

men talk

tcmc

twin cities men's center

in our 45th year
of public service

Apr./May 2021
Volume 45 #2

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

Beyond “White Male Privilege” - All White Men Are Not the Same

– © 2021 BY DR. MIKE OBSATZ

Every time I see all white men lumped together, it makes me sad. I have known thousands of white men over my almost 80 years on this planet. They have been co-workers, fathers, teachers, students, mentees, relatives, sons, community members, doctors, lawyers, judges, carpenters, plumbers, politicians, farmers, artists, barbers, executives and more. They have ranged in age from 16 to 95. Some have wealth. Others are poor. Many are in between.

There are men in all age groups — adolescents, young adults, mid-lifers, seniors, elderly. There are men who are living fully, and men who are dying. There are men with families and children. There are men who have lived alone all of their lives.

Beyond the label “white male,” come a variety of distinctions. There are men who are of minority religions. Not all Jewish white men are the same. They may come from Orthodox, Conservative, or Reform backgrounds. They may have differing beliefs and values. There are also gay, bisexual and transgender white men. Some of these have been severely oppressed. There are men with illnesses and disabilities. There are men with status and power. There are men with low status and no power. There are men with deformities, men with cancer and other diseases. There are white men who live in castles and white men who are homeless and starving.

Some of the sub-categories consist of lifestyle issues. Some men have been mercilessly bullied as children and adolescents. There are many men who have abused, harassed, abandoned and beaten. There are men from different regions of the country. And there are men who have gone through many losses — loss of spouses, children, jobs, health, power, income, relatives.

There are men who continuously grieve their losses. There are men who don't know how to openly grieve. There are athletic men and clumsy, uncoordinated men.

There are handsome men and not-so-handsome men.

There are thin men and overweight men. There are men of varying abilities and intellectual capabilities. There are men who are compassionate, and men who are not. There are lovers, and there are haters.

Many men have been programmed to be tough, macho, independent, and stoic. Some men belong to groups, and others are isolated. Some men have feelings of worthiness, and others do not.

Spiritually, we have a wide range of men who experience spiritual connectedness and many who have none. We can find selfish white men and generous white men. There are white men who are in touch with many of their feelings, and other white men who do not have a clue.

So — this is the just the beginning of looking at the complexity of one group which is often described as all alike — and all benefiting from White Male Privilege.

White men are as different as snowflakes (which are white). Be careful when you talk about White Male Privilege because it is not as obvious as it may seem.

Many white men have been oppressed by other white men. Many white men know the fear and terror of being hunted and tortured. Some white men have been killed by other men. Some oppressed men oppress others. Some men who appear to “have it all” really deep inside hate themselves and hate their lives.

The complexity goes on and on. Many white men are strong supporters of social and racial justice and equality for all people. They march, protest, and write letters. Let's appreciate the complexity of men's lives, and know their unique journeys transcend any labels and categories.

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.

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 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, 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

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Letter from the Chair

Meditation is a continuing practice for us during this past year of COVID-19 distancing. I am writing this in the calm and afterglow of a deep sleep, as our Bon Tibetan Buddhist Rinpoche, Tenzin Wangyal, is teaching his free, year-long online program: "Ongoing: A Year of Body, Speech & Mind, <<https://cybersangha.net/>>."

TCMC's support groups migrated online last spring and are now virtual and available for all. Please check out our options on the website <<https://tcmc.org>>. Now there is talk of being outside, to connect in parks since some of us have been vaccinated (doing our part in building community immunity). More shall be revealed. Follow us on Facebook <<https://www.facebook.com/tcmc.org>> where Tom Maher, our office manager, is active most weekdays with a live video talk. You can explore the links to our recent fund raiser with Galactic Pizza on Monday March 22, and participate in the new Perspectives Exchange Laboratory (PX Lab).

Meditative awareness helps achieve emotional balance, and is part of a healthy practice that allows serenity and focus on the things we can change. Change how we

manifest peace with others; how we avoid unsafe and triggering situations; and how we reduce addictive behaviors, adrenaline fixes and anger outbursts.

Find a support group for yourself, and contact the facilitator here: <<https://www.tcmc.org/programs-support-groups-twin-cities-mens-center.html>>.

