

# men talk

tcmc   
twin cities men's center

in our 41st year  
of public service

Apr/May 2017  
Volume 41 #2

## *Privilege, Not for Men Only - An Excerpt*

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**M**ale Privilege. These 2 words are often stated as a given or fact, a trump card outranking any other reason or point of discussion, that men have advantages given to them just by virtue of being male, white males. But, we might ask, compared to what? Why haven't we heard about female privilege? Are there are things not being said? Do females also have privilege? What influenced our present beliefs? Would we then think and feel differently about privilege and men and women?

Let's start a dialogue on this topic. Since we've heard almost entirely of male privilege, I want to list some of the privileges females have to offer balance to the topic. First a definition from the American Heritage Dictionary, "A special advantage, immunity, permission, right or benefit granted to or enjoyed by an individual class or caste."

- Not having to register for selective service
- 5+ years longer life
- Mostly female elementary school teachers
- Girl friendly elementary school teaching techniques
- Only 7% of work related deaths
- "Women and children first" in dangerous situations
- 1 in 4 Suicides
- Can expect to be protected by men
- Only 25% of the homeless
- Treated less harshly than males at all stages of life
- Get most of the child custody awards in divorce
- Much higher funding for breast cancer research than for prostate cancer with the death rates being similar
- Less likely to be evaluated and selected as partners on their status and earning ability
- Experience ½ of the violence that men do
- Tomboys are accepted, while the male equivalent is not
- Almost total control over reproductive decisions

This list is not comprehensive; there are numbers more, but demonstrates the reality of female privilege. Toni Airaksinen, a columnist for the Columbia Daily Spectator and student at Barnard (women's college) writes, "Feminism didn't just make me blind to the truth about men—it made me actively resist

learning about it... Once I took off my feminist blinders, I realized that I was fabulously privileged." We worked to help women get some of the privileges men have. It is now time to acknowledge female privilege and help men benefit from privileges women and girls have long received. Again Toni Airaksinen, "When men lose out women lose too. Many of these are fathers, husbands, and sons." The tear in the social fabric when a community loses a man has devastating effects in many lives. Hopefully we can work together to do this and we can all win.

**Why isn't this happening?** Asserting male privilege is another way of stating that women have disadvantages. Disadvantaged women have been interpreted and defined as victims by determined advocates for women. Victims require someone or some situation to be the victimizer. Who in this case? Their answer: men men, the oppressors of women. Such a simple one-sided answer ignores the multi-faceted and complex nature of each issue/privilege. This answer has been used to help gain political support and advantage. Many men, who have felt the results of shaming, guilt, and anger towards them, may respond by saying, it must be true, instead of saying, wait a minute, let's look at this more closely. Albert Ellis, the well-known psychologist, states, "to blame others means you get angry or hostile towards them." Taken further, male privilege defined and interpreted in this way, has led to anger and disrespect for men even to the point of dehumanizing, demonizing, and hatred.

We all have a group identity, or identities, defined by gender, race, religion, etc. This is a significant part of who we are and can be a good thing. Of course we want what is best for our group. It is equally important, though, to embrace, respect, and care for the humanity of all people. No exceptions. Hatred and mean-spirited treatment against other groups or individuals of other groups is never justified.

...

**Truth binds people together and minimizes mistrust and division.** Alan L. Egly writes in a sermon, "Ethics: How to do it," "The bane of ethics is incompleteness and incompleteness is a product of un-asked questions." Egly quotes Maguire (not

CONTINUED ON PAGE 2

## Library Corner

— JIM HEANEY, LIBRARIAN



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

The books in the Men's Center Library are sectioned off into 14 categories. These categories are: **Fathers, Children & Families, Fiction, Gay & Lesbian, Health & Therapy, Humor, Men's Movement & Masculinity, Men's Stories & Poetry, Miscellaneous, Relationships & Friendships, Reference, Relationships & Friendships, Sexuality, Spirituality, Valued Elders, Women.**

In addition to members having borrowing privileges from our library, we also have a reading room with free WiFi access. Stop in for a cup of coffee and catch up on your men's literature, and check out a book to go!

## Address Change Notifications

from the post office cost the Men's Center \$1.71 each. Please let us know in advance of mailings!  
Thanks!

*Men Talk* is a bi-monthly publication of the Twin Cities Men's Center. Call 612-822-5892, or e-mail us at [tcmc@tcmc.org](mailto:tcmc@tcmc.org). **Staff:** Tom Maher - Office Mgr, John Hesch - Anger Mgmt Coord. **Office Volunteers:** Rick Charlson, Jim Heaney, Dick Madigan. **Editor:** Bill Dobbs

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## Greetings from the Chair

The gym I go to has a weight room in the basement. It's usually filled with the sounds of clanking metal and muffled grunts, and it has an odor reminiscent of a college freshman throwing a bag of dirty laundry into a closet and forgetting about it until graduation. But what really stands out about this room is that even though it's in a co-ed gym, the people in this room are almost always male. This got me thinking – why are some men so willing to endure real pain and questionable hygiene to improve themselves physically (a worthy goal to be sure), but not interested in taking steps to improve themselves emotionally?

