

men talk



in our 45th year
of public service

twin cities men's center

June/July 2021
Volume 45 #3

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

Visioning a “New Normal” for TCMC – Summer 2021

– © 2021 BY DR. TOM WEAVER

Welcome to our first “hard copy” of MenTalk since the shut down 15 months ago! Hereby —we all are invited to continue to participate in safe way supporting TCMC’s mission: to create a safe place, in times of personal and social challenge, for any men and women to receive and to give support to one another.” Please join us in discerning the best practices in supporting each other to meet up in a good way this summer! We now need to be aware of the science-supported community response to see how we can safely reopen our doors and rooms.

Office Manager Tom Maher and the TCMC board had a consensus this month, to print this Men Talk (plus two more in 2021) to model what looks to be a more hybrid model of a balanced digital (e.g. Zoom online) and face-to-face “analog” experience. Consider what have we learned from the challenges of COVID-19, systemic racism with the ongoing deaths of people of color in our community, and the economic challenges in 2021 in co-creating a “New Normal”.

“We are all in this together” is a meme I see on signs as I drive around the Cities this spring. Let us support each other, to breathe new life into our work, in service for balanced health and healing in the Twin Cities The lilacs blossom and gardens are being planted, and with renewed vigor, I sense we can digest lessons learned how to better serve our community at TCMC as “Men Serving Men” for over 45 years in a new way.

Where we have been

Early in 2020, after the pandemic was declared on March 11 by the WHO, the leadership of TCMC took steps to manage the challenges the pandemic posed, simply to survive and adapt our operations. With the generous financial help of so many of our members we have been able to secure our space, as well as continue with our important Anger Management Classes and Support Groups in an online mode.

TCMC board chair Damon Starks called on Joe Szurszewski, past chair, to lead a Securing our Future Task

Group (SoFT), to look treat the pandemic crisis as an opportunity to examine how to enable TCMC to thrive, relying on our Mission and Vision and those who are open and willing to co-create whatever emerges.

The SoFT group was able to respond after the May 25th murder of George Floyd at 38th and Chicago, Alternate Board Member Malik Holt-Shabazz, a community organizer working through CURA at the University of Minnesota organized and co-facilitated a new group offering to deal with Class and Race Issues, entitled “Removing the Guard Rails”. This pilot group attracted 14 men including men from Iowa and Western Canada with 3 Saturday sessions, Nov, Dec and Jan 2021 on Zoom.

Our Anger Mgmt Coordinator, John Hesch, and his volunteer facilitators, migrated to Zoom in early April providing a PDF version of the manual and 3-ring binders of the curriculum to participants. There was a learning curve in teaching online etiquette to create a positive online learning environment. Anger Management will continue with Zoom

Article continued on Page 2



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

Office Manager: Tom Maher
Anger Mgmt Coord.: John Hesch
Office Volunteer: Jim Heaney
Editor: Bill Dobbs

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Malik Holt-Shabazz - Alternate

Letter from the Chair

Gratitude for the emerging beauty of spring! We are now envisioning an opening for TCMC rooms, likely this summer at the end of July. Thanks for our members and group facilitators/volunteers who have continued to work together online, during the three epidemics this past year: 1) COVID-19, 2) race & class violence, and 3) the economic downturn that have affected our community this past year.

Curious about reopening? We are too! Today I talked with Tommy J, whose two healthy sexual boundaries have been meeting by conference call since our shut down in March. He/they are envisioning being back on-site to reopen by about Aug 1. We agree that safety and trust are imperative for us to be in integrity with our mission. Vaccinations are key for us as they are "flattening the curve" according to MDH and CDC guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/communication/guidance.html>
<https://www.health.state.mn.us/diseases/coronavirus/guidance.html>

Thanks for staying informed, as we get clear on how to be safe during the summer transition, and reconnect in a new way. As we emerge from the lessons of 2020 into 2021, I see possibilities for stemming the pandemic, healing from past racial inequality, and growing the climate for a new greener economy. Please share your ideas with each other, too. Hopefully we can share more hugs and direct connections back in our indoor space, as well as out-of-doors. Hybrid Vigor seems an apt phrase. Thanks to all of us who have listened to the science, and are now fully vaccinated. Thus far we have enjoyed two outside 3rd Sunday Men's Brunches, where we connected again without masks and even shared hugs for those vaccinated.