And remember to take good care of yourselves. Wear masks, do physical distancing, and get a vaccine in a timely way to support building our community resistance to this evolving virus. Think spring and the ever-present Natural World to find more connections to life!

Please consider attending our next board meeting Monday, April 12, at 7pm. All members are welcome! It will be good to SEE you on Zoom. Contact Tom Maher if you have questions or concerns. Call 612-822-5892 or send an email <tcmc@tcmc.org>

Thanks again to our members and renewing members who have given us ongoing support during these times.

In service,

TOM WEAVER
TCMC BOARD CHAIR

The Perspectives Exchange Laboratory, (PX Lab)

TCMC is looking for a few good men and women (18 years and older) to assist us in the development of our new offering, The Perspectives Exchange Laboratory, (PX Lab). At PX Lab, we believe in the value of your experiences and insight. Our purpose is to provide a venue where individual perspectives are shared through bold conversations. We aim to build a place to be heard and to learn from listening that's centered on a foundation of courage, authenticity, respect, and engagement.

We have created a discussion group structure and we need you to help us test it. Volunteers will select from a provided list of topics that may interest them. Each topic will be the subject of a video conference. We'll review the content together, each person will get two minutes to share their perspective, and then we'll transition to open discussion.

We will attempt to accommodate everyone's scheduling preferences. Please contact us at heypxlab@gmail.com with any questions or to express interest. The first batch of focus group volunteers will be selected by Apr. 9th.

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
APR/MAY 2021			CALL US ABOUT ANGER MANAGEMENT CLASSES.	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	
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30	MEMORIAL DAY HOLIDAY					
	31					

1976 IN OUR 45TH YEAR 2021
OF PUBLIC SERVICE

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

PRESENTATIONS

Note: Due to concerns about the coronavirus, the TCMC board had suspended all on-premise activities. Support groups, Anger Management classes, meetings, law clinics, and presentations, will be by video chat until further notice. Check our website, tcmc.org, for current info.

The Twin Cities Men's Center has been an important voice in the community for 45 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 33 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 by phone or video chat until further notice. Sometime in 2021, we plan to resume meeting in-person 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).

CLINICS

Family Law Clinic

Leader: Allison Maxim
Where: Video Chat
When: Wed., Apr. 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

Leader: Linda Wray and Steve Yasgur
Where: Video Chat
When: Wed., May. 5, 7:00-9:00 pm
Open to all Genders

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

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

CLASSES

Anger Management

Facilitator: various
Where: Video Chat
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.

• **Location:** Video Chat - request a link a 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: Video Chat

- 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: Video Chat

- 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: Video Chat
• 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, Bobby Schauerhamer and Gary Weldon.

Location: Video Chat
• 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.

Location: Video Chat
• Thursdays 7:30 - 9:30 pm

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: Video Chat
• Fridays 7:30 - 9:30 pm

The Perspectives Exchange Laboratory (PX Lab)

We believe in the value of your experiences and insight. Our purpose is to provide a venue where individual perspectives are shared through bold conversations. We aim to build a place to be heard and to learn from listening that's centered on a foundation of courage, authenticity, respect, and engagement.

Look for more details about The PX Lab in future editions of Men Talk!

Have You Overcome Adversity? Would You Like to Earn \$20?

Jane Gilgun, Professor, University of Minnesota, Twin Cities is looking for men to interview for research on success stories, stories of men who have coped with and overcome adversities. She pays \$20 per interview. She typically does three interviews because she wants men to tell me their life stories, and this can take time. The first interview is for men to learn about the research. They will receive \$20 for that interview whether or not they choose to be part of the research. If interested, men can text or leave a voice message at 612-237-6126.

All are welcome.

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 us at tcmc@tcmc.org

Give a Gift of Men's Center Membership

ONLY \$25



OUTDOOR Monthly Men's Sunday Brunches Resuming!

Sunday April 18th at Andy Mickel's 106 SE Arthur Ave, Minneapolis, 55414. 612-331-8396. (in Prospect Park off University Ave near I-94 and 280).

