

# men talk

tcmc   
twin cities men's center

in our 38th year  
of public service

Oct/Nov 2014  
Volume 38 #5

## *Perspectives on Sexuality and Dating*

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When I asked the coordinator of youth and campus ministries if he would be interested in some men's perspectives on the *Our Whole Lives* book I thought it would amount to just a few verbal comments—it turned out to be more complex and involved. I am choosing to share some of what's been written on the subject from other than a feminist view.

Feminist views are a start but they don't tell the whole story. The men's movement (Masculist) isn't as strong, well organized or well funded, so we hear almost entirely one perspective which can lead to biased thinking. Much better relationships will be forged when men are fully engaged and fully heard in discussions of gender, equally with women. Not to do so is to fall into the historical men's societal imperative: hold your feelings in; suck it up; take it like a man.

Men have long been socialized to repress their feelings and stay silent. Many are so good at repressing their feelings that they have a hard time identifying their feelings, much less expressing them. Some men have stepped forward and given voice to their feelings, issues and perspectives. But we are not accustomed to hearing men express feelings, and can be uncomfortable and resistant to hearing them. What you hear may contradict what you believe. It is time for us to get unstuck, to go "naked", to be open, receptive and vulnerable to each other.

The courtship/dating dance is a fun activity that often has anxieties and misunderstandings. Going on dates, exploring relationship possibilities includes exploring the possibility of sexual activity at some point. Even in this time of liberation, men are expected to take direct initiatives; women indirect initiatives by making themselves attractive and available. Women have the freedom to initiate directly, but relatively few do so. Both flirt. A formula that is found in most romance novels is "the handsome, successful man pursues beautiful woman of lesser means — she resists, he persists and finally he wins, but she also wins.

Data from the early 1990s reveals that the average female romance novel reader reads twenty per month, about twice as many as in 1983. Forty percent of all American paperback sales are romance novels. The number of women who read romance novels is approximately fifty times greater than the readers of *Ms. Magazine*. Sarah Bird wrote in *Rules of the Game*, "If you want to know what's up with many women, you could do worse than consult the rules of the romance writing game." There are degrees to which people integrate this model, but in this age of equality it has its drawbacks.

Our sexuality is a gift. We can embrace and celebrate it or we

can load it with fear and suspicion. Women's sexual attractiveness is a gift, and gives them significant power in relations to men. Any power must be used respectfully. Men's sexual attraction to women is part of what motivates men to pursue women. In our culture the powerful emphasis on success in all aspects of life carries over into men and women pursuing each other. Is this possibly too much of a good thing?

The statement that rape is the result of political and economic power imbalance of men over women is often repeated. On the subject of the meaning of "no" and date rape, one of the statements in the *Our Whole Lives* book says, "no means no". It also states that one-third of the women in a survey said they did not mean "no" when they said "no". These are contradictory. "No means no" is a short political statement about social and policy changes that fit an ideology. It does not deal with the intricacies and depth of analysis needed to develop constructive policy.

You cannot change reality by proclamation. You cannot presume to speak for others, any more than they can presume to speak for you. "No" can be confusing and very ambiguous and begs for more complete communication. Ambiguity can be powerfully controlling and intimidating – keep the other person guessing.

Does "no" mean, no, not yet? Try again? If so, in a few minutes, the next date? No, I have to seem respectable? No, but I really want to? No, I want you to squirm? No, I'm in charge. No, I'm afraid I'll get pregnant? No, I have superior morals?, No, you have to do more to earn it? No, wait till I initiate? No, this is a test to see if you are strong enough to stand up to me?

A woman is expected to control her sexual urges because she knows that being too easy will give her a unwanted reputation. So she may hold in these feelings until, in some instances, they become so strong that the dam bursts and she engages in sexual behavior when she originally did not want to. After it is over, she may have considerable dissonance in her feelings. Men can experience this also, but their hold on their sexual feelings is not as strong. What are the pros and cons of these two different standards in today's world?

The double standard of respectability may have resulted in part from men not knowing if they were the father of a child, so a woman's respectability was very important to him. With DNA testing today, paternity can be established so that double standard should diminish, obviating the reason for an ambiguous "no."

Women also reward men for getting past their nos – if they like him, if he qualifies. If they do not like him they can punish him

*Perspectives continued on page 2*

## Library Corner

— JIM HEANEY, LIBRARIAN



We have a unique and extensive collection of books on men's and general topics which can be checked out by members. Our periodicals include; *Fathering Today*, *Men's Health*, *Men's Journal*, *Lavender*, *Transitions*, and *Voice Male*.

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.

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.

