

Continuing the Momentum: Supporting Men in Transition at the Men's Center

— BY BOBBY SCHAUERHAMER, 2ND TERM BOARD MEMBER

I had the pleasure of accompanying Hank Bruns and Tommy Jones in representing the Men's Center at the recent "Transitions Roundtable - A focus on fatherhood after incarceration." This was sponsored by the Minnesota Fathers and Families network and was supported by the Otto Bremer Foundation. St. John's University in Collegeville hosted this event on Wednesday, June 29, 2005. It provided a few of us with a tranquil retreat from the pace of the Uptown neighborhood.

Neil Tift, a name familiar to many of us at the Men's Center, moderated much of the conference. This was a highly interactive workshop and Neil supplied his usual magic of drawing in audience participation.

Networking with other organizations was incorporated into the schedule of the day. We were able to describe some of the services that we offer at the Men's Center which are directed at a population of men transitioning from incarceration. Hank was introduced as the facilitator of the Men's Center transitions support group and said a few words about that experience. Tommy Jones was announced as the facilitator for the Addition Busters group. We all carried armloads of literature from the Men's Center into the conference for sharing with other organizations.

I was somewhat surprised by the extent of my role at the workshop in as much as I had been volunteered to be on a panel of fathers presenting in the late morning. This experience seems common for those of us who volunteer at the Men's Center. Fortunately, I am one who rarely has a shortage of things to say. Tommy and Hank were ready to guide and edit my commentary with sign language and a large hook. I received some unanticipated affirmations in the form of positive comments on content, general congratulations, and being quoted during the remainder of the conference.

Some of the main issues of focus at this roundtable conference were determined by the priorities of the participants that included:

1. The impact of family violence on issues related to incarceration;
2. Striving for more education in the community regarding the normalcy of men released from incarceration;
3. Community and networking regarding men released from incarceration;
4. Department of Correction would like to have the availability of more parenting classes; and

5. Apprenticeship opportunities for men released from incarceration in the community as supplied by the Department of Labor

The afternoon consisted of small groups working on issues related to education, connection and collaboration. These groups then gave their reports to the entire conference. This roundtable conference ended with each participant formulating an Individual Commitment to Act regarding the topics that had been discussed. We were to describe how we might take this information back to our agencies and find ways in which we could implement goals consistent with the needs identified at the conference and the mission of our organizations.

The Men's Center continues to provide men transitioning from incarceration with support in areas that may be difficult to find, especially in a manner similar to ours. We see peer support as being an *Continuing the Momentum continued on page 2*



Hank Bruns, Tommy Jones, Bobby Schauerhamer (L to R)

Library Corner

—DON JENSEN,
LIBRARIAN



Using the library is a membership privilege. So come on in and take a look.

Please – Check your shelves at home for overdue Men's Center books. Many checkout cards have no phone #s so we can't contact borrowers. Also, calls to people have resulted in only a few returns. We need these books back — others would like to enjoy reading them.

New book — “*Bi America – Myths, Truths and Struggles of an Invisible Community*” Donated by author and Men's Center member, Bill Burleson. Pages 89, 90, 92, 98, and 99 make reference to the Men's Center. (Bill was a former facilitator of the Bi Group.) We have many periodicals and newsletters for your use:

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

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@tcmc.org

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Minnesota Festival for Fathers and Families

Saturday, August 13, 12:00 - 4:00 pm

North Commons Park, 1801 James Ave. N, Minneapolis

- Free Family-Focused Fun.
- Free Lunch.
- Free T-shirts.
- Free Rides and Petting Zoo.

The 15th annual festival will continue the tradition of food, families and fun. This celebration, organized by a volunteer corps of fatherhood advocates from across the Twin Cities, offers free games, entertainment and food including a petting zoo, a free raffle, free lunch, games for youth of all ages, free pony rides, free birdhouse-building activity, live entertainment and much more! Attendees can browse the exhibit tables of many of Minnesota's agencies and social services organizations that provide services to fathers and families. Additionally, a free t-shirt will be given to every father / father-figure who brings a child. In 2004, over 750 individuals joined the celebration!

GLBT PRIDE BOOTH 2005

BY JERRY OLSON

310,000 in Attendance! The Pride Festival booth is our largest GLBT outreach of the year. Its success is largely measured by numbers of Men Talk/brochures handed out and later on increase in our support group's attendance. The Hometown/Neighborhood signings have taken on a life of their own by people now wanting to sign their names as well as their hometowns. The ribbons are strategically hung so that current metro residents will be signing near our display materials. This year signings numbered 397. Many are last year's signers bringing friends along for the experience. Ribbon's Titles consist of International, Out State (MN), Out of State, Regional States, Metro, MPLS, and St. Paul. Total breakdown is available upon request.

