A Review of Souled Out: A Memoir of War and Inner Peace

© 2008 by AMY BLUMENSHINE

As care providers and healing men seek to learn about the spiritual impact of war on soldiers, they would be well-served to read the recent memoir by the Wisconsin veteran Michael Orban. Exquisitely reflective and with well-crafted description, Orban describes his own decades of healing his war-wounded soul. Not yet 20, he had slogged his way through the Vietnamese bush in the infantry, acting with a “Kill or be killed” mentality. He quotes the heretical version of the 23rd Psalm popular with the infantry: “Yea, though I walk through the valley of the shadow of death, I will fear no evil, because I am the meanest M.E.er in the valley.” While acting to survive, he witnessed and participated in activity that he describes as stealing his soul.

“Everything spiritual that had formed the foundations of my soul and guidance in life felt like a lie, as did my social teachings. My soul had been scooped and cleaned out just as one scrapes a pumpkin to make a jack-o-lantern. Every seed, every strand of pulp of my beliefs were gone. I was souled out, and the windows to my soul (the thousand yard stare of his eyes) were positive proof.”

Upon returning home, he was eager to resume his life, but was stymied by his post-traumatic stress disorder (PTSD) symptoms. He lost his marriage and failed college. Alcohol became his way to cope. His PTSD would not be treated for over two decades. “Nothing gave me pleasure or was of interest. I felt spiritually dead....The enormous volume of unreal experiences seen in war plagued my mind. This confusion and inability to understand myself and what was in my mind added additional fear to the quantity already buried behind the barrier protecting my psyche. I felt that the failure of my belief system left me with no comprehension of whom I was. There is probably no more frightening or dreadful fear than that of losing your mind. Nor is there a greater struggle than to keep that torment hidden. Years later I would find I had no choice, those festering emotions were coming out, like it or not.”

Still desperately trying to maintain a facade of being okay, he fled to Africa, working in the Gabon bush for the Peace Corps and in Cameroon for a nongovernmental organization. “Here before me was God’s cure if I chose to take it.” In Africa, “I would marvel.... at the majesty of life; the realization that life was much bigger than we are; that life is about more than any one of us, and greater than any single person. This realization eventually led me beyond my egocentric concentration on my war experiences, and helped me choose between going inward to my own demons, or moving outwards to experience life as a part, not the center.”

Returning to the states, he writes that but for the “over-generosity” of his many siblings, he would have been homeless due to his alcohol use and other PTSD symptoms. Eventually, his confrontation with suicide prompted a more productive search for healing. “One aspect of trauma is the fear of what I had experienced in war was too complicated, too overwhelming to face. I was afraid that I could not confront the issues and resolve them; that there would be no answers. And that those issues must be left behind the facade I had created. But this was exactly the thinking that would doom me to a life locked in those same unresolved issues, an eternal circle of my own misery.”

He came to conclude that part of his problem was the societal denial of the harm related to soldiering. “Society seems to have a need to think of its military as this pure clean assembly of men and women who could not possibly hurt or abuse prisoners or others, shoot their own soldiers, or become mentally traumatized. Society needs to feel secure and believe that its military is honorable, courageous, and will fight within the rules set up to appease governmental leaders.... We mask over many truths to have that security, and war veterans are a part of this erroneous thinking. He or she must return heroic and unaffected by the experience. Society needs (and government intends) to see this for the sake of social sanity.”

For Orban, his path to recovery after the confrontation with war required addressing his belief system and the care of his soul. “To rebuild a belief system that makes sense of life is not easy, but this is essential for getting out from behind the facade and facing the truth.

A Review of Souled Out continued on pg 2
Greetings from the Chair

The Twin Cities Men’s Center will again take part in the annual Pride Celebration in Loring Park, Minneapolis. This celebration is set to commemorate the Stonewall Riots in New York which occurred in June of 1969. This was a pivotal event for rights of GLBT.

