Boys growing up in America experience trauma. They don’t have to come from dysfunctional families, or poor neighborhoods. This is a rash statement, but from my 50 years of working with boys and men, I have concluded that the male socialization process can be traumatic for most boys.

Herb Goldberg wrote in *The New Male*, “Women bend and men break. The blueprint for masculinity is a blueprint for self-destruction.” Terrence Real, in *I Don’t Want to Talk About It*, claims that many boys and men are depressed and isolated.

When we look at the number of men in prison, men who are homeless, men who are drug addicts, men who are violent, men who lack meaningful relationships and connections -- we can begin to see that the old messages are still very potent in 2015.

Be strong. Be sexually active. Be straight. Be independent. Don’t ask for help. Don’t cry or show vulnerability. Focus on the goal, not the process. Take control. Be dominant. Be right. Pretend to know what you are doing even if you do not. Give up your life for your country.

I believe that men and women have different bodily and hormonal structures. Their brains are different. Michael Gurian has written about this in *Boys and Girls Learn Differently*.

But these differences do not take away from the fact that boys are whole people who give up part of their wholeness to conform to an image of masculinity that may make for good soldiers, or corporate employees — but make for poor life partners, fathers, uncles and friends. So boys and men grieve the loss of part of themselves, and project that onto resenting others, or putting others down who show vulnerability, sensitivity, and compassion. They become angry or depressed, or both, two aspects of the grief process.

The losses that boys and men experience in their early years leave lifelong scars and pain. Boys who don’t “fit” the traditional macho image, are marginalized, ostracized, harassed, and physically and psychically punished. Bullying results in trauma. Bullying is not easily fixed with band-aid programs and simple answers. While we acknowledge that some men are “nerds,” they are usually portrayed in sitcoms and provide lots of laughs.

The trauma that males experience is lethal, large, and hard to work through. Many men who have hurt others have been hurt themselves. Some men who try to control others have been controlled from the moment left the womb. Boys are taught in the early years by mothers and female teachers who don’t have the visceral understanding of what it means to be a boy.

Michael Thompson says that some boys are viewed as “defective girls.” Men are taught they need to be reigned in by females if they want to develop any sense of morality.
Greetings from the Chair

It might seem obvious that masculinity is at the heart of TCMC’s mission, but what exactly is masculinity? A dictionary isn’t much help, usually suggesting things like physical strength and boldness as representative characteristics. Does this mean you aren’t masculine if you don’t have these traits? And isn’t trying to find even one characteristic common to almost half of the planet’s population a little ridiculous and a more than a little pointless? Because what could more than 3 billion men possibly have in common?

I’ve been thinking about gender identity since Caitlyn Jenner went public with her gender transition. Whatever masculine means, Bruce Jenner was probably the epitome of it. He won the 1976 Olympic gold medal in the decathlon, and with it the informal designation as the world’s greatest male athlete. Bruce Jenner was masculine to the max. So what does it mean when a figure so masculine transitions to being a woman? Does knowing that Bruce Jenner suffered from gender dysphoria for most of his life before his transition in some way negate his earlier masculinity?

Regular readers of this column know that I am extremely skeptical of definitions of masculinity created by organizations with something to sell. If a beer company thinks they can peddle more beer by declaring that “real men” – 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.


In addition to members having borrowing privileges from our library, we also have a reading room with free WiFi access. Stop in for a cup of coffee and catch up on your men’s literature, and check out a book to go!

Address Change Notifications

from the post office cost the Men’s Center $1.71 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. Staff: Randy Genrich - Office Mgr, Bryan Wistrom - Office Asst, John Hesch - Anger Mgmt Coord.

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Pride Experience

This year TCMC participated in the Pride celebration and I had the privilege of serving as the committee chair for our booth. I came on as the committee chair at the last minute, but with the help of an awesome committee; Rick Charlson, Jim Haney, and Tom Weaver and the support of the board I feel TCMC represented itself well at Pride.

As the chair my objective for Pride was “Branding”. In previous years we made an asserted effort in educating people on TCMC, and this year we wanted put more of an effort into being “SEEN”. Our theme was “To Being Seen Luau Style” and we converted our tent into a cabana complete with the fronting of a grass roof and tiki torches anchoring the sides. For giveaways we passed out leis with the TCMC information attached to them.

The leis were a big success for every one liked the idea of being “lei’d” and we wanted people to walk away from the booth w/ something that would continue to promote TCMC. I felt a sense of accomplishment as I walked through the park and saw our leis being worn w/ our logo in clear site, and I chuckled when I went to a bar later the Sunday evening of Pride and saw a young lady wearing our lei. Let me also note that we were the only organization giving out leis.