BOOTH ATTENDEES: All attendants had access to “Skill with People” hints before greeting festival visitors. New This Year – booth attendants wearing name tags with first names resulted in festival visitors trusting faster with a closer bonding in which we have such a short time with. Ten Men's Center members covered booth assignments, which included drop-in help. I want to personally thank the following people for spreading the Men's Center message in 2005: Ranslow Z, Steve N, Mike M, Paul P, John R, Mike C, Don J, Andy M, Bobby S, Randy G and Richard E. THANKS!!! Also, Steve L for setting up a schedule.

Continuing the Momentum continued from page 1

important link on a continuum of services needed by men who are re-entering community life.

One purpose in drafting this article is to explain the participation of three Men's Center volunteers at this recent conference. Another purpose is to invite some feedback from the Men's Center members at large regarding my Individual Commitment to Act formulated at the end of the conference.

I see a high need for men who remain incarcerated, but are scheduled to be released within the next year or so, to establish positive community contacts. Much can be done in advance of release in strides toward completion of the difficult tasks of finding employment, housing and general supports, while still incarcerated. I would very much like to see some members and the board of the Men's Center support the establishment of “community advocates” for incarcerated men. These would basically be members of the Men's Center who would agree to write to men who are incarcerated and assist them in finding the supports they need for their transition. Your comments and feedback are most welcomed.



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.	SU ORT GROU S General Issues.12:30p.m. 20's GLBT 7:30p.m.	SU ORT GROU S Addiction Busters in Mpls. Gay Issues in Mpls 7:30 p.m.	RESENTATION Resist the Many Social Pressures 7-9 p.m. Transition 7:30 p.m.	SU ORT GROU S Div/Uncpl/General: Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SU ORT GROU Men's Bisexual issues.7:30 p.m.	SU ORT GROU Healthy Sexual Boundaries 10:00a.m.
	8	1	3	4	5	
	8	1	10	11	12	13
	BOARD MTG. 7 p.m. SU ORT GROU S General Issues.12:30p.m. 20's GLBT 7:30p.m.	SU ORT GROU S Addiction Busters in Mpls. Gay Issues in Mpls 7:30 p.m.	RESENTATION Trauma... 7-9 p.m. Transition 7:30 p.m.	SU ORT GROU S Div/Uncpl/General: Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SU ORT GROU Men's Bisexual issues.7:30 p.m.	SU ORT GROU Healthy Sexual Boundaries 10:00a.m.
	14	15	1	18	1	20
BRUNCH 10:00 a.m.	SU ORT GROU S General Issues.12:30p.m. 20's GLBT 7:30p.m.	SU ORT GROU S Addiction Busters in Mpls. Gay Issues in Mpls 7:30 p.m.	RESENTATION Life Coaching 7-9 p.m. Transition 7:30 p.m.	SU ORT GROU S Div/Uncpl/General: Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SU ORT GROU Men's Bisexual issues.7:30 p.m.	SU ORT GROU Healthy Sexual Boundaries 10:00a.m.
	21	22	23	24	25	2
MEN'S RETIREMENT 5:30 p.m.	SU ORT GROU S General Issues.12:30p.m. 20's GLBT 7:30p.m.	SU ORT GROU S Addiction Busters in Mpls. Gay Issues in Mpls 7:30 p.m.	RESENTATION The Light at the End of the Tunnel 7-9 p.m. Transition 7:30 p.m.	SU ORT GROU S Div/Uncpl/General: Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SU ORT GROU Men's Bisexual issues.7:30 p.m.	SU ORT GROU Healthy Sexual Boundaries 10:00a.m.
	28	2	30	31	1	2
	LABOR DAY HOLIDAY	SU ORT GROU S Addiction Busters in Mpls. Gay Issues in Mpls 7:30 p.m.	RESENTATION The Elements of BEING 7-9 p.m. Transition 7:30 p.m.	SU ORT GROU S Div/Uncpl/General: Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	MT. ARTICLE DEADLINE SU ORT GROU Men's Bisexual issues.7:30 p.m.	SU ORT GROU Healthy Sexual Boundaries 10:00a.m.
	4	5		8		10
	BOARD MTG. 7 p.m. SU ORT GROU S General Issues.12:30p.m. 20's GLBT 7:30p.m.	SU ORT GROU S Addiction Busters in Mpls. Gay Issues in Mpls 7:30 p.m.	RESENTATION A Circle of Warriors 7-9 p.m. Transition 7:30 p.m.	SU ORT GROU S Div/Uncpl/General: Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	MT...INAL DEADLINE... SU ORT GROU Men's Bisexual issues.7:30 p.m.	SU ORT GROU Healthy Sexual Boundaries 10:00a.m.
	11	12	13	14	15	1
BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.m.	SU ORT GROU S General Issues.12:30p.m. 20's GLBT 7:30p.m.	SU ORT GROU S Addiction Busters in Mpls. Gay Issues in Mpls 7:30 p.m.	RESENTATION Communicating: 7-9 p.m. Transition 7:30 p.m.	SU ORT GROU S Div/Uncpl/General: Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SU ORT GROU Men's Bisexual issues.7:30 p.m.	MT MAILING 9:00 am SU ORT GROU S Healthy Sexual Boundaries 10:00a.m.
	18	1	20	21	22	23
	SU ORT GROU S General Issues.12:30p.m. 20's GLBT 7:30p.m.	SU ORT GROU S Addiction Busters in Mpls. Gay Issues in Mpls 7:30 p.m.	RESENTATION Celebrating the Body Erotic 7-9 p.m. Transition 7:30 p.m.	SU ORT GROU S Div/Uncpl/General: Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	SU ORT GROU Men's Bisexual issues.7:30 p.m.	Call us about Anger Management classes.
	25	2	2	28	2	30

