday at 1:00 p.m..



Why women live longer than men.

Library Corner

—DON JENSEN,
LIBRARIAN



Using the library is a membership privilege. To check out a book, all you have to do is write your name, phone number, and the date on a checkout card and leave it in the box. Or just come in and browse – you will be surprised at how stimulating it can be to expose yourself to the books in our collection. So come on in and take a look.

Added to our library is a notebook of poems – *The Kabin Book* – with versions by Robert Bly. We also have many periodicals and newsletters for your use, such as:

- Men's Health
- Voice Male
- Lavender
- Men's Journal
- Transitions
- Rainbow Families
- Bi All Means
- Wellness Journal
- The Edge
- Everyman
- D.A.D.S #1

Enjoy your library!

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, a non-profit organization. Call 612-822-5892 for subscriptions, or e-mail us at [tcmc.org](mailto:tcmc@tcmc.org)

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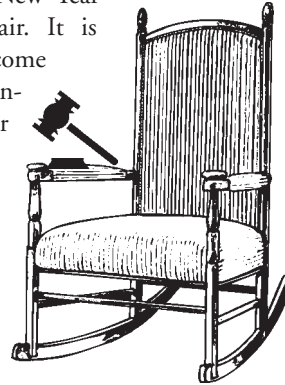
Letter from the Chair

Greetings and Happy New Year from the Board Chair. It is excellent timing to come

out with an issue addressing transitions since we have just met for our annual meeting with a terrific turnout despite the fanny freezing temperature. We will be conducting the annual planning meeting on January 29. Elections were held. We are fortunate to be adding new faces to the crew:

Tommy Jones, Langford Dudley, and Steve Larson, welcome. Thanks go out to Bill Dobbs who will be continuing his work on the newsletter and our website after several years of Board membership.

One of the most striking features of our meeting was the time spent letting participants talk about their connection to this organization. From co-founder to new volunteer, stories of how the Men's Center has adapted, struggled, persevered, and grown, were humbling and inspiring. It was noted that many men's centers have existed in the



region and how we are one of the last. It seems that there are two primary reasons for our longevity. One, as we listened to these personal accounts, it was apparent that, after beginning with a single support group in the 70's, there have been those in the membership who have actively responded to diverse needs being identified in the community. The second reason is that we have extraordinary volunteers

who give what they can, when they are able. (And they play well with others.) Perhaps it's just the wind chill but I think some new energy is flowing in 2005 that will extend and enhance the fine history already made at the Center. So get involved, stay involved, and don't worry about what you can or can't do. Giving is a beautiful thing.

**LIVE LONG AND PROSPER,
BOB ENG, BOARD CHAIR**

Library Books Lost

We have a free and trusting lending library policy — in exchange, men who borrow books must return them. Have you borrowed one of the books on this list? If they have been helpful to you, they will be helpful to other men. Please make the effort to return them to the Men's Center library. Thanks!

- Raising Boys
- The Inner Male
- Why Can't Men Grow Up?
- The Inoffensive Gay Manual
- Is It Love or Is It Addiction?
- The Verbally Abusive Relationship
- Basic Writings
- Man to Man
- The Hours
- Tim and Pete
- Men on Divorce
- How to Work for a Jerk
- 101 Men's Health Secrets
- Get Rid of that Gut
- Taking Care After 50
- Quiet Strength Meditations...

- Rescuing Our Sons from the Myths of Boyhood
- McGill Report on Male Intimacy
- Women Can't Hear What Men Don't Say
- The Men's Book
- The Sexpert
- Bad Boys and Tough Tattoos
- The Bisexual Option
- Book of Guys
- Father & Child Reunion
- Male Menopause
- If You Really Love Me
- Meditations From the Road
- Father's Rights
- The Myth of Male Power

HOLIDAY PARTY REPORT

About a dozen men came to the holiday party on December 29th. We shared good food, friendship and holiday singing. Thanks to Randy for arranging the room, and to J.C Hancock for leading the holiday singing. We all had a good time.

