

# men talk

tcmc

twin cities men's center

in our 43rd year  
of public service

Aug./Sep. 2019  
Volume 43 #4

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

## The Transformational Power of the Alternatives to Violence Project (AVP)

— © 2019 BY TOM MAHER, LIBBY SANDERS, JENN HAMRICK

**F**riends for a NonViolent World (FNWV) is a Quaker inspired organization that Champions Nonviolence as the foundation for effective programs and actions to promote the dignity of every human being. As an organization we believe that everyone has a little bit of light, or god in them and has the ability to do great things. This value is most evident in our prison program, the Alternatives to Violence Project (AVP). AVP in Minnesota is part of an international movement to empower people to realize they have the ability to transform conflict in their lives. Through a series of 3 workshops AVP helps people to learn new skills and to realize their abilities. Each workshop builds on the previous one and provides participants the opportunity to explore violence in themselves, in their lives, and to be intentional about the life they want to build.

AVP workshops provide the space and safety for people to deeply connect with each other in a holistic way. Through a series of exercises participants have the opportunity to explore what is violence, how to use I statements to express their needs, and to have fun! A participant in a recent workshop shared with us that by taking an AVP workshop he not only realized he had been wearing a mask his whole life, but also finally felt that he had a safe place where he could take it off and be himself. At its core AVP is about transformation, and we frequently hear stories like the one below about the power AVP workshops have on people's lives.

"Going into an Alternatives to Violence Project (AVP) workshop, I felt a mix of emotion: excitement, hope, and energy. As someone passionate about restoration and transformation I could not wait to dive into the workshop and see how people changed. I was excited to be in a sacred

space that few take the time to go, hopeful to be a part of men's healing, and full of energy... 1/2 nervous, 1/2 ready... fully committed.

After night one of AVP, with a knot in my stomach, I felt an entirely new mix of emotion: joy, gratitude, and concern. Joy; I laughed more in prison than I've laughed in months at home. Gratitude for the respect and openness I was met with, none of the men were how the world tries to portray them. Their childlike apprehension and shy demeanor were a staggering contradiction to the personal expressions portrayed through their physical bodies and the stories told of them over the media. Concern... if night one had this much impact, what do the next two days hold?

In many ways, what happened after Friday night is still a blur; a combination of injections of childhood messages, apologies I never received, forgiveness I had never given. A collision of tears and smiles, deep belly laughs. A magnitude of intense stories of violence and softening words of affirmations. An opportunity to practice communication and connection. An experience I will never forget. Leaving that Sunday night, with a full heart, and blotchy face, it struck me- I thought I knew what I was doing, I thought I had prepared, I thought I would be a part of their transformation story, but I never thought I would be the one leaving transformed. Yet, that is exactly what happened."

*To learn more about Alternatives to Violence Project (AVP) and how you can get involved check out our website [fnvw.org](http://fnvw.org), send us an e-mail [info@fnvw.org](mailto:info@fnvw.org), or give us a call 651-917-0383.*

## Library Corner

– JEFF SPRINGER,  
LIBRARIAN



The library is in desperate need of books that deal with transgender issues. If you know of any such books that could be donated or purchased at a reasonable price, Please feel free to contact Tom at the Men's Center, or myself at 612-275-5861 jeffreycotspringer@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, Relationships & Friendships, 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](mailto:tcmc@tcmc.org). Office Manager: Tom Maher

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## Letter from the Chair

As the Summer season ripens and I embrace the idea of Fall I've been thinking a lot about the TCMC Mission; connecting with it on a deeper personal level. "The Men's Center provides resources for men seeking to grow in body, mind and spirit, and from that foundation advocates for healthier family and community relationships." As I recite it to myself, "men seeking to grow" provokes the most thought. What does this mean to me? How have I grown since joining TCMC? What does this mission mean to our growth as an organization?

As I think about those 3 questions, the phrase "the truth shall set you free" comes to mind. As I reflect on my time at TCMC, I now understand that being truthful and honest is a powerful gift you can give yourself and your environment. It's like the water to the soil that is nursing a seed. It's paramount to your own growth and

the same is true for our organization. The truth is... we need your support, talents and gifts to grow.

Please contact us if you are interested in implementing and/or serving on a committee(s) in the areas of Support Groups, Anger Management, Outreach, Presentations, Administrative, and/or facilities.

In closing, I want to give a big "Thank You" to Alan Dahl (member and supporter of TCMC) and The Black Guard Minneapolis for hosting a Leather and Legends Drag Show on June 1, 2019 to benefit TCMC. Your thoughtfulness and generosity is appreciated and the show was AMAZING!!!!

I also want to say thank you to individuals and companies who have donated to TCMC and to the volunteers who continue to provide their services to TCMC.

