

men talk

tcmc
twin cities men's center

in our 44th year
of public service

Feb / Mar 2020
Volume 44 #1

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

Heroism?

— © 2020 BY JIM LOVESTAR

Fifty years ago, when others my age were going to college or dropping out, I was struggling to find meaning in being a member of the United States Marine Corps. Keep reading, this isn't a story of Vietnam tragedy or mayhem. Well, some of it is.

During my high school years I was a dork. Bullied, low grades, an outsider. I slogged through with one goal in mind. Join the Marine Corps and be a hero. Like in the books. I thought that the uniform would mean men would respect me and women would love me, carnally as well as emotionally. In recent years, as a member of Veterans for Peace, I sometimes speak to high school students and boil it down to this: "I joined the Marine Corps to get laid. It worked. Later, she dumped me."

So, I wanted to be a hero. As John Lennon, or someone, once said, "Life is what happens when you're making other plans." My plans involved combat in Vietnam, medals, the romantic war story. Life, acting through the Marine Corps, happened and made me an office clerk, miserably sitting at a typewriter behind a desk every day. Every day. Of course, I know now the romantic war story is BS. My first lesson in that came several months after I began sitting behind that desk. I was taken out of my unit and assigned to another one called Escort Platoon. The men in that outfit were tasked with escorting the bodies of Marines Killed in Action (KIA) back to their families. There were too many bodies to manage, so along with two other men in my unit, I was also given that duty. I asked the old-timer driving me to the airport, with the dead Marine in back, why I was picked for this assignment. I had been in less than nine months, was working with quite a few men with more rank and time in service than me. So I was puzzled. He simply asked me to compare my height to those with all the aforementioned qualifications. I was taller than all of them, and he noted that appearance was more important than experience. He was

pointing to the BS of the situation for me. I took awhile to grasp what he was saying.

The first Marine who I escorted home lived the life I, in my naiveté, so much wanted. He was a big, strong all-conference linebacker, senior class president, greatly beloved, and married his high-school sweetheart. AND, he was sent to combat in Vietnam. He was definitely not a dork. None of that protected him when he tripped a booby-trap that vaporized his body from the ribcage down. That outcome was not part of my romantic war story. He didn't even die a heroic death, just made a simple mistake. Everybody makes mistakes, right?

Many people assume doing the body escort must have been difficult. It wasn't. For some reason I intuitively understood that there was nothing, I say again, nothing I could do to make things better. Just follow the orders I was given and be quiet. At the time I did that without knowing what I was doing. The realizations I note above are the product of many years sitting in a men's group and looking at myself. That, and listening to what other men observed in me.

And that part about being a hero? I consider the times I step up and do something I'd rather not as heroic, especially when it is in service to my community. When someone says, "Thank you for your service", that is what I am accepting thanks for. Fifty years ago, wasn't really paying attention. Now I am. Oh, and the people who I say, "Thank you for your service" to are the ones who pick up my garbage every week, no matter what the weather. That, in my eyes, is heroic.

Jim Lovestar has sat in circles with men since 1978. Sometimes he thinks he should know more about himself than he does, after all this time. Other times, he is content knowing he is blessed by the compassion of men. He offers gratitude to those men.

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

Board of Directors:

Damon Starks, Chair

Andy Mickel, Vice-Chair

Tom Weaver, Secretary

Rick Charlson, Treasurer

David Grant

Harry Greenberg

Jesse Mason

Norm Petrik

Dan Gorbonow - Alternate

Jim Heaney - Alternate

Lydell Johnson - Alternate

Joe Szurszewski - Alternate

Letter from the Chair

It's 2020 and the year is off to a great start. I have a resurgence of energy and I'm looking forward to what 2020 bring TCMC.

I want to give a big Thank you to all of you who donated to the 2019 "Pay it Forward" Fundraising Campaign with your support and John Hesch's \$4500 match challenge we've raised \$12,430. This money has corrected our 2019 deficit and replenished our reserve funds. While this is great start to 2020; the fundraising committee is committed to creating new revenue streams, and doing a mid-year fundraising event. If you weren't able to donate and still wish to donate....please visit our website at www.TCMC.org. Also, if you wish to follow John Hesch's lead and create your own match challenge for the 2020 "Pay it

Forward" Fundraising Campaign please e-mail me directly at dam.star@hotmail.com.

If you are looking for ways to get more involved at TCMC...please consider volunteering as a committee chair or member. We are currently looking to expand our Fundraising and Donations Committee, Out Reach Task Group, Support Group Committee and Board Member David Grant our Facilities Coordinator is looking for volunteers for regular scheduled TCMC cleanings. If you are interested in joining a TCMC standing committee please feel free to contact TCMC through our website at www.tcmc.org.