Thanks again for your kind support and taking care of yourself and each other..

In service,

TOM WEAVER
TCMC BOARD CHAIR

Article continued from Page 1

classes, as there are enrollees in California, Iowa, Wisconsin and Northern Minnesota that could not participate in the past. At this time, no face-to-face classes are scheduled, but we will resume in the latter half of 2021.

Where we are headed

I reached out to Tom Maher our Office Manager today, our active "face of TCMC", and he suggests we mark our calendars for Saturday July 31- Sunday Aug 1, for a envisioned summer celebration of our reopening! Consider following Tom on our Facebook page, <<https://www.facebook.com/tcmc.org>>. And to find update for our groups, check out <<https://tcmc.org/programs-support-groups-twin-cities-mens-center.html>> for updates and clarification.

Kind regards —and take good care of each other as we together emerge to co-creating our "New Normal" at TCMC— likely an ongoing hybrid as it were.

Tom Weaver is chair of the TCMC board, a long-time member now in his 8th decade. He is a retired holistic family MD with background in epidemiology having studied at the U. of M. School of Public Health.

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	
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CALL US ABOUT ANGER MANAGEMENT CLASSES.

1976 IN OUR 45TH YEAR OF PUBLIC SERVICE 2021

JUNE/JULY 2021

PRESENTATIONS

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: Rasheen Tillman

Where: Video Chat

When: Wed., June 2, 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: Rebecca Randen and Heather Chakirov

Where: Video Chat

When: Wed., July 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.

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 at <https://www.tcmc.org/pxlab/index.html>

**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 want 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

Note: In March of 2020, due to concerns about the coronavirus, the TCMC board suspended all in-person Support Groups, Anger Management classes, in-center meetings, law clinics, presentations, and renter activities until further notice.

TCMC is now planning on re-opening some in-person activities beginning August 1, 2021.

See www.tcmc.org, for more info.

OUTDOOR Monthly Men's Sunday Brunches Resuming!

Sunday June 20th (Father's Day--children welcome) at Jim Lovestar's backyard picnic table, 2629 Upton Ave N, Minneapolis 55411(1 block east of Theodore Wirth Parkway and near the Broadway/Lowry Jct), 612-588-8984.

Sunday July 18th at Tom Borden's backyard, 3933 41st Ave S, Minneapolis 55406. 651-782-5040.

15 men attended the outdoor men's brunch in April at Andy Mickel's and 14 men attended the outdoor men's brunch at Frank Brandon's in May. – Andy Mickel, 2021-05-18.

FA Brief But Spectacular take on being, and raising, better men

Researching masculinity has been a life-long interest for Andrew Reiner, and it took on a new urgency when his son, Macallah, was born in 2011. Reiner gives his Brief but Spectacular take on confronting an outdated model of masculinity. His latest book is called, "*Better Boys, Better Men.*" <https://www.youtube.com/watch?v=QiPtbfcl1HQ> (3:13) PBS Newshour, 2021-04-12.

"Has anyone considered **adding an assertiveness component to the Anger Management class?** Or perhaps a separate class? I have more difficulty with that and spoken communication than anger per se." – Carl Erickson, 2021-04-13.

Most Mass Shooters 'Dad-Deprived Males': Author Warren Farrell

By Zachary Stieber and Jan Jekielek in the Epoch Times, April 22, 2021
"...What we think of when we think of mass shootings is the people who are hurt. We don't realize that all of these people are hurt by boys who are hurt, who are deprived of their dads, who are feeling neglected and depressed," said Farrell, the chair of the Coalition to Create a White House Council on Boys and Men.

In his research for his most recent book, "*The Boy Crisis,*" Farrell identified signs of boys being hurt, developing a list of 63 signs. He hopes the list, which he described as a "male depression-suicide inventory," is used to question young people.