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

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

Aug/Sep 05

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: **Tommy Jones**, and **Vanessa Rybicka**. Returning to continue their support of the Men's Center are: **Daniel Farris Braun**, **Timothy Cope**, **Jim Duffy**, **Jan Jirak**, **Scott Lewis**, **Andy Mickel**, and **Sharol Tyra**.

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

How to Recognize & Resist the Many Social Pressures to Feel Crazy: Part II

Presenter: **Jim Duffy**
When: **Wed, Aug. 3, 7:00-9:00 p.m.**

Jim's first talk on this subject was so successful that many participants asked for Part II, in which Jim further discusses many social pressures our society places on us to become self-hating. There are so many ways society tries to make us feel crazy and bad about ourselves. Learn at this seminar about more social pressures to use poor judgment (i.e., to feel crazy) and to falsely believe we are ever unworthy human beings (to feel self-hatred).

Jim Duffy is a writer and freelance researcher in a wide variety of areas of the human studies. He is a humanist, educator, and consultant whose presentations on many subjects at The Men's Center have been well received as both interesting and useful as well as controversial.

A Circle of Warriors

Presenter: **Andy Mickel**
When: **Wed, Aug. 10, 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 and provide a model for men to generate and maintain a world for the betterment of ourselves, our families, tribes, communities and cultures.

We are all familiar with a man's physical tools (a hammer, a sword, a plow...). Is this enough? What about integrity, commitment, authenticity and clarity? Observe—ask Questions—or Participate if you like with a group of men who are practicing authentic connection to feeling in a safe container. The New Warrior Training Adventure is an "Inventuring" opportunity that has changed men's lives.

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

Trauma – Recognizing It, Coping with It, Treating It

Presenter: **Jan Jirak**
When: **Wed. Aug. 17, 7:00-9:00 p.m.**

Open to Men and Women

The path through life is bumpy; when we start limping through life because the bumps have been too much, it may be a sign that we've been traumatized. Students will learn about the hallmarks of trauma, how trauma operates in a person's life, and the approaches and perspectives offered by newer therapies that have emerged in recent years.

About the instructor: Jan Jirak, J.A., Licensed Psychologist, practices in the Uptown area. She works with adult individuals and couples and has worked with trauma survivors for more than twelve years. She is trained in EMDR and Somatic Experiencing.

Life Coaching - What's it all About?

Presenter: **Scott Lewis**
When: **Wed, Aug. 24, 7:00-9:00 p.m.**

Open to men and women who are serious about making lasting and fulfilling changes in their lives

You've been hearing about Life Coaching on TV and in magazines. Find out what all the fuss is about. Discover how coaching can help you reach your goals

faster and spark exciting opportunities. Learn what to look for in a coach and how to get the most out of your coaching experience.

Scott Lewis coaches high functioning adults with Attention Deficit Disorder to enjoy their life and see ADD as a gift. He is certified by the Coaches Training Institute as a Professional Co-Active Coach. Scott lives full-time in an RV, while coaching and traveling in North America.

The Light at the End of the Tunnel:

Preparing and Surviving a Divorce

Presenter: **Vanessa Rybicka**
When: **Wed, Aug. 31, 7:00-9:00 p.m.**

This presentation is meant for men at all stages—from those considering divorce to those with custody issues post-decree. Numerous topics will be covered including: filing, alternatives to court, alimony, child support/custody (third-party), special topics (including chemical dependency), economic considerations, and communicating with your spouse. Please bring your questions!

The Rybicka Law Office is a family law and estate planning boutique offering clients numerous, affordable services, individual attention, compassionate advice, and creative solutions that achieve client's personal and financial goals. It is located on Grand Avenue with convenient access to downtown St. Paul, 94, 35W, and parking. Weekend and evening appointments are available to accommodate your schedule.

