



MEN TALK

THE MEN'S CENTER NEWS

June/July 2006 VOL. 30 #3

30 Years of Men's Center Pride

— © 2006 BY JERRY OLSON

Greetings from the Twin Cities Men's Center, Uptown area located at 3249 Hennepin Avenue South. We take pride in serving the Twin City area and beyond for 30 years. We currently operate ten different support groups along with the Wednesday Night Presentations, and Anger Management classes. Our groups are very different to accommodate the very diverse issue areas and situations of our attendees, such as sexual orientation, divorce, and many more differences. Last year, in 2005, our visitor count was more than 4000 people!

MISSION STATEMENT: 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.

"When it hurts to look back, and you are too scared to go forward, look beside you and your Men's Center will be there"

A trained facilitator hosts the Men's Center support groups. Although each group has a specific focus, all groups are open to general discussions and attended on a drop-in basis. Visitors to our numerous support groups learn to accept themselves for themselves and the people around them. Group members have a chance to become better family members, better partner relationship members, and/or single individuals. Groups deal with self fulfillment, happiness, emotions and feelings. Feelings, at the Men's Center are regarded as just feelings, and are not judged to be right or wrong. They are simply feelings, which can be expressed within a group setting. The group facilitator will not allow anyone to "come down on you" for expressing your feelings. The group facilitator will then ask you if you would like some feedback on those feelings from the group members, and that is up to you.

All group members are asked at each meeting to keep all information discussed in the group session as confidential and nothing said in group should leave the room. *This greatly encourages group members to trust and release additional information that then is extremely helpful to group members in helping each other through a given issue.*

Other reasons for attending support groups are brought about by a crisis involving family matters, divorce, partner relationships, and work issues. All can end up with loss of sleep or showing anger. All of the above qualifies you as a good candidate for attending one of the groups, to seek out help and to gain full recovery faster.

Let's not forget our Wednesday Night Presentations and our Anger Management Classes which have been extremely helpful to many visitors to our Center. The presentations and classes can help with issues that can cause a great amount of negative emotions and stress that can be harmful to our health and also affect our relationships with co-workers and friends. Take the first step and help yourself, then tell others about the Men's Center, or better yet, hand them a brochure describing the total Men's Center programs which includes the very impressive Mission Statement.

Outside our groups, we have pride in our resource department. We are very fortunate to have a well-qualified individual holding this position. I found out by going into the center, just for a personal visit to the resource person, that doesn't work very well, because he is constantly answering telephone callers who need advice or information. *As you celebrate Pride at our 30th Anniversary, as you may celebrate the Pride festival, or celebrate pride in your daily life, take pleasure in experiencing those good feelings.*

The Twin Cities Men's Center Group support groups, Anger Management, and Wednesday Night Presentations with 30 years of experience speaks for itself. Would all these benefits come with a monetary cost? Sure! We accept donations from people like you, grants, and contributions from employers who realize the high value of service our organization brings to the Twin Cities area and beyond. Our policy expresses acceptance of everyone, regardless of religious beliefs, race, or sexual orientation or whatever else makes us different from one another. TODAY: Take a Men's Center brochure and hand it to your employers and your friends. Ask them to call the Men's Center after reading it, and give their opinion of the brochure.

THIS MEN TALK HAS A COMPLETE DESCRIPTION OF EACH SUPPORT GROUP AND PRESENTATION AND MEETING TAKING PLACE IN JUNE AND JULY 2006.

*"There are two primary choices in life:
To accept conditions as they exist,
or accept responsibility for changing them"*

— Denis Waitley (Author of The Psychology of Winning)

Library Corner

— *RAY CLARE,*
LIBRARIAN



One of our most important resources is the Men's Center Library that is available to all members as a free privilege of a current membership. We have more than 1000 books on nearly every subject of interest to men. A moment spent browsing our library may bring into your hands a tool that can yield rich dividends for improving your life, your health, or healing your pain. Wherever you stand on the journey of life, there is a book here that can speak to the problems or challenges you are facing. Be sure to check it out on your next visit to the Men's Center! You won't be disappointed.

And while you are enjoying our many book resources, consider browsing our large and growing selection of periodicals.

- Men's Health
- Lavender
- Transitions
- Bi All Means
- Edge Life
- D.A.D.S #1
- Voice Male
- Men's Journal
- Rainbow Families
- Essential Wellness
- G.R.I.P.
- And even more

Some of these books and periodicals have become so important in some of our member's lives that they seem to have been out a very long time. Please return them to make them available to others. Thanks!

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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Bill Dobbs

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Greetings from the Board Chair

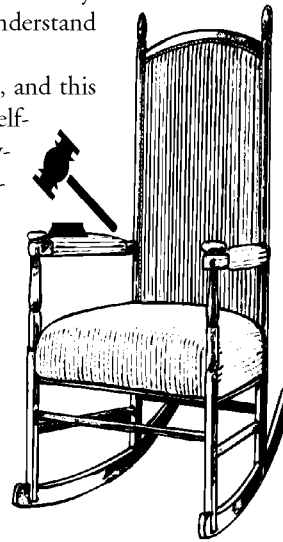
The one person that you will always be with and must understand is you.

