

men talk

tcmc 
twin cities men's center

in our 36th year
of public service

Aug/Sep 2012
Volume 36 #4

Anger Management Class – Why I went and what's it's about

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I took my first anger management class about 14 years ago. At that time I was married, and had a 12 year old son and a 17 year old step son. My wife insisted that I should take an anger management class because she was tired of my anger outbursts and not knowing when the shouting would begin again. I would also swear in the car and I was worried that the 12 year would pick up my behaviors when he started to drive.

Like many guys I learned how anger was expressed at my father's knee. How was I going to change a pattern I learned in my childhood? I knew what I didn't like but found myself using words that my father used. What kind of example was I being for my son? I always told my wife I was sorry but good was that when behavior did not change. But what good would an anger management class be? I was angry a lot. I figured that either the class would give me a frontal lobotomy or there would be a 300 pound guy shaking his fist in my face saying, "Cut it out or you'll be in some real trouble." So I went to my first class with a lot of fear and shame. What kind of guy can't control himself? Maybe the guys in the class would be a bunch of jerks and would be mean to me?

WAS I MISTAKEN!

First of all the 2 facilitators were helpful and positive. The men in the class were a combination of guys who were court ordered, getting a divorce, having issues at work and with their children, just getting married, just getting divorced, or trying to work out something with their relationships both straight and gay. The men were supportive, I was not the only guy with anger problems. I was not alone and there was need to hide the shameful secret that I was an angry guy.

The class started each week with a check in for each man, and then a combination of group discussion, exercises, readings and lectures. It was not a theoretical class because each week I received helpful tools for drawing up my own individual plan to help me deal. I also received an anger management manual written by Dave Decker, a local psychologist who has specialized in anger management over the last 30 years.

WHAT DID I LEARN?

I learned that anger is a feeling just like sad, happy and fear. How I expressed those feeling (the behaviors) were a matter of choice. Anger and the behaviors were 2 different thing. I could not control being angry the feelings but I could make choices on my behavior. For example if I was pulled over by a policeman, I could chose to be polite and respectful even if I was angry. If I could do that, why couldn't I do that at home with my wife and son?

The first step was to take responsibility for my anger and the behaviors I chose to express it. No one made me angry, not my wife, the law, my neighbors or boss at my work. It was my anger. I was responsible for my behavior and how I treated others. No longer could I blame, minimize and deny my responsibility. It was my choice what to do with my feelings and to learn healthy ways to express it.

I learned to tune into my body and it's physical reactions. I discovered that like a lot of other guys I was going around already agitated and disturbed. It's called an escalation. It's important to be aware of how escalated you are because it's an indicator of close you are to an anger outburst.

I learned about my self talk most of which was negative and kept me in an escalated state. I learned how to go about in a more relaxed state. I learned how to take a time out as an opportunity to cool down. I became aware of just how much shame there was in my childhood and how it had a direct bearing on my anger issues as an adult.

I learned a lot of new positive skills, how to live a less stressful life, how to communicate concerns in a respectful way and how to seek out support from other men. Many of the skills taught in anger management class could be called life management and life enrichment skills. The class was an opportunity to grow, to be more than my childhood patterns, to bring out my true and authentic self, to embrace my whole self both positive and negative, to be an example for my sons and a work in progress.

Continued on page 2

Library Corner

— JIM HEANEY, LIBRARIAN



The books in the Men's Center Library are sectioned off into 14 categories. These categories are: Fathers, Children & Families, Fiction, Gay & Lesbian, Health & Therapy, Humor, Men's Movement & Masculinity, Men's Stories & Poetry, Miscellaneous, Relationships & Friendships, Reference, Relationships & Friendships, Sexuality, Spirituality, Valued Elders, Women.

This system works okay, however some of the topics overlap into 2 or 3 categories. Whoever was in charge of the place went with their best guess in terms of what book goes in what section. Finding a book was, at times, confusing. THE LIBRARY NOW HAS A CATALOG OF EVERY BOOK ON THE SHELF.

You do not need a password to access this new catalog. The new catalog is in a white 3 ring binder. Our entire collection of books is sorted 3 different ways; by Author, Category and Title. (I thought about using 4 categories, however, I could not find a 4 ring binder).