DAMON STARKS
TCMC BOARD CHAIR

Hey TCMC Members...

do you have Health Care goals that you're lacking the motivation and/or support to attain? Please join me for TCMC's first **#myhealthchallenge**.

This is a 6 month support/social group aimed at setting and attaining General Health Goals in a supporting group with planned fitness activities.

There will be a informational meeting Monday March 16 at 7pm at TCMC. For details please e-mail Damon Starks at dam.star@hotmail.com.

TCMC Annual Meeting report

took place on Saturday, January 11, 2020 at 9:00 AM. We had a decent turnout despite the cold weather. Directors and Alternates were elected; reports on our activities in 2019 were presented, and visions for 2020 were proposed. If you'd like to get more involved, look for a future announcement of the Strategic Planning / Board Retreat planned for early 2020.

The Paying It Forward campaign was a huge success!!

As of 01/13/2020, we have raised \$12,430.00!! (And there may still be some PIF money out there coming in!) We have received information from the Allegra Foot Print Fund for Non-Profit Friends on grant money available for non-profits to enhance their image, expand their services and extend their marketing budgets. Information will be given to the FCC Committee.

Committee Volunteers Wanted

If you have an interest in volunteering for TCMC please consider joining a committee. We are looking for committee members for our Fundraising, Outreach, and Support Group Committees. Please contact the TCMC office to be put in touch with committee chair are you are interested in serving.

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

FEB/MAR 2020

				CALL US ABOUT ANGER MANAGEMENT CLASSES.		SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM
	SUPPORT GROUP DIVORCE/GENERAL 12:30 PM	SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS HEALTHY SEXUAL BOUNDARIES EAST 5:30 PM	SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30	SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM
2		CLASS ANGER MGNT. 7PM	CLASS ANGER MGNT. 7PM	PRESENTATION MANKIND PROJECT 7PM		1
	SUPPORT GROUP DIVORCE/GENERAL 12:30 PM	SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS HEALTHY SEXUAL BOUNDARIES EAST 5:30 PM	SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30	SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM
9	BOARD MTG. 7 PM	CLASS ANGER MGNT. 7PM	CLASS ANGER MGNT. 7PM	PRESENTATION MANKIND PROJECT 7PM		15
	CLASS ANGER MGNT. 7PM					
MEN'S BRUNCH 10:00 AM	SUPPORT GROUP DIVORCE/GENERAL 12:30 PM	SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS HEALTHY SEXUAL BOUNDARIES EAST 5:30 PM	SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30	SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM
SUPPORT GROUP MEN'S RETIREMENT 5:30 PM	CLASS ANGER MGNT. 7PM	CLASS ANGER MGNT. 7PM	CLASS ANGER MGNT. 7PM	PRESENTATION MANKIND PROJECT 7PM		22
16						
	SUPPORT GROUP DIVORCE/GENERAL 12:30 PM	SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS HEALTHY SEXUAL BOUNDARIES EAST 5:30 PM	SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30	SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM
23	CLASS ANGER MGNT. 7PM	CLASS ANGER MGNT. 7PM	CLASS ANGER MGNT. 7PM	PRESENTATION MANKIND PROJECT 7PM		29
	SUPPORT GROUP DIVORCE/GENERAL 12:30 PM	SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS H.S.B. EAST 5:30 PM	SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30	SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM
1	CLASS ANGER MGNT. 7PM	CLASS ANGER MGNT. 7PM	CLINIC FAMILY LAW 7	PRESENTATION MANKIND PROJECT 7P		7
			CLASS ANGER MGNT. 7PM			
	SUPPORT GROUP DIVORCE/GENERAL 12:30 PM	SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS HEALTHY SEXUAL BOUNDARIES EAST 5:30 PM	SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30	MEN TALK DEADLINE	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM
8	BOARD MTG. 7 PM	CLASS ANGER MGNT. 7PM		PRESENTATION MANKIND PROJECT 7P	SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM	14
	CLASS ANGER MGNT. 7PM					
MEN'S BRUNCH 10:00 AM	SUPPORT GROUP DIVORCE/GENERAL 12:30	SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS HEALTHY SEXUAL BOUNDARIES EAST 5:30 PM	SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30	SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM
SUPPORT GROUP MEN'S RETIREMENT 5:30 PM	CLASS ANGER MGNT. 7PM #myhealth challenge	CLASS ANGER MGNT. 7PM		PRESENTATION MANKIND PROJECT 7P		21
15						
	SUPPORT GROUP DIVORCE/GENERAL 12:30 PM	SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P	SUPPORT GROUPS HEALTHY SEXUAL BOUNDARIES EAST 5:30 PM	SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30	SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM	MEN TALK MAILING
22	CLASS ANGER MGNT. 7PM	CLASS ANGER MGNT. 7PM		PRESENTATION MANKIND P 7P		SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM
						28
	SUPPORT GROUP DIVORCE/GENERAL 12:30 PM	SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P				
29	CLASS ANGER MGNT. 7PM	CLASS ANGER MGNT. 7PM				