NORM PETRIK, PROGRAM COMMITTEE CHAIR



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
The Men's Center number is 612 / 822-5892 . Call us about Anger Management classes.		SUPPORT GROUPS Gay Issues in Mpls... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION The Tobacco Industry & LGBTs 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m.
	SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION A Circle of Warriors 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m.
	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION The Future of Money 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m.
BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.m.	SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Esalen Massage 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m.
	SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Sexual Compulsivity 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m.
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EASTER HOLIDAY	SUPPORT GROUPS General Issues 12:30p.m. 20's GLBT 7:30p.m.	SUPPORT GROUPS Gay Issues in Mpls... Divorce/Uncoupling/ General Issues in St. Paul 7:30 p.m.	PRESENTATION Conversations With Mother 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General... Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.		

Feb/Mar 05

1976 - In Our 29th Year - 2005
of Public Service

Check out our web site: www.tcmc.org
email: tcmc@tcmc.org

PRESENTATIONS

Workshops and presentations have been a part of The Men's Center offerings to the community since it's beginning 28 years ago.

We welcome your suggestions for new topics and presenters. Please call Randy at 61-822-5892 with your suggestions.

Presenters new to the Men's Center are: **William Cox, Douglas, Dally, Weston Edwards, Greg Huonder, Mitch Irwin, Thomas Kuhlman, and Will Steinberg.** Returning to continue their support of the Men's Center are: **Antonio Cardona, Norm Petrik, and Andy Mickel.**

The Men's Center Board appreciates the volunteer presenters who return from time to time and welcomes 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

Tobacco, the Tobacco Industry and LGBTs

Presenter: Antonio Cardona
When: Wed. Feb. 2, 7:00-9:00 p.m.
Open to Men and Women

Research on adult tobacco use consistently shows a higher prevalence among lesbian/gay/bisexual/transgender (LGBT) populations than among the general population — reasons why are largely unknown, and counter strategies are critical. Tobacco industry marketing, uncovered when the Master Settlement Agreement (MSA) forced companies to

share its internal documents, provided insight. The American Legacy Foundation uncovered the industry campaign Project SCUM (Sub-Culture Urban Marketing) aimed at gays and the homeless. The formerly secret documents revealed specific marketing toward LGBT, whose rates increased when the MSA banned youth (but not other population) advertising. The industry reaches out to LGBT persons through direct and indirect advertising, community outreach, and sponsorships.

Antonio Cardona is currently the Community Outreach Coordinator for Rainbow Health Initiative. Rainbow Health Initiative recently received a grant from the Minnesota Partnership for Action Against Tobacco to develop a strategic plan to address tobacco use in the Minnesota GLBT community. This presentation was prepared by Perry Stevens, consultant.

A Circle of Warriors

Presenter: Andy Mickel
When: Wed. Feb. 9, 7:00-9:00 p.m.

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 adventure has changed men's lives.

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

Innovation Studies: The Future of Money

Presenter: Willard Steinberg
When: Wed. Feb. 16, 7:00-9:00 p.m.
Open to Men and Women

Money as a bartering symbol can be a way for cultures to move help around. Different forms of money can also be tools of discrimination and violence. In this seminar, Willard Steinberg will explore several possible scenarios for the future of money that will accompany, or perhaps drive, the global transformation towards wholeness. This class will be a one-session class.

Willard Steinberg is a graduate student in the University of Minnesota's Innovation Studies Department. He is also director of GIN (Global Innovation Network), a

research and communications firm dedicated to creating conditions under which innovations will thrive.

Esalen Massage Workshop

Presenter: Douglas Dally
When: Wed. Feb. 23, 7:00-9:00 p.m.

Open to Men and Women

This two hour massage workshop is designed to demonstrate Esalen relaxation massage techniques. It will also include some Swedish and Deep Tissue elements. The workshop will involve demonstration by the instructor as well as some practical execution by the attendees. This session is specifically designed for men who want more knowledge in giving massage to their family. Please bring a large towel to use while lying on the floor.

Douglas Dally is a graduate of the Minneapolis School of Massage and Bodywork. As a Certified Massage Therapist, he has been practicing for nearly three years. His massage techniques include Esalen Relaxation, Swedish, Deep Tissue, Pressure Point, Connective Tissue, Sports Massage and Myofascial Release. His studio is located in Uptown Minneapolis at 3249 Hennepin Avenue South, Suite 80, 612-554-9813.