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. Call 612-822-5892, or e-mail us at tcmc@tcmc.org

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Greetings from the Chair

If you'll grant me a small indulgence, I'd like to make my column for this issue personal. In an article for the April/May 2008 Men Talk, I detailed how I got through an extremely difficult period in my life during which I went through a divorce and got diagnosed with cancer and an auto-immune disease all at the same time (Google "szurszewski not running on empty" if you want to read the article.) The article tells how I came out the other side grateful for the experience, and now four years later, I thought I'd provide an update.

When I got all of this bad news in November 2006, I was unhealthy, depressed, nervous about my career, and not sure how I was going to survive. By a stroke of luck, I found TCMC and its support groups. Today, I'm cancer-free, my career is doing very well, I genuinely look forward to every day, and I am engaged to an amazing woman who I deeply love, admire and respect.

Did all of these great things happen just because I showed up at TCMC? Well, no. The fact is, I put in a lot of work to get to where I am. But I'm confident that

none of this would have happened if I hadn't gotten a ton of support and good advice at TCMC. Not only was I able to deal with my issues, but the support I got and the work I did to improve myself carried me past where I used to.

I always used to wonder what in the world Lance Armstrong was talking about when he said cancer was the greatest thing that ever happened to him. With the benefit of hindsight, I can say that now I understand. In fact, I'd expand his statement to say that any major problem that might seem insurmountable, like divorce, a health crisis, revealing your true sexuality, or serious legal issue, is in fact an opportunity that can be the start of the greatest thing that ever happens to you.

As the car ads say, your mileage may vary. But here's the point: if you get some support, honestly confront your issues, don't try to tackle your problems alone, and give yourself permission to have bad days, I bet it won't vary by much.

**JOE SZURSZEWSKI
BOARD CHAIR**

Continued from Page 1

WHO SHOULD TAKE AN ANGER MANAGEMENT CLASS?

Men who bottle up their anger and then explode with yelling and swearing, or other inappropriate ways. Men who are perfectionist and take it out on others. Men who are court ordered to take an anger management class. Men who feel that others push their buttons, and that if everyone would lead them alone they would be just fine. Men who have been told by others that they are intimidating to be around. Men who have problems at home or at work with their tempers, men who want to improve their relationships with spouses, lovers, children and families. Men going through divorce or other stresses. Men who want their public and private persona to be the same, men who want to grow and be close to others.

TELL ME ABOUT THE CLASS.

The anger management class runs for 12 weeks on one weekday night 7-9PM. Cost of the class is \$250 and there are payment plans available. A retake of the class is \$60 within 3 years. Questions call John Hesch at 612-229-3102. I would like to thank the facilitators who teach the classes and help to create that peaceful world we want to live in.

John Hesch has participated and facilitated anger management classes for the Men's Center for the last 14 years and has been the coordinator of all anger management classes for 6 years. He is divorced and the father of 2 sons.

— John Hesch, Anger Management Coordinator, cell 612-229-3102

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
<h1>Aug/Sep 12</h1>			PRESENTATION Family Law 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m. 1	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm 2	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m. 3	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m. 4
5	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m. 6	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m. 7	PRESENTATION Mankind Project Open Circle 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m. 8	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm 9	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m. 10	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m. 11
12	SUPPORT GROUPS General/Div/Uncpl 12:30 p.m. ----- BOARD MTG. 7 p.m. 13	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m. 14	PRESENTATION Reset Your Life 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m. 15	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Northside Men 6:30pm 16	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m. 17	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m. 18
BRUNCH 10:00 a.m. SUPPORT GROUPS Men's Retirement 5:30 p.m. 19	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m. 20	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m. 21	PRESENTATION Managing Sanity and Resilience 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m. 22	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm 23	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m. 24	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m. 25
26	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m. 27	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m. 28	PRESENTATION Bill Baldwin 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m. 29	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Northside Men 6:30pm 30	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m. 31	1
2	LABOR DAY HOLIDAY	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m. 4	PRESENTATION Family Law 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m. 5	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm 6	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m. 7	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m. 8
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BRUNCH 10:00 a.m. SUPPORT GROUPS Men's Retirement 5:30 p.m. 16	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m. 17	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m. 18	PRESENTATION Tony Voelker 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m. 19	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm 20	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m. 21	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m. 22
23	SUPPORT GROUPS General/ Divorce/ Uncpl 12:30 p.m. 24	SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m. 25	PRESENTATION Adrenal Fatigue 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m. 26	SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Northside Men 6:30pm 27	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m. 28	MEN TALK MAILING 9:00 am ----- SUPPORT GROUPS Healthy Sexual Boundaries 10:00 am 29
30	Call us about Anger Management Classes.					30

1976 - In Our 36th Year - 2012
of Public Service

web site: 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 the wider community. This tradition has been part of the Men's Center offering since its founding 35 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 are **Bill Baldwin, Peggy Carlson, Harry Greenberg, Bob Manson, Andy Mickel, Rhys Preston, Rasheen Tillman, Tony Voelker, and Linda Wray.**

A small fee is collected at the door for each person attending:

Non-Members of TCMC – \$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).

