

men talk

tcmc

in our 47th year
of public service

twin cities men's center

Feb / Mar 2023

Volume 47 #1

Explore your Truth, Find your Voice

Older is Bolder: Age-ing, Sage-ing and Still Shining

– © 2022 BY DR. MICHAEL OBSATZ

When I was a boy, age sixty was considered pretty old. Many people I knew were ill and dying in their fifties and sixties. Today, the miracle is that people are living longer these days -- many to almost 100. That is 40 additional years for many people. This means that midlife is now around 50, and retirement does not mean packing it up and sleeping for hours in our rocking chairs.

This may be due to medical advances, early detection of diseases, more available health care, and people learning to value and care for their mental and physical health on a regular basis.

I am almost 81 years old. My body parts have become my children. I must care for my ears, eyes, teeth, hips, backs, legs, feet, joints, lungs, heart, etc. Every day, there is attention paid to diet, exercise, medical appointments.

Older people are not the fragile, dawdling people sometimes shown in movies and on television.

I have watched older shows like "The Carol Burnett Show" and "The Golden Girls." The humor is often put-downs of growing older. Carol Burnett plays "the old folks." Estelle Getty is in her 80's, and although she is sharp and witty, there are clearly jokes at her expense due to her age.

Side note: On "The Golden Girls," Rose Nyland (played by the wonderful Betty White) is a dumb hick from Minnesota. Many of the stereotypes of Minnesota are degrading. But that's another story.

Older people are incredible. They have wisdom and experience. They have overcome many obstacles and much suffering. They have gone through loss after loss. They have watched trends come and go. They have lived through peacetime and wartime. They have marched for the freedom and rights of others. They have created beautiful art-- books, movies, paintings, etc.

Many have traveled to different parts of the world. Many have raised children and loved grandchildren. In *The Sibling Society*, Robert Bly states that many young people rely on

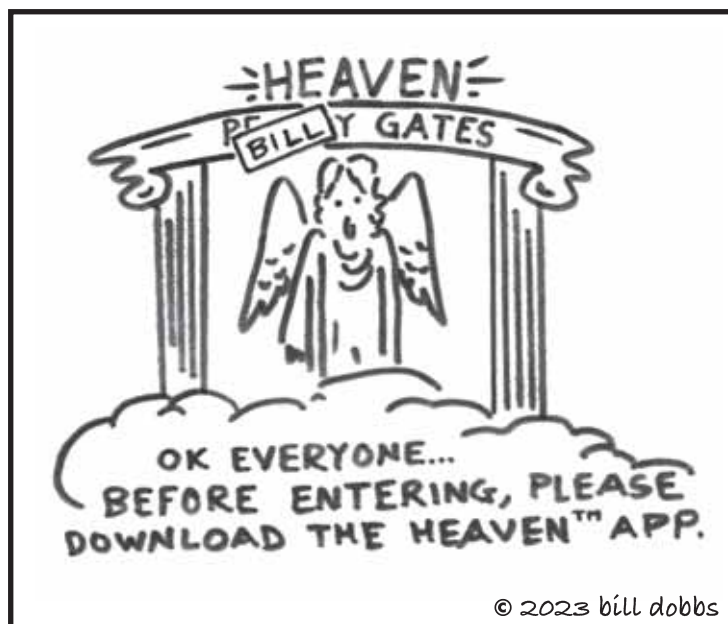
the internet or each other more than they do and older people. He believes that elder wisdom goes untapped.

Elder wisdom is cherished in so many cultures. In America, we learn early that wrinkles are ugly and gray hairs are signs of incompetence.

A number of amazing elderly people have died in the last few years. Cicely Tyson, Robert Bly, Stephen Sondheim, Betty White, and Sidney Poitier are just a few of the famous ones.

What can the elderly teach others about patience, humility, living in community, and social change? It is time to change our thinking about getting older. Older can be bolder. Older can be wiser. And older is definitely not time to be "put out to pasture."

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 1978 "The Men's Survival Resource Book" published by the Twin Cities Men's Center.



Library Corner

– MATT BARNES, JEFF SPRINGER, LIBRARIANS



What would people like to see in the library? I am trying to think of creative ways for members and non-members to use the library, such as a printer, scanner or fax if group members need to print documents before or after group. They can text me with suggestions at 612-715-9951.

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 Wi-Fi 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

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Anger Mgmt Coord.: Tom M, Tom W.
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Letter from the Chair

Seasons of men's lives are worth a review: Now meditating in silence modeled by our tree and plant relatives in the quiet of mid winter. As an elder in our 76th winter, we are curious about looking at living beyond the scripts of our cultural constrictive beliefs about being "older" and yet "bolder" as our cover story mentions. Sage advise for how each of us, might live in balance – what is attractive and what works?