The Elements of BEING

Presenter: **Daniel Farris Braun**
When: **Wed, Sep. 7, 7:00-9:00 p.m.**

Open To Men and Women

Have you read self-help books on how to live better? One will suggest 7 principles and another 11. So be it. As a seeker Mr. Braun intuited and discovered that there is but 1 principle by which to live. As an educator and popularizer Mr. Braun sought the language to reduce all the verbiage to one formula. Know and practice this one-principle and everything else falls in place. Come to a two hour discussion for an intro to a simpler way of BEING. A complementary copy of Mr. Braun's newest manual "The Elements of BEING" will be given to those attending. Please, bring your friends, male, female, and whatever.

Greatly affected by his committed involvement in the ecology movement of the 1960's, Mr. Braun was compelled to live an alternative life style, one of contemplation, meditation, and artistry. In trying to understand how humans could be so destructive to the biologies of life, he has passed the last 40 years on an amazing spiritual journey. In his boldness he says, "Here I am!" as an indicator of his arrival.



A MEN'S ANGER MANAGEMENT CLASS

For men who feel that their verbal and emotional expression of anger is out of control.

For men who desire to significantly improve their relationships at home and at work.

Presented by:



The Men's Center
3249 Hennepin Ave. S
Minneapolis, MN 55408

A 501-C3 nonprofit organization serving men for 25 years
612-822-5892
www.tcmc.org

Anger Management Is Life Management

— BY BOB ANDERSON

I don't have any problems with anger." "I lost it just that one time." "It's her problem, not mine." "I only have issues with this one person, that's all." "I don't get angry, I just get upset sometimes."

I can't tell you how often I've heard these and other lame excuses from guys in the Men's Center anger management program. Why is it so hard to acknowledge problems with anger? It's an unseemly emotion; it means a loss of control; it's considered antisocial; it's often a cover for deeper, more difficult feelings we don't want to face, such as sadness, hopelessness or shame; to admit we've got problems with anger undercuts our claim to righteousness. We've all got a vested interest in denial - we want to see ourselves as decent, reasonable people.

Another reason men don't own their anger is misunderstanding; they define it too narrowly, as explosive, abusive behavior, which for them may happen only rarely. Anger, however, is a basic human emotion that drives and shapes much of our behavior. We're escalating off and on during the day, and whether or not we act on those escalations or acknowledge them, they leave a residue, they build up tension, their energy accumulates over time to manifest in stress, major blow-ups and a variety of physical and psychological symptoms.

As we neared the end of a recent class, the guys were "volunteering" to present portions of their Escalation Prevention Plans during the last three meetings as a kind of graduation exercise. One guy, who had spent three nights in jail for his behavior, nevertheless maintained throughout the course that he didn't have problems with anger. "I'm going to have a hard time filling this out - anger's not my issue," he said.

Irritated, I challenged him. "What IS your issue then?"

He paused. "Perfectionism."

"Then work with that," my co-facilitator said.

An excellent response but I was pissed and said to the guy, "You know, you spend an awful lot of energy making this class into something it isn't, so you can reject it. Why don't you take some of that energy and find out what might work for you. There's lots of good stuff here." O.K., I escalated.

"You're right," he said, and when he presented his plan the following week, he had done his work. Perfectionism, it turned out, was a good starting point; it got him thinking about his controlling, shaming behavior with his six-year-old son, and how he might intervene.

Perfectionism, like blaming, comparing and controlling, is a shame-based behavior, and we spend some time in the course looking at shame and how it often provides the energy that gets us hooked in an escalation. We look at ways to break the shame cycle by changing our negative self-talk and reframing our view of situations. In the twelve-week course we cover not only shame, self-talk and intervening in the escalation process, but stress management, assertiveness, communication and conflict resolution.

Anger is a chameleon emotion that takes many forms: irritability, bitterness, hostility, cynicism, passivity, withdrawal, depression, stuff 'n' blow, passive-aggression, control, abuse, rage and addiction. In itself, anger is neither good nor bad; it is how we react to it and behave around it that make it positive or negative. It is part of our emotional repertoire, part of who we are; it is a signal telling us when an important value or boundary has been violated, when we have been discounted; it energizes, gets us moving; it tells other who we are and is an indispensable part of achieving intimacy with others.

We look at all of this and more in the anger management class. We are learning not just how to control our anger but how to become more fully actualized as human beings. As I like to say, anger management is really life management.

Bob Anderson is retired, a writer and a long-time facilitator in the anger management program.

Training Program Launched

Phase II Set for Fall

The first phase of an on-going training program for facilitators of the anger management program was successfully launched on the evenings of June 20 and 21. Seventeen facilitators or men interested in joining their ranks listened as David Decker, developer of the Men's Center curriculum, explained the foundations of anger management, anger - what it is and isn't, payoffs and consequences of abusive behavior, intervening in the escalation process, taking time-outs and completing a successful Escalation Prevention Plan. Attendees shared a meal and exchanged views, concerns and expertise pertinent to the Men's Center course.