## 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](mailto:tcmc@tcmc.org). Staff: Randy Genrich - Office Mgr, Bryan Wistrom - Office Asst, John Hesch - Anger Mgmt Coord. Office Volunteers: Rick Charlson, Jim Heaney, Dick Madigan, Steve Magner Editor: Bill Dobbs

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## Greetings from the Chair

Ferguson. ISIS. Ebola. These are the scary and disturbing stories of the moment. But our world never seems short of the kind of news that leaves you wondering about man's inhumanity to man, or just wondering what has happened to the planet. It is easy to become stressed about doom-laden news, and for many men, these worries come on top of more day-to-day worries like: "Will I be able to support my family?" "Can I stay sober?" "Can I live up to my potential?" "Can I live a meaningful and fulfilling life as a man even if I don't conform to society's norm for what it means to be a man?" All of this can feel overwhelming, so my advice for dealing with it might sound a little odd: Take care of yourself.

A friend and TCMC support group facilitator has an analogy for dealing with difficult times that I like. It has to do with the safety speech that flight attendants give before every commercial airline flight. In particular, it's the part that covers what to do in the event of a "loss of cabin pressure." They always tell you to put your own oxygen mask on first before assisting others like children or the elderly. Why? The logic is simple: If someone else depends on you to help them with their mask, you won't do them much good if you've passed

out from hypoxia. Much better to take care of yourself first to make sure you are able to then help those who need your help.

If you are concerned about the state of the world, or if you worry about coping with difficult problems, how does the oxygen mask analogy apply to you? Quite simply, being stressed out or paralyzed with worry prevents you from helping others, and it especially prevents you from helping yourself. Putting on your oxygen mask first means taking care of and being kind to yourself before trying to deal with your problems or taking care of others.

Taking care of your self can mean many things. It could mean a short distraction from your worries, or it could mean doing extended work to get healthier, either physically or emotionally. The point is that it's hard to accomplish worthy goals or do much of anything when you are stressed, preoccupied, or just plain unhappy. Taking care of yourself means making sure all of your basic needs are met, including food, health, rest, exercise, and recreation. Taking care of yourself doesn't solve your problems by itself, but it gives you a firm foundation upon which to solve your problems.

**JOE SZURSZEWSKI**  
**BOARD CHAIR**

*Perspectives* continued from page 1

severely by charging him with date rape and ruining his life. This is a huge amount of power her hands and carries a commensurate amount of risk for him.

Warren Farrell in his book, *Why Men Are the Way They Are*, feels a more ideal solution would be resocialization. In this, women would initiate directly as frequently as men, from initial introduction, asking for dates, to, ultimately, intercourse. This would lead to less tension, conflict and more understanding of the other's traditional role and experience.

Frederick Matthews, in his report, "The Invisible Boy," writes, "Much of the current thinking and discourse about abuse and interpersonal violence is based on a woman centered point of view, as a result of who has been doing the advocacy." Although there is a gender dimension to sexual violence, simple theories of male socialization aren't adequate to explain why the vast majority of males are NOT violent. It is time to stop demonizing all men because of the bad behavior of relatively few.

I have hope that it is possible for our separateness and our misunderstandings to be overcome. There are no easy answers to the questions and issues addressed in this paper. But the answers we develop cannot come from women and feminism alone, but from men and women, feminists and masculinists, and those in between, reweaving the tapestry of relationships to one that is functional today, that respects men and women and meets the needs of both. It is what democracy is all about.

To paraphrase President Obama, it is easy to point fingers. If we see conflict only from one side or the other, we will be blind to the truth. The only resolution is for the aspirations of both sides to be met.

*This article is an excerpt of a longer piece. Nels Otto has a long term interest in men's issues and before that, women's issues and the human potential movement. It led him to change careers from banking to counseling. He's a retired vocational and rehabilitations counselor, and a long term member of the Men's Center.*

