

men talk

tcmc 
twin cities men's center

in our 42nd year
of public service

Aug/Sep 2018
Volume 42 #4

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

Healthy Boundary Support Groups at 15

— © 2018 BY BOBBY SCHAUERHAMER & TOMMY JONES

A raw idea of a new peer facilitated support group for the Twin Cities Men's Center (TCMC) was taking form early in the Spring of 2004. The idea was proposed to the Board of Directors at TCMC and was approved to move forward. Bobby Schauerhamer and Tommy Jones had a vision to bring men who were working to maintain healthy sexual boundaries together to support each others efforts.

We struggled with the name initially and noticed that the early participants were coming for support around issues that over reached our intentions. Changing the name of the group to it's current form helped with attracting men for the reasons that we had envisioned. We never turned any man away, rather we assisted them in finding support better suited to their issues.

Men initially came to the Healthy Boundaries (HB) group primarily via word of mouth and the postings about support groups in the Men Talk. These groups are now in the fifteenth year of operation and the way that men find out about the groups has changed with time. Many men now hear about these groups in their attendance at a sex offender treatment program, from a probationary or parole agent, a therapist and from the TCMC outreach that is being done by volunteers in Minnesota prisons.

About seven years ago we began having men from the Minnesota Sex Offender Program (MSOP) attend the HB groups. These are men who were civilly committed following their prison sentence. Men who had worked very hard in this program were eventually granted approval to participate in some community events with supervision and some chose to come to group. They have provided a unique depth of understanding of the consequences of sanctioned sexual behavior with the advantage of having several years of treatment.

Additionally, there was a recent Q and A article by Gail Rosenblum in the Minneapolis Star and Tribune (Sunday February 18, 2018 - Variety section) about the Healthy Boundaries Support Groups. We felt this article to be objective and very positive about the role of men in supporting each other for a safer community. Some men have come to the HB groups because of that article.

The mission of the TCMC includes creating a safe place in times of personal and social challenge for men to receive and give support to one another. The goal here is to support men in being the best husband, partner, father, son or brother that they can be. Our relationships often define how others see us as men. We build community upon how we interact with others.

Many men have been attracted to what the TCMC has to offer by virtue of support and services which have otherwise been sparse or absent in the community. Understandably, the need for specific support has changed in some areas over the years. The need for support around developing or maintaining healthy sexual boundaries seems to have only increased over the time of existence for these groups.

The Healthy Boundaries Support Groups have recently grown to four separate sessions, two of which are at the TCMC in Minneapolis, and two being at rented space in the St. Paul offices of Project Pathfinders. The most recent addition has been a Thursday evening session at Project Pathfinder meeting from 5:30 to 7:30 pm. There have been between 45 to 50 men in attendance at one of the weekly sessions for the past several months.

We have been fortunate over the years to have qualified men emerge as facilitators for the HB groups. All facilitators are volunteers who have devoted much of their time to providing some leadership and guidance to these groups. They also attend a training session on an annual basis. These men include Gary Weldon, Rich Powell, Sean Kratz, and Thomas Koepeke.

Several other men have provided additional support to the HB groups by doing set up, administrative paperwork and by having an opening inspirational reading. We usually have an opening inspirational reading that sets the tone for men as they check in. Men also often give a small voluntary donation at their attendance in group which helps the TCMC to continue it's mission.

Some men come to these groups for a few weeks to gain support surrounding a transient issue. Many others come and stay to continue to gain support around ongoing issues and to support others. Each of the sessions have developed a core group of men who can reliably be expected to be there and to support others in their journey.

The real strength of these groups lies with the men who participate consistently week after week.....the men who remain members mainly to help and support others on their journey to stronger and healthier boundaries. These groups continue to expand and to provide a safe and confidential space in which to share, to confide, and to grow. Over the years, the Boundary Groups have helped and supported many men, their families, and have helped keep the community a safer place to live.

We will try to give you a second update in another 15 years.

Bobby Schauerhamer & Tommy Jones are active TCMC volunteers, former board members, and creators of the HB and Addiction Busters support groups.

