

men talk

tcmc

twin cities men's center

in our 43rd year
of public service

Dec. 2019 / Jan 2020
Volume 43 #6

Explore Your Truth, Find Your Voice at the Twin Cities Men's Center

Beyond #MeToo: The Complexity of Empire Consciousness, Domination and Control

— © 2019 BY DR. MICHAEL OBSATZ

No one group has the corner on Empire Consciousness.

Empire Consciousness pervades all groups of people. Because of fear, scarcity thinking, anxiety, and the concept of the “survival of the fittest,” we have always experienced domination, control, genocide, bullying, oppression. This thinking has created empires — including the Roman Empire, the Ottoman Empire, The British Empire, the American Empire. It is often justified by undermining the worth of the oppressed -- seeing them as lesser beings.

This also means that some people in any oppressed group can try to dominate and control others. Empire Consciousness is responsible for the genocide of Jews and Native Americans among others, bullying by girls and boys in schools, and domination by older siblings in families.

Hierarchy, pecking order, getting to the top are part of many cultural norms. Winner and losers. Most sports have winners and losers.

So — to blame one group for Empire Consciousness is simplistic and naive. Any oppressed group — women, African Americans, gay and lesbian people — have the capacity to dominate and bully others.

The alternative to Empire Consciousness is Oneness Consciousness — the belief that we are all equal, worthy, and deserving of care, compassion and respect. Oneness Consciousness focuses on love, abundance, and providing enough for all.

The recent shutdown of the United States government resulted in almost a million federal employees not getting paid for their labor. This is Empire Consciousness and slavery in our very midst. Slavery has always existed.

It is easy to single out a group and blame them for this Empire Consciousness. However, all people may respond this way when they are put in a scary, fight/flight situation.

It goes beyond merely appreciating people for what they accomplish but believing that at their core, all people are children of the Universe, Divinely created beings, worthy of love.

Have experienced intense bullying (physical, emotional degradation) in elementary school by a group of 7 boys, I am more complex than “a man with White Privilege.” I am sure that I bullied my little sister when I was young.

Some of the bullies who abused me were beaten by their parents. Some of them had alcoholic parents who were racist, homophobic, and emotionally absent. So, the bullies themselves were the victims of oppression.

The male socialization process in America encourages domination, control, being right, using force to get one's way, not trusting others, and denying inner vulnerability. This is protective device. “If you can't feel anything, you won't really be hurt.” It is faulty thinking. Most boys experience this type of programming from parents, families, schools, media, peers, and society at large. It sets boys up for rage, depression, and anxiety as they spend their lives grieving those lost or hidden parts of themselves.

Being objectified, being seen as disposable, men and boys do the dirty work of fighting the wars, and working in the coal mines and sewers. Men are taught that they are objects, and so it is easy to objectify others, including women.

Somebody has to do it.

So, let us look more closely at power issues, and see the complexly woven dynamic of Empire Consciousness and how it pervades our everyday lives.

Dr. Michael Obsatz is Professor Emeritus from Macalester College where he taught education and sociology courses for 40 years. He is an author, film-maker, workshop leader, and was in the “Men's Survival Resource Guide” written in Minneapolis in the 1970's. His websites are www.angeresouces.com, and www.mirrormanfilms.org

Library Corner

– JEFF SPRINGER,
LIBRARIAN



I'm looking for suggestions on what I can do to organize the library and make it more user friendly. What would people like to see in the library? They can text or email me suggestions at 612-275-5861 or jeffreyscotsspringer@gmail.com.

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, Reference, Relationships & Friendships, Sexuality, Spirituality, Valued Elders, Women.**

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. Office Manager: Tom Maher
Anger Mgmt Coord.: John Hesch
Office Volunteers: Jim Heaney, Dick Madigan

Editor: Bill Dobbs

Board of Directors:

Damon Starks, Chair
Andy Mickel, Vice-Chair
Tom Weaver, Secretary
Rick Charlson, Treasurer
David Grant
Harry Greenberg
Jesse Mason
Norm Petrik
Dan Gorbonow - Alternate
Malik Holt - Alternate
Lydell Johnson - Alternate
Joe Szurszewski - Alternate

Letter from the Chair

I'm baffled that I am writing this letter for the December 2019/January 2020 issues of the TCMC Mentalk. I don't know where the year went, but it's been quite the ride for me. I've spent a lot of time this year discovering myself, giving thought to the next chapter in my life, and cleaning up my personal endeavors.