# EVENTS CALENDAR

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
<b>web site:</b> www.tcmc.org <b>e-mail:</b> tcmc@tcmc.org <b>phone:</b> 612 / 822-5892		Call us about Anger Management Classes.	<b>PRESENTATION</b> Family Law 7pm H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm Sexual Trauma & Abuse Survivors 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 a.m.
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	<b>SUPPORT GROUP</b> General/ Divorce/ Uncpl 12:30 p.m. <b>BOARD MTG.</b> 7 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Mankind Project Open Circle 7pm H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm Sexual Trauma & Abuse Survivors 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 a.m.
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>BRUNCH</b> 10:00 a.m. Men's Retirement 5:30 p.m.	<b>SUPPORT GROUP</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Seven Feathers 7pm H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm Sexual Trauma & Abuse Survivors 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 a.m.
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	<b>SUPPORT GROUP</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Choose to Inhabit Your Life!? 7pm H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm Sexual Trauma & Abuse Survivors 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 a.m.
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>
	<b>SUPPORT GROUP</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Family Law 7pm H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm Sexual Trauma & Abuse Survivors 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 a.m.
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	<b>SUPPORT GROUP</b> General/Div/Uncpl 12:30 p.m. <b>BOARD MTG.</b> 7 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Mankind Project Open Circle 7pm H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm Sexual Trauma & Abuse Survivors 7:30 p.m.	<b>MEN TALK DEADLINE</b> <b>SUPPORT GROUP</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 a.m.
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>BRUNCH</b> 10:00 a.m. Men's Retirement 5:30 p.m.	<b>SUPPORT GROUP</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Choose to Inhabit Your Life!? 7pm H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm Sexual Trauma & Abuse Survivors 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>MEN TALK MAILING</b> 9:00 am <b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 a.m.
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	<b>SUPPORT GROUP</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	<b>PRESENTATION</b> None H.S.B. East 5:30pm Transition 7:30 p.m.	<b>THANKSGIVING HOLIDAY</b>	<b>SUPPORT GROUP</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 a.m.
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	<p>1976 In Our 38th Year of Public Service 2014</p>					

## 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 it's 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 **Joe Ganglehoff, Dan Gorbunow, Kelley Lorix, Bob Manson, Mac McElroy, Andy Mickel, and Rasheen Tillman**

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: Rasheen Tillman  
When: Wed, Oct. 1, 7:00-9:00 pm

*Open to all genders*

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, Oct. 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.*

### Custody, Parenting Time, Child Support and Divorce

Presenter: Joe Ganglehoff  
When: Wed, Oct. 15, 7:00-9:00 pm  
*Open to all genders*

Custody and parenting time disputes, child support, and divorce can be challenging. The emotional and financial impact of these legal issues are painful and complicated. This presentation is intended to provide a high level overview of the legal steps necessary to resolve these matters. Emphasis will be given to alternative dispute resolution, counseling, and other methods of problem solving.

*Joe Gangelhoff has a solo legal practice located in Eagan, Minnesota and has practiced family law since 2011. He lives in Minneapolis with his wife and two young boys. Joe can be reached at 612-321-9800 or [www.legaldelta.com](http://www.legaldelta.com).*

### Seven Feathers Program for Healing and Recovery

Presenter: Dan Gorbunow  
When: Wed, Oct. 22, 7:00-9:00 pm

Ready for a different approach to your recovery and healing? Experience community in a fresh way by honoring culture, tradition, values, and beliefs that shape our healing

patterns. This is a fun, practical venture in the use of sacred space and ritual to help our journey of healing from addictions. In the Warrior Healing Circle of Seven Feathers, all beliefs (or any lack of) are welcome, and participants are invited to "Bring whatever is sacred to you, with you, and respect the truth of others." Participants will learn to value the wisdom carried in each person's culture and experience, to discover that there are many paths to recovery and wholeness, and to have fun while doing "the work" of personal transformation.

*Seven Feathers Program is designed and facilitated by Dan Gorbunow, AMT. Dan is a Shamanic Bodyworker specializing in men's health at Red Earth Sanctuary in Uptown. He is an experienced facilitator and pioneered the Seven Feathers Program for work with youth and adults in treatment centers in the region. Please contact Dan if you plan to attend, however registration is only recommended, NOT required. Email: [thunderbird@live.com](mailto:thunderbird@live.com)*

### Choose to Inhabit Your Life!?

Presenter: Mac McElroy  
When: Wed, Oct. 29, 7:00-9:00 pm  
*Open to all genders*

An invitation to anyone interested in living in the state of choice. This gathering will introduce concepts and tools that can help free you up, but more than that - you will go home with tangible change available to you. You will have the opportunity to practice choosing to use these tools or not.

*Mac McElroy's coaching promotes the conscious engagement with all aspects of life, for a fuller and deeper appreciation of one's aliveness and ability to choose. MA in applied psychology, a deep adoption of Indigenous Spirituality, and numerous opportunities to reframe and transform his own life makes Mac an effective Change Agent/Manager.*

### Family Law Clinic

Discussion Leader: Kelley Lorix  
When: Wed, Nov. 5, 7:00-9:00 pm

*Open to all genders*

See Oct. 1st Description

### Mankind Project Open Circle

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

See Oct. 15th Description

### Choose to Inhabit Your Life!?

Presenter: Mac McElroy  
When: Wed, Nov. 19, 7:00-9:00 pm

*Open to all genders*

An invitation to anyone interested in

living in the state of choice. This gathering will introduce concepts and tools that can help free you up, but more than that - you will go home with tangible change available to you. You will have the opportunity to practice choosing to use these tools or not.