One of my fondest memories of service at the TCMC is to greet people at the booth that we have maintained for years at this event. I hope to see many of you there at the Park.

Other moments to celebrate this season at the TCMC include the anniversaries of the beginning of two of our support groups. The Healthy Sexual Boundaries group which meets on Saturday mornings has been in existence now for over 5 years. We celebrated this event with a brunch at the Center announced to regular attendees. The Tuesday evening support group, Addiction Busters, as facilitated by Tommy Jones has now past 4 years of meeting at TCMC.

My wish is that all of you have a marvelous summer and partake of some of the many events as shown in our schedule.

Bobby Schauerhamer, Board Chair

A Review of Souled Out continued from pg 1

of the darkness.”

Our experience paying attention to the impact of war on veterans is not yet broad enough that we can say that all military involved in war will have problems of the soul as Orban did. Clearly some do, however. May we be prepared to help them in their recovery.

Amy Blumenshine is a peace activist and is involved at Our Saviour’s Lutheran Church, 2315 Chicago Avenue South, Minneapolis. There she has been working to develop programs for Veterans, especially those returning from recent wars. Her review is of the book, Souled Out: A Memoir of War and Inner Peace, by Michael S. Orban (Candler, NC: Silver Springs Press, 2007) www.michaelorban.com.

Pride Volunteers Needed
Anyone wishing to help out with the Men’s Center PRIDE booth at Loring Park or the Men’s Center float in the parade on June 28 and 29, 2008, call John Ruud at 651-808-0291

Joun Ruud, TCMC Pride Coordinator

Aliveness Project Food Drive
Bring nonperishable food or personal care items to the Pride Festival Saturday or Sunday, June 28-29. Food collection barrels will be at the Aliveness Project booth, and Aliveness volunteers will take the food back to their building at the end of each day.

Men’s Retirement Group Schedule Change
The monthly Men’s Retirement Support group will meet the 2nd Sundays of June and July, June 8th, and July 13th at 5:30 pm instead of the usual 3rd Sunday meeting time. This group is for men who are thinking about or have retired and want an opportunity to discuss feelings about this major life change. Welcome if this sounds like it might help you.

– Norm Petrik, Group facilitator
# 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.

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<td>SUPPORT GROUPS General Issues 12:30 p.m.</td>
<td>SUPPORT GROUPS Gay Issues 7:30 p.m.</td>
<td>PRESENTATION Family Law Clinic 7:30 p.m.</td>
<td>SUPPORT GROUPS Div/Unpl/Gay 7:30 p.m.</td>
<td>SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.</td>
<td>SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.</td>
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<td>BOARD Mtg. 7 p.m. SUPPORT GROUPS General Issues 12:30 p.m.</td>
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<td>PRESENTATION A Circle of Warriors 7:30 p.m.</td>
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<td>FATHER'S DAY Brunch 10:00 a.m.</td>
<td>SUPPORT GROUPS General Issues 12:30 p.m.</td>
<td>SUPPORT GROUPS Gay Issues 7:30 p.m.</td>
<td>PRESENTATION Reiki Healing and Energy Work 7:30 p.m.</td>
<td>SUPPORT GROUPS Div/Unpl/Gay 7:30 p.m.</td>
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<td>SUPPORT GROUPS General Issues 12:30 p.m.</td>
<td>SUPPORT GROUPS Gay Issues 7:30 p.m.</td>
<td>PRESENTATION Exploring Self-Hypnosis 7:30 p.m.</td>
<td>SUPPORT GROUPS Div/Unpl/Gay 7:30 p.m.</td>
<td>SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.</td>
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<td>PRIDE FESTIVAL Visit the Men's Center Booth in Loring Park</td>
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Our phone number is **612 / 822-5892**.  
Call us about  
Anger Management classes.  