I'm typing this letter at the ripe age of 39. When you read it I will be a young 40 years old and I am still trying to figure out what turning 40 mean for me. I ask myself the following questions: What have I done with my life? What have I not done with my life? Have I done enough thus far? What should I be doing? What new habits do I need to adopt and what old habits do I need to let go? Is this what they call a "mid-life" crisis?

While I am stills answering these questions for myself TCMC has given me the foundation to ask these questions and a safe space to answer them. My term this year as board chair was quite difficult for me. I suffered from fatigue from the highs of 2018 and I think it impacted the board.

As I look forward to 2020 my personal goal for myself and for TCMC is to step forward with clear purpose. Focusing on those things that will positively impact the bottom line and nurture sustainable growth. I look forward to the induction of the Support Group Committee led by Board Member Dr Jesse Mason, and I look forward to working with new talent that have stepped up to serve TCMC.

In closing please join us by donating to the 2019 "Paying it Forward" Campaign were our goal is to raise \$9000 by December 31, 2019. Donations can be made online at TCMC.org. The goal appears to be aggressive, but John Hesch our Anger Management Director has graciously offered to match up to \$4500 raised which will count towards our \$9000 goal. Also, please consider attending the 2020 TCMC Annual Meeting on January 11, 2020 at 9am at TCMC.

DAMON STARKS
TCMC BOARD CHAIR

TCMC Annual Meeting
Join us for the 2020 TCMC Annual Meeting
Saturday January 11, 2020 at 9am at TCMC.

"Paying it Forward" Donation Campaign
We are accepting donations for the 2019 "Paying it Forward" Campaign were our goal is to raise \$9000 by December 31, 2019. Donations can be made online at TCMC.org.

Committee Volunteers Wanted

If you have an interest in volunteering for TCMC please consider joining a committee. We are looking for committee members for our Fundraising, Outreach, and Support Group Committees. Please contact the TCMC office to be put in touch with committee chair are you are interested in serving.