In closing I must say that the biggest reward in doing Pride this year was witnessing the pride and enthusiasm our volunteers exhibited in working the TCMC booth. The misconception is that only the Men’s Center members who identify as bi/gay should represent TCMC at Pride, but it says a lot about our organization and the support of our mission when all men regardless of sexual orientation show visible support for Pride. Needless to say our volunteers were diverse and the energy was magnetic. It made this experience for me worth all of the hard work the committee put into the booth. I cannot thank you all enough for giving me the opportunity to serve as the committee chair for the 2015 TCMC Pride booth.

by Damon Starks, Pride Committee Chair
## 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.

### August/September 2015

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**Call us about Anger Management Classes.**

**web site:** [www.tcmc.org](http://www.tcmc.org)

**phone:** 612 / 822-5892

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**1976** In Our 39th Year of Public Service 2015
Nearly every Wednesday evening, the Twin Cities Men’s Center (TCMC) 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 TCMC’s offerings since it’s founding. 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 TCMC for them. Each presentation is intended to foster personal growth and to stimulate interest in the topic.

Our presenters are Joanna Hubbard-Rivera, Tim Kuss, Bob Manson, Steve Onell, Larry Suess, Rasheen Tillman, Rod, Linda Wrey and Steve Yasgur. A small fee is collected at the door for each person attending:
- Non-Members of TCMC – $5.
- Regular Members ($25 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 the office at 612-822-5892 with your ideas.

The Twin Cities Men’s Center does not endorse, take no specific position, nor 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).

### FAMILY LAW CLINIC

**Discussion Leader:** Bob Manson  
**When:** Wed, Aug. 5, 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:** Tim Kuss  
**When:** Wed, Aug. 12, 7:00-9:00 pm  
**Open to men only**

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 Gilette’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.

### TRANSPORTATION - HOW TO RIDE

**Presenter:** Joanna Hubbard-Rivera  
**When:** Wed, Aug. 19, 7:00-9:00 pm  
**Open to all genders**

A PowerPoint presentation followed by Q&A.

- Information on how to ride the bus and light-rail (both Green and Blue line)
- Safety tips and suggestions
- Information regarding fare structure
- Each participant receives a free ride coupon!

Metro Transit Customer Advocate, Joanna Hubbard-Rivera, will lead this presentation.

### MANKIND PROJECT OPEN CIRCLE

**Presenter:** Tim Kuss  
**When:** Wed, Sep. 9, 7:00-9:00 pm  
**Open to men only**

See Aug. 12 description

### WISE THINKING

**Presenter:** Larry Suess  
**When:** Wed, Sep. 16, 7:00-9:00 pm  
**Open to all genders**

Since we are always thinking, it’s helpful to observe how we think and find ways to increase our productive thinking and lessen our non-productive thinking. Learn how to use your thoughts to improve your moods, manage your emotions, decrease your worries, improve your self-esteem, and become more creative.

Larry Suess is a Licensed Psychologist, Marriage and Family Therapist and Music Therapist in private practice in Minneapolis for 30 years at Uptown Counseling, 612-823-5101. He works with individuals, couples, and families and uses a variety of therapeutic interventions from Cognitive Therapy, Mindfulness, Positive Therapy and skill and creativity based methods.

### THE SEXUAL PLEASURE FORMULA

**Presenter:** Rod from Upside Life Skill  
**When:** Wed, Sep. 23, 7:00-9:00 pm  
**Open to men only**

There’s good sex and there’s not-so-good sex, and we know it when we feel it. What makes good sex really pleasurable? Sex isn’t much different from any other recipe -- coffee, cocktail, novel, European vacation. Pleasure occurs when the ingredients are quality and combined well. Regardless of awesome coffee beans, if the water is bad, you get skunky coffee every time. Sex is no different. Join us for two hours of fun and laughs while you learn where pleasure can be found in your own sex life. Come a few minutes early so we can start right on time.

Rod is a sexuality educator, sex coach and founder of Upside Life Skill. Rod teaches many topics in male sexuality in workshops and retreats and is a one-on-one coach for men navigating change in their sex lives or developing sexual skill. To talk further about coaching or invite Rod to speak, contact him at 612-234-5510 or through his website: www.upsidelifeskill.com.

