

# men talk

tcmc

twin cities men's center

in our 46th year  
of public service

Apr/May 2022  
Volume 46 #2

Explore your Truth, Find your Voice

## *Beyond Anger: Reclaim Your Fire!* – © 2022 BY DAN GORBUNOW

According to ancient Norse legend, before the world was created, all was fire, the land of Muspelheim, and ice, Niflheim. Heat from the land of fire began the process of creation and thus all the beings of the spirit world, and all life in the middle world, Midgard, were born. Fire is a sacred power, a seed of life within us, and within all things as the living spark of creation. With the energy we carry, we create our world anew, for better or worse.

The association of fire with human, especially men's activity, is ancient and primal. We gather at the hearth or campfire to reflect and engage, make food or plans, warm our drinks or medicines, play, tell stories, heal wounds, honor grief and victories, meditate in vision, and dream. To gather at the fire is memory; is a social reconnection; is a rite of passage; and is a ritual reunion with deep self, ancestors, and spirit.

The protecting, illuminating, transformative, and life-renewing qualities of fire are balanced by the shadows of fire, which are consumption, conflict, and utter destruction. These shadows are actually necessary components in the creation of new things, yet in the world of human activity, requires special diligence and guidance. Fire, without regulation, initiation and containment, may show up as naked tension, unrestrained desire, energy and resource depletion, addiction, anger ("to be distressed, hostile") and rage ("lunacy, rabidness, hydrophobic") — to be "hot-headed". We enter periods of strife, engulfed in a fiery violence of war. The same fire that creates and protects can also eat everything in its path. Fire thus is a symbol for men's energy with this dual-capacity for life-affirming and equally life-threatening potential.

Seeking to balance our nature, we approach fire and the sacred energy we carry as a tremendous gift and responsibility, as an ongoing choice. Conversely, many men have lost their connection to their spirit, vitality, drive, and purpose: this is a fire that has gone out or been reduced to sleepy ashes. The world goes to sleep with us if we don't tend the spark.

Life offers you a challenge, you must respond. If you don't master your energy, you remain asleep or risk unconsciousness as a shadow man or shadow warrior, and deny your potential for benevolent creative action, or worse, cause suffering and

devastation to yourself and others. To act masterfully in alignment means, therefore, to acknowledge, study, and regulate your energy, to contain and focus your primal fire, which is a beautiful solution to offer yourself, your relationships, and society.

Let's gather at this auspicious and crucial time on our planet to do this work together, and ensure that the fire we carry is a living force for good, awake and focused, a blessing of service and self, and not an unconscious source of further destruction and shadow. This is what we propose to do with the new course.

For over 30 years, Twin Cities Men's Center has helped hundreds of men through the delivery of an essential course, *Men Helping Men: Anger Management*, created by Dave Decker, and stewarded and taught most recently for many seasons by John Hesch. It remains a staple offering by TCMC and will continue to serve men and community into the future. Like fire, our needs and interests shift. Out of the evolving needs and interests of men, the new course has been created to supplement and complement the groundbreaking work of Anger Management, with *BEYOND ANGER: RECLAIM YOUR FIRE!* Register now and join good men, make great connections while doing some important work together.

Visit our website to learn more and register online. This exciting new course will meet for ten weeks on Mondays 6-7:30 pm, starting April 18, 2022. Hybrid options allows you to attend in-person at TCMC, or online via zoom. Bring your brother, father, or son; invite an ally, friend, or sponsor to go BEYOND ANGER and RECLAIM YOUR FIRE! Here is the link to register and learn more: <https://www.tcmc.org/programs-anger-management2-twin-cities-mens-center.html>

*Dan Gorbunow, AMT, is the Executive Director of the Seven Feathers Society <www.SevenFeathersSociety.org>. He is trained in Traditional Chinese Medicine, Taoist strategy, philosophy, martial arts; skilled in Eastern bodywork, experienced as a storyteller, drummer, initiator and mentor program leader. He is dedicated to bridging traditions and facilitating personal, family, and community healing. Visit <www.WarriorVox.com> for podcasts and media on sacred wellness and natural recovery.*