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
	SUPPORT GROUP DIVORCE/GENERAL 12:30 PM	SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS H.S.B. EAST 5:30 PM CLINIC FAMILY LAW 7 CLASS ANGER MGNT. 7PM	SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30 PRESENTATION MANKIND PROJECT 7PM	SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM
1	2	3	4	5	6	7
	SUPPORT GROUP DIVORCE/GENERAL 12:30 PM BOARD MTG. 7 PM	SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS HEALTHY SEXUAL BOUNDARIES EAST 5:30 PM CLASS ANGER MGNT. 7PM	SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30 PRESENTATION MANKIND PROJECT 7PM	SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM
8	9	10	11	12	13	14
MEN'S BRUNCH 10:00 AM SUPPORT GROUP MEN'S RETIREMENT 5:30 PM	SUPPORT GROUP DIVORCE/GENERAL 12:30 PM	SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS HEALTHY SEXUAL BOUNDARIES EAST 5:30 PM CLASS ANGER MGNT. 7PM	SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30 PRESENTATION MANKIND PROJECT 7PM	SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM
15	16	17	18	19	20	21
	SUPPORT GROUP DIVORCE/GENERAL 12:30 PM	CHRISTMAS EVE HOLIDAY	CHRISTMAS HOLIDAY	SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30 PRESENTATION MANKIND PROJECT 7PM	SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM
22	23	24	25	26	27	28
	SUPPORT GROUP DIVORCE/GENERAL 12:30 PM	NEW YEAR'S EVE HOLIDAY	NEW YEAR'S HOLIDAY	SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30 PRESENTATION MANKIND PROJECT 7PM	SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM
29	30	31	1	2	3	4
	SUPPORT GROUP DIVORCE/GENERAL 12:30 PM	SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS H.S.B. EAST 5:30 PM CLINIC FAMILY LAW 7 CLASS ANGER MGNT. 7PM	SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30 PRESENTATION MANKIND PROJECT 7PM	SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM	ANNUAL MEETING 9:00 AM SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM
5	6	7	8	9	10	11
	SUPPORT GROUP DIVORCE/GENERAL 12:30 PM BOARD MTG. 7 PM	SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS HEALTHY SEXUAL BOUNDARIES EAST 5:30 PM CLASS ANGER MGNT. 7PM	SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30 PRESENTATION KNOW YOUR RIGHTS WHEN DEALING W/ POLICE 7PM	MEN TALK DEADLINE SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM
12	13	14	15	16	17	18
MEN'S BRUNCH 10:00 AM SUPPORT GROUP MEN'S RETIREMENT 5:30 PM	SUPPORT GROUP DIVORCE/GENERAL 12:30 PM	SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS HEALTHY SEXUAL BOUNDARIES EAST 5:30 PM CLASS ANGER MGNT. 7PM	SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30 PRESENTATION MANKIND PROJECT 7P	SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM	FACILITATOR'S TRAINING NOON - 2:30 PM SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM
19	20	21	22	23	24	25
	SUPPORT GROUP DIVORCE/GENERAL 12:30 PM	SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS HEALTHY SEXUAL BOUNDARIES EAST 5:30 PM CLASS ANGER MGNT. 7PM	MEN TALK MAILING SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30 PRESENTATION MANKIND P 7P	SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM	CALL US ABOUT ANGER MANAGEMENT CLASSES.
26	27	28	29	30	31	

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 43 years providing classes and support groups promoting personal growth to many men and women. Professional leaders in the community have led weekly presentations providing a wide opportunity for educational, spiritual and emotional growth for 31 years.

In recent years, attendance of the presentations by TCMC supporters has diminished to the extent that the TCMC Board of Directors has agreed to schedule them intermittently as the interest arises.

The 1st Wednesday of the month Family Law Clinic will continue by providing legal support for those experiencing legal issues.

The Board wishes to express appreciation to the supporters who attended the presentations and the many volunteer professionals who gave their time and talent to support a strong educational component of the TCMC mission.

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, classes, and clinics meet at The Men's Center, 3249 Hennepin Ave. So, Suite 55, Minneapolis, MN 55408 (unless otherwise noted).

The Twin Cities Men's Center does not endorse, takes no specific position, nor holds 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).

Mankind Project Open Circle

Facilitators: Dave Semenchuk
and David Grocott

When: Every Thu., 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.

Know Your Rights When Dealing With Police

Presenter: Michelle Gross from
Communities United Against Police
Brutality

When: Thursday, January 16, 7:00 -
9:00 PM

Open to all Genders and Orientations

Come to a training session to learn the best ways to handle:

- Traffic stops
- Street/sidewalk stops
- Home visits
- Other encounters with police

PROTECT YOURSELF! Learn what to say (and not say) to a police officer, your rights regarding searches, your rights regarding ID cards, how to avoid being detained or arrested, and more.

Michelle Gross works with Communities United Against Police Brutality. 4200 Cedar Ave S in Minneapolis. 612-874-7867 www.cuapb.org

CLINICS

Family Law Clinic

Leader: Allison Maxim

Where: Twin Cities Men's Center

When: Wed., Dec. 4, 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.

Family Law Clinic

Leader: Linda Wray, Rebecca Randen

Where: Twin Cities Men's Center

When: Wed., Jan. 8, 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.

CLASSES

Anger Management

Facilitator: various

When: See calendar for dates

Open to Men Only, Registration Required

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.

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, at 612-229-3102.

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 all genders.

- **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

Addiction Busters

Open to all Genders

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

Choosing Healthy Sexual Boundaries

Open to Men Only

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worried 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 confidential, non-confrontational and non-judgmental place to talk with other men about healthy sexual boundaries.