Sunday May 16th at Frank Brandon's 975 Como Blvd E, St. Paul, 55103. 651-487-3511. (on the east side of Lake Como).
– Andy Mickel, 2021-03-15.

From our US Mail:

"Greetings Men's Center Staffers!

In these times of extraordinary circumstances" (if I recall the twice-repeated line from the movie "Australia" correctly) and having missed two Galactic [pizza fundraising] events. I wanted to get my contribution in... In two parts, being on Medical Assistance, with very little spendable income. \$20 this time (and another \$20, hopefully next month). Continued Best Wishes throughout this new... year!

– Larry B. 2021-02-14.

Men's Zoom Folk Tale Engagement Circle, Storyteller: Cris Anderson

Every other Thursday, 7-9pm via Zoom.

We can lend our voices to an old story. There is a story that has me in her mouth that also might inspire you. This invitation is going out to Minnesota Men's Conference, Mankind Project, Great Mother/New Father Conference and other kindred men. Please feel free to forward this invitation to other men.

We're having a soul-enriching time together with these stories, with a rotating cast of storytellers. We keep coming back to them because there is living wisdom in them that affirms,

nourishes and inspires us, and for the fellowship we experience as we breathe life into them and they breathe life back into us. We usually find that whatever dilemmas we are currently negotiating in our lives, we find personal and community meaning and inspiration in these stories that have been handed down to us from our ancestors.

Comments about previous sessions: "This was cool!" "Thanks for carrying the story. It was terrific! A very fine evening!" "I second that! Well done." "Much gratitude and respect. This was much needed medicine for the soul." "This has been a godsend for me during these times." "Thank-you for the group tonight. Fabulous life-giving time." "I am humbled to say I love the space and the occupants of the vessel." "These stories are teaching me. It's as if I'm growing thousands of eyes around my head."

Contact Cris at his websites: www.goodstory.us www.openheartopeneyes.com – 2021-03-14.

New Men's Wellness Space and Nonprofit business is being developed by Dan Gorbunow in St. Paul. This is an exciting project with opportunities to serve diverse communities of men, and peoples, in need of healing, support and practical guidance. Call, text or email Dan if interested: 612-987-0324. thunderbird@live.com, visit www.sevenfeathers.weebly.com – Dan Gorbunow, 2021-03-15.

"I've been a marriage and family counselor for more than fifty years and have helped more than 40,000 couples. **One of the most common, yet least understood, problems that couples face**

is Male Irritability and Anger (MIA). I first learned about the problem, though it didn't have a name then, when my own marriage was in trouble. My wife had been trying to get me to see a counselor for many months, but I was reluctant to ask for help, even though I'd been a counselor myself for many years. I finally agreed to see a counselor when she tearfully told me something had to change. She told me, *'I love you very much, but your anger is destroying the feelings I have for you. If we don't get help soon, I'm afraid we're not going to make it.'*

That got my attention, big time. But it also terrified me. If we start digging into our lives, what are we going to find? When she sees the real me — angry, scared, confused, unmanly — will she decide to leave me? How could I continue as a marriage and family counselor if I couldn't fix my own marriage?"

Read what I learned in *Is Male Irritability and Anger Undermining Your Marriage?* Here are the 4 Warning Signs I look forward to your comments and questions. Best wishes! – Jed Diamond, jed@menalive.com www.MenAlive.com 2021-03-14

Positive Link is a program of JustUs Health, 2577 W. Territorial Rd, Saint Paul, MN 55114. Positive Link is available for support assistance, and resources related to COVID-19 economic and rent relief. Support+Discussion Groups are held regularly. Contact positivelink@justushealth.org or call 612-373-2464 to register for a zoom meeting. – Johan Baumeister, Peer Support Coordinator Positive Link, 2021-03-15.

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!

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3249 Hennepin Ave S**

	<i>Non-Profit</i>	<i>Profit event</i>
<i>Full Day (8 hrs)</i>	\$50	\$100
<i>Half Day (4 hrs)</i>	\$25	\$50
<i>Hourly</i>	\$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
3249 Hennepin Avenue South, Suite 55
Minneapolis, MN 55408 USA

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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: \$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.

25 Years of Successful Classes

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