### FAMILY LAW CLINIC

**Discussion Leader:** Linda Wrey and Steve Yasgur  
**When:** Wed, Sep. 2, 7:00-9:00 pm  
**Open to all genders**

See Aug. 5 description

### CO-PARENTING IN THE PRESENT & FUTURE

**Presenter:** Steve Onell  
**When:** Wed, Sep. 30, 7:00-9:00 pm  
**Open to all genders**
Running gay support group.
- Tuesdays 7:30 - 9:30 pm

Transitions
Open to all Genders
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

Choosing 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 addictive 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?
- Tuesdays 7:30 - 9:30 pm

Family Law Clinic
Discussion Leader: Rasheen Tillman
When: Wed. Oct. 7, 7:00-9:00 pm
Open to all genders
See Aug. 5 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 so 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

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 all Genders
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

Choosing 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 addictive 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?
- Tuesdays 7:30 - 9:30 pm

Give a Gift
Men’s Center Membership
Only $25
612-822-5892
Upcoming Monthly Men’s Sunday Brunches, drop-in anytime 10AM-1PM (bring something to share/cook up): September 20th at Frank Brandon’s, 975 Como Blvd E, St. Paul, 55103. 651-487-3008. (on the east side of Lake Como). October 18th at the Men’s Center 3249 Hennepin Ave S, Suite 55, Minneapolis 55408. 39th anniversary celebration, Andy Mickel and Daniel Heist co-hosts. 5 men attended each brunch in June& July – Andy Mickel, 2015-07-19.

25th Annual Minnesota Festival for Fathers and Families Saturday, August 8th, Noon to 4 p.m. at North Commons Park: 1801 James Avenue N in Minneapolis (one block south of West Broadway Ave on James Ave). Everything is FREE! T-shirts will be available for fathers who bring their children. A meal will be served along with concessions, including popcorn, snocones, and cotton candy. Many activities will be available for families and children, including continuous entertainment on the “big stage”, pony rides, a petting zoo, moon bounce, giant inflatable slide, inflatable obstacle course and a rock climbing wall. There will be free haircuts and much, much more! This annual festival is planned and sponsored by a variety of community organizations. A sizable resource fair area will also be available along with free books, massages, family law advice, employment resources, and more. – Stephen Önell, 612-384-7078, 2015-07-10.

The next ManKind Project New Warrior Training Adventure (NWTA) for men in Minnesota will be hosted by Central Plains MKP Minnesota Community in mid-October, 2015 at Camp Voyageur in Mound, Minnesota. 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: Jamie Wellick 612-267-2467. – Andy Mickel, 2015-07-04.

One Voice Mixed Chorus has auditions August 24 & 25 (Monday & Tuesday) 7-9:30 pm, by appointment only. People can email info@onevoicemn.org or call 651-298-1954 to reserve an audition time. One Voice Mixed Chorus is Minnesota’s only—and the nation’s largest—lesbian, gay, bisexual, transgender, and straight allies (LGBTQA) chorus. Founded in 1988, One Voice has been “building community and creating social change by raising our voices in song” for more than 25 years. One Voice is currently made up of 125 singers from ages 17 to 75. – Shelby Thomason, Operations Coordinator, OVMC, 651-298-1954, 2015-06-04.

The 5 Most Important Things That Make A Man Feel Loved. “There is a saying that we teach what we want to learn. I suspect it may be equally true that we write about issues most important in our lives. I grew up as an only child in a single parent-family. My father was gone by the time I was five years old. My mother had to go out and work and I was left alone a lot of the time. My main friends and companions were the imaginary friends that I turned to for comfort, love, and understanding...

Some time ago I wrote an article, 7 Things That Make a Man Feel Loved. I shared my experiences being married to my wife, Carlin, for more than thirty years. It felt wonderful to read so many comments and eventually learn that that 280,000 people had read and shared the article. I’m happy to report that our love has continued to deepen and grow and I’d like to share my current feelings and thoughts in my latest post: http://menalive.com/make-a-man-feel-loved/ – Jed Diamond 2015-07-16.

“Instincts, Ancient Practices and Enlightenment” - Workshop by Diane Redmond & Belinda Gore, Thu-Sun Oct 15-18, $350-700 (sliding) at the Carondelet Center, St. Paul. Our purpose in this retreat is to open and balance the three body-based instincts as understood in Enneagram theory, raising their vibration to allow a deeper or higher intelligence to manifest in us. During the four days of this intensive workshop, we explore the varied expressions of Self-Preservation, Sexual, and Social instincts, using experiential learning for opening, listening, and trusting our own direct experience of each instinct. In addition, the ancient body-based practice of ritual postures uses breath, sound, and posture to expand our experience and capacity for contact with spirit. Since the instincts are also body-based, we come to understand them as aspects of the animal body that, once conscious and functioning harmoniously, move naturally toward the higher instinct for Enlightenment. FFI, diana.redmond@gmail.com – Curt Micka, 612-226-1702, 2015-07-18.