Sexual Compulsivity and Men's Sexuality

Presenter: Weston M. Edwards, Ph.D.
When: Wed. Mar. 2, 8:00-10:00 p.m.

Please note the 8:00 p.m. starting time!

How much sex is too much sex? Am I sexually compulsive? This discussion will help you figure out if you may be sexually compulsive or just darn lucky. We will also help you answer the question "What are healthy sexual behaviors for me?" The discussion will include looking at the compulsive sexual behavior cycle, and provide basic strategies for early intervention. The opportunity to ask questions will be provided.

Dr. Weston M. Edwards is a licensed psychologist practicing at the Sexual Health Institute in Minneapolis, MN.

A Circle of Warriors

Presenter: Andy Mickel
When: Wed. Mar. 9, 7:00-9:00 p.m.
See Feb 9 description.

Male Housework

Presenter: Dr. Thomas Kuhlman
When: Wed. Mar. 16, 7:00-9:00 p.m.
Open to Men and Women

With the non-holiday season of spring housecleaning coming around again, I offer a personal essay of male housework woe: while researching a book to get males to do more housework, I was fired from my

housecleaning job for alleged incompetence. After a year spent in wound-licking, evolutionary psychology, and political uncorrection, I dare to suggest a male protest movement. It would begin with this spring housecleaning season and last until 49% of Title IX moneys supporting women's sports are redirected to support men's housework. Am I serious? Satirical? Crazy? You decide - and bring your female partner with so she can vote too. Mine says that she will come - and she's the one who fired me for alleged incompetence.

Divorce and the Home

Presenter: Mitch Irwin
When: Wed. Mar. 23, 7:00-9:00 p.m.

When a couple is divorcing, deciding how the marital home will be divided is one of the biggest decisions. This course will review the options with the home and the advantages and disadvantages to each. We'll also learn the differences in how creditors and judges view liabilities, how child support and spousal maintenance effect loan qualification, how to re-establish individual credit, and industry secrets in how a bank qualifies you for a loan.

Mitch Irwin is one of the leading experts in mortgage lending to families going through a divorce. Mitch has helped hundreds of families with their finances, written industry articles for various publications and newsletters and is frequently interviewed by FOX 9 and Channel 29 News on mortgage related issues.

Conversations With Mother: Healing And God

Presenter: Greg Huonder
When: Wed. Mar. 30, 7:00-9:00 p.m.

Open to Men and Women

Greg's presentation will focus on ways of individual healing using the body-mind gifts we are born with. He will facilitate physical demonstrations of body movements that enhance individual awareness of inherent abilities. There will be ample opportunity to dialogue with Greg.

Greg is an artist, professionally trained in architectural and environmental design and tool making. He suggests a bibliography for those interested: Be Here Now by Rom Dass, Four Agreements by don Miguel Ruiz, Conversations With God by Donald Walsch, and Spring Forest Qigong by Chunyi Lin.

Men, Sexuality, And Aging

Presenter: William Cox
When Wed. April 6, 7:00-9:00 p.m.

Open to Men Only

Our identity as men is inextricably bound to our sexuality. As we age there are expected and unexpected changes in our sexual functioning. What meaning and new possibilities do these changes offer in our elder years? This workshop will involve information, readings, reflection and sharing as we explore Sexuality and Aging. You will help create the agenda.

William was a member of the founding Board of Directors of The Men's Center in 1976. He is a member of the Community Faculty of Metropolitan State University and for the past twenty years has offered an independent study course, The American Male. In his retirement he is a Life Transition Coach and leads seminars on "From Age-ing To Sage-in: A New Vision of Growing Older!" In his previous lives he has been an United Methodist Minister, a counselor, and an organizational consultant.

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

Emotional/Psychological Abuse

Open to Men and Women

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 GLBT

Open to Men and Women

A discussion/support/social group for Twentysomething GLBT persons. Any GLBT in her/his 20s is welcome to attend. GLBT topics and issues are discussed in an open, affirming and supportive environment. Ideas for discussion topics or social events are welcome!