Library Corner

— JIM HEANEY, LIBRARIAN



We have a unique and extensive collection of books on men's and general topics which can be checked out by members. Our periodicals include; *Fathering Today*, *Men's Health*, *Men's Journal*, *Lavender*, *Transitions*, and *Voice Male*.

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. Office Manager: Tom Maher
Anger Mgmt Coord.: John Hesch
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Letter from the Chair

(Vice-Chair Andy Mickel pinch-hitting this issue for Damon Starks)

Consensus all around the Men's Center these days is that things are running surprisingly smoothly, now that a couple of years of disruptive changes are mostly behind us. Besides the cosmetic improvements in appearance and furnishings, we now are operating with updated information infrastructure (website, office computer facilities). But most importantly it's our paid staff that has made the difference: Tom Maher (our office manager since January 2017) and John Hesch who tirelessly coordinates Anger Management classes.

Guiding vision in all this has been the leadership of board chair Damon Starks who inspires board members to become active on committees and task groups, and treasurer Rick Charlson who provides strategic direction on income and expenses.

The essential limitation is the number of available volunteers with the right skills and motivation as well a someone to

coordinate them. Our chronic need (held over for the past 20-30 years) is to find a coordinator of volunteers which would probably enable the Men's Center to operate at the next higher level.

I'm leading the Outreach Task Group, and this year we've already partnered with a theater group and a film group. We co-sponsored a play "Apples in Winter" in exchange for their community members distributing copies of Men Talk to some coffee shops. The film: "The Mask We Live In" will be shown by a documentary group within the MSP Film Society and TCMC was an instrumental co-sponsor in helping sell the ticket minimum for the showing.

We continue to make connections with groups who are doing intelligent work for making our culture even more human-oriented.

ANDY MICKEL
TCMC BOARD VICE-CHAIR

TCMC's Second Annual Volunteer Appreciation Picnic

All TCMC Volunteers: You are invited to our volunteer appreciation picnic on Wednesday, August 22 from 6:00-8:00 PM on the south shore of Lake Bde Maka Ska (Lake Calhoun), near the parking lot. Look for the TCMC Banner. We find richness in our groups at the Mens' Center. Let's get to know each other socially and allow TCMC to show its' appreciation to you for all that you do!

TCMC will be providing hamburgers and brats, fruits and veggies, misc. salads & baked beans, water and pop (soda). (Help us make this an event without alcohol). Advise us of any dietary requirements you may have and we will do our best to accommodate them. We will be playing outdoor games. If you have a favorite, feel free to bring it.

A head count is needed for this event. Please RSVP to Tom Maher via e-mail to tomm@tcmc.org or call the TCMC office, 612-822-5892 with the number of adults and children that will be attending. We all look forward to seeing you on August 22! Any other logistical questions or comments may be directed to Jim Lovestar jimbo@conscious-body.info 612-588-8984

TCMC joins the Amazon Smile program

The Twin Cities Men's Center is now listed as a charitable organization on Amazon Smile. This means when any Amazon customer who registers with Amazon Smile and selects the Twin Cities Men's Center as their charitable organization of choice, 0.5% of any qualifying purchase will be donated to the Twin Cities Men's Center. You can sign up to help us out at < <https://smile.amazon.com/>>.

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.

Aug/Sep 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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 Survivors 7:30 pm PRESENTATION Mankind Project 7pm		SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
	SUPPORT GROUP Divorce/General 12:30 pm	SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm Addict. Busters 7:30p CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. East 5:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm PRESENTATION Mankind Project 7pm	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm	SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
	SUPPORT GROUP Divorce/General 12:30 pm BOARD MTG. 7 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm Addict. Busters 7:30p CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. East 5:30 pm WORKSHOP Financial Educ. 7pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm PRESENTATION Mankind Project 7pm		SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
MEN'S BRUNCH 10:00 am SUPPORT GROUP Men's Retirement 5:30 pm	SUPPORT GROUP Divorce/General 12:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm Addict. Busters 7:30p CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. East 5:30 pm TCMC PICNIC Bde Maka Ska 5:30p CLASS Anger Mgnt. 7pm	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm PRESENTATION Mankind Project 7pm	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm	SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
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		Call us about Anger Management Classes.		web site: www.tcmc.org e-mail: tcmc@tcmc.org phone: 612 / 822-5892		

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 40 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 30 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

Facilitator: 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.