If you are currently participating in or have completed a sex offender treatment program you are welcome. If you have never been involved with the legal system you are also welcome. Facilitated by: Tommy Jones, Thomas Koepke, Sean Kratz, Bobby Schauerhamer and Gary Weldon.

Minneapolis Location

3249 Hennepin Ave. S. Suite 55

- Saturdays 10:00 am - 12:00 pm

St. Paul Location

Project Pathfinder

570 N. Asbury Street, Suite 300

St. Paul, 55104

- Wednesdays 5:30 - 7:30 pm

Sexual Trauma & Abuse Survivors

Open to all Genders

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

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

Fundraising & Contributions Help Needed

Attention TCMC members and supporters, the TCMC Fundraising and Contributions Committee can use your help. If you have an interest or experience in Fundraising and are willing to volunteer some of your time; please contact Damon Starks at dam.star@hotmail.com.

ANNUAL FACILITATOR TRAINING

has been scheduled for

Saturday, January 25th, from 12 noon to 2:30 pm.

It will again be taught by Tommy Jones, Gary Weldon, and Bobby Schauerhamer. Lunch will be provided. All current support group facilitators and those wishing to become one are welcome to attend. This is an opportunity to connect with other support group facilitators. This is a wonderful opportunity to sharpen old skills, learn a few new ones, and to share your experiences with new and experienced facilitators.... and you get one of those rare and enjoyable "free lunches" that are so scarce these days! See you there. Please RSVP to Tom Maher at tomm@tcmc.org or (612) 822-5892.

Upcoming Monthly Men's Sunday Brunches, drop-in anytime 10am-1pm (bring something to share/cook up): December 15th at David Kaar's 2936 44th Ave S, Minneapolis 55406, 612-275-5165. January 19th at Frank Brandon's, 975 Como Blvd E, St. Paul, 55103 (on the east side of Lake Como) 651-487-3511. 9 men attended the October brunch at the Men's Center. – Andy Mickel, 2019-11-16.

ManKind Project Minnesota (MKP-MN) has had a great year and next year will be even better! The Central Plains area successfully completed 3 full New Warrior Training Adventure Weekends (NWTAs) and many other trainings in the last 8 months. The largest NWTa was organized and put on by Minnesota Men, in Minnesota. that had 30 new men and 35 staff.

Our MKP-MN annual Community Meeting held on Saturday, November 23rd around the noon hour and provided an Update on MN-MKP Community, Selection and Affirmation of Community Leaders for MN and Central Plains, Planning for the MN Community in 2020, and a Celebration Meal. – Dave Semenchuk, Mankind Project MN Community Coordinator, dave.semenchuk.mkp@gmail.com 612.360.8933 -2019-11-16

The 5 Stages of Love and Your Mid-Life Marriage: How to Prevent a Divorce and Survive the Disillusionment Stage After Age 40. Are you over 40? Have you lost that loving feeling? Are you worried your marriage might fail? Is one of you withdrawing from the relationship, while the other is desperately holding on? Too many mid-life marriages go under, just when the couple could finally be enjoying their time together. If you answered "yes," to

any of these questions, I hope you'll read on.

After working with thousands of couples for more than forty years, I know how difficult a time this can be. First, mid-life itself turns out to be the most difficult stage of life for most people. Studies from around the world show that people are happier when they are younger and get happier again later in life. But the stresses of life between 40 and 60 weigh heavily on people.

The statistics are not heartening. Somewhere around 50% of first marriages end in divorce and 60% of second marriages end badly. Even marriages that stay together are not always happy and many people deal with emotional problems as a result. Divorce rates for adults over forty have doubled in the last twenty-five years.

Anyone who has gone through a mid-life divorce knows how devastating it can be. There is the loss of the dream of happiness at this stage of life as we remember the words of the poet Robert Browning, "Grow old along with me, the best is yet to be." There is also the loss of financial stability as a couple dismantles all they've built over the years. Finally, there's the prospect of starting over and rebuilding a life when you are 40, 50, or 60. Fortunately, there is a way to prevent the mid-life marriage meltdown so many people fear. There is a way to move forward to a life that is even more passionate, powerful, and productive than ever before. You can achieve real, lasting, love.