## Library Corner

– MATT BARNES, JEFF SPRINGER, LIBRARIANS



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](mailto: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](mailto:tcmc@tcmc.org)

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

### Board of Directors:

Tom Weaver, Chair  
Andy Mickel, Vice-Chair  
Ben Alfaro, Secretary  
Rick Charlson, Treasurer  
Mike Arieta  
Tom Sullivan  
Derek Gegner - Alternate  
Harry Greenberg - Alternate  
Dan Gorbonow - Alternate  
Jim Heaney - Alternate

## Letter from the Chair

**H**ope springs Eternal! Welcome spring! Gratitude for the shift in weather and the waning of Omicron, the most recent COVID-19 variant. New beginnings, and changing with the times and seasons, has been part of our flexible process over the two years of the pandemic, and the previous forty-six years plus of our existence. Continuing the tradition of sharing our experience, strength and hope, many of us are preparing for another nurturing gardening season enjoying the out-of-doors. Experienced in other ways of planting seeds, we are now watering new offerings of hybrid vigor in service to our growing online community.

Andy M and Bill D, webmasters/designers at TCMC, are continuing to create new links and text on our ever-evolving website – opening a variety of connections for the coming year. Visit “Men Helping Men With Anger: Anger Management I”, our flagship course designed by Dave Decker in 1995 and still relevant today: <https://www.tcmc.org/programs-anger-management-class-overview.html>.

Our new pilot program, “Beyond Anger: Reclaim Your Fire! Anger Management

II” is a course for men designed by Dan Gorbonow to address men's hidden sources of power, transformation, healing, and creativity: <https://www.tcmc.org/programs-anger-management2-twin-cities-mens-center.html>.

Continuing our tradition of supporting creative presentations by community leaders and visionaries over these 45+ years, information on another new offering will be available soon. Look for the Thurs. April 21 evening presentation by local author Mark T. Scannell, “Developing Resilience in Chaotic Times”. Resilience is a skill & a habit that is absolutely essential in this chaotic world in which we live. Visit us at: <https://www.tcmc.org/events-presentations-twin-cities-mens-center.html>.

Thanks again to our volunteers for your continued support in time, sweat equity, and members who step up financially and through referrals to allow TCMC to be responsive to our changing environment on a variety of levels.

Stay well, stay centered and well balanced continuing into spring and summer of '22 and beyond.

In Service,

**TOM WEAVER, TCMC BOARD CHAIR**

## Annual Facilitator Training, Sat., April 23rd, 12:15–2:30 pm.

Training will be taught by Tommy Jones, Gary Weldon and several other experienced facilitators, plus Tom Maher! All current support group facilitators, plus those wishing to become one, are welcome to attend. This is a wonderful opportunity to connect with other facilitators, to sharpen old skills, learn some new ones and to share your experiences with others. Please RSVP to Tom Maher and [tomm@tcmc.org](mailto:tomm@tcmc.org) or (612) 822-5892.

## New Support Group for Male Victims of Domestic Abuse

The Twin Cities Men's Center, in conjunction with Southern Valley Alliance, is beginning a Support Group via Zoom for men who have been the victims of any type of domestic abuse. Please look for more details to come in the next issue!

## TREASURER Volunteer Opportunity

We are now accepting applications for TCMC's next Treasurer following the recent announcement that our current Treasurer will be stepping down in April 2022. The Treasurer will be responsible for financial management and oversight, budgeting and monitoring, tax reporting, and making monthly reports to the Board of Directors. Qualified candidates have demonstrated experience in accounting and/or finance and a strong alignment with the TCMC mission. Please visit [TCMC.org](http://TCMC.org) to read the full job description or contact our Office Manager, Tom Maher, at [tomm@tcmc.org](mailto:tomm@tcmc.org).