A second, more extensive training session will be offered in the fall, at a time to be announced. Decker will cover topics such as self-talk, shame, empowerment, assertiveness, communication and conflict resolution, and provide tips on effective presentation and group process. At that time the revised Facilitator's Guide will be presented, along with instruction and discussion regarding its proper use.

Training opportunities will be offered free of charge on a regular basis, and all facilitators, advanced, beginning and prospective, are urged and expected to attend. We all need regular updating on our knowledge and skills, and everyone needs to be working from the same page regarding course content and objectives, so that the Men's Center is accountable for the product it delivers. These sessions are intended for personal and professional growth, and are part of an on-going commitment to quality assurance by the

Men's Center.

Men who have taken the Men's Center course and are interested in becoming facilitators are invited to seek the recommendation of their course facilitator and to contact program coordinator John Hesch at 952-920-4242. Facilitating is a great way to continue learning and to give back some of what you've been given.

Be Specific

One of the tools vital in anger management is awareness. We can learn concepts and practice skills, but unless we sharpen our awareness of our feelings, reactions and inner process, we can't take the first step toward changing our behavior, which is slowing down and redirecting that process.

One of the points Decker made in his presentation of the Escalation Prevention Plan at the June 20th training session is the importance of being specific in identifying problem people and situations, or negative rehearsals and self-talk. Not "my brother" or "the way my brother talks to me," but "my brother's cynicism" or "the way he puts me down."

Clearly identifying a problem helps us address it, and shedding the light of day on it has a cleansing effect. In a check-in recently, I reiterated what I've known for many years, that I store grudges and resentment like a packrat. I was referring to keeping score on some slights by friends.

But for the first time I coupled this observation with another: "I don't know why I do this. The important thing for me is relationship, not estrangement. And as soon as I reconnect with them, even if it's usually at my initiative, I drop the record-keeping and am grateful to be with them again. So what's the point of my behavior?"

Seeing the problem with that degree of clarity, and noting my intention and values, as opposed to simply citing the bad habit I was stuck in, dissipated the hold of the habit and freed me to move on. Acknowledging all this in group, in the company of other men, gave the insight added force.

I believe that the act of paying attention, coupled with close, honest observation, is like some forms of meditation. You simply stay with the subject and watch, not making judgments, not fighting it, just watching, and that in itself goes a long way toward dissolving the problem.

What can we do to cultivate awareness? Journal. Reflect. Keep brief notes of escalations and self-talk to jog our memories. Sit with something, look at it from all sides. Employ the aids in the manual, such as the Assertiveness Inventory and Grid, the Self-Talk Log. Name things with care. Use concrete, specific words and phrases, strong verbs and nouns.

Race to Empower

A 5K Run to Aid Anger

Management will be held Saturday, August 6, 8:30 a.m., at Lake Harriet Park. Part of the proceeds from this race will go to the Men's Center Anger Management Program, to be used for scholarships to help those in need afford the cost of taking the class. Contribute, participate, bring a blanket and enjoy the fun. For more information, contact the Domestic Empowerment Project at 612-588-2052.

We Need A Few Good Men!

We learned in the Anger Management Classes that it is OK to ask for help when we can't do it alone. Well, I can't do it alone. I'm asking for your help to build up our Anger Management Facilitator Training Program. The volunteers are the heart and soul of the classes. They need ongoing support and new volunteers need training to join this special group of men "who are doing well by doing good works". Please donate to help build this unique program and contribute to a more peaceful world. Your contributions are tax deductible!

Mail your checks to The Men's Center, or call in a pledge to 612-822-5892. These are the categories:

BE A GOOD SPORT:

\$25.00 - \$50.00

BE A GOOD GUY OR GAL:

\$50.00 - \$100.00

BE A PAL: \$100.00 - \$200.00

BE A PARTNER: \$250.00 - \$500.00

BE AN ANGEL: \$500.00 and UP!

Note: The Men Helping Men With Anger Program is supported entirely by private contributions and class fees. We do not get government funding. You are our support!

Tips for Facilitators

Are your guys saying they have no escalations to report during their check-ins?

Distribute index cards and ask them to jot down brief notes during the week to jog their memories.

Or ask them to think of escalations in a more nuanced way, somewhere on a scale from one to ten, ten being the worst. What number were they at when that car pulled out in front of them, or when Johnny left his toys in the middle of the floor and they stumbled over them? Remind them that an escalation doesn't have to be an outward explosion; it can be an inner churning.

Do the guys need something positive to chew on, to replenish themselves?

Anger management is about more than controlling behavior, thoughts and emotions; it's about achieving a more positive inner state. Have your guys try the following exercise for a week, then report on the results in their check-ins. Every day they are to give three compliments to people, and when somebody compliments them, they are simply to say thank you and take it in.