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

1976 IN OUR 44TH YEAR 2020
OF PUBLIC SERVICE

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 43 years providing classes and support groups promoting personal growth to many men and women. Professional leaders in the community have led weekly presentations providing a wide opportunity for educational, spiritual and emotional growth for 31 years.

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

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

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

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

Non-Members of TCMC – \$5.

Regular Members (\$25 level) – \$3

Sustaining Members – FREE

All presentations, classes, and clinics meet at The Men's Center, 3249 Hennepin Ave. So, Suite 55, Minneapolis, MN 55408 (unless otherwise noted).

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

Mankind Project Open Circle

Facilitators: Dave Semenchuk
and David Grocott

When: Every Thu., 7:00-9:00 pm

Open to Men Only

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

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

CLINICS

Family Law Clinic

Leader: TBD

Where: Twin Cities Men's Center

When: Wed., Feb. 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.

Family Law Clinic

Leader: Steve Yasgur

Where: Twin Cities Men's Center

When: Wed., Mar. 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

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/Decoupling

Open to Men Only

Men express feelings about separation, divorce, breaking up with a lover, and topics such as child custody/legal hassles. Men can express what it means to be a man in our culture and other issues in their lives.

- Mondays 12:30 - 2:30 pm
- Thursdays 7:30 - 9:30 pm

Gay Issues

Open to Men Only

Men express feelings about life's challenges and experiences, and what it means to be gay and male (you don't have to be gay to attend.) This is the Twin Cities longest running gay support group.

- Tuesdays 7:30 - 9:30 pm

Addiction Busters

Open to all Genders

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

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

- Tuesdays 7:30 - 9:30 pm

Choosing Healthy Sexual Boundaries

Open to Men Only

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? 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.

Minneapolis Location

- 3249 Hennepin Ave. S, Suite 55
• Saturdays 10:00 am - 12:00 pm

St. Paul Location

- Project Pathfinder
570 N. Asbury Street, Suite 300
St. Paul, 55104
• Wednesdays 5:30 - 7:30 pm

Sexual Trauma & Abuse Survivors

Open to all Genders

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

Many adults have been sexually abused in childhood or adolescence, or have experienced sexual trauma as adults. Whether you have clear memories or vague recollections, perhaps you experience feelings of shame, self-hate, guilt, fear, anger, grief, or embarrassment. Sharing your story and feelings with others can release these feelings, while creating and renewing patterns of comfortable, healthy, and rewarding interactions with people of

both sexes. This support group provides a safe environment to share your experiences and learn about how others are coping with these issues. Join us in developing healthier attitudes and behaviors that transform us from survivors into living life to the fullest. Questions, call Jerry, 763-546-4133.

- Thursdays 7:30 - 9:30 pm

Bisexual and Gay Issues

Open to Men Only

Men of all orientations explore a wide range of personal issues including our sexuality. We focus on our feelings about who we are and how we choose to live in the future.

- Fridays 7:30 - 9:30 pm

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

Give a Gift
of Men's Center
Membership
ONLY \$25



Fundraising & Contributions Help Needed

Attention TCMC members and supporters, the TCMC Fundraising and Contributions Committee can use your help.

If you have an interest or experience in Fundraising and are willing to volunteer some of your time; please contact Damon Starks at dam.star@hotmail.com.

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.

Upcoming **Monthly Men's Sunday Brunches, drop-in anytime 10am-1pm** (bring something to share/cook up): **February 16th at Stephen Sewell's**, 647 Lincoln Ave #F, St. Paul, 55105 (just west of Dale Av) 612-229-6699. **March 15th at David Kaar's duplex**: 2936 44th Ave S. Minneapolis 55406 (near Lake St. & Miss. River) 612-275-5165. 8 men attended Andy Mickel's December brunch, and 10 attended Frank Brandon's January brunch in sunny weather. – Andy Mickel, 2020-01-19.

I'm looking for men to interview for research on success stories, stories of men who have coped with and overcome adversities. I'm a prof at the U of MN and pay \$20 per interview. I do three interviews because I 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. I am happy to talk for a few minutes before group and educational settings. Men can text or leave a voice message at 612-237-6126. All are welcome. – Jane Gilgun, Professor, University of Minnesota, Twin Cities, 2019-09-15.