**DAMON STARKS  
TCMC BOARD CHAIR**

## Scumbags of the Earth - by Tom Maher

(Excerpts from a poem derived from the prison Alternatives to Violence Project)

*But what are you doing here? What's in it for you? We're the scumbags of the Earth!!*

*Everyone I meet from the outside, I only want one thing from them. I ask them all the same question. What are the five books that you would recommend to someone that wanted to change their life?*

*I don't know why I started laughing. You listened to me. I mean, you REALLY listened to me. I don't think anyone has ever listened to me once in my entire life. It felt kinda good.*

*Does this work in writing? My family stopped answering my letters. They don't write me anymore. If I start writing letters and using this formula, do you think my family will start writing me again?*

*This is my second time here. The first time, when I was here, I thought I was a man, but I really wasn't. I just didn't know. I didn't understand. I was still a boy. But now I'm back, and I figured it out! I really AM a man now! I've really grown! I promise you, I give you my word, next time I get out of here, I will NEVER be back!!*

*The person I was when I got here, he deserved to be here. I'm glad he was here. He's not here anymore. I'm a different person now. I'm a better person now.*

*No, no, no, no, no, no, no, no, you just don't understand! I'm a GOOD MAN! I KNOW... I'M a good man! But it's all those people out there. They look at all of us in here, and they just think that, we're the scumbags of the Earth*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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## AUG/SEP 2019

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

CALL US  
ABOUT ANGER  
MANAGEMENT  
CLASSES.

1976 IN OUR 43RD YEAR 2019  
OF PUBLIC SERVICE



## 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.

### Signs, Symptoms, & Treatment Options for Erectile Dysfunction

Presenter: Dr. Mike Butcher, D.O.,  
FECSM, FACOS

When: Wed., Aug. 28, 7:00-9:00 pm

*Open to men and partners*

Dr. Butcher's upcoming Men's Health Seminar will focus on the signs, symptoms, and treatment options for erectile dysfunction (ED). ED is a condition that affects as many as 50% of men over the age of 40 in the US, limits intimacy, affects self-esteem, and impacts relationships. Dr. Butcher will discuss ED's connection to diabetes, heart disease, prostate cancer, and several other health conditions and provide a holistic review of the treatment options.

To learn more about the condition, causes, and treatment options for ED we encourage you and your spouse/partner to join us for this Men's Health Seminar. You will also be able to hear about an experience firsthand from a current patient and have the opportunity to ask Dr. Butcher questions. Light refreshments will be served.

*Dr. Mike Butcher is a Board Certified Urologist and men's health specialist at Park Nicollet's Sexual Medicine and Male Infertility Clinic. To increase awareness of the causes and treatment options for various men's health conditions, Dr. Butcher offers educational seminars open the community.*

## CLINICS

### Family Law Clinic

Leader: Rasheen Tillman

Where: Twin Cities Men's Center

When: Wed., Aug. 7, 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 East

Leader: Christie Thompson

Where: Jerry's Foods Community Room

7760 Hargis Pkwy., Woodbury 55129

When: Thu., Aug. 19, 7:00-9:00 pm

*Open to all Genders*

Christie Lea Thompson as ChristieLegal will provide the following paralegal services

for MN family law cases (divorce, child custody, and child support) in an efficient, collaborative, and affordable manner.

ChristieLegal helps client(s) make decisions, including referring to other professionals, if necessary, researches legal and factual issues, writes documents, helps them file and serve documents, and prepares them for court.

Since this clinic is open to the public, attendees forfeit confidentiality when they speak in a group. If you would like confidential help, sign up at the clinic or e-mail Christie at christie@christielegal.net. You can schedule a session up to 30 minutes between 8 - 9 pm, or a 30-minute phone consultation on another day.

*Attorneys will volunteer their time and expertise for the benefit of those who attend.*

### Family Law Clinic

Leader: Steve Yasgur

Where: Twin Cities Men's Center

When: Wed., Sep. 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.*

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When: Thu., Sep. 19, 7:00-9:00 pm

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*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? Worries about excessive, compulsive or obsessive sexual activities? Too much pornography in your life? Too many strip clubs? Ever feel like a sex addict? Feeling uncomfortable about inappropriate fantasies/thoughts/urges? Hurting or disappointing someone you love?

This group is a safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries.

Healthy Boundaries welcomes all men who are currently participating in, or who have completed, sex offender treatment. Facilitated by Tom Duvall, Rich Powell, 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  
(Currently 2nd and 4th Fridays)

### 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](mailto:dam.star@hotmail.com).

**Upcoming Monthly Men's Sunday Brunches, drop-in anytime 10AM-1PM** (bring something to share/cook up): **August 18th at Harry Greenberg's**, 2435 Garfield Ave S, 55405, 612-599-3298. **September 15th at Frank Brandon's**, 975 Como Blvd E, St. Paul, 55103, 651-487-3511. (on the east side of Lake Como). 12 men attended Jim Lovestar's June Father's Day brunch in sunny weather. – Andy Mickel, 2019-07-08.

“Thank you for your good work.” - Ernie Schroeder, 2019-06-20

**TCMC Volunteer Recognition / pre-Father's Day / Tom Maher Birthday outdoor event attended by over 30 people!** Dan Gorbunow performed chef master duties, and men and women from 2 other non-profits participated in the sunny event on the shore of Wirth Lake. Our Men's Center volunteers enjoyed the celebration. – Andy Mickel, 2019-06-22.