## ANGER MANAGEMENT COORDINATOR Job Opportunity

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
--------	--------	---------	-----------	----------	--------	----------

## APR/MAY 2022

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

					SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	SUPPORT GROUP MEN'S WELLNESS 10:30 AM
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM		SUPPORT GROUP GAY ISSUES 7:30 PM CLASS ANGER MNGT I 6:00 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P CLINIC FAMILY LAW 7	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	SUPPORT GROUP MEN'S WELLNESS 10:30 AM
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM	BOARD MTG. 7 PM CLASS ANGER MANAGEMENT I 6:00 PM	SUPPORT GROUP GAY ISSUES 7:30 PM SUPPORT GROUP GAY ISSUES 7:30 PM CLASS ANGER MNGT I 6:00 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	SUPPORT GROUP MEN'S WELLNESS 10:30 AM
MEN'S BRUNCH 10:00 AM SUPPORT GROUP WE AGNOSTICS AA 6:00PM	CLASS ANGER MANAGEMENT I 6:00 PM ANGER MANAGEMENT II 6:00PM	SUPPORT GROUP GAY ISSUES 7:30 PM CLASS ANGER MNGT I 6:00 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	SUPPORT GROUP MEN'S WELLNESS 10:30 AM FACILITATOR TRAINING 12:15 AM
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM	CLASS ANGER MANAGEMENT I 6:00 PM ANGER MANAGEMENT II 6:00PM	SUPPORT GROUP GAY ISSUES 7:30 PM CLASS ANGER MNGT I 6:00 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	SUPPORT GROUP MEN'S WELLNESS 10:30 AM
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM	CLASS ANGER MANAGEMENT I 6:00 PM ANGER MANAGEMENT II 6:00PM	SUPPORT GROUP GAY ISSUES 7:30 PM CLASS ANGER MNGT I 6:00 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	SUPPORT GROUP MEN'S WELLNESS 10:30 AM
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM	CLASS ANGER MANAGEMENT I 6:00 PM ANGER MANAGEMENT II 6:00PM	SUPPORT GROUP GAY ISSUES 7:30 PM CLASS ANGER MNGT I 6:00 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P CLINIC FAMILY LAW 7	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	SUPPORT GROUP MEN'S WELLNESS 10:30 AM
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM	BOARD MTG. 7 PM CLASS ANGER MANAGEMENT I 6:00 PM ANGER MANAGEMENT II 6:00PM	SUPPORT GROUP GAY ISSUES 7:30 PM CLASS ANGER MNGT I 6:00 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	MEN TALK DEADLINE SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	SUPPORT GROUP MEN'S WELLNESS 10:30 AM
MEN'S BRUNCH 10:00 AM SUPPORT GROUP WE AGNOSTICS AA 6:00PM	CLASS ANGER MANAGEMENT I 6:00 PM ANGER MANAGEMENT II 6:00PM	SUPPORT GROUP GAY ISSUES 7:30 PM CLASS ANGER MNGT I 6:00 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	SUPPORT GROUP MEN'S WELLNESS 10:30 AM
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM	CLASS ANGER MANAGEMENT I 6:00 PM ANGER MANAGEMENT II 6:00PM	SUPPORT GROUP GAY ISSUES 7:30 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	MEN TALK MAILING SUPPORT GROUP MEN'S WELLNESS 10:30 AM
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM	CLASS ANGER MANAGEMENT I 6:00 PM ANGER MANAGEMENT II 6:00PM	SUPPORT GROUP GAY ISSUES 7:30 PM				

CALL US  
ABOUT ANGER  
MANAGEMENT  
CLASSES.

1976 IN OUR 46TH YEAR 2022  
OF PUBLIC SERVICE

## PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 46 years providing classes and support groups promoting personal growth to many men and women. Professional leaders in the community have led weekly presentations providing a wide opportunity for educational, spiritual and emotional growth for 34 years.

In recent years, attendance of the presentations by TCMC supporters has diminished to the extent that the TCMC Board of Directors has agreed to schedule them intermittently as the interest arises.

The 1st Wednesday of the month Family Law Clinic will continue by providing legal support for those experiencing legal issues.

