



MEN TALK

THE MEN'S CENTER NEWS

December 2006/January 2007 VOL. 30 #6

The Twin Cities Men's Center Turns 30!

— © 2006 BY ANDY MICKEL

With the successful celebration on October 15th, the Men's Center now enters its 4th decade of public service to the Twin Cities community. More than 35 people attended including these guests: David Grocott, center director of the ManKind Project Minnesota, Tania Jajewski from Chrysalis, and Minneapolis council member Cam Gordon. The past 3 decades we've travelled neatly divide the phases of our development. What has remained true over all that time is that the Men's Center is an umbrella organization providing incubation to leading-edge activity in different areas of men's work.

The highlights of our accomplishments and challenges over the years define the three-legged stool of the Men's Center:

- Drop-in Support Groups
- Outreach/Men's Resources
- Workshops/Conferences/Classes.

IN THE FIRST DECADE, 1976 - 1986

From its beginnings at U of Minnesota Lutheran Student Center, in 1973, the Men's Center evolved from consciousness-raising men's groups (of students), and incorporated as 501(c)3 non-profit in 1976. It moved locations 6 times.

Greatest lasting accomplishments:

- drop-in, peer support groups
- producing the Men's Survival Resource Book, 1978.

Overarching Theme: men catching up with the women's movement

- began support groups: divorce, gay issues, general men's issues
- began the Men In Violent Relationships support groups (became Domestic Abuse Project) , HTLV-III (HIV) support groups (became Minnesota AIDS Project)
- began Midwest Regional Men's Conferences: 1978, '80, '83, '85, '87, '89, '92.

IN THE SECOND DECADE, 1986 - 1996

The Men's Center moved to permanent location at 33rd & Hennepin in uptown Minneapolis—a suite of meeting rooms. Membership peaked in 1989 coincident with the most program activity: the Birth Project, Earnie Larsen Workshop, 8th Midwest Regional Men's Conference, an evening with Robert Bly and Michael Meade.

Greatest lasting accomplishments:

- Wednesday Workshop Presentations
- Consistent publication of Men Talk as quarterly journal;
- join fabric of TC Social Service community for referrals

- creating a library of over 400 men's movement & human potential books.

Overarching Theme: regular program & outreach

- led the development of generic spirituality-based men's work in Heartland North America
- focus on affirming what is right about men.
- Active role of serving as men's resources clearinghouse in Twin Cities
- Integration of these men's work factions: pro-feminist men, men's rights men, gay rights men, mythopoetic men, new warrior men, etc.
- began fathers & sons groups (became Fathers Resource Center, now Resource Center for Fathers & Families)

IN THE THIRD DECADE, 1996 - 2006

The Men's Center has just experienced its most successful decade providing a consistent level of services. The TCMC website was launched in 1995 with a complete Men's Resource Directory. Men Talk was published on time for 60 consecutive issues. Most notable is the creation of our Men Helping Men with Anger Management classes which are given 12 times per year and now serve the wider community.

Greatest lasting accomplishments:

- TCMC website: <<http://www.tcmc.org/>> with Resource Directory
- Men Helping Men With Anger Management Program
- * Re-invention of Men Talk as bi-monthly newsletter.
- * Creating a Values Statement

Overarching Theme: Consciousness of Mission; Creation of relevant programs of service to Twin Cities Community

- Consistent participation in Twin Cities Pride Festival

continued on page 2

Attend The Men's Center Annual Meeting!

9:00 am, January 13, 2007

This is your opportunity to vote for the new Board of Directors and set the direction of the Men's Center for the coming year. Come to the Men's Center and let your voice be heard! All members are welcome.

Library Corner

– *RAY CLARE, LIBRARIAN*



We are pleased to offer our members a unique and extensive collection of quality reading on men's topics. This month, we received a wonderful donation from a newer member. We have five copies of:

No More Mr. Nice Guy

A proven plan for getting what you want in love, sex, and life.

By Dr. Robert A. Glover

Stop by and check out a copy!

Be sure to visit our library on your next trip to the Men's Center! You won't be disappointed!

And while you are enjoying our many book resources, consider a browsing our large and growing selection of periodicals. Here you will find such works as:

- 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

Book Returns Needed:

Some of these books have become so important in our members' lives that they seem to have been out since I had hair. While we have no specific time limit, please consider if you are still using any Men's Center books you now have, and return them to availability.

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

Editor

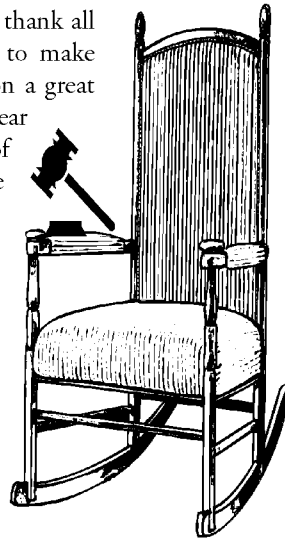
Bill Dobbs

Board of Directors

- Len Zimney, Chair
- Norm Petrik, Secretary
- Gerry Obremski, Treasurer
- Tommy Jones
- Andy Mickel
- Bobby Schauerhamer
- Malik Holt-Shabazz

Greetings from the Chair

On behalf of the TCMC board of directors, I want to thank all of those who helped to make our 30th anniversary celebration a great success. It was wonderful to hear stories about the beginnings of the Men's Center, as well as the marvelous testimonies of its positive impact on so many people's lives. Even though we touch on the different activities of the Men's center at each monthly board meeting, having so many men together to share their witness created a real sense of awe about all of the great things that are happening as a result of this organization's existence. If you were not able to attend this wonderful event, be sure to make it to the 35th.