DESCRIPTIONS

Family Law Clinic

Discussion Leader: Bob Manson
When: Wed, Aug. 1, 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.

Mankind Project Open Circle

Presenter: Andy Mickel
When: Wed, Aug. 8, 7:00-9:00 pm

ManKind Project Minnesota began in 1990 and over 800 men are in our community. We have more than 20 on-going men's groups which serve as places where men can develop their Emotional Intelligence, practice Accountability to their Commitments of Service to others, and practice Authenticity in Actions and declarations.

This Open Circle enables participants to witness other men practice clarity of self-expression from their hearts rather than their heads. Join us in our 5-round format and ask questions to learn more and even participate yourself if you choose. Our structure is based on the masculine archetypes of King, Warrior, Magician & Lover in Moore and Gillette's book.

Over 50,000 men have attended ManKind Project experiential weekends for men all over the world to empower men to improve their lives and work together to help other men and families.

ManKind Project Minnesota offers two New Warrior Training Adventure weekends/ year.

Reset Your Life

Presenter: Peggy Carlson
When: Wed, Aug. 15, 7:00-9:00 pm

Open to Men and Women

Peggy and her friend Carolyn White launched Reset and Design in 2011. "Many people feel lost after a divorce, death in the family or being laid off. Our goal is to give them direction," according to Carlson. "We help them reorganize their living space while they refocus their lives." Reset and Design's initial focus was on recent divorcees and widows or widowers, the business has expanded to empty nesters.

After her marriage of 24 years ended, Peggy soon suffered the loss of her stepfather and her job. Facing what appeared to be insurmountable problems, she managed to forge ahead by doing what comes naturally: helping other people in similar situations "start over." For more information on Reset and Design, e-mail Resetanddesign@gmail.com.

Managing Sanity and Resilience

Through Divorce/Uncoupling

Presenter: Harry Greenberg
When: Wed, Aug. 22, 7:00-9:00 pm

Open to Men and Women

Divorce or leaving a long-term relationship is often a profoundly life-changing event, but everyone experiences the process differently. What is often helpful is an understanding of both the intellectual and

emotional contours of the journey.

In this experiential and participant focused workshop, we will explore a variety of factors that play a major role in how one understands, and manages the divorce process, reviewing behaviors to avoid and strategies to employ.

Harry Greenberg is an educator, social worker, and social justice activist. He received his masters degree in social work and his teaching license from the University of Minnesota. He is licensed as a graduate social worker in the state of Minnesota. He has been involved in divorce education since 2000 working at both Storefront and Chrysalis. Much of his passion in this topic came about through the lessons learned in his own divorce. His work as an educator and counselor focus on client self-empowerment, user-friendly education, and the use of narrative and solution focused inquiry.

Presentation

Presenter: Bill Baldwin
When: Wed, Aug. 29, 7:00-9:00 pm

Open to Men and Women

Description not submitted by publication deadline. Please see our Calendar online at: www.tcmc.org

Family Law Clinic

Discussion Leader: Linda Wray
When: Wed, Sep. 5, 7:00-9:00 pm

Open to Men and Women

See description on Aug 1.

Mankind Project Open Circle

Presenter: Andy Mickel
When: Wed, Sep. 12, 7:00-9:00 pm

See description on Aug 8.

Presentation

Presenter: Tony Voelker
When: Wed, Sep. 19, 7:00-9:00 pm

Open to Men and Women

Description not submitted by publication deadline. Please see our Calendar online at: www.tcmc.org

Adrenal Fatigue (Stress Handling Glands)

Presenter: Dr. Rhys Preston
When: Wed, Sep. 26, 7:00-9:00 pm

Open to Men and Women

Do you have sugar or salt cravings? Have an extra five to ten pounds around your belly? PMS? Difficulty getting up in the morning? Need that cup of coffee in the afternoon? The job of the adrenal glands is to enable your body to deal with stress from every possible source, ranging from injury and disease to work and relationship

problems. Your resiliency, energy, endurance and your life all depend on their proper functioning.