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

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

Transitions

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 (Mpls) 7:30 - 9:30 pm
- Saturdays (Mpls) 1:00 pm - 3:00 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

Choosing 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 (Mpls) 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 (Mpls) 5:30 - 7:00 pm

Here and There

– Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up): **Sunday, February 20th** at Jeff Haas's 1423 E 35th St. Minneapolis, 612-721-7010 (on the south side of Powderhorn Lake). **Sunday, March 20th** at Daniel Braun's & Daniel Heist's: 3409 Portland Ave S, Minneapolis 612-822-3402. **Sunday, April 17th** at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 612-331-8396 (in Prospect Park off University Ave near I-94 and 280). 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, 2005-01-15.

The next **Mankind Project Minnesota New Warrior Training Adventure** will be held April 29-May 1 at Eagle Lake Camp near Brainerd, MN. The cost is \$595. \$60 discount before March 9th. **Open Circle of Warriors** events at the Men's Center on second Wednesdays, 7-9 p.m. Contact **Andy Mickel 612-279-6416** or see: <<http://minnesota.mkp.org>> for Open I-Group dates/times and with any questions. Register with Marc Salzl, 15215 Court Rd, Minnetonka, MN 55345, 952-933-0541, <malszl@mn.rr.com>
– Andy Mickel, 2005-01-11.

From our members:

"Dear Men's Center Folks, Thanks for all your continued work serving the **healthy, healing and growth of men** and the men's community here and around this beautiful world of ours. Thanks.
– Michael Gardos Reid, 2004-12-24."
"I'd like to see some **continuing dialogue with women** through Chrysalis or another women's group.
– Carl Erickson, 2005-01-03."

"I was overwhelmed on the response to our outreach booth--**Men's Center members helping out at The Pride Festival 2004** touching base with thousands of festival people. – Jerry Olson, 2005-01-11"

Recent article: "**Here's a lifeline when things fall apart**" about the Men's Line in the *St. Paul Pioneer Press* by Rubén Rosario, Monday, January 10, 2005. From the article:

"Numbers on a phone. In this case, 612-379-6367. For many of us men, summoning the courage to dial those 10 digits is a vastly more terrifying ordeal than scaling Mount Everest or surrendering to a colonoscopy. The macho side of us rarely, whether privately or publicly, acknowledges emotional crisis, even if we are drowning in it. We are always in control. Yeah.

"Give us a masculine way out that we can trust. Give us an outlet that reasonably safeguards our anonymity and listens without judgment or recrimination. Give us a safely distant but accessible haven for conversational intimacy. Give us an empathetic way station where we can freely cry, sob, release pent-up feelings and bare our souls as much as our gender counterparts are allowed to do in real life and popular culture.

"For the past seven years, the Men's Line, a gender-specific, round-the-clock crisis phone service perhaps unique in the country, has fielded 5,000 such calls for help. Many are teetering-at-the-edge calls that could have led to serious physical or psychological harm to the callers or others..."

To contact the Men's Line, call 612-379-6367. Rubén Rosario can be reached at <rrosario@pioneerpress.com> or 651-228-5454. – Jan Hayne, 2004-01-11.

Just Between Men Brunch, 1st & 3rd Saturdays of every month from 11 a.m.-2p.m., Pillsbury House, 3501 Chicago Ave. S., Minneapolis. Sponsored by: Just Between Men FFI: Call R C Cass at 824-0708 x127,

Fathers FIRST – Offers a variety of services to fathers or expectant fathers of all ages on a free or sliding-fee basis. Serves the entire Twin Cities Metro area and beyond. Services include parenting education, resource referral, paternity establishment, visitation facilitation/supervision, paternity seminars, anger management, counseling, employment, and housing assistance. Weekly services (ongoing) include: family law seminar, parenting classes, support groups. Stephen L. Onell, MS, LISW, 612-384-7078, <sonell@arcstp.org>, Fathers FIRST!, P.O. Box 270034, Vadnais Heights, MN 55127.
– Steve Onell, 2004-11-20

Men Who Work With Children & Families Winter Workshop February 4-6, Camp Onomia Retreat Center, Lake Shakopee For MEN who provide education, child care, elementary education, nursing, social work; who are directors, drivers, professors, teachers, assistants, administrators and support staff. \$100 all inclusive: bunk beds, all meals, camper insurance. Metro State University 1/2 - 4 credits available!
FFI Bryan Gerard Nelson, 612-724-3430, <<http://www.menteach.org/>> Men Teach, 2420 - 31st Ave S, Minneapolis, MN 55406

Visit our web site, <<http://www.tcmc.org/>> for all kinds of Men's Resources for Twin Cities men!
– Andy Mickel. - 2005-01-15

Facilitator Training Report

On Saturday January 15th after the annual meeting 16 men participated in our Annual Facilitator training led by Hank Bruns. Purpose of the training is to make sure that group facilitators uphold the high standards of the Men's Center in providing a safe and meaningful place for men to come for support. Thank you to Hank Bruns for again taking a leadership role in this training.