The Board wishes to express appreciation to the supporters who attended the presentations and the many volunteer professionals who gave their time and talent to support a strong educational component of the TCMC mission.

A small fee is collected at the door for each person attending:

Non-Members of TCMC – \$5.

Regular Members (\$25 level) – \$3

Sustaining Members – FREE

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

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

*The Twin Cities Men's Center does not endorse, takes no specific position, nor holds any opinion on the presentations, or of any information imparted, or of the presenter(s) themselves. Presentations are the sole product and responsibility of the presenter(s).*

### Developing Resilience in Chaotic Times

Leader: Mark T. Scannell

Where: Video Chat/In-Person

When: Wed., Apr. 21, 7:00-9:00 pm

*Open to all Genders*

Resilience is a skill & a habit that is absolutely essential in this chaotic world in which we live. Resilience is the ability to rebound from adversities & challenges. Developing Resilience means involves our bodies, our minds, our spiritualities as well as finding support. Come join us to talk about these issues." To discover whether Mark will meet up in person at TCMC and/or be hybrid and online zoom chat, visit us at

<https://www.tcmc.org/events-presentations-twin-cities-mens-center.html>.

*Mark T Scannell is a local author.*

## CLINICS

### Family Law Clinic

Leader: Rebecca Randen

Where: Video Chat

When: Wed., Apr. 6, 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

Where: Video Chat

When: Wed., May 4, 7:00-9:00 pm

*Open to all Genders*

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

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

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

## CLASSES

### Anger Management

Facilitator: various

Where: Video Chat/In-Person

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, Bill Baldwin, 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>>

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

### 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 / In-Person

- 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 / In-Person

- Tuesdays 7:30 - 9:30 pm

## Addiction Busters

*Open to all Genders*

Struggling with chemical or behavioral addiction? AA not helping you? Frustrated with twelve-step programs? Don't like feeling powerless?

Want to bust your addiction rather than being busted FOR your addiction? Would you like to talk about Rational Recovery, SMART Recovery, the works of Stanton Peele, Ann Fletcher, James Prochaska and others in a supportive, confidential, comfortable atmosphere? Come to Addiction Busters support group and discuss alternative, cognitive approaches that may help you battle your addiction in new and different ways!

**Location:** Video Chat / In-Person

- Wednesdays 7:30 - 9:30 pm

## Choosing Healthy Sexual Boundaries

*Open to Men Only*

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worried about excessive, compulsive or obsessive sexual activities? Too much pornography in your life? Too many strip clubs? Ever feel like a sex addict? Feeling uncomfortable about inappropriate fantasies/thoughts/urges? Hurting or disappointing someone you love?

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

If you are currently participating in or have completed a sex offender treatment program you are welcome. If you have never been involved with the legal system you are also welcome. Facilitated by: Tommy Jones, Thomas Koepke, Sean Kratz, and Gary Weldon.

**Location:** Phone

- Wednesdays 5:30 - 7:30 pm

## Sexual Trauma & Abuse Survivors

*Open to all Genders*

Co-facilitators: Pat Buchmeier, PhD (Therapeutic Counseling) & Kathleen McDowell, MA (Human Development)

Many adults have been sexually abused in childhood or adolescence, or have experienced sexual trauma as adults. Whether you have clear memories or vague recollections, perhaps you experience feelings of shame, self-hate, guilt, fear, anger, grief, or embarrassment. Sharing your story and feelings with others can release these feelings, while creating and renewing patterns of comfortable, healthy, and rewarding interactions with people of both sexes. This support group provides a safe environment to share your experiences and learn about how others are coping with these issues. Join us in developing healthier attitudes and behaviors that transform us from survivors into living life to the fullest. Questions, call Jerry, 763-546-4133.