THE POISON TREE

After William Blake

BY BOB ANDERSON

*My friend, unwary, gave me a slight,
Then another, and a third.
I kept my counsel just for spite
And never said a word.*

*I counted more, stored them up,
Till stinking like a turd
They more than filled my bitter cup.
I never said a word.*

*I watched and waited like a cat;
Each kindness he averred,
Dismissed -- so slight! -- what of that?
I never heard a word.*

*With clever wiles and evil grin,
You'd think the wound had cured.
Indeed! I seemed to let him in --
I'd spring without a word.*

*The fool! He thought our bond intact.
This my fury only spurred.
What retribution to exact?
Forgive? No such word.*

*Was it in a dream it came to me?
My soul was deeply stirred.
In a garden grew a Poison Tree
That bloomed without a word*

*From me, or God -- ah, bright Hell-flower!
By itself, I swear, it lured
My hapless foe to taste its power.
I never said a word.*

*He plucked its bitter fruit. "Take eat" --
Hee-hee! And now interred
He lies beneath my restless feet.
Never says a word.*

*My garden goes to waste each year,
But not my tree -- absurd!
It's watered fresh with rage and tears.
And God? Haven't heard a word.*

Publicist Wanted

The Anger Management Program needs a volunteer publicist to get the word out and attract more class members. Right now we have enough facilitators to man new classes, but a shortage of participants. The publicist would work with community newspapers and bulletin boards, community cable, radio and TV, churches, counselors' offices and other venues, through press releases, flyers, brochures, , PSAs, phone calls, visits and other means. These duties can be shared by more than one person. Call Bob Anderson if interested , at 612-338-3059.

The next Anger Management insert in Men Talk will appear in the December-January issue, deadline November 15. We're looking for articles, information, useful tips and stories, testimonials, ideas and other items of interest. Call Bob Anderson at above number if interested.

Control is a Major Issue

Control is a major issue that I see men struggling with as they pass through the Anger Management course. Initially it has to do with controlling others; requiring the community in which we interact to change its behavior. Only in that way can we then not display disrespectful anger. A primary behavioral aspect of the Anger Management program is learning ways of removing ourselves from and/or preparing ourselves for such external stimulus. This is stated in the form of using "I" statements, acting to changing ourselves, becoming aware of our own stresses and stress levels and practicing stress relief activities, and leaving the victim mentality behind. The hardest part seems to be in focusing on only changing oneself. As a facilitator, this has been my greatest frustration, but also my greatest joy. It is marvelous to hear men own up to their own responsibility and talk only about their part in the anger management plan. It is also very frustrating to hear men check in with the same complaint they have with their wife on week 12 as they did on week one. Internally I am screaming, "get with the program", and I must confess that on occasion that sentiment also proceeds from my lips.

At the Edina class, we use the same materials as the Hopkins and Uptown classes; however, we also invite Christ into our midst and ask for his strength to help us give our control up to him. We stress compassion for one another, the uniqueness of each individual and the blessing it is that we are not all alike. In our controlling behavior, we want the other person to be like us, but that is antithetical to how we were created. In this regard, it is very gratifying to see men pass from controlling others to trying harder to control themselves. The next step is giving up our own self control, acknowledging our true brokenness and accepting the guidance of the Holy Spirit in our journey of respectful anger management. I am encouraged when a man loses his fear of this world, is grounded in his brokenness and is unafraid to recognize his anger problem to those around him. Coming out of the closet of anger management is a true sign that a man has given up control and is on a committed life long journey to wholeness. It is for the privilege of seeing such a transformation that I continue to facilitate.

BOB LUNDBERG

CLASS STRUCTURE

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.

DETAILS

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 and Times:
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 day of the week, and available starting date. Other questions, call John Hesch **612-229-3102**.

REGISTRATION FORM

Name _____

Address _____

City/State/Zip _____

Phone Home Work _____

Register me for the class starting:

*Call TMC for class schedule.

Member of Twin Cities Men's Center? ____ Yes ____ No

Complete this form and send along with payment to:

Men Helping Men With Anger
The Men's Center
3249 Hennepin Ave. So., Suite 55
Minneapolis, MN 55408
612-822-5892

A Circle of Warriors

Presenter: Andy Mickel

When: Wed, Sep. 14, 7:00-9:00 p.m.

See description on Aug. 10.

Communicating: Coaching Out of Your Values

Presenter: Sharol Tyra

When: Wed, Sep. 21, 7:00-9:00 p.m.

Open to men and women

An experiential seminar that combines communication and life coaching to enhance your personal effectiveness and confidence! Objectives:

- 1) Identify and act according to your values at a deeper level-influencing you in the tasks and being of everyday life.
- 2) Demonstrate skills and abilities as an effective communicator and coach others more effectively.
- 3) Apply knowledge and tips to increase your impact as a communicator.