Sexualized women and ‘idiot’ men: How to fight stereotyping, Vancouver Sun, 2015-05-30

“The ’50s also brought us Father Knows Best, in which Robert Young was held up as a thoughtful head of the household, with a warm, outwardly deferential wife. North Americans of the time soaked it up, with many internalizing the TV-culture models about what it was to be a man or woman. In the 60 years since, we’ve been struck by a gender-role revolution, at least in Western societies. And the dominant entertainment and media messages have flipped. Vancouver psychologist Randy Paterson is among those concerned about the new North American clichés. “Now that we have a society that is more equal, men are very much seen as fallible,” said Paterson, director of the Changeways Clinic and a blogger on issues in psychology. “But many people now say we’ve gone too far in the other direction, with males now being portrayed almost uniformly as idiots.”

Paterson has little doubt cultural messages about males and females are being “internalized.” That’s a psychological term that describes how human beliefs, morals and values, especially those of children, are subconsciously shaped by their surroundings. Before we look at ways to combat the internalization of such stereotypes about gender (or about sexual orientation, race or our other identities), however, let’s examine the latest forms of typecasting. With girls and women, many argue one of the worst things in advertising and entertainment is the increasing use of ultra-sexualized images to sell products or grab audiences. Feminists and others often rightly condemn such depictions. But the cultural pigeonholing of boys and men receives less attention...”

Twin Cities Men’s Center

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

DATE: ____________________________
FROM Name: ______________________
Mailing Address: ____________________
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Home Phone: ________________________
Work/Cell Phone: ____________________
E-mail Address: _____________________

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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!

Men Talk Advertising Rate Schedule

<table>
<thead>
<tr>
<th>Ad Type</th>
<th>Size</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Page</td>
<td>7 1/2” x 10”</td>
<td>$200</td>
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<tr>
<td>1/2 Page</td>
<td>7 1/2” x 4 7/8”</td>
<td>$125</td>
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<tr>
<td>1/4 Page</td>
<td>3 5/8” x 4 7/8”</td>
<td>$65</td>
</tr>
<tr>
<td>Biz Card</td>
<td>3 1/2” x 2”</td>
<td>$25</td>
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</tbody>
</table>

(612) 822-5892
tcmc@tcmc.org

Uptown Area Space to Rent

Twin Cities Men’s Center,
3249 Hennepin Ave S

<table>
<thead>
<tr>
<th>Space Type</th>
<th>Non-Profit</th>
<th>Profit event</th>
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<tbody>
<tr>
<td>Full Day 8 hrs</td>
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<td>$100</td>
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<tr>
<td>Half Day 4 hrs</td>
<td>$25</td>
<td>$50</td>
</tr>
<tr>
<td>Hourly</td>
<td>$7.50</td>
<td>$15</td>
</tr>
</tbody>
</table>

(612) 822-5892

Infinite Aperture Counseling
harry greenberg, msw, lcsw
Specializing in Men’s Issues

2435 Garfield Avenue South
Minneapolis, MN 55405
(612) 870-9418 (OPTION 1)
hgreenberg@iacounseling.com
www.iacounseling.com

Many thanks to
Factor of 4, LLC
for the generous donation of website services to The Men’s Center.

Responsive Website Services
612-279-6400
www.factorof4.com
TCMC 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.

TCMC 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 Twin Cities Men’s Center
3249 Hennepin Avenue South, Suite 55
Minneapolis, MN 55408 USA

ADDRESS SERVICE REQUESTED

men talk
twin cities men’s center news

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, Tuesdays, 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.

19 Years of Successful Classes

**What’s Inside**

<table>
<thead>
<tr>
<th>Page 1</th>
<th>The Trauma of “Proving Manhood” by Dr. Michael Obsatz</th>
</tr>
</thead>
<tbody>
<tr>
<td>Page 2</td>
<td>Library Corner</td>
</tr>
<tr>
<td></td>
<td>Letter from the Chair</td>
</tr>
<tr>
<td>Page 3</td>
<td>Family Law Clinic</td>
</tr>
<tr>
<td></td>
<td>Community Ads</td>
</tr>
<tr>
<td>Page 4</td>
<td>Back Page:</td>
</tr>
<tr>
<td></td>
<td>Anger Management</td>
</tr>
</tbody>
</table>

**Inserts**

Aug/Sep Calendar
Presentations
Support Groups
Here & There