Dr. Preston has been providing successful and empowering health care to the Minneapolis community for over 20 years. In addition to chiropractic education, he has post-graduate studies in functional endocrinology and balancing female & male hormones. Dr. Preston will be presenting workshops at The Wedge CO-OP in January as well as begin teaching at Normandale College in February.

Family Law Clinic

Discussion Leader: Rasheen Tillman
When: Wed, Oct. 3, 7:00-9:00 pm

Open to Men and Women

See description on Aug 1.

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 TCMC 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

Open to Men Only

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

Abuse Survivors

Open to Men and Women

Many adults have been sexually abused in childhood or adolescence. Whether you have clear memories or vague recollections you probably experience difficult feelings of fear, anger, grief, or embarrassment. Sharing your story and feelings with others is proven to be a critical part of the healing process. The Abuse Survivors Group provides a safe environment to share your experiences and learn about how others are coping with these issues. Join us in developing healthier attitudes and behaviors that transform us from victims into survivors.

- On Hold 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

Open to Men Only

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.) This is the Twin Cities longest running gay support group.

- 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

Healthy Sexual Boundaries-EAST

Open to Men Only

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.

The group is open to all men, not just Project Pathfinder clients or former clients. If you are currently in primary treatment at Project Pathfinder, please consult with your therapist before attending this group.

Location:

Project Pathfinder Group Room "B"
Griggs-Midway Building (NE Entrance)
3rd Floor, Suite N385
1821 University Ave. W.
St. Paul, MN 55104

- Wednesdays 5:30 - 7:30 pm

NORTHSIDE General Men's Issues / Relationship Issues

Open to Men Only

Men can express thoughts and feelings about the process of life's challenges and experiences, and what it means to be a man in American culture. The North Metro especially the Northside has unique stressors as under-served, under-resourced area. This is a group to talk about it all on an interpersonal level from the support of other men. Facilitators: Michael Martens, Malik Holt-Shabazz.

Location: Harrison Neighborhood Association - 503 Irving Ave N, Minneapolis 55405
FFI: 612-377-5496

- 1st, 3rd, & 5th Thurs 6:30 - 8:30 pm

Bisexual and Gay Issues

Open to Men Only

Men of all orientations explore a wide range of personal issues including our sexuality. We focus on our feelings about who we are and how we choose to live in the future.

- Fridays 7:30 - 9:30 pm

Healthy Sexual Boundaries

Open to Men Only

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.

Healthy Boundaries welcomes all men who are currently participating in, or who have completed, sex offender treatment. Facilitated by Tommy Jones and Bobby Schauerhamer.

- Saturdays 10:00 am - 12:00 pm

Men Facing Retirement Issues

Open to Men Only

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

Volunteer Needed

TO HOST WEDNESDAY EVENING PRESENTATIONS, 2-3 TIMES EACH MONTH. DUTIES INCLUDE TAKING ATTENDANCE AND MONEY FROM ATTENDEES, AND OCCASIONALLY INTRODUCING SPEAKERS. YOU CAN ATTEND THE PRESENTATIONS FOR FREE.

Here and There – Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up): **August 19th, at Ken Lessley's**, 8300 28th Ave. N., New Hope, MN 55427 (off of 169 north of 394; exit east on Medicine Lake Rd, north on Xylon to 28th, house on NW corner) 612-581-0164. **September 16th (Fall equinox) at Andy Mickel's**, 106 SE Arthur Ave, Minneapolis, 55414 (in Prospect Park off University Ave near I-94 and 280), 612-331-8396. **October 21st at the Men's Center** 3249 Hennepin Ave S, Suite 55, Minneapolis 55408: 36th anniversary celebration, Andy Mickel and Daniel Heist co-hosts. About a dozen men attended the June and July brunches at Jim Lovestar's and Tom Weaver's.

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held September 28 - 30, 2012 at Camp, in Madison Lake, MN near Mankato. The cost is \$595, with many payment plans and partial scholarships 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. FFI: **Andy Mickel 612-279-6416** or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times. - Andy Mickel, 2012-07-07.

"Greetings and Salutations to all the terrific staff members and volunteers at the nation's premier Men's Center—Twin Cities!!! in San Diego on 'sabbatical'..." - Larry Boatman, 2012-04-01

"I would be interested in speaking to the men's group about how divorce, custody, advocates and the courts view and handle cases. How the attorneys barter behind the scenes to maximize their pockets and contribute to the emotional drivers of divorce." - Michael Hamer 2012-04-13.