PLANTING SEEDS FOR INDIVIDUAL NEEDS.

My 97-year-old mom modeled "Dying young as late in life as possible" in 2007. She transcended cultural beliefs by getting into recovery at age 77, and lived well beyond the statistical norm for a past smoker who survived a pancreatic cancer with a Whipple Procedure, for 23+ years. As Dorothea H., our Rosen and IFS teacher affirms "I am never dying, I am taking good care of my brain and my body, AND I am having more FUN than ever!!" Another current mentor, Dr Mario Martinez, is a bridge builder; he blends cultural anthropology, psychoneuroimmunology and cultural neuroscience. His book *The MIND BODY Code: How to Change the Beliefs that Limit Your Health, Longevity, and Success*, provides suggestions and exercises on how to transcend cultural programming. He goes beyond descriptive and prescriptive teachings. He too, encourages us to drop into our own experiences, safely to allow healing in a safe and good way, evoking inner spaciousness, experienced in our body, in mind-body integration and embodied self-awareness. There are many ways to heal from trauma that are now emerging. They all seem to share the importance of self-love and worthiness of

healing: Love is the way to model the healing and sharing human connections.

Some current resources are free, such as offered through Ligmincha International, <https://cybersangha.net/>

Others may have a fee, and consider joining one that is a good fit for you, wherever you are in your journey. Healer and activist, Resmaa Menakem, is leading a Book Discussion - *The Quaking of America: An Embodied Guide to Navigating our Nation's Upheaval and Racial Reckoning*, starting Jan 16 the I am attending to support another non profit we support <https://www.wisdomway-scener.org/>

And check out our ever changing website for new offerings at www.tcmc.org as our Program and Education Task Group, now chaired by Derek Gegner, will be considering expanded offerings, likely in person and hybrid zoom as we move into spring....

Consider how you can live more in balance and healing in 2023, supporting TCMC and our partners, continuing to advocate for healthier family and community relationships.

Consider showing up as a participant in a healing circle at TCMC, perhaps online through sharing of your voice, perhaps in song, And however you experience the radical self love, we all can share as we connect to our hearts and the hearts of others.

Thanks for your support of healing, first of yourself with others through TCMC and our partners' events.

Warmest regards,

In service,

TOM WEAVER, TCMC BOARD CHAIR

ANGER MANAGEMENT COORDINATOR Job Opportunity

We are still accepting applications for TCMC's next Anger Management Coordinator. The AM Coordinator is responsible for administration of the program in all of its aspects, including program organizing and scheduling of classes, finding available facilitators, handling inquiries from men interested in taking the class, recording registrations, and collecting fees. Please visit TCMC.org to read the full job description or contact our Office Manager, Tom Maher, at tomm@tcmc.org.

ANNUAL FACILITATOR TRAINING

Facilitator Training is going to be held on **Saturday, February 25th from 11:30 to 1pm** at TCMC. This is very valuable to all of our facilitators and backups, and we HIGHLY encourage you to attend this if you haven't been through the training already.

Please welcome Derek Gegner as the new Facilitator Liaison. He will be taking over this role of communicating with you. He was elected to full Board Director at our Annual Meeting over the weekend. Please let him know if you have any questions, comments or concerns regarding your groups or the board.

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
<h2>FEB/MAR 2023</h2>			SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P CLASS KING 6PM CLINIC FAMILY LAW 7 ANGER 7 PM 1	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM 2	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM 3	SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30 AM 4
			SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM 5	BEYOND ANGER 6 PM MKP CIRCLE 7 PM 6	SUPPORT GROUP GAY ISSUES 7:30 PM 7	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P CLASS KING 6PM ANGER MGMT 7 PM 8
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CALL US
ABOUT ANGER
MANAGEMENT
CLASSES.

WEB SITE: WWW.TCMC.ORG
E-MAIL: TCMC@TCMC.ORG
PHONE: 612 / 822-5892

1976 IN OUR 47TH YEAR 2023
OF PUBLIC SERVICE

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 46 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 34 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

Since August 2021, we have begun hybrid meetings, video and in-person, at The Men's Center, 3249 Hennepin Ave. So, Suite 55, Minneapolis, MN 55408 (unless otherwise noted).

COVID Note: Masks are recommended, but not required, when multiple people are present at the Men's Center

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).

CLINICS

Family Law Clinic

Leader: Rasheen Tillman

Where: Online Zoom Chat

When: Wed., Feb. 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.

Family Law Clinic

Leader: Heather Chakirov

Where: Online Zoom Chat

When: Wed., Mar. 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.

CLASSES

Men Helping Men With Anger

Instructors: various

Where: Online/In-Person Course

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.