**NORM PETRIK,
PROGRAM COMMITTEE CHAIR**

Annual Meeting Report

On January 15, Bob Eng lead the 2005 Men's Center Annual Meeting. Twenty-three men attended, filling the large room with powerful male energy, with ages ranges from 20-something to 70-something. Our treasurer, Gerald Obremski, reported we had slightly more income than expenses for 2004, largely because of income from the Anger Mgt program. Norm Petrik, the program chair, reported that support group attendance was also up slightly, with the Reentry/Transition group having the largest attendance, Bill Baldwin is now in charge of the Anger Mgt program during Herb's absence. Bill Dobbs reported at all issues of Men Talk were published on time in 2004 with our current print run being nearly 3000 copies per issue. New brochures for all groups are also being produced. Jerry Olson, and the Outreach committee reported on successful booths at 2004 Pride Festival, Henn. Cnty. Gov't center, Moose Lake Transitions Fair, and other area events. Andy Mickel reported on the successful Sunday brunch program and the various open forums for Mankind project.

Election of 2005 Board: Incumbents Gerald Obremski, Bob Eng and Norm Petrik have one more term on their 2-year term. Elected to 2-year terms were: Langford Dudley, Malik Holt-Shabazz, Andy Mickel, and Bobby Schauerhamer, and elected to a 1-year term was Tommy Jones. 1st alternate is Len Zimney, 2nd alternate is Steve Larson.

Come to Annual Planning Meeting Jan 29th, 2005 at 9:00 a.m.!

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

Date _____

FROM: name _____

Mailing address _____

Home phone _____

Work/other telephone _____

MEN TALK ADVERTISING RATE SCHEDULE		
Full Page	7 1/2" x 10"	\$200
1/2 Page	7 1/2" x 4 7/8"	\$125
1/4 Page	3 5/8" x 4 7/8"	\$65
Biz Card	2" x 3 1/2"	\$25

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:
Space is limited to 12 participants with 2 facilitators per class

Cost:
\$185 for Men Center Members
\$195 for Non-Members

Starting Dates:
Classes will be scheduled as the waiting list fills. Please call TMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Or call our Anger Management coordinator, Bill Baldwin, at 612-839-6806.

FEELING *STRESSED?* Authentic Meditation

A non-religious meditation method to:
Reduce Stress, Make time for yourself!
Identify with Self beneath thought & emotions.
Two 1-1/2 hour sessions, free support after.
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For your web site design or web hosting needs, call **612-279-6400** or visit us at www.factorof4.com

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

The Men's Center
3249 Hennepin Avenue South, Suite 55
Minneapolis, MN 55408 USA

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MEN TALK

The Men's Center News

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Bedroom Waltz

BY L. DUDLEY

After days of flirtations, the moon turns full face to the stars.
It smiles, and the stars twinkle and cheer with delight.
They dance. They dance across the velvet ink sky.
Later, the stars will court the moon again,
to see her smile and dance.

After days of flirtations, I turn to you this night.
Half smiling, I look for you, but you're not here.
And the night is clouded in doubt and sorrow.

For no other reason than to distract my sorrow,
I look to the moon.
And through the clouds, she winks at me.
My heart smiles,
and thoughts of the moon and stars dance
in my dreams all night.

When I awake, my hearts welcomes the sun.
The sun smiles, and they dance all day with delight.

And when the night comes, we all dance;
the moon, the stars, the sun and my heart.

So on the nights when I miss you,
when I miss the warmth of your touch, I turn.

And after days of flirtations, I turn full faced to the night.
She smiles, and we dance.

And we're dancing.

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