**Location:** Video Chat / In-Person

- 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 / In-Person

- Fridays 7:30 - 9:30 pm

## Men's Wellness

*Open to Men Only*

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

**Location:** Video Chat / In-Person

- Saturdays 10:30 am - noon

## 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.

**Location:** On hold

## We Agnostics of Uptown AA

*Open to Men Only*

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

**Location:** In-Person

- Sundays 6:00 - 7:00 pm

## Mankind Project Open Circle

When: Every Mon., 7:00-9:00 pm, Online

*Open to Men Only*

ManKind Project Minnesota began in 1990 and over 800 men are in our community. We have more than 20 on-going men's groups which serve as places where men can develop their Emotional Intelligence, practice Accountability to their Commitments of Service to others, and practice Authenticity in Actions and declarations.

This Open Circle enables participants to witness other men practice clarity of self-expression from their hearts rather than their heads. Join us in our 5-round format and ask questions to learn more and even participate yourself if you choose. Our structure is based on the masculine archetypes of King, Warrior, Magician & Lover in Moore and Gillette's book.

**Registration:** [https://docs.google.com/forms/d/e/1FAIpQLSdBQh40\\_](https://docs.google.com/forms/d/e/1FAIpQLSdBQh40_)

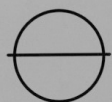
XpJInGr35iDThnqBLOl2HyhPbdL7djqzNDFVbJliw/viewform

## 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/>



**ODYSSEY**  
MEN'S GATHERING

FELLOWSHIP Storytelling Peer Support  
practical wisdom & discussion

APRIL 10 with TED HARRISON  
MAY 1 with WALTON STANLEY

Monthly in Eagan, MN. Register at:  
[WWW.SEVENFEATHERSSOCIETY.ORG](http://WWW.SEVENFEATHERSSOCIETY.ORG)

New Podcasts available on  
Warrior Vox YouTube channel



"EMPIRE VS. UNITY CONSCIOUSNESS"  
with Dr. Michael Obsatz, link:  
<https://youtu.be/rBkDlfv7MjQ>

**Monthly Men's Sunday Brunches Resuming! Sunday April 17th 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 15th at Frank Brandon's** 975 Como Blvd E, St. Paul, 55103. 651-487-3511. (on the east side of Lake Como). Brunch starts at 10:00am. – Andy Mickel, 2022-03-19.

“Grateful for your work in the community. Thank you.” – Cris Anderson, 2022-02-01.

“Thank you for your good work—for weathering the storm of the pandemic! Keep up the good work!” – Jill Ann Marks, MA, LP

“The Green Knight” is a 2021 film based on a story from the Arthurian legend that's a thousand years old—in the form of a poem. It stars Dev Patel (“Slumdog Millionaire”, “Lion”) and depicts his “hero's journey” to initiated manhood. However, without understanding the poem, this modern fantasy movie is difficult to understand in its disjoint, nearly sci-fi presentation. See: [https://en.wikipedia.org/wiki/Sir\\_Gawain\\_and\\_the\\_Green\\_Knight](https://en.wikipedia.org/wiki/Sir_Gawain_and_the_Green_Knight) and <https://www.vox.com/culture/22583668/sir-gawain-and-the-green-knight-medieval-poem-explained> – Frank Brandon, 2022-03-17.

**Cris Anderson continues his Men's Folk Tale Gardening Club** on zoom: Apr 7, 2022 07:00 PM and Apr 21, 2022 07:00 PM. Contact Cris at <anders@bitstream.net> to join in a storytelling sharing time. “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. The adventures continue.” – Cris Anderson, 2022-03-07.

**The National Responsible Fatherhood Clearing House** is being promoted by the Biden administration at: <https://fatherhood.gov/> to encourage fathers to get involved with their children. Here you will find resources to help dads of all kinds: activities, jokes, discussion blog, events, research and resources—particularly for single dads, or dads that have been distanced from female heads-of-households. – Seen on billboards around the Twin Cities, 2022-02-12.

**ODYSSEY Men's Gathering: Fellowship storytelling, Peer Support, practical wisdom and discussion:** April 17 with Ted Harrison and May 1 with Walton Stanley. Monthly in Eagan, MN. Register at <https://www.SevenFeathersSociety.org/> – Dan Gorbunow, 2022-03-18.