**Jun/Jul 08**  

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**1976 — In Our 32nd Year — 2008**  
of Public Service  

Check out our web site: [www.tcmc.org](http://www.tcmc.org)  
e-mail: tcmc@tcmc.org  
phone: 612 / 822-5892
PRESENTATIONS

Nearly every Wednesday evening, the Men’s Center is proud to offer a presentation on a wide range of subjects of interest to men as well as to our community. This tradition has been part of the Men’s Center offering since it’s founding 30 years ago. These drop-in meetings require no pre-registration, and volunteer experts in the respective subjects conduct them all. Because of our primary mission, all presentations are for men only unless it is otherwise indicated in the individual descriptions.

Please read through these various descriptions to determine which is of interest to you, and consider bringing a friend. This could be an excellent introduction to the Men’s Center for them. Each presentation is intended to foster personal growth and to stimulate interest in the topic.

Our presenters include: Chuck Boe, Steve Boman, Jim Gerharter, Mary Gray, Kelley Loriox, Andy Mickel, Keith Pederson and Linda Wray.

A small fee is collected at the door for each person attending:
- Non-Members of TMC – $5.
- Regular Members ($20 level) – $3
- Sustaining Members – FREE

All presentations meet at The Men’s Center, 3249 Hennepin Ave. So, Suite 55, Minneapolis, MN 55408.

We welcome your suggestions for new topics and presenters. Please call Randy at 612-822-5892 with your ideas.

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

REIKI HEALING AND ENERGY WORK

Presenters: Chuck Boe
When: Wed, June 18, 7:00-9:00 pm

Reiki Master, Chuck Boe will share information about Reiki Healing and Energy Work. This presentation will include the history of Reiki with hands on healing for those who would like to experience Reiki energy. There will be time for questions and answers about Reiki and Chuck’s work.

Chuck Boe, third-degree Reiki Master since 1997, has a Reiki healing practice at 3249 Hennepin Avenue S. Minneapolis, MN 55408, Suite 60 (across the hall from the Men’s Center). He has taught Reiki classes at Wisdom Ways in St. Paul and Eye of Horus in Minneapolis. He is currently a student in the Human Development Program at Saint Mary’s University. He does intuitive tarot readings as well.

DESCRIPTIONS

Family Law Clinic
Discussion Leader: Kelly Loriox
When: Wed, June 4, 7:00-9:00 pm
Open to Men and Women

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:
- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

Attorneys will volunteer their time and expertise for the benefit of those who attend.

A nominal fee of $5 is charged for the public. Members of the Men’s Center receive a courtesy discount.

A CIRCLE OF WARRIORS

Presenter: Andy Mickel
When: Wed, June 11, 7:00-9:00 pm

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.” – Don Jones, former chairman, Mankind Project.

A simple method of centering, relaxation and positive imagery can be used alone or as a foundation for later work in promoting personal growth.

Steven is a Licensed Marriage and Family Therapist with a private practice in St. Louis Park. He has been providing individual, group, and family therapy in the areas of mental health and addiction since 2004. Hypnosis is one of the many therapeutic techniques he offers to clients.

EXPLORE SELF-HYPNOSIS FOR POSITIVE CHANGE

Presenter: Steve Boman
When: Wed, June 25, 7:00-9:00 pm
Open to Men and Women

This is a brief introduction to use self-hypnosis, which can aid in the promotion of self-improvement and emotional health. Participants will have an opportunity to learn a bit about what hypnosis is and is not and to experience hypnosis for themselves if they choose to.

A CIRCLE OF WARRIORS

Presenter: Andy Mickel
When: Wed, July 9, 7:00-9:00 pm

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.” – Don Jones, former chairman, Mankind Project.

THEY LOVE ME – THEY LOVE ME NOT...