Sharol Tyra, BSN, CPCC, PCC, CTM of Life Illumination is a Speaker and Certified Coach. In her seminars, Sharol offers content with inspirational style, insight and humor. Her clients testify that Sharol inspires them to be responsible for their happiness long after the session is over - including previous seminars at The Men's Center! She was featured on TV, Radio and publications. Sharol develops Peak Performers!

Celebrating the Body Erotic

Presenter: Timothy Cope

When: Wed, Sep. 28, 7:00-9:00 p.m.

Many men are searching for a more meaningful erotic connection to themselves and to others. For over 15 years, the Body Electric School has been helping men take responsibility for their erotic education and increase their capacity for pleasure. This exploration of erotic potential involves the mind, the body, and the heart, and is a lifetime journey of discovery and sustenance. Tonight's presentation will offer a safe and playful introduction to the school and its beginning workshop, Celebrating the Body Erotic. There will be breathing, and stretching exercises, some non-sexual touching, and plenty of opportunity to ask questions. The next Celebrating the Body Erotic workshop will be held in Minneapolis on October 22-23, 2005.

Timothy Cope is playwright, storyteller, shamanic practitioner, and the Minneapolis Coordinator for the Body Electric School.

Addiction Busters

Presenter: Tommy Jones

When: Wed, Oct. 5, 7:00-9:00 p.m.

Open to Men and Women

Struggling with chemical or behavioral

addiction? AA not helping you? Frustrated with 12-step programs? Don't like feeling powerless? Would you like to hear about Rational Recovery, SMART Recovery, the works of Stanton Peele, Ann Fletcher, James Prochaska and others? Come to Addiction Busters informational presentation and learn about alternative, cognitive approaches that may help you battle your addiction in new and different ways.

Tommy, a teacher for 26 years, struggled with alcohol and other addictions for most of his adult life. Frustrated with 12-step programs, Tommy would like to share his knowledge of programs and approaches that provide alternatives to AA and similar 12-step programs; roads that helped him on his journey to abstinence and good chemical health.

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

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

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 (Mpls) 7:30- 9:30 pm

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

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

• 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, August 21st** at Jeff Haas's 1423 E 35th St. Minneapolis, 612-721-7010; 612-964-7587. (on the south side of Powderhorn Lake). **Sunday, September 18th** (Fall equinox) at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, (in Prospect Park off University Ave near I-94 and 280), 612-331-8396. 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. 12 men attended June's Men's Brunch and about ten were at July's Brunch. - Andy Mickel, 2005-07-17.

Race to Empower is a certified 5K race, as well as children's fun run and zero K around Lake Harriet in Minneapolis held Saturday morning, August 6th. Its intention is to empower those affected by physical and sexual abuse. Proceeds will benefit Prevent Child Abuse Minnesota, the Rape and Sexual Abuse Center and the Men's Center Anger Management Program. FFI: <<http://www.RaceToEmpower.org/>> - Sarah L. - 2005-07-11.

The Minnesota Zen Meditation Center, 3343 E Calhoun Pkwy, Minneapolis, 612-822-5313, <www.mnzencenter.org/> is open Mon-Sun for sitting meditation.

Everyman - A Men's Journal #68, Apr-Jun, 2005 ("the world changes when we do") features "False accusations and gender dialogue" as its theme. FFI: <<http://www.everyman.org/>> - David Shackleton, 2005-03-31.

21st Annual Minnesota Men's Conference: "Three Roots, Three Roads, Three Dances" - Aggression, Compliance, and Withdrawal, Sep. 13-18, 2005, Camp Miller, Sturgeon Lake, Minnesota. Registration: <<http://hiddenwine.com/MMC/>> Special guests: Michael Meade, with Malidome Somé, Tom Gambell & Doug von Koss. "In order to thrive, a child has to find a strategy that brings him survival, attention, and love. Some find that to be demanding works; others adopt compliant and agreeable ways. A third group withdraws and lives quietly on whatever is offered. Each of us taps all three roots, but one tends to be primary. As we grow older, it becomes helpful and even wise to learn the roads less often used. Thus, we discover fresh ways to be in the world. One road may favor an instinct, such as aggression. Another may favor emotion, such as merging with people. Another may favor thinking. Which road