**Military veterans have access to a resource-filled website at:** <https://www.va.gov/REACH/> developed by the US Department of Veterans Affairs. The site addresses challenges veterans face in areas such as: career, education, health, money, disability, life transitions, relationship, trauma, grief and loss, depression,

isolation, etc. – Andy Mickel, 2022-01-16.

“**I found my heart inside a story**” by Larry Johnson, a Golden Valley veteran, storyteller and National Chair for the Old Gardening Party. <[https://www.hometownsource.com/sun\\_post/free/column-i-found-my-heart-inside-a-story/article\\_beb52d8c-a3f9-11ec-9337-2f239d21d219.html](https://www.hometownsource.com/sun_post/free/column-i-found-my-heart-inside-a-story/article_beb52d8c-a3f9-11ec-9337-2f239d21d219.html)> <larryjvfp@gmail.com> – Larry Johnson, 2022-03-18.

**The Men's Health Revolution: Doing More Good than Curing Cancer.** “I believe that the “Men's Health Revolution” is well underway. When I started MenAlive fifty-two years ago I made a commitment to help men live fully authentic lives, to love deeply and well, and to make a positive difference in the world. It was clear to me then, and even clearer now, that if we can heal men, we will go a long way to helping improve the lives of women, as well as the planet we all share...”

“I've been interested in men's health for a very long time. I was five years old when my uncle drove me to the mental hospital. I was afraid and confused. “Why do I have to go?” I asked Uncle Harry. “Because your father needs you,” he answered simply. “What's the matter with him?” I was beginning to cry, and I clamped my throat tight to stop the tears. There was only silence. In our family, we didn't talk about such things...” More at Jed Diamond's Men Alive blog: <<https://menalive.com/the-mens-health-revolution/>> – Jed Diamond, 2022-01-23.

## In Memoriam – Norm Petrik

The Twin Cities Men's Center mourns the loss and celebrates the life of Norm Petrik; long-time Men's Center Member, Board Member, Former Board Chair, Volunteer and Group Facilitator. Norm went to his rest on February 10, 2022. Norm's many contributions will not be forgotten. He will be missed by all! There will be a private memorial service for immediate family, and a celebration of life for family and friends sometime in the summer.

Norm was the first man from Minnesota initiated in the New Warrior Training (now ManKind Project) back in 1985 (nosing out Jimbo Lovestar by a few minutes). He was a practicing psychologist with the VA in St. Cloud for many years. For the nearly the past 20 years he has been serving on the Men's Center board. Norm's dedication and commitment were unsurpassed! He was always willing to give. Norm, rest well! We are honored by your service and your giving!

The website obituary has plenty of pictures of Norm for you to look at: <https://www.startribune.com/obituaries/detail/0000417048/>

## 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!**

#### Infinite Aperture Counseling

harry greenberg, msw, licsw  
*Specializing in Men's Issues*

2435 Garfield Avenue South  
Minneapolis, MN 55405  
(612) 599-3298

hgreenberg@iacounseling.com  
[www.iacounseling.com](http://www.iacounseling.com)



**Factor of 4, LLC**  
*Web Site Design & Hosting*

**612-279-6400**

[www.factorof4.com](http://www.factorof4.com)

*Brains. Experience. Style. Trust.*

#### UPTOWN AREA SPACE TO RENT

**Twin Cities Men's Center,  
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](mailto: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](http://www.tcmc.org) or correspond at our e-mail address: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)*

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

NON-PROFIT ORG.  
US POSTAGE  
PAID  
TWIN CITIES, MN  
PERMIT NO. 1100

**ADDRESS SERVICE REQUESTED**

**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, Bill Baldwin, on the Anger Management phone 612-229-3102.

*26 Years of Successful Classes*

***What's  
Inside***

Page 1 *Reclaim Your Fire!*  
*by Dan Gorbunow*

Page 2 *Library Corner*  
*Letter from the Chair*

Page 3 *Apr/May Calendar*

Page 4-5 *Classes, Clinics,*  
*Presentations*  
*Support Groups*

Page 6 *Here & There*

Page 7 *Community Ads*

Page 8 *Anger Management*