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 at 612-229-3102.

Beyond Anger: Reclaim Your Fire!

Instructor: Dan Gorbunow

Where: Live-Online Course

When: Jan. 23 - Mar. 6, 6-7pm

Register: on TCMC website
or call 612-822-5892.

Cost: \$197 (TCMC members receive a 10% discount). Scholarship options are available.

Open to all Genders

Live-Online group with assigned readings, peer support, and expert guided live instruction.

This course offers you a holistic self-care map and set of strategies to help you see the larger picture of your self-care needs and

possibilities, and also offers some spiritual insights on the role and nature of emotions, including anger and the importance of "emotional sobriety".

The goal of the class is to help you access more of your consciousness and to create healthier habits in thoughts, feelings, and actions, to assist you to become the healthiest version of yourself, and to find balance, love, and abundance.

Courting the Wounded King: Healing Your Father Archetype to Reclaim Your Vitality and Well-Being

Instructors: Dan Gorbunow

Where: Live-Online Course

When: Jan. 2 - Feb. 13, 7-8:30pm

Open to Men Only, Registration Required

Live-online course offers expert guided work to explore, heal, and transform your father and sovereign archetypes. Introduction to Jungian shadow integration along with Arthurian-based storytelling and hybrid Celtic-Indigenous ritual practices and spiritual concepts will make this course a grand adventure in personal and social evolution, self-care strategy, and personal practice.

Fee: \$147 New Course special! Limited space. Please register at www.WarriorVox.com, Courses page.

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.

- **Location:** Online/Hybrid/In-Person

As we resume in-person groups, please check with a facilitator if your group is meeting online/hybrid or in-person.

In-person groups are held at TCMC, 3249 Hennepin Ave. S. Suite 55, Minneapolis MN 55408

You can request a link for Zoom Video using "Contact a Group Facilitator" at <https://www.tcmc.org/programs-support-groups-twin-cities-mens-center.html>

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.

Location: Online Zoom

- 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.

Location: Online / In-Person

- 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!

Location: Online / In-Person

- Wednesdays 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, and Gary Weldon.

Minneapolis Location: In-Person

3249 Hennepin Ave. S, Suite 55

- Saturdays 10:00 am - 12:00 pm

St. Paul Location: In-Person

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: Pat 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.

Location: Online Zoom

- Scheduled by appointment

The Sexually Evolving Man

Open to Men and Transgender Men

If sexuality is at the root of our existence and "change" is the only continuous thing in life. Why would our sexuality, how we identify ourselves, desires, and experiences be any different? This group is for men who are evolving sexually and question how the evolving intersect with their day to day life.

Location: Online Zoom

- 1st & 3rd Fridays 7:30 - 9:30 pm

Men's Wellness

Open to Men Only

This group creates a space for men to work on creating a healthy, happy, productive and meaningful life with the support of other men, or anyone identifying as male. We will include time for men to share uninterrupted about the life they're creating, along with a brief weekly meditation, no-impact energy exercises, and a short teaching as a conversation starter.

Location: In-Person

- Saturdays 10:30 am - noon

We Agnostics of Uptown AA

Open to Men Only

A support group for men struggling with addiction who want to try an AA model with an agnostic approach. For details, contact: Frank at agnosticct@gmail.com

Location: In-Person

- Sundays 6:00 - 7:00 pm

Beyond Anger: Reclaim Your Fire!

Runs Monday, Jan. 23 – Mar. 6, 6–7 pm

\$197 (TCMC members receive a 10% discount).

Scholarship options are available.

Register: on TCMC website or call 612-822-5892.

New: Open to All Genders!

Live-Online group with assigned readings, peer support, and expert guided live instruction. This course offers you a holistic self-care map and set of strategies to help you see the larger picture of your self-care needs and possibilities, and also offers some spiritual insights on the role and nature of emotions, including anger and the importance of "emotional sobriety".

The goal of the class is to help you access more of your consciousness and to create healthier habits in thoughts, feelings, and actions, to assist you to become the healthiest version of yourself, and to find balance, love, and abundance.

"I enjoyed Dan's approach to guiding/helping men learn about themselves. He empowers his students to live in the present, investigate the spiritual world that is part of us, be mindful of our past and what causes stress/anger and use our innate intuition to make the best choices possible when it comes to our self-care."

- Paul O.

"I'm participating in my own healing when I take this class I got more clarity about myself and life. Dan is an expert at awareness of the human condition, deep in his understanding. With this knowledge, I reduce my risks in life. Thanks Dan"

- David C.

Make a

Donation

to the TC Men's Center.

It's fast, safe and simple!

Scan this Venmo Code with
your smart phone today.