One Man's reflection on the Father Wound – Jed Diamond

In Jed's book, *My Distant Dad: Healing the Family Father Wound*, he describes how pervasive an unavoidable father wounding can be, affecting physical, emotional, relationship and social health as adverse childhood experiences (ACEs). The phenomenon is pervasive world-wide. Wounds can take the form of shaming, abuse, neglect and abandonment. By maintaining communication over time, healing can take place with some fathers who are open to this.

Read a review at: <https://menalive.com/review-my-distant-dad-by-billy-potter/#more-7677>

– Jed Diamond, jed@menalive.com
www.MenAlive.com 2021-05-12

The Minnesota AIDS Project has now been re-branded as Rainbow Health.

Since our beginning as the Minnesota AIDS Project (MAP) in 1983, we've been a leader in HIV and LGBTQ+ education—bolstered by the merger with Rainbow Health Initiative and acquisition of Training to Serve.

While our name has changed, our purpose has not. We are as dedicated as ever to working for equitable health care access and outcomes for people who experience injustice at the intersection of health status and identity. Our skilled team of educators have the knowledge and passion necessary to change systems of care for the better. – Rainbow Health, 2577 Territorial Road, St. Paul 55114. - 2021-05-20

The Minnesota Men's Sheds Association, with four Sheds in Hopkins, Roseville, Crystal and Mound, recently won a Research Grant from the University of Minnesota's School of Public Health for a study titled, "*How Men's Sheds can connect men together to improve health.*" Working together with the University and the Minnesota State Health and Agriculture Departments, they are visiting communities throughout rural Minnesota to generate interest in starting their own local Men's Sheds.

Men's Sheds are small groups of retired men meeting together in local community centers, schools and shops to do a variety of activities together to stay active and make connections with other men like themselves. Activities include doing small community service projects together, inviting interesting speakers to come in to talk about men's health and going out together to visit local attractions like local parks and trails, museums, and places of interest like local companies and the State Capital Building. Men's Sheds meet weekly and are free to join and participate. Learn more by calling Phil Johnson 952-239-0965, or visiting www.usmenssheds.org. – Joe Szurszewski - 2021-05-20

2021 TWIN CITIES PRIDE FESTIVAL. The 49th annual Twin Cities Pride Festival will be held at Loring Park on July 17 – 18 and will feature local BIPOC and LGBTQ+ vendors, food courts, a beer garden, and music stages. Due to time constraints, Pride is foregoing the Saturday night concert and fireworks this year. Hours will be 10 a.m. – 6 p.m. both Saturday, July 17 and Sunday, July 18 at Loring Park in Minneapolis. More Info at: <https://tcpride.org>

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**

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

(612) 822-5892

MEN TALK ADVERTISING RATE SCHEDULE

Full Page	7 1/2" x 10"	\$200
1/2 Page	7 1/2" x 4 7/8"	\$125
1/4 Page	3 5/8" x 4 7/8"	\$65
Biz Card	3 1/2" x 2"	\$25

(612) 822-5892
tcmc@tcmc.org

TCMC Office Hours: Monday through Friday 12:00pm–4:00pm (unless otherwise posted on our online calendar). Our telephone (612) 822-5892 is answered 24-hours per day by voicemail, and an attempt is made to return calls within 1 or 2 days. Our FAX number is (612) 821-6424.

TCMC is in the lower level of “Uptown Office Park,” a brick office building on the Northeast corner of West 33rd Street and Hennepin Avenue in south Minneapolis. Enter through the door on the north (3249) end of the building (it has 2 numbers: 3249 and 3255!), immediately turn left and descend the stairway through the fire door to Suite 55. (Formerly) handicapped access is easiest through a side door on West 33rd Street.

Check out our web site: www.tcmc.org or correspond at our e-mail address: tcmc@tcmc.org

The Twin Cities Men’s Center
3249 Hennepin Avenue South, Suite 55
Minneapolis, MN 55408 USA

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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.

25 Years of Successful Classes

***What’s
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