When I worked in the corporate world, I had colleagues who at the end of every workday would dutifully (and often with a certain amount of ceremony) draw an X through the day on a calendar in their cube. At the end of the year, they were left with hundreds of X's. This made me sad because it suggested a sense of fatalism and surrender, as if the only good thing about this job was that another day of doing it had mercifully drawn to a close.

I think a big reason why it rarely occurs to men that emotional growth is even a possibility is that they have settled in to a pattern of enduring life rather than seeking to enjoy it. The day-to-day grind can become familiar and comfort-

able, even if you hate your job or the circumstances of your life, so that your fear of the unknown dominates your longing for change. Or as Basil Fawlty memorably put it when asked about the point of living, "Beats me, I guess we're stuck with it".

Breaking out of this rut is like breaking out of any rut: it requires courage. You need the courage to believe that you really do know what is best for yourself, and that you have the intelligence, strength, and determination to make this belief become a reality. It takes courage to do the emotional heavy lifting necessary to figure out what about yourself is holding you back, and it certainly takes courage to change what isn't working.

I'd like to humbly suggest that TCMC is a place where you can work on yourself to break out of your rut. Our support groups, anger management classes, and presentations address the most common issues that frustrate guys and keep them from becoming the men they want to be. So by all means work out, bulk up, and slim down, but don't forget to take care of the other part of yourself. Being emotionally healthy opens the door to living the life you want, and it doesn't involve funky smells.

**JOE SZURSZEWSKI**  
**BOARD CHAIR**

### CONTINUED FROM PAGE 1

fully identified), "Too often we skim the surface of reality, observing and receiving those messages that are agreeable and sometimes we do not understand the true nature of reality because our psychic defenses are so strong."

Reconciling these forces is a tall order but taken in steps can be achievable if there is a good faith, respect and a willingness to do so. Cathy Young writing in the Washington Post says it well, "Our fractured culture is badly in need of healing—from the gender wars as well as other divisions. To be a part of this healing, feminism must include men, not just as supportive allies but as partners with an equal voice and equal humanity." Or, from Rev. Audette Fulbright, "Our own ideas become better when they are tested against other's perspectives and experiences."

We are all in this together. Let's get together. We can work in concert with each other.

*This article is an excerpt of a longer piece. Nels Otto has a long term interest in men's issues and before that, women's issues and the human potential movement. It led him to change careers from banking to counseling. He's a retired vocational and rehabilitations counselor, and a long term member of the Men's Center.*

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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## Apr/May 2017

web site: [www.tcmc.org](http://www.tcmc.org)  
e-mail: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)  
phone: 612 / 822-5892

	<b>SUPPORT GROUP</b> Divorce/General 12:30 pm <b>CLASS</b> Anger Mgnt. 7pm	<b>SUPPORT GROUPS</b> H.S.B. 12:00 p.m. Gay Issues 7:30 pm <b>CLASS</b> Anger Mgnt. 7pm	<b>SUPPORT GROUPS</b> H.S.B. East 5:30 pm Transition 7:30 pm <b>CLINIC</b> Family Law 7	<b>SUPPORT GROUPS</b> Divorce/General 7:30 Sex Abuse Survivors 7:30 pm <b>CLASS</b> Mankind 7pm	<b>SUPPORT GROUP</b> Men's Bisexual & Gay Issues 7:30 pm	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00 am
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<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	Call us about Anger Management Classes.		

1976 In Our 41st Year  
of Public Service 2017

## PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 40 years providing classes and support groups promoting personal growth to many men and women. Professional leaders in the community have led weekly presentations providing a wide opportunity for educational, spiritual and emotional growth for 30 years.

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

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

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

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

Non-Members of TCMC – \$5.

Regular Members (\$25 level) – \$3

Sustaining Members – FREE

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

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

## CLINICS

### Family Law Clinic

Leader: Bob Manson

When: Wed., Apr. 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

Leaders: Linda Wray & Steve Yasgur

When: Wed., May. 3, 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.*

## PRESENTATIONS

### Self-Mastery with Spiritual Kung fu

Facilitator: Accolon Hollingsworth

When: Thu., Apr. 15, 7:00-9:00 pm

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

*Open to all genders*

Accolon Hollingsworth shares (non self-defense) skills and methods from his system of self-mastery that you can use to rise above your inner conflicts and be strong, confident and able to fulfill yourself.

Accolon is a Life Coach and Kung fu Teacher. You can contact him at: e-mail: [accolon@innervictorypower.com](mailto:accolon@innervictorypower.com), or phone: 612-242-9174.

### Emotional Self-Care

Facilitator: Accolon Hollingsworth

When: Thu., Apr. 27, 7:00-9:00 pm

When: Thu., May 11, 7:00-9:00 pm

*Open to all genders*

We take care of the bruises and cuts that happen to our bodies. We also need to take care of our emotional bruises and cuts. When you do this, you strengthen your well-being. The ability to heal yourself emotionally makes you resilient to any pain that life hits you with and this makes you better able to feel good even through your tough times. This ability to care for yourself emotionally also helps you better enjoy your relationships because you won't be dependent on other people to feel good which in turn makes you more enjoyable to the people you are in relationship with. This creates an enjoyable healthy dynamic in your relationships.