We are complicated beings, and this can be a life long process. Self-awareness is only part of knowing who you are; another pertinent segment is Acceptance.

June is GLBT Pride Month. While the calendar list only 30 days, the Pride is everyday.

Accepting who you are is a core character foundation. That foundation is most grounded when you embrace what an incredible being you are. Others may try to tell you differ. However regardless to the number of persecutions, attacks, and weathered political storms, when you truly know who you are, you stand strong.

For more than forty years, there have been rally cries for that Pride to be shouted from the roof tops. Sometimes it is a grand



party, a quiet gathering, confronting prejudicial attitudes or comments, being supported by friends and/or family, or helping those still struggling to create that foundation.

So celebrate with your family, friends, the community, and with the Twin Cities Men's Center. Celebrate the joy of knowing who you are; accepting it; and embracing the security that no matter how many persecutions, attacks, or hell-bent storms, we are grounded in the pride, knowledge and acceptance of who we are.

It's not arrogance or boisterous banter. It is a fact. We are here and we belong

**LIVE LONG AND PROSPER,
L. DUDLEY, BOARD CHAIR**

**NO COST
MEN'S CENTER
BENEFIT PACKAGE PLAN**

Men's Center members may select their own preferred plan(s) from the list below:

- Option Plan A: Career Advancement** – Receive tested and proven people skills.
- Option Plan B: Personal Satisfaction** – From assisting others with information about the Twin Cities Men's Center.
- Option Plan C: New People** – Meet new people through conversation and name exchange.
- Option Plan D: All of the above plans.**

The Benefits Package Plan can be acquired by signing up with your name and contact information to choose your fast two-hour shift for assisting at the 2006 Pride Festival Booth on Saturday, June 24th from 10 am to 8 pm, and Sunday, June 25th from 10 am to 6 pm.

Be sure to call early to get the best times available.

The guide, "People Hints" will be located at the Men's Center booth. It is a 2-minute, easy, tested and proven aid to working the fair. Contact: Dick M. at (612) 822 5892, leave your name, and phone # with the best time to contact you. THANKS!

Here and There

– Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up): **Sunday, June 18th (Father's Day--children welcome)** at Frank Renner's, 7012 N 50th Ave, Crystal 55422, 763-536-7865. **Sun. July 16th** at Jeff Haas's 1423 E 35th St. Minneapolis, 55407 612-721-7010 (on the south side of Powderhorn Lake). 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 February's Men's Brunch at the Eric Mann's and 7 were at April's Brunch at Andy Mickel's in Minneapolis. – Andy Mickel, 2006-05-15.

Caring Families and Friends, 4th Sundays, University Lutheran Church of Hope, 601 SE 13th Ave, Minneapolis is a **support group for gay, lesbian, bisexual and transgender people, their families and friends**. The group affirms gay and lesbian persons as part of God's creation and believes all individuals are to be welcomed and included in the full ministry of the church. the group strives to provide a safe environment for dialogue and education. There is a speaker and discussion at each meeting. FFI: Meredith, 651-484-7914. – Randy Genrich, 2006-04-10.

The Naming Project, Sundays 4-6p.m. Bethany Lutheran Church, 2211 E. Franklin Ave, Minneapolis is a **faith-based youth group** serving gay/lesbian/bisexual/transgender/queer/questioning youth who can learn, grow and share their experiences, can comfortably discuss faith and come

to understand themselves—whether gay, lesbian, bisexual, transgender...or straight. Two volunteers/staff meet with youth at the weekly meetings. Programming varies (Bible studies, movies, field trips, service projects). Each weekend participants check in to share highs and lows. What is said at The Naming Project is kept confidential. FFI: <<http://www.thenamingproject.org/>> – Randy Genrich, 2006-04-10.

Nearly 400 people gathered on a beautiful Sunday evening (May 7) to celebrate the accomplishments of the **Men's Resource Center for Change** and three community leaders working in **western Massachusetts**: Luis-Orlando Isaza, Felice Yeskel, and Raul Matta. The award recipients, whose work on behalf of Latino and gay rights, military counter-recruitment, and raising consciousness about class issues, shared inspiring stories about their lives and work, while a wonderful mix of guests, representing a rich social justice community, took in a gorgeous sunset. At the end of the night, scores of people showed their support for our work by making contributions to the MRC—some of them with monthly or multi-year pledges.

The **Men's Resource Center** is hosting a day celebrating fathers, father figures and all families on Saturday, June 17th at Groff Park in South Amherst. The field day--from noon to 3 pm--will include fun games for children and adults to play together, music, and free bag lunches for up to 100 participants. – Gretchen Craig,

Development Coordinator and Editor, at 413-253-9887x16, gcraig@mrforchange.org. - 2006-05-12.

The 22nd Annual Minnesota Men's Conference, Sep. 12-17, Camp Miller, Sturgeon Lake, MN. Teachers: Robert Bly, Martin Prechtel, Haki Madhubuti, Daniel Deardorff, Miguel Rivera, and Doug von Koss. Topic to be announced. FFI: Craig Ungerman: (877) 333-3136, <hiddenwine@earthlink.net>, <<http://www.hiddenwine.com/MMC>>. – Mark Stanley, 2006-05-14.