The Twin Cities Men's Center Annual Meeting will be held on January 13, starting at 9:00 AM. All members are encouraged to attend. If you have ever pondered the idea of giving something back to the organization, please consider submitting your name as a board candidate. If you are not able to attend

but wish to run for a seat, just leave your name at the office phone number, or by email. It's a rewarding job working with a great group of guys, and new blood is always welcome.

There will be no annual planning meeting this year, but TCMC members are strongly encouraged to submit their ideas directly to the board via letter, email, or in person, at any time during the year. The January board meeting will be held on the 15th. All other meetings are held on the second Monday of each month and are open to all members. If you wish to reserve some time on the agenda, simply contact any board member.

2006 has included the beginnings of some good new programs and funding opportunities. Let's continue the work to make 2007 our best year ever!

**LEN ZIMNEY,
BOARD CHAIR**

continued from page 1

- Hosting non-Men's Center programs/events; partnering with the ManKind Project Minnesota
- Produced and organized the first regional 2001 Men's Health & Wellbeing Symposium in the United States
- Began many more support groups: Emotional Abuse Survivors, Sexual Abuse Survivors, 20-Something GLBT, Retirement, Anger Management, Transition, Addiction Busters, Two-Spirited Spirituality, etc.

LOOKING FORWARD, 2006 - 2016

Our most significant contribution to the Twin Cities region has been the continuing process of defining masculinities (plural) counter to the larger culture's single definition.

In the future:

- Look for us to vastly increase our networking with "like" organizations such as Interfaith Church Council.
- We will emphasize services for "20-something" Younger Men to support them in their relationship challenges with women, men and parents.
- We shall also expand opportunities for adult men to provide Youth Mentoring, perhaps working with city council member Cam Gordon.

Andy Mickel is a long-time Men's Center member, former editor of Men Talk, current board member, and unofficial historian of The Men's Center.

Very Last Chance

Book Sale

Special sale prices end with this issue. \$3 each, or 2 for \$5

Men Freeing Men

By Francis Baumli, Editor
Explores the myth of the traditional male role.

Male Menopause

By Jed Diamond, Ph.D.

Surviving Male Menopause

- A Guide for Women & Men
By Jed Diamond, Ph.D.

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 (next class begins Monday, Dec. 4)

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 if you need further details, call our Anger Management coordinator, John Hesck, on the Anger Management phone 612-229-3102.

COUNSELING AND PSYCHOTHERAPY

25 years exp. as director of U. of M. employee assistance program and private practice. Individual, couples, issues of depression, identity, coming out, CD.

Fees based on ability to pay.

David W. Johnson, MA 612-721-8048
dwjohn@umn.edu

Dear Men's Center Members and Friends:

Here's a special gift for you! A FREE \$10.00 Gift Card you can use on my website, www.shoptrustbuy.com Simply, give me a call at 800-742-0150!



Your Gift Card will be sent to your home or your email!

Shopping at www.shoptrustbuy.com is easy and convenient. We offer:

- Thousands of the products you want — all at amazing prices!
- Home décor, toys and games, decorative candles and scents, bath & body products, glass décor and collectibles, gifts for everyone, travel essentials and so much more!
- Exceptional quality you've got to experience for yourself!
- Shopping convenience 24 hours a day, seven days a week!

There's so much more on the website, why wait to shop?

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

ADDRESS SERVICE REQUESTED

Non-Profit Org.
US Postage Paid
Minneapolis, MN
Permit No. 1100

MEN TALK

The Men's Center News

4

Annual Meeting Notice & Proxy Statement

**THE MEN'S CENTER ANNUAL MEETING WILL BE ON
SATURDAY, JANUARY 13, 2006 AT 9 AM**

AT THE MEN'S CENTER IN SUITE 55, 3249 HENNEPIN AVE., MINNEAPOLIS, MN

The Annual Meeting will include election of new members to the Board of Directors, thanks to our volunteers, review of our achievements this past year, and socializing with your fellow Men's Center members. We have moved forward on many projects this year so come and celebrate what has been done and where we are going. If you have any questions, call the Men's Center offices at 612-822-5892.

The Men's Center By-Laws require a quorum of members to elect new board members. This mailing constitutes notice to all active members that a vote will be conducted by those members who are present at this meeting. If you cannot attend and wish to vote, please return this page to TMC prior to Jan 13, 2006. Please include your address label. All members who do not vote by mail or in person, consent to the appointment of the Chair and the Vice-Chair the power to vote on their behalf, on all matters that come before the Annual Meeting.

I VOTE **FOR** THE BOARD OF DIRECTORS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 13, 2006

I VOTE **AGAINST** THE BOARD OF DIRECTORS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 13, 2006.

I **ABSTAIN** FROM VOTING AT THE ANNUAL MEMBERSHIP MEETING, JAN. 13, 2006.

signed _____ date _____.

**What's
Inside**

Page 1 *The TCMC Turns 30!*
by Andy Mickel

Page 2 *Library Corner*
by Ray Clare

Page 2 *Letter from the Chair*
by Len Zimney

Page 3 *All Purpose Coupon*

Page 4 *Annual Meeting Notice*

Inserts *Dec/Jan Calendar
Here & There*

by Andy Mickel