28th Annual Minnesota Men's Conference, Sept 13-18, Camp Miller, Sturgeon Lake, Minnesota. Co-sponsored by Soldier's Heart, Mythsinger Foundation, & Western Gate Roots and Wings Foundation. \$850 Adult Men, \$500 for Young Men. Space is limited. FFI: Craig Ungerman at Hidden Wine: 860-942-1658 or <http://hiddenwine.com/WP/event/28th-annual-mn-mens-conference/>

"**Bears at the Tree of Slumbering Honey**" We live in an era where society provides any

number of steel traps to diminish and even eradicate men's relationship to their instinctual nature. Rather than a strong connection to the majestic Lord of the Forest, many of us feel more like circus bears - performing numbered out dances for the obligations of wage or domestic pressures. We sense that somewhere inside us is a passion, a sense of vocation and service, but the gold remains out of sight - our honey slumbers on.

This year at the Minnesota Men's Conference we will invoke the animal powers: through song, myth and fellowship. We will dare to align with our wild twin the bear, that lives just beyond the dark ridge of distant forest. We will explore courage, brooding, cunning, playfulness, solitude. In a time heavily defended against it, we may just catch a glimpse of our beauty, and offer it up as some wild gesture of alliance to the living world. From cultures as rich as Siberia, the Pacific North West, Norway and Ireland, we will bring a word-hoard of ideas to re-confirm our alignment to both public generativity and the secretive den of our own passions.

Gifted teachers we welcome are: Miguel Rivera, a musician and drummer; Martin Shaw, teaching from his brand new book 'A Branch From The Lightning Tree: Ecstatic Myth and the Grace in Wildness'; Daniel Deardorff, a gifted singer, musician, and storyteller; Tom Gambell, walks the warrior path as a practitioner of compassionate self-defense; Thomas R. Smith, poet & editor; Timothy Young, poet and teacher; Doug von Koss, returns again this year to lead early morning chanting; Paul Henderson, a teacher, advocate and healer from Washington State; Robert Bly (Conference founder/elder), internationally recognized and award-winning author and poet. - Mark Stanley, 2012-07-19.

The 22nd Annual Minnesota Festival for Fathers and Families (Ne-Ba-Ea ~ Festival Del Padre ~ Ate Wowiyuskin ~ Ua Hmoov Cav Ib Tsoom Ua Txiv ~ En-Ba-Ba~ Mahrajaan Ku Saabsan Aabbayasha) Saturday, August 11, Noon - 4 pm, North Commons Park, 1801 James Av N Minneapolis 55411. MFFF, initiated in 1989, seeks to strengthen the positive role and perception of men, specifically fathers, in their families and communities. The event celebrates the essential impact of fathers and father figures in the lives of children and families. Many non-profit, faith-based and government agencies collaborate each year to sponsor the event. Fun for the entire family

and community to enjoy and participant in games, music, entertainment, petting zoo, moon bounce, and prize drawings. FFI: Jack Strawder 612-455-4674 <jackstrawder@urbanventures.org> <<https://sites.google.com/site/festivalforfathersmpls/>> - 2012-07-11.

Join One Voice Mixed Chorus on Stage!

We are Minnesota's gay, lesbian, bisexual, transgender and allies chorus. Auditions for our Fall 2012 season will be held August 27 and September 4, 2012. Contact One Voice to schedule your singer-friendly audition! We're especially looking for bass singers so come on out! One Voice rehearses from 7-9:30 pm on Monday nights. For a complete performance schedule and audition information visit <http://www.ovmc.org/audition-information.html>.

PL Support Group. If you have been looking for additional support, have questions about living with HIV, the challenges of taking medications or the side effects that may happen, then you might want to consider this HIV support group. This closed group will meet with guest experts on at least two separate evenings, to offer you the support or information you may find helpful. Whether you are newly diagnosed or living with HIV for a long time, it's open to anyone at either end of the spectrum. If you would like additional information or would like to participate contact either Steve or Bobby at 612-373-2463

Conversations with the Warrior Spirit: In the Soldier, the Civilian and the Community

When we return home after combat or severe stress, or when we watch strangers return to our midst, how do we recover and re-affirm the humanness we share? How do we address the sorrow and grief in the hearts of all the people? — By respectfully listening and conversing as individuals in a community.