Upcoming Monthly Men's Sunday Brunches. No brunch in February. Next brunch is March 19th at Stephen Sewell's 647 Lincoln Ave #F, St. Paul, 55105 (just west of Dale Av) 612-229-6699. Drop in anytime between 10am and 1pm and bring a male friend and a dish to share. – Andy Mickel, 2023-01-13.

"I am a psychologist and have a client that is currently going through your anger management program. He speaks highly of it!" – Chris Turner Psy.D, L.P., 2023-01-02

Magers & Quinn Bookstore in Uptown Minneapolis now has not only a Gender Studies section but also a **Men's Studies section!** – Andy Mickel, 2022-12-05.

As part of our **Pay It Forward (PIF) campaign** late last year we have received great individual donations as well as three gifts from charitable trusts initiated by our members! We're grateful for this support. – Ben Alfaro, 2023-01-06.

"Thank you for the good work you do to help keep our community and country strong and healthy. We appreciate the effort you put in to accomplish these goals." – Shiela and John Robertson, 2022-11-21.

"Before it was cool, he saw the value in LGBTQ history" Obituary in the December 10, 2022 StarTribune featured the life of **Jean-Nickolaus Tretter** 1946-2022 whose life's work was his collection. He gathered together books, magazines, flyers, buttons,

records, T-shirts, etc. that all featured the LGBTQ communities. And it resides at the University of Minnesota Anderson Library as the "Tretter Collection". <https://www.startribune.com/jean-tetter-local-lgbtq-historian-and-advocate-dies/600234614/>

Stan Popovich has submitted several articles to Men Talk regarding **helping men** who are looking for the answers on how to **reduce their persistent fears and anxieties.** www.managingfear.com – Stan Popovich, <stan@managingfear.com> 2022-12-24.

Mankind Project Minnesota hosts drop-in **Open Men's Groups 1st and 3rd Mondays at the Men's Center: Open to All Men.** On 2nd and 4th Mondays the group meets on Zoom. No meeting on 5th Mondays. The groups follow a support and accountability model. FFI: Tom Borden, 651-792-5040 or <tjb076@gmail.com>. – Tom Borden, 2022-11-20.

"Father Love: How Men Are Creating New Meaning By Becoming Great Dads"

Gaby was determined to become a mom, but Mike wasn't so sure. He loves his career and worries that fatherhood will get in the way of fun, travel, and sexy nights alone with his sexy young wife. But he wants to support Gaby and make her happy—happy wife, happy life, right?—and so they get busy... doing it... from the MenAlive weekly newsletter

<https://menalive.com/father-love-how-men-are-creating-new-meaning-by-becoming-great-dads/> – Jed Diamond, 2022-11-20.

Mankind Project Open Circle

When: Every Mon., 7:00-8:30 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 Gillette's book.

Registration: <https://mkpconnect.org/civicism/event/register?reset=1&cid=54617>



2023 Annual Meeting Highlights

On Jan 7, 2023, the members of TCMC gathered in a hybrid (in-person/zoom) meeting to review the successes and challenges of the past year, elect new board members, and begin planning for our 47th year of operation. In brief, we weathered the challenges of the pandemic years and have returned full operations. Thanks Chair Tom W. for leading the way!

Most **Programs**, groups and classes have resumed meeting in-person as well as online video in a hybrid format, which has had the positive side-effect of widening our participation nationally. Recently, one of our groups had men from 5 different states, and our celebrated level 2 Anger Management program now reaches men across Minnesota. We also began a new Beyond Anger: Reclaim Your Fire class for men, again leading the way in men's work. Thanks Dan G.!

Financially, we've recovered from a couple lean years and had a successful fall fund-raising effort. While we are out of the woods, our operation is still lean... but the Treasurer reports we are in good standing for 2023. We welcome Dan M. as our new Treasurer, and Jae A. as our new bookkeeper. And much thanks to all those who donated generously!

Our **Outreach** program resumed presentations in prisons, although pandemic protocols still make the process difficult. We hope this will ease in the coming years. Men Talk transitioned to entirely digital printing and automated mailing after a couple bumpy issues. That will save TCMC money over time, and promises faster delivery of our news. And our website anticipates new improvements to meet the needs of men across the internet. Thanks Tom S. for your ideas!

Finally, Tom M. continues steadfastly managing the office, handling the calls and emails, posting on social media, and a thousand other things, keeping all the **Administration** running smoothly. We couldn't do it without you. Thanks Tom M!

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: Zoom Video conference (request a link at tcmc.org)
When: Every 1st Wednesday from 7:00 to 9:00 PM

No advance registration required!

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	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

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
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twin cities men’s center news

men talk

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: \$285 for TCMC Members (\$295 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 on the Anger Management phone 612-229-3102.

27 Years of Successful Classes

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