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held October 27-29 at Eagle Lake Camp near Brainerd, MN. The cost is \$595, with payment plans available. To learn more, attend an Open Circle event: Observe, Ask Questions (or Participate if you like) in a safe container with a group of men who are practicing authenticity and connection to feeling at **Open Circle of Warriors** events at the Men's Center every 2nd Wednesday, 7-9 p.m. Contact **Andy Mickel** with any questions 612-279-6416 or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times. Register with Eric Lucas, 20388 Idaho Avenue, Lakeville, MN 55044, 952-469-6497, <welucas4@frontiernet.net> – Andy Mickel, 2006-05-15.

Our web site, <<http://www.tcmc.org/>> will undergo a redesign this year – Andy Mickel. - 2006-06-05

Retirement Support Group

This support group which usually meets the 3rd Sunday of the month at 5:30 p.m. will meet in June on the 2nd Sunday June 11th to avoid meeting on Father's Day. The group is for men thinking about or have retired, and to discuss feelings associated with that major life change.

NORM PETRIK,
RETIREMENT SUPPORT GROUP COORDINATOR

Anger Management looking for Advisory Help and Volunteers

Want more input into the anger management program? I am looking for a few good men to serve on an advisory panel who will give their perspective on content, policies, procedures, training and other matters pertaining to program quality. Time commitment will be minimal. Call John Hesch 612-229-3102.

I'm also looking for someone to assist in publizing the anger management program. We have enough facilitators to present the classes but we have difficulty getting enough guys to fill the class every month. With volunteer help, we could do a better job of getting the word out regarding this excellent and unique program. Please call me on the anger phone: John 612-229-3102.

20 x 12 Honor Roll

This is a new type of membership that is designed to acknowledge and make it easier for those members who have consistently supported us.

Here's how:

- Join by paying \$20 a month (or \$240 at once)
- On the Honor Roll, you no longer need to donate money at meetings
- You are recognized on a Men's Center plaque

Call 612 / 822-5892 today!

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 _____

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:

\$215 for Men Center Members

\$225 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.

UPTOWN AREA SPACE TO RENT

The Men's Center, 3249 Hennepin Ave S

Space Rental Rate Schedule:

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

(612) 822-5892

20-Something Group Ending

Oct. 5, 1996 - May 22, 2006

- BY JOHN RUUD, FOUNDER, FACILITATOR

Due to low attendance, I asked the board to discontinue the group. The vote was approved during the April meeting. So for nine and a half years of meeting at the Men's Center, I would like to thank each and everyone of you who have attended. Thanks especially for your kind words and to the Men's Center for giving me the opportunity to have a group. Thanks to your strength and problem solving, we have learned to be a rock and not to roll. As I end this group a chapter is closed, but a new one is beginning —stretching out and learning what is on the horizon.

Thanks Again!

**JOHN RUUD, FOUNDER AND FACILITATOR,
MEN'S CENTER 20-SOMETHING GLBT GROUP**

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

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

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

Check out our web site: www.tcmc.org or correspond at our e-mail address: tcmc@tcmc.org

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

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MEN TALK

The Men's Center News

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***Celebrating Pathos Found* – © 2006 BOBBY SCHAUERHAMER**

*The King said, "I am bored!"
So as to keep their heads,
His chief council gathered and invented
A war for his amusement.*

*The Archbishop approached the throne and
Told the King that there were many serfs
Who were for want and suffering.
The King flattened the jabot of his shirt with his
hand
So that he could look down upon the Archbishop
And exclaimed that acts of God and the elements
Should be allowed to diminish their numbers,
And thus, the burden on the Kingdom.*

*The King sat back in his throne and
Twirled a golden chalice encrusted with
Many uncut precious stones. He took a
Large drink of a deep red wine, not knowing
That it was from the last cask in the cellar;
The servants not daring to tell him that
His supply was nearly exhausted.*

*A messenger arrived and was announced
To the King. There was news of ill being spoken
Of His reign in the countryside.
The King summoned
Many mercenaries to disperse throughout the
kingdom
And listen surreptitiously for a source of this
maliciousness.*

*All this while, the jester was busily juggling balls.
He moved back and forth in front of the King
In a futile attempt to entertain him. The King,
Finally taking some notice, asked the jester,*

*"Of all these great things
That you have witnessed here,
What will story tellers and scribes
say of My divine glory in this reign?"*

*The Queen who had remained silent for a time
Detroned and walked briskly into a hall with
Many doors, but no egress. She muttered to*

*Her attendant who was in hasty pursuit,
"We need a new fool."*

Her attendant questioned, "The jester?"

*The Queen replied, "No, the one with whom
I share a bed."*

*The jester paused, stopped his juggling for a
moment,
and said, "None of these things will be remembered
As they do not distinguish you from either your past
Or your future. Instead, it will be known that
during this time:*

*Even though we are but five,
We keep twenty five,
And the best of the best is now
Touching the souls of the worst of the worst,
Who did not know that they had one."*

*to Janine and her capacity to see even the faintest glow
within the darkest void*

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