Please join us on August 19, 2012 at the Lake Harriet Church, as we begin a community conversation by listening to the stories of soldiers and civilians about war and its effects on the individual and the larger community. The evening conversation will be convened and coordinated by poet and community activist, Timothy Young; by Rev. Lanny Kuester, Doctor of Ministry, Marriage and Family Therapist, and a Vietnam War Veteran; and by storyteller and actor, Walton Stanley. Sunday, August 19, 2012, 6-10 pm. Lake Harriet Spiritual Community, 4401 Upton Ave South, Minneapolis.

Twin Cities Men's Center

ALL-PURPOSE FORM

Men's Center members are entitled to: participate in our annual & monthly Board meetings, receive *Men Talk*, use the reference library, and enjoy reduced fees to Men's Center-sponsored events such as Wed. presentations.

- 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 \$_____ \$25 (Regular) \$50 (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 Twin Cities Men's Center / *Men Talk*

DATE: _____

FROM Name: _____

Mailing Address: _____

Home Phone: _____

Work/Other Phone: _____

E-mail Address: _____

PLEASE SUPPORT OUR MEN TALK ADVERTISERS!

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: \$235 for TCMC Members (\$250 for Non-Members)

Starting Dates: Classes are filled on a first come, first served basis. Currently, there are classes on Mondays, Tuesdays, and Wednesdays. John will invite Dave Decker the author of the Anger Mgt text to lead a session at TCMC in the Fall on a Sat.

Please call TCMC 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.

Many thanks to

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for the generous donation of website services to The Men's Center.

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612-279-6400
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MEN TALK ADVERTISING RATE SCHEDULE



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1/4 Page	3 5/8" x 4 7/8"	\$65
Biz Card	3 1/2" x 2"	\$25

(612) 822-5892
tcmc@tcmc.org

THANK YOU!

The Men's Center receives generous donations of baked goods from Wuollet's and Breadsmith Bakeries.

You can find them at 25th and Hennepin or 50th and France or online at:
www.wuollet.com
www.breadsmith.com

UPTOWN AREA SPACE TO RENT

The Men's Center,
3249 Hennepin Ave S

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

(612) 822-5892

TMC Office Hours: M | 1:30am-12:30pm, 2:30pm-4:00pm; Tu, Th, F 1:00pm-4:00pm. Our telephone (612) 822-5892 is answered 24-hours per day by 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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4

Pioneering Mens Body Work - Rosen Method in Minnesota.

Dr. Tom Weaver is co-sponsoring an Intro Workshop with Eric Wickiser looking to attract 20 -30 good men for this first-time event here in Minnesota, August 10-12.

Safe Touch for Men: An Introduction to Rosen Method Bodywork. What would it be like for men to learn respectful touch with each other? Going beyond fears, beyond competition, beyond violence, sexuality, or otherwise loaded comparisons? The explosion of research in neuroscience confirms the importance of touch and contact for human development and well-being—for regulating our emotions and our physiology. The Rosen Method uses receptive touch and verbal dialogue to assist people in opening to long-forgotten experiences and emotions, and to release unconscious limiting beliefs and nega-

tive ideas about the self stored in the body. Experience the healing power of mindfulness in the body.

This workshop is for men. Rosen Method Bodywork benefits those who want greater physical health, emotional aliveness, connection to the body, and a sense of ease in being who you really are. In this introductory workshop, we discuss and practice the principles of Rosen Method, including a demonstration of this work and time for partnering to experience how we use receptive touch to support deepening our awareness of self."

Guest Teacher: Bill Samsel studied with Marion Rosen, the originator of the Rosen Method, in the first training program ever, becoming a practitioner in 1982 and a teacher

in 1988. He has a private practice in Santa Cruz, California. He teaches in the Monterey Bay area, at the Rosen Berkeley Center in California, and the Rosen Cascadia Center in British Columbia, Canada, among other international locations.

Dates: August 10-12, 2012

Location: Studio 206, Ivy Building for the Arts, 2637 27th Ave., S., Minneapolis, MN 55406.

Times: Lecture/demonstration, open to the public, Friday, Aug. 10, 7-9 pm.

Full workshop: Friday night plus Sat., Aug. 11, 9am-4pm and Sun., Aug. 12, 9am-12 pm.

Cost: \$175. After July 31, registration is \$200. Friday night only: \$25. For questions or to register, contact Eric: 612-388-2944 or <ewickiser@visi.com>.

CEUs are available.

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