I enjoy this emotional strength and want to help you enjoy this too. Before I got good at emotional self-care, I suffered needlessly (unaware how much I could ease my own emotional discomfort). Now that I am so

practiced at this, things like getting my feelings hurt or someone not being available to connect with me emotionally when I would prefer or when I need support is not a big deal because I am always able to support myself emotionally. This is very freeing and empowering.

Come and learn some of these feel good skills!

Accolon is a Life Coach and Kung fu Teacher. You can contact him at: e-mail: [accolon@innervictorypower.com](mailto:accolon@innervictorypower.com), or phone: 612-242-9174.

## CLASSES

### Mankind Project Open Circle

Facilitator: Jamie Wellik

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

*Open to Men Only*

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

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

• Thursdays 7:00 - 9:00 pm

### Anger Management

Facilitator: various

When: See calendar for dates

*Open to Men Only*

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, on the Anger Management phone 612-229-3102.

## SUPPORT GROUPS

*"The mission of the Men's Center Support Groups is to create a safe place, in times of personal and social challenge, for any men and women to receive and give support to one another and share feelings and experiences to facilitate SELF-ACCEPTANCE and PERSONAL GROWTH."*

*The Men's Center support groups are hosted by a trained facilitator. Although each group has a specific focus, all groups are Open to general discussions and attended as a Drop-In basis. Support groups begin promptly at 7:30, so arrive early such that you can browse the many resources and library materials. A donation of \$3-9 helps keep TCMC operational. Liquid refreshments are available at a separate donation rate. All groups are men only, except where listed for all genders.*

### • Minneapolis Location

3249 Hennepin Ave. S. Suite 55

### General Men's Issues/ Divorce/Uncoupling

*Open to Men Only*

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

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

### Gay Issues

*Open to Men Only*

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

- Tuesdays 7:30 - 9:30 pm

### Transitions

*Open to all Genders*

This group is intended to focus on the difficulties persons face when leaving a prison environment and reentering the community, where a former prisoner can go for emotional support when he returns to the community, and where he can be openly honest about his discouragements, frustrations, temptations, and fear of public attitudes.

- Wednesdays 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

### Choosing Healthy Sexual Boundaries

*Open to Men Only*

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

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

Healthy Boundaries welcomes all men who are currently participating in, or who have completed, sex offender treatment. Facilitated by Tom Duvall, Hardy, Rich Powell, Tommy Jones, Bobby Schauerhamer and Gary Weldon.

### Minneapolis Location

3249 Hennepin Ave. S. Suite 55

- Tuesdays 12:00 pm - 2:00 pm
- Saturdays 10:00 am - 12:00 pm

### St. Paul Location

Project Pathfinder

570 N. Asbury Street, Suite 300

St. Paul, 55104

- Wednesdays 5:30 - 7:30 pm

### Sexual Trauma & Abuse Survivors

*Open to all Genders*

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

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

- Thursdays 7:30 - 9:30 pm

### Men Facing Retirement Issues

*Open to Men Only*

A support group for men thinking about retirement or who have already retired. It is an opportunity to share feelings with other men about the importance of work and what happens when paid employment is no longer part of a man's life.

- 3rd Sundays 5:30 - 7:00 pm

## The Twin Cities Men's Center is having an OPEN HOUSE!

**Sat, April 22, 2017  
from 1 - 4pm**

Come meet all the people who work to make the Twin Cities Men's Center an invaluable space to learn and grow within the Twin Cities community. The Twin Cities Men's Center is a 501c3 that is organized and operated by volunteers.

Learn about the different groups and workshop opportunities available and let us know what you would like to see and/or help create at the Twin Cities Men's Center. We will have a suggestion box available for you to leave your suggestions. This is a social event and light refreshments will be provided.

**Happy Spring!**

Upcoming **Monthly Men’s Sunday Brunches, drop-in anytime 10AM-1PM** (bring something to share/cook up): **April 16th at Andy Mickel’s**, 106 SE Arthur Ave, Minneapolis, 55414 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). **May 21st at Bob Schauerhamer’s** 3232 Fremont Avenue North, #120, Minneapolis, MN 55412, 612-670-6508. (South on Fremont from I-94/Dowling Ave N exit). Ten men attended the February 19th brunch hosted by Rick Gravrok, and 12 men attended Damon Stark’s March brunch in Minneapolis. – Andy Mickel, 2017-03-20.

I was at the AVP Steering Committee meeting tonight and I told them of the **Men’s Center Transitions Support Group**. There were tears in people’s eyes, tears of gratitude. We need something like this to share and it sounds absolutely perfect, thank you for letting us know and thank your organization for making it possible. – Joann Perry, Alternatives to Violence Project, 2017-01-19