The Mask You Live In

Host: Melanie Paradise

When: Thurs. Aug. 9, 7:00-9:00 pm

Where: St. Anthony Main Theater

Open to all Genders

The Mask You Live In follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity. Pressured by the media, their peer group, and even the adults in their lives, our protagonists confront messages encouraging them to disconnect from their emotions, devalue authentic friendships, objectify and degrade women, and resolve conflicts through violence. These gender stereotypes interconnect with race, class, and circumstance, creating a maze of identity issues boys and young men must navigate to become 'real' men. Experts in neuroscience, psychology, sociology, sports, education, and media also weigh in, offering empirical evidence of the 'boy crisis' and tactics to combat it. The Mask You Live In ultimately illustrates how we, as a society, can raise a healthier generation of boys and young men.

<https://www.tugg.com/events/the-mask-you-live-in-vvs8>

<https://www.facebook.com/events/1557083121069374/>

<https://www.meetup.com/Twin-Cities-Documentary-and-Indie-Films-Fans/events/251670811/>

Financial Workshop: Financial Planning Basics

Facilitator: Patti Powell

When: Weds., Aug. 15, 7:00-9:00 pm

Open to all Genders

Everyone can benefit from a financial plan that is tailored to individual needs and circumstances. A financial roadmap can motivate you to save money, help you meet your financial goals, and improve your overall financial security now and in the future.

In this seminar on Financial Planning Basics, you'll learn:

- How to construct a budget and the importance of establishing an emergency fund
- Credit fundamentals
- Basic investment concepts, including risk tolerance and the difference between pre-tax, after-tax, and tax-deferred investments
- Basic estate planning concepts

Patti Powell is a Financial Associate with the Central Minnesota Regional Office of Thrivent Financial.

TCMC's Second Annual Volunteer Appreciation Picnic

Host: Jeffrey Springer

When: Weds., Aug., 22, 5:30-8:00 pm

Open to all TCMC Volunteers & Families

You are invited to our volunteer appreciation picnic on Wednesday, August 22 from 5:30-8:00 PM on the south shore of Lake Bde Maka Ska (Lake Calhoun), near the parking lot. Look for the TCMC Banner. We find richness in our groups at the Mens' Center. Let's get to know each other socially and allow TCMC to show its' appreciation to you for all that you do!

TCMC will be providing hamburgers and brats, fruits and veggies, misc. salads & baked beans, water and pop (soda). (Help us make this an event without alcohol). Advise us of any dietary requirements you may have and we will do our best to accommodate them. We will be playing outdoor games. If you have a favorite, feel free to bring it.

A head count is needed for this event. Please RSVP to Tom Maher via e-mail to tomm@tcmc.org or call the TCMC office, 612-822-5892 with the number of adults and children that will be attending. We all look forward to seeing you on August 22!

Questions or comments: Jim Lovestar, jimbo@consciousbody.info 612-588-8984

Financial Workshop: Making a Difference

Facilitator: Patti Powell

When: Weds., Sept. 19, 7:00-9:00 pm

Open to all Genders

This workshop is designed to help you share your resources, (time, talents and treasures), thoughtfully and intentionally and in ways that align with your values. You will also explore ways to make the most of your resources.

Patti Powell is a Financial Associate with the Central Minnesota Regional Office of Thrivent Financial.

CLINICS

Family Law Clinics

Leader: Bob Manson

When: Wed., Aug. 1, 7:00-9:00 pm

Leaders: Linda Wray & Steve Yasgur

When: Wed., Sept. 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.

Open to all Genders

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- 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

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)

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, Hardy, Rich Powell, Tommy Jones, Bobby Schauerhamer and Gary Weldon.