**LGBTQ Rights: No Rainbow Capitalism: The Five Worst Corporations We Must Kick Out of Pride** The first Pride celebration was a national march in 1970 to commemorate the Stonewall Riots that had occurred the year before. The biggest event was in Los Angeles, with approximately 1,000 protesters <<https://www.bustle.com/p/before-lgbtq-pride-went-corporate-it-was-about-radical-activism-we-should-never-forget-that-66000>>. In 2018, Los Angeles Pride—now more party than protest—attracted over 150,000

people <<https://www.timeout.com/los-angeles/news/la-pride-2018-attracted-a-record-number-of-attendees-061118>>. LA Pride 2018 included dozens of booths and floats bearing the logos of major corporations, with rainbow-colored promotional materials. Modern Pride celebrations are characterized by a large corporate presence... read more at: <<https://truthout.org/authors/violet-glaser/>> – Violet Glaser, 2019-06-30.

**“Census says more than 60% of US men are fathers** – Fathers in the U.S. tend to be better educated than men without children, and relatively few men have children over age 40...The data come from 2014, when the bureau for the first time asked both men and women about their fertility histories. The goal was to shed greater light on men's fertility, a topic less known than that of women's fertility, according to the Census Bureau.

“In recent decades, there has been growing public and academic interest in fathers and fatherhood given the importance of fathers in children's lives,” the report said. It found more than 60% of the 121 million adult men in the U.S. were fathers. About three-quarters of fathers were married. Almost 13% of dads were divorced and 8% had never been married.

“Just under a quarter of U.S. men between ages 40 and 50 were childless, and about 17% had never been married by the time they were in their 40s. Both figures were noticeably higher than for women who had reached middle age.

Just under 16% of women between ages 40 and 50 were childless, and 14% had never been married, according to the report...” (read complete article at: <https://www.apnews.com/c61402fa463b4406a9eccad079fc49df>) – Mike Schneider, Associated Press, 2019-06-15.

**The Good Men Manifesto** “There's a lot of focus on men these days, much of it negative. Many are concerned about the harm men cause to women, children, and other men. Others are concerned about the problems men cause to themselves. My work over the years has been to help men answer three questions that we all need to address before we die:

1. Did I live a fully authentic life?
2. Did I love deeply and well?
3. Did I make a positive difference in the world?

In order to answer “yes” to these questions, I believe we have to understand why men are the way they are. To do that we need to know the roots of our maleness. I believe this will not only help men, but also will help women.

This is the first of six articles on “The Good Men Manifesto.” It draws together what I've learned in 70 years doing men's work and introduces you to my new book, coming out in November, *12 Rules For Good Men*. I look forward to your feedback and comments. Be well. – Jed Diamond, <[jed@menalive.com](mailto:jed@menalive.com)>, 2019-07-07.

## In Memoriam

### Remembrances of TCMC Volunteer William Ranslow Zuber, III who passed on 2019-07-15

Our dear friend William Ranslow Zuber, III died on 2019-July-15 in St. Paul. His decades of service to people on the social or psychological margins of life in St. Paul, Ramsey County, Minnesota and beyond will benefit generations yet to come. His friendship, collegiality, and listening ears have enabled us men to be more than we could imagine. His insightful perceptions of this world's beauty and challenges have continued to be guiding lights to those of us who could spend time with Ranny in support groups or bookclubs, over Bridge games or campfires, or at plays, concerts, or the gym. Ranny believed we can face all challenges head on with eyes wide open and a smile for the next guy.



## Twin Cities Men's Center ALL-PURPOSE FORM

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

- I want to sustain the activities of The Men's Center by becoming a "20 x 12 Honor Roll Member."
- Please ENTER/RENEW my membership at The Men's Center for the next 12 months:  
Enclosed please find \$\_\_\_\_\_  \$25 (Regular)  \$50 (Patron).
- I want to make an additional, tax-deductible gift of \$\_\_\_\_\_. (*Thanks much!*)
- My new|correct address|phone is printed below.
- Please remove me from The Twin Cities Men's Center mailing list; this also cancels *Men Talk* deliveries.
- I have these feelings, thoughts, opinions, ideas, news items for The Twin Cities Men's Center / *Men Talk*

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### 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  
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(612) 599-3298

hgreenberg@iacounseling.com  
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#### 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](http://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](mailto:tcmc@tcmc.org)



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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](http://www.tcmc.org) or correspond at our e-mail address: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)

The Twin Cities Men's Center  
3249 Hennepin Avenue South, Suite 55  
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8

*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:** \$265 for TCMC Members (\$275 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.

*23 Years of Successful Classes*

**What's  
Inside**

Page 1 *The Transformational Power of AVP* by Tom Maher, Libby Sanders, Jenn Hamrick  
Page 2 *Library Corner*

*Letter from the Chair*  
Page 3 *Aug/Sep Calendar*  
Page 4-5 *Classes, Clinics, Presentations*

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