Presenter: Mary Gray
When: Wed, July 16, 7:00-9:00 pm
Family Law Clinic
Discussion Leader: Jim Gerhardt
When: Wed, Aug 6, 7:00-9:00 pm
Open to Men and Women
See June 4 Description

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 man 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

General Men’s Issues/
Divorce/Uncoupling
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 12:30 - 2:30 pm
- Thursdays 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 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 7:30 - 9:30 pm

Transitions
Open to Men and Women
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 7:30 - 9:30 pm

Male Survivors of Sexual Abuse
You may feel alone. It is a brave step to seek out other men who can share from this perspective the deep feelings of shame. Only by talking it out can freedom evolve from this secret prison.
- Thursdays 7:30 - 9:30 pm

Two Spirits &
Gate Keeper Community
Open to Men and Women
We are Two Spirit People and Gatekeepers of the Spirit World, offering a Safe & Connective environment. Serving the LGBT & Queer & Questioning community, our allies & our families in Minnesota. Our focus is to remain inclusive of every ethnic genre; allowing for positive community interaction to promote spiritual & emotional growth, emphasizing self awareness, group enlightenment & personal empowerment. We live in a world that resists our journey to seek those pathways that reconnect us to the indigenous teachings of elders long ago. We create this circle to receive kindness, express compassion and speak our truth with one another.
- Last Friday - Silent Group Meditation and Talking Circle and Potluck 7:00 - 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 7:30 - 9:30 pm

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 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 5:30 - 7:00 pm

Gay Men and Aging
Presenter: Keith Pederson
When: Wed, July 23, 7:00-9:00 pm
Open to mature adults over the age of 18.

Studies have indicated that as Gay and Bisexual men age there are changes in the way they interact with others sexually. Have you ever experienced condom fatigue? Do you believe in treatment optimism? Do you think you possess inserter invulnerability?

If you answered YES to any of these questions, consider attending this event. This presentation is designed especially for you.

Topics covered will be broad ranging and will vary on everything from HIV to the effect of condoms in keeping erections. This presentation will center on research from the early 2000’s to today that informs us of the lesser known health risks associated with male aging.

Keith Pederson is a Health Education Coordinator for PrideAlive, a program of the Minnesota AIDS Project. Keith has been working with MSM for many years and continues to champion the message of safer sex in many delivery venues.

No Presentation
When: Wed, July 30, 7:00-9:00 pm

Go for a walk with a friend
Here and There


June is Men's Health Month <http://www.menshealthmonth.org/>, and June 9-15 is National Men's Health Week <http://www.menshealthweek.org/>, a special awareness period passed by Congress in 1994. Awareness materials such as brochures, T-shirts, mugs, bumper stickers, etc. can be purchased at the MHN Store: <http://www.mnhealthstore.com/>, Men's Health Network, PO Box 75972, Washington, DC 20013; 202-543-6461 x101 - 2008-04-15.

Correct use of language. I have tirelessly clarified misuse of the terms gender (masculine, feminine, neuter, transgender, etc.); sex (male, female, hermaphrodite, transsexual, etc.); and sexual orientation (homosexual, bisexual, heterosexual, asexual, autosexual, etc.). Therefore my gender is not male. My sex is male. In fact at the Men's Center we have a long tradition of speaking about masculinities (plural), because we have accepted for a long time the analysis in men's issues circles (since the early 1970's) that the dominant culture's definition of masculinity (the social stereotype) is not only meaningless, but oppresses men. We can have as many different masculinities as there are men. Because homophobia means “fear of same sex”, then any man regardless of his sexual orientation can be a target of homophobia (homophobia does not mean fear or hatred of homosexuals). Such is the case in point with Sascha Radetsky, professional ballet dancer in New York City who wrote the “My Turn” column “Don't Judge Me by My Tights” in the March 17, 2008 issue of Newsweek magazine (pg 17). Radetsky described how he started taking ballet at age 5, and was the target of fistfights in throughout school in New York. He experienced discouragement, harassment and violence. He is proud of his profession despite the “skewed vision” of many Americans. He wears makeup on stage, some of his colleagues are gay, and he wants to move on to a future where ballet can be considered a masculine pursuit. - Andy Mickel, 2008-04-01.