Full article at: <https://menalive.com/the-5-stages-of-love-and-your-mid-life-marriage>

– Jed Diamond, PO Box 442, Willits, CA 95490 - 2019-10-13.

Helping Men Recover: A Program for Treating Addiction is step-by-step manual that contains the theory, structure, and content needed to run effective groups. Authors: Dan Griffin, MA, Stephanie Covington, Rick Dauer. <<https://www.dangriffin.com/helping-men-recover-program-treating-addiction-complete-program/>>

Helping Men Recover is the first gender-responsive, trauma-informed treatment program for men. The materials, based on the widely used, evidence-based women's curriculum, Helping Women Recover, are grounded in research, theory, and clinical practice. Included in this package are a facilitator's guide and a participant's workbook.

These materials are an ideal resource for drug and alcohol counselors, mental health professionals, and program administrators for outpatient, residential, and community-based treatment centers. Helping Men Recover is presented in an eighteen-session format. The facilitator's guide offers a step-by-step manual that contains the theory, structure, and content needed to run effective groups. The participant's workbook is designed so that men can process, record, and refer back to their therapeutic experience.

The program model is organized into four modules: self, relationships, sexuality, and spirituality. These are the four areas that recovering men have identified as triggers for relapse and as necessary for growth and healing. In addition, all the materials are designed to be user-friendly and self-instructive.

– Dan Griffin, 2019-08-04

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*

DATE: _____

FROM Name: _____

Mailing Address: _____

Home Phone: _____

Work/Cell 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!

Infinite Aperture Counseling

harry greenberg, msw, licsw
Specializing in Men's Issues

2435 Garfield Avenue South
Minneapolis, MN 55405
(612) 599-3298

hgreenberg@iacounseling.com
www.iacounseling.com

THANK YOU!

The Men's Center receives generous donations of baked goods from Breadsmith Bakeries. You can find them at 50th and France or online at: www.breadsmith.com



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



Factor of 4, LLC
Web Site Design & Hosting

612-279-6400
www.factorof4.com

Brains. Trust. Experience. Style.

TCMC Office Hours: Monday through Friday 12:00pm–4:00pm (unless otherwise posted on our online calendar). 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

NON-PROFIT ORG.
US POSTAGE
PAID
TWIN CITIES, MN
PERMIT NO. 1100

ADDRESS SERVICE REQUESTED

8

twin cities men's center news

men talk

Annual Meeting Notice & Proxy Statement
THE TWIN CITIES MEN'S CENTER 44TH ANNUAL MEETING WILL BE ON
SATURDAY, JANUARY 11, 2020 AT 9 AM

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

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

The Men's Center By-Laws require a quorum of members to elect new board members. This mailing constitutes notice to all active members that a vote will be conducted by those members who are present at this meeting. If you cannot attend and wish to vote, please return this page to TCMC prior to Jan 11, 2020 Please include your address label. All members who do not vote by mail or in person, consent to the appointment of the Chair and the Vice-Chair the power to vote on their behalf, on all matters that come before the Annual Meeting.

I VOTE **FOR** **AGAINST** THE DIRECTOR(S) AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 11, 2020
Directors up for election: Tom Weaver, Harry Greenberg, Jesse Mason, Dan Gorbonow, Lydell Johnson, Joe Szurszewski

I VOTE **FOR** **AGAINST** THE MOTION TO CHANGE THE BY-LAWS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 11, 2020.

I **ABSTAIN** FROM VOTING AT THE ANNUAL MEMBERSHIP MEETING, JAN. 11, 2020.

signed _____ date _____.

***What's
Inside***

Page 1 *Beyond #MeToo*
by Dr. Michael Obsatz
Page 2 *Library Corner*
Letter from the Chair

Page 3 *Dec/Jan Calendar*
Page 4-5 *Classes, Clinics,*
Presentations
Support Groups

Page 6 *Here & There*
Page 7 *Community Ads*
Page 8 *Anger Management*