*Mac McElroy's coaching promotes the conscious engagement with all aspects of life, for a fuller and deeper appreciation of one's aliveness and ability to choose. MA in applied psychology, a deep adoption of Indigenous Spirituality, and numerous opportunities to reframe and transform his own life makes Mac an effective Change Agent/Manager.*

## No Presentation

When: Wed, Nov. 26, 7:00-9:00 pm  
Thanksgiving Holiday Eve

## Family Law Clinic

Discussion Leader: Bob Manson  
When: Wed, Dec. 3, 7:00-9:00 pm  
*Open to all genders*

See Oct. 1st 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 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

### 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

### Sexual Trauma & Abuse Survivors

*Open to Men and Women*

Co-facilitators: Jerry Buchmeier, PhD (Therapeutic Counseling) & Kathleen McDowell, MA (Human Development)

Many adults have been sexually abused in childhood or adolescence, or have experienced sexual trauma as adults.

Whether you have clear memories or vague recollections, perhaps you experience feelings of shame, self-hate, guilt, fear, anger, grief, or embarrassment. Sharing your story and feelings with others can release these feelings, while creating and renewing patterns of comfortable, healthy, and rewarding interactions with people of both sexes. This support 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 survivors into living life to the fullest. Questions, call Jerry, 763-546-4133.

- Thursdays 7:30 - 9:30 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

*Give a Gift  
of a  
Men's Center  
Membership  
ONLY \$25  
612-822-5892*

# Here and There – Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches, drop-in anytime 10AM-1PM** (bring something to share/cook up): **October 19th at the Men's Center** celebrating our 38th anniversary. **November 16th at Rick Charlson's** 1124 Vincent Ave S, Minneapolis 55405 (Exit from 394 at Penn Ave, then take south frontage road about 1/2 mile, then left on South Cedar Lake Road, then one block and left on Vincent to 1124 (tan-colored house on right side of street)). 612-354-3134; 8 men attended Daniel Heist's brunch in August. - Andy Mickel, 2014-09-16.

After two years of work, the book that I have edited titled **"Gay, Lesbian, Bisexual, and Transgender Civil Rights: A Public Policy Agenda for Uniting a Divided America"** is scheduled to come out on October 3, 2014. Why do you want to buy this book? It provides information about what comes next for the L.G.B.T. community after implementation of marriage in 18 states; as well as how we may achieve equality in the 30 plus states that have no protections for L.G.B.T. people regarding housing, education and workplace activity. FFI: <http://click-sandiego.com/swan/gay-lesbian-bisexual-transgender-civil-rights/> - Wallace K. Swan, 2014-09-02.

**"Helping men find a way out of depression"** Mark Meier had dark days and read the sad news about actor Robin Williams. Meier, a social worker, husband, father of 3 and founder of Twin Cities-based Face It Foundation <[www.faceitfoundation.org](http://www.faceitfoundation.org)> faced a crisis of his own 12 years

ago. Other resources are listed including: NAMI, SAVE, Hennepin County mobile crisis teams, American Foundation for Suicide Prevention and the National Suicide Prevention Lifeline 1-900-273-8255. - Gail Rosenblum column in Minneapolis Star Tribune, 2014-08-17

The next **ManKind Project New Warrior Training Adventure (NWTa) for men in Minnesota** will be hosted by Central Plains MKP on October 17-19, 2014 at the Goodwill Camp in South Sioux City. Cost is \$595.00. Matching Fund Scholarships are available. To hold your place, send a deposit of \$150.00 to: Tim Greer, Registrar Central Plains MKP, 12727 W. Dodge Rd. #102A Omaha, NE 68154. FFI: Alex Bender, 651-492-1243. - Andy Mickel, 2014-07-15.

**Family Law Reform Conference, November 15-16, 2014, in Alexandria, VA.** Registration \$99-199. FFI: [www.divorcecorp.com](http://www.divorcecorp.com) - 2014-07-09.