Project 515 has identified 515 Minnesota statues that provide rights and responsibilities based on the legal definition of marriage. To become aware of the impact on men and women of these statues, call 612-246-3885 or visit: <http://www.project515.org/> or E-mail <project515@earthislink.net> - Lee Anderson, Chair, Project 515 Inc., PO Box 50143, Minneapolis, 55405-0143. - 2008-04-23.


“What About the Guys” by Gail Rosenblum was a full-page cover story in the Minneapolis Star Tribune Source section for Sunday, April 6, 2008. The subject is the proportion of American teenagers with sexually transmitted diseases. News that 25% of American teen girls have STDs is presented to Minnesota teenage boys to get their responses. In Minnesota officials at Hennepin County Medical Center work with male-focused leadership programs. St. Paul has Sex 101 sessions at Boys Totem Town, Duluth has high-school youth-development land leadership councils and in Brainerd, a Wise Guyz program promotes sex education for male teens. - Gail Rosenblum, <rosenblum@startribune.com>


“I was going to try to beat you to the punch [by renewing early] this year, but I hit 65, and it's like walking in slow motion on a Magler and moving in the opposite direction than the train is going. Did get out yesterday, though, [on a bicycle ride], not the "iron man" though but looking forward to another season..." - Best Wishes, Larry Boatman, St. Paul. 2008-04-20.

“Thank you for the article "Not Running on Empty" by Joe Szurzewska. It helped me so much.” G. Easley, Minneapolis, 2008-05-01.

The next Mankind Project-Minnesota New Warrior Training Adventure will be held October 3-5, 2008 at Eagle Lake Camp near Brainerd, MN. The cost is $650, with many payment plans and a scholarship fund available. To register, contact Taylor Burr, 651-274-1212. 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 authentic 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.mnk.org/> for Open I-Group dates/times. - Andy Mickel, 2008-05-12.

Announcing Martin Prechtl's new and long desired school: Bolad's Kitchen “The New Sprouts: A course in overlooked histories of forgotten people kept alive in the smallest of places- Hope with Details” FFI: Bolad's Kitchen, PO Box 338, Ojo Caliente, NM 87549: 505-583-9103; <bluetray@newmexico.com> <http://www.floweringmountain.com/boladskitchen/secondsprouting.html> December 1 – 10, 2008 and June 25 – July 5, 2009 sessions; cost is $1500 one year (20 days) or $850 for one session. - Martin Prechtl, 2008-04-10.

Be sure to stay in touch with Men's Center workshops, classes, support groups and other events at: <http://www.tcmc.org/> - Andy Mickel, 2008-02-02.
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, participate 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.
  (You won’t receive Men Talk if this box is checked.)
- I have these feelings, thoughts, opinions, ideas, news items for The Men’s Center:

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: Limited to 12 men 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 Hesch, on the Anger Management phone 612-229-3102.

Thank You!
The Men’s Center receives generous donations of baked goods from Wuollet’s and Breadsmithe Bakeries. You can find them at 25th and Hennepin or 50th and France or online at:
www.wuollet.com
www.breadsmithe.com

UPTOWN AREA SPACE TO RENT

The Men’s Center, 3249 Hennepin Ave S
Space Rental Rate Schedule:

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<th>Space Type</th>
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MEN TALK ADVERTISING RATE SCHEDULE

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E-mail the editor at tcmc@tcmc.org
MEN TALK
The Men’s Center News

Family Law Clinic

New

Every 1st Wednesday of the month, the Men’s Center is proud to present the Family Law Clinic. Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Paternity
- Custody
- Child Support
- Co-habitation
- Separation
- Property Division
- Spousal Maintenance
- Financial Settlements
- Your personal issue

Attorneys will volunteer their time and expertise for the benefit of those who attend. A nominal fee of $5 is charged for the public. Members of the Men’s Center receive a courtesy discount.

Where: The Men’s Center, 3249 Hennepin Ave S #55, Minneapolis MN 55408
When: Every 1st Wednesday from 7:00 to 9:00 PM

Just come! No advance registration required!