Minneapolis Location

3249 Hennepin Ave. S. Suite 55

- Tuesdays 12:00 pm - 2:00 pm
- 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

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

Transitions

This group has been lacking new membership for more than a few years. We have tried to reignite the spark of interest for this group, but have decided that the group has run its course. Anyone interested in issues pertaining this group should check out the Saturday Healthy Sexual Boundaries group.

- Canceled

Upcoming Monthly Men's Sunday Brunches, drop-in anytime 10AM-1PM (bring something to share/cook up): **August 19th** at **Harry Greenberg's** backyard patio, 2435 Garfield Ave S, 55405, 612-599-3298 & **September 16th (Fall equinox)** at **Andy Mickel's**, 106 SE Arthur Ave, Minneapolis, 55414 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). Eight men attended both Jim Lovestar's June and Tom Weaver's July brunches. – Andy Mickel, 2018-07-19.

"I thought maybe a comment in 'Here & There' would be appropriate about this June 1st Wall Street Journal article: "Conversion Therapy Isn't the Cure for 'Toxic Masculinity'" Maybe Boys to Men is more about raising consciousness than conversion." – Carl Erickson, 2018-06-04.

"Thank you so much for the service you provide. As a member, I appreciate what you do for the men of the Twin Cities! – Allan Dahl , 2018-06-04.

"Thanks for all the great work you all do! Say do you folks do, or know of any place that does, anger management/dv classes for Hmong men? – Satveer Chaudhary, 2018-06-04.

Join us the evening of August 9th for a special one-time showing (and reception afterwards) of the 2013 film "The Mask You Live In" organized by Melanie Paradise in cooperation with the Twin Cities Dads Group and TCMC. Melanie wants to bring a diverse audience together to network and gain a better understanding of each other's experiences and perceptions with the film as the catalyst. She writes: "What speaks to you and what misses the mark?"

Watch the movie preview at: <<https://www.youtube.com/watch?v=hc45-ptHMxo>>
Ticket Price: \$14 (includes online fee). This price is identical to MSPFILM festival film prices at St. Anthony Main. More than 120 tickets have been sold (max is 200) Purchase tickets online at: <https://www.tugg.com/events/the-mask-you-live-in-vvs8>

Date: Thursday, August 9, 2018
Film: 7:00pm–8:40pm
Reception: until 11pm
Location: St. Anthony Main Theatre (115 SE Main St., 55414) then adjourn to: Wilde Cafe (65 SE Main St., 55414). – Andy Mickel , Tom Maher, Harry Greenberg & Tom Weaver, 2018-07-10.

"**The Other Thailand Rescue Story**" That other story is a tale about what I call "men's work." It's about men, who on hearing the call to save the boys, came in droves from all over the world.

It's about how all those adult male warriors braved unimaginable dangers and suffering to save the lost young guys. It's really an ancient story about how, down through the ages, when the boys were in danger of being lost to their community, the men came for them. While the Thailand cave rescue is a slightly different narrative, and though we haven't heard this story so profoundly demonstrated in recent times, this is a very old tale. – Man-Making Blog, Earl Hipp, 2018-07-18.

The Peace Group at First Universalist Church of Minneapolis, is bringing 31-year-old Paul Chappell to the Twin Cities to share his passion and wisdom for Peace Literacy, especially with youth. Sept. 26 - Oct. 3 for part of Twin Cities Nonviolent has its first initiative: "**10 Days Free From Violence**" starting September 21 on International Peace Day. www.twincitiesnonviolent.org. Watch his 1-hour video. "Why World Peace is Possible" at: www.paulkchappell.com

Paul, an Iraq war veteran, former Lt. graduated from West Point where he learned much about humanity's history, ancient mythology and how to resolve conflict nonviolently — go figure. Because of his own childhood abuse and anger he had plans to be a school shooter, now he shares what it'll take to wage peace using Peace Literacy. He also debunks the myths that human beings are naturally violent or that war is inevitable.

Contact me if you'd like to be involved or know more as we make plans. – Rick Gravrok 952-926-6655, rick.gravrok@gmail.com 2018-06-10.