did you choose? Please join us at this year's conference where we will take up the lively dance that goes on between the instincts, the emotions flowing from the eternal fountain of the soul and the intensity of the fervent, thinking mind. Robert Bly, internationally recognized and award-winning author and poet, helped found the modern men's movement. He has taught men how to create a home for what is best in them. He inspires both men and women to lead a life of intensity and beauty that brings them together into community. Michael Meade is a nationally recognized storyteller, teacher, author, and scholar of mythology and student of ritual in traditional cultures. Malidome Somé: village elder, author, comes to us from the Dagara Tribe of West Africa. He an astonishing teacher, able to bring in ideas almost unheard of in the West. His first book was *Of Water and The Spirit*, and his new book is *The Healing Wisdom of Africa*. Doug von Koss joyously returns again this year to lead early morning chanting. Many participants return to this conference just to begin each day in "one voice" under his guidance. He teaches the vowel sounds as well as chants from the Near East and the West. Tom Gambell: a 6th degree Black Belt, is a returning teacher this year. He has taught Aikido for 25 years, and is now the Chief Instructor of Eastbay Aikido in Oakland, CA. He teaches that once the principles of Aikido are embodied, they become a source of strength and guidance in everyday living. He will do workshops that will be open to all participants each day on the art of compassionate self-defense. FFI: Craig Ungerman <hiddenwine@earthlink.net> Phone: 860-923-6987 Toll Free: 1-877-333-3136 Fax: 860-923-1896 - Mark Stanley, 2005-05-02.

The next **Mankind Project Minnesota New Warrior Training Adventure** will be held October 2 at Eagle Lake Camp near Brainerd, MN. The cost is \$595, \$535 before Sept 1. 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 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 Eric Lucas, 20388 Idaho Avenue, Lakeville, MN 55044, 952-469-6497, <welucas4@frontiernet.net> - Andy Mickel, 2005-07-01.

Community Campout Aug 12-14 with Bike Ride option; men, women, children and friends welcome. Afton State Park, Primitive Group Campsite #1: Tents, RVs

& Campers. Experience community: swap stories, jokes, games, etc. Also **enjoy the Perseids Meteor Shower**, fishing, swimming. Hike the trails on the St. Croix River shoreline, practice wilderness awareness skills or just lie around & relax. Bring drums, instruments and non-electronic toys. \$5/person/day, Family Maximum is \$15/day - Limited to 50 people. Everyone is responsible for their own food, Community Potlucks for all interested folks. FFI: Rick 952-926-6655 for carpooling & other info. Directions: from St. Paul: 9 miles east on I-94, then 7 miles south on Hwy 95 (exit 253), then 3 miles east on Co Rd 20 - Park HQ: 651-436-5391 Sponsored by ManKind Project Minnesota, Inc. - Rick Gravrok, 2005-06-01.

Bipolar: A New Slant on the Disorder is a 1-day seminar to be held in St. Cloud - Aug 4, Duluth - Aug 5, Madison - Aug 16, Milwaukee - Aug 18 and Minneapolis, August 19th. Jay Carter, Course director. Produced by Cross Country Education, Nashville, TN <<http://www.crosscountryeducation.com/>>. - 2005-06-15.

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,

Visit our web site, <<http://www.tcmc.org/>> for all kinds of Men's Resources for Twin Cities men! - Andy Mickel. - 2005-03-15

Retirement Group

WILL MEET THE 4TH SUNDAY OF AUGUST, THE 28TH RATHER THAN THE USUAL 3RD SUNDAY AS IT WILL IN SEPTEMBER ON THE 18TH, BOTH AT 5:30 PM. NEWCOMERS WELCOME TO DISCUSS ISSUES CONCERNING THE MAJOR LIFE TRANSITION OF RETIREMENT FROM PAID EMPLOYMENT.

NORM ETRIK,
GROU ACILITATOR

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

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(612) 721-8048 dwjohn@umn.edu

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 are filled on a first come, first served basis. 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, John Hesch, if you are interested in planning the event or need further detail at the new Anger Management phone 612-229-3102.

Men's Center Fall Potluck-Picnic
Sunday September 18th, 3 PM

It will again be at Powderhorn Park, Minneapolis. Come to the South Side of the Park, the closest parking is at 13th Ave and 35th St S. Walk down the hill toward the lake, and we will begin grilling at 3 pm. If you prefer not to grill, bring another dish to share. The Men's Center will provide beverages and dessert snacks. J. C. Hancock will lead us in signing Men's songs, and we will do some drumming, so if you have a drum, please bring it. The Powderhorn Park site is 3 blocks West of Bloomington Ave and 5 blocks South of Lake St. So please come and have some fun with other men!

Norm Petrik, Program Committee Chair

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

4

'Sugar and Spice ~ Romance' (excerpt)

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..."I placed them in the hallway," she said quietly, her voice still tender as she watched him. This would be the last time she would see him she thought. I'm going to miss him.

"It was good seeing you again," Jeff said, "I'll tell my mom you said 'hello'. He opened the door and turned. She started to move towards him, but the door was already closed. That was it. Jeff was gone.

She could still feel the blood thumping in her temples. She put the bacon caked skillet in a sink full of water and opened the patio door. She stood out on the patio watching the sun kick back the last coverings of the night. Later she would check in with her mother and Mrs. Glenscheare. She felt a little sad because Jeff had grown outside of her memory of what he was; of what she thought he was.

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