Call for Presenters: **"Healthy Parenting in the 21st Century: Unique Challenges of Fathers"** 12th Annual Fatherhood & Family Services Summit, February 2-3, 2015 St. Cloud, MN. Minnesota Fathers & Families Network (MFFN) recognizes that fathers play a critical role in healthy parenting. Fatherhood in the 21st century comes with challenges that are unique to fathers... including married and unmarried fathers, custodial and non-custodial fathers, teen fathers, stepfathers, grandfathers, foster fathers, etc. We can see a shift in expectations across cultures and socio-

economic levels over the past decades. How men choose to meet these expectations, and how as fatherhood professionals we best support fathers today continues to be a challenge. For our 12th annual Minnesota Fatherhood & Family Services Summit, we are bringing other professionals together to share and discuss the many ways that fathers contribute to the health and well-being of their children and best practices to serve fathers today. Who will attend: Professionals who work with fathers and families, including: social workers, public health practitioners, social service specialists, child support officers, managers, directors, boards of directors, trainers, human service advocates, supervisors, volunteers, attorneys, nurses, educators, foster parents, child care providers, early care and education professionals, psychologists, case aides, home visitors, child protection workers, probation officers, and others. FFI: [JenniferBarshack@gmail.com](mailto:JenniferBarshack@gmail.com) or call Jennifer at 651.271.0306. - [www.mnfathers.org](http://www.mnfathers.org) - 2014-09-08.

**"Confronting the everyday power of street harassment: What can be done?"** A Project named **"Cards Against Harassment went viral**, and is the work of Minneapolis woman who confronts men as they catcall in the downtown core. Her videos are posted on YouTube and covers a spectrum of responses. The issues are: Women's right to the city, Different experiences in different modes, Rules of engagement and tricks of avoidance, etc. - Bill Lindeke, *MinnPost*, 2014-08-12

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## *Enjoy the Healing Power of Ritual at TCMC Monthly Men's Healing Ritual* Facilitator: Dan Gorbunow, AMT

All of us are indigenous to the Earth (presumably!), so each of us has within us an essential spirit that seeks expression more than ever in the bustle of modern life. The healing ritual is a homecoming for our indigenous self that seeks to rekindle its special purpose and mission of service out of the ashes of society's consumptive, fiery nature. We lean in on our shadows and ancestors alike to help guide the way home to reconnection with our spirit, aided by drum, rattle, smoke, dance, and meditation. We show gratitude for the abundance of earth and honor all life with a meditation for peace. Are you ready to come home and reclaim a bit more of your true self?

Join us on Oct. 22, and together we'll help mend the sacred masculine at TCMC. Open to all men, all ages. No fee, donations welcome.

### Special Thanks

THE MEN'S CENTER WOULD LIKE TO SPECIFICALLY THANK THE ATTORNEYS WHO ARE THE DISCUSSION LEADERS FOR THE FAMILY LAW CLINIC. THESE ATTORNEYS VOLUNTEER THEIR TIME THE FIRST WEDNESDAY OF EACH MONTH. OUR SPECIAL THANKS GO OUT TO KELLEY LORIX, BOB MANSON, RASHEEN TILLMAN, LINDA WRAY.

**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 Weds. 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 Twin Cities Men's Center mailing list; this also cancels *Men Talk* deliveries.
- I have these feelings, thoughts, opinions, ideas, news items for The Twin Cities Men's Center / *Men Talk*

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 Home Phone: \_\_\_\_\_  
 Work/Other Phone: \_\_\_\_\_  
 E-mail Address: \_\_\_\_\_

**PLEASE SUPPORT OUR MEN TALK ADVERTISERS!**

**Family Law Clinic**

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!**

**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](http://www.wuollet.com)  
[www.breadsmith.com](http://www.breadsmith.com)



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**UPTOWN AREA SPACE TO RENT**

**Twin Cities Men's Center,  
 3249 Hennepin Ave S**

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

**(612) 822-5892**

**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	3 1/2" x 2"	\$25

**(612) 822-5892**

**tcmc@tcmc.org**

Notice: Change of TCMC Office Hours  
 The TCMC board approved new office hours. The office will be open Mondays 11:30am - 12:30pm & 2:30pm - 4:00pm, Thursdays 1:00pm - 4:00pm, and Fridays 1:00pm - 4:00pm. The office will be closed on Tuesdays and Wednesdays, as well as weekends.

**TMC Office Hours: M 11:30am–12:30pm, 2:30pm–4:00pm; Th 1:00pm–4:00pm, 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](http://www.tcmc.org) or correspond at our e-mail address: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)*

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

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**men talk**

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## **Anger Management Program**

Have you been told that your verbal and emotional expression of anger is out of control? Have you lost your job or spouse because you "blew up" one too many times? Have you been hit with a court order to take an Anger Management Class? Learn how to manage your feelings with the Twin Cities Anger Management Program. This is one of the best, and most affordable, programs in the area. It's ideal for men who desire to significantly improve their relationships at home and at work.

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, Thursdays, and Wednesdays.

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.

*18 Years of Successful Classes*

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