Recent articles in the Minneapolis Star Tribune <<http://www.startribune.com/>>
"**What do dads want? Time with their kids**" by Gail Rosenblum, 2018-06-17. "The latest findings come from Pew Research Center which found that 63% of dads say they spend too little time with their children. The biggest roadblock: work. This is true whether Dad is married and co-parenting under one busy roof, or divorced... Fatherhood is the most important job a dad will ever have..." – Andy Mickel, 2018-07-01

"**Prostate Cancer Death Rate Not Dropping**" "... the new data immediately reignited long-running arguments over the use of screening through prostate-specific antigen, or PSA, tests. In 2012, a federal advisory committee discouraged routine use of PSA tests for all men. The U.S. Preventive Services Task Force said too many men were being harmed by aggressive treatment for early-stage malignancies that didn't pose a threat. But earlier this month, citing new data, the task force revised its

stance to say that men ages 55 to 69 should make individual decisions on screening after talking to their doctors. The group continued to recommend against screening for men over 70..." – Laurie McGinley (reprinted from the Washington Post). 2018-06-23.

Minnesota Men's Conference Annual Retreat 2018 will occur Sept. 10-16 at the Boundary Waters Canoe Area at Camp Du Nord Ely, Minnesota with teachers including Miguel Rivera Joel Glanzberg Marc Anderson Walton Stanley Benjamin Dennis. \$1150 including meals and lodging. – John Ernst, 920-209-1301 <john@mnmens.com>

I've appreciated keeping in touch with you all at TCMC over the years. **My latest book, My Distant Dad: Healing the Family Father Wound, by Jed Diamond, Ph.D.**, is just out. I thought many of your readers would be interested. The e-book is available here: <http://connectionvictory.com/jed-diamonds-my-distant-dad-healing-the-family-father-wound/> People can get the first chapter for free here: <http://menalive.com/my-distant-dad/> Hope all is well with you and the Center. E-book available June 17, 2018, Print versions available September 17, 2018 – Jed Diamond, 2018-06-18 <jed@menalive.com>

Mikah Meyer is an openly gay counter-tenor singer and LGBT advocate who the Today Show just featured for performing across the USA as part of his world record journey becoming the youngest person to visit all 417 National Park Service sites. He shares his three shows in the Twin Cities area this September.

1. "An Evening with Mikah Meyer - Singer, Adventurer, & LGBT Advocate" Wednesday Sep. 19, 6:30pm - Westwood Lutheran Church, 9001 Cedar Lake Rd S, Saint Louis Park, Minnesota 55426 <https://www.facebook.com/events/294989511040302/>

2. "An Evening with Mikah Meyer - Singer, Adventurer, & LGBT Advocate" Saturday Sep. 22, 7:00pm - St. Paul Reformation Lutheran Church, 100 Oxford St N, Saint Paul, Minnesota 55104 <https://www.facebook.com/events/167709870588497/>

3. LGBT Christian Advocate Speaks/Sings at Peace United Church of Christ Sunday Sep. 23 - 8:30am & 11am services - Peace UCC, 1503 2nd Ave NE, Rochester, Minnesota 55906 <https://www.facebook.com/events/203895413669544/> – Mikah Meyer, 2018-07-17

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: _____

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Family Law Clinic

Every 1st Wednesday of the month, the Men's Center is proud to present the Family Law Clinic. Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

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

Attorneys will volunteer their time and expertise for the benefit of those who attend. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.

Where: The Men's Center, 3249 Hennepin Ave S #55, Minneapolis MN 55408

When: Every 1st Wednesday from 7:00 to 9:00 PM
Just come! No advance registration required!

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(612) 822-5892
tcmc@tcmc.org

UPTOWN AREA SPACE TO RENT

**Twin Cities Men's Center,
3249 Hennepin Ave S**

	<i>Non-Profit</i>	<i>Profit event</i>
Full Day (8 hrs)	\$50	\$100
Half Day (4 hrs)	\$25	\$50
Hourly	\$7.50	\$15

(612) 822-5892

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

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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.

22 Years of Successful Classes

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