"Looking to learn more about the resources available for fathers throughout the Twin Cities. Also would like to get fathers involved in our upcoming Community event: **Positive Image annual Father Daughter Dance on Sunday February 23rd, at the Earle Brown Center.** Thanks." – Terry Austin austin0329@aol.com, 2019-12-30

"I'm a fixed income senior (old man) LOL who thinks TC Men's Center does great work - KEEP IT UP!!!" – Moses W. Renault-Moses, 2019-12-18

"You are needed more than ever. Our society has lost its humanity." – Herb Jaehne, 2020-01-02

"I miss Randy Genrich but love your continuing work with men. May God bless you." – John & Bonnie Driggs, 2020-01-06

"Thank you for all you do for all men! Damon - let me know how I can help." – Allan P., 2020-01-06

ManKind Project Minnesota is holding a New Warrior Training Adventure (NWTa) March 26-29th NWTa Near Rochester. This will be the first Indoor NWTa in MN in 6 years as the others recently have been "raw" or outdoor weekends. Registrar is Tim Kuss at: 651-208-1231. Register online at: <https://mkpconnect.org/civicism/event/register?reset=1&cid=53610> New address for MKP-Minnesota: Minnesota Mankind Project Community Council, Stronghold Safety Engineering, 2980 Commers Dr #200 Eagan MN 55121. – Tom Borden 651-792-5040, MKP-Minnesota Community Coordinator, 2020-01-07.

"Author Examines How Boys Feel About Sex": Peggy Orenstein. Best-selling author of the 2017 book: "Girls & Sex: Navigating the Complicated New Landscape" admitted to Amanpour on the BBC show Amanpour & Company on PBS that she was reluctant to interview teenage boys to write a companion book: "Boys & Sex: Young Men on Hookups, Love, Porn, Consent, and Navigating the New Masculinity", published this month. Her biggest surprise she says is how much they wanted to talk to me, instead of getting "Huh" replies. Orenstein covers everything from parental conversations with boys to boys who manage vile locker room conversation. – Phyllis L. Fagell, Washington Post, 2020-01-17

"When I was growing up, men and women had different roles. The old rules required men to be the protectors and breadwinners. Women's role was to be the homemakers and nurturers. Men's

world was outside the home in the workplace and women's world was inside the home with the family. The old rules assumed marriage was between a man and a woman and it was the woman's job to keep the marriage alive and well. But times have changed and more men are focused on making their marriage successful.

I've been a marriage and family counselor for more than 40 years and I'm seeing a new trend in the relationship world. I began noticing these changes in the 1970s with men being more involved with their children. Gradually at first, but with increasing frequency, men were taking a more active role in the nurturing and care of young children. Men also became more dedicated to the success of their relationships.

But these shifting roles have caused difficulties for many marriages. Women began working outside the home in increasing numbers and men focused more on family. There was a lot of interest on how women could succeed in the workplace, but little attention on how men could increase their relationship skills. I know that was true for me.

1. **Recognize that we enjoy a better sex and love life when they are married.**
2. **We must reclaim our lost selfhood.**
3. **We need to learn the five stages of love.**
4. **Stage 3 can either tear our marriages apart or set them up for success.**
5. **Learn to express the full range of feelings.**
6. **Accept that you can't keep your relationship unless you're willing to lose it.**

Read more in *Why Men Hold the Key to A Happy Marriage*. <https://menalive.com/why-men-hold-the-key-for-a-happy-marriage/#more-5826> I look forward to your comments and questions." – Jed Diamond, jed@menalive.com, 2019-12-15

Twin Cities Men's Center ALL-PURPOSE FORM

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

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

DATE: _____

FROM Name: _____

Mailing Address: _____

Home Phone: _____

Work/Cell Phone: _____

E-mail Address: _____

PLEASE SUPPORT OUR MEN TALK ADVERTISERS!

Family Law Clinic

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

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

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

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

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

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

THANK YOU!

The Men's Center receives generous donations of baked goods from Breadsmith Bakeries. You can find them at 50th and France or online at: www.breadsmith.com



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



Factor of 4, LLC
Web Site Design & Hosting

612-279-6400
www.factorof4.com

Brains. Trust. Experience. Style.

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

ADDRESS SERVICE REQUESTED

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

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.

24 Years of Successful Classes

***What's
Inside***

Page 1 *Heroism?*
by Jim Lovestar
Page 2 *Library Corner*
Letter from the Chair

Page 3 *Feb/Mar Calendar*
Page 4-5 *Classes, Clinics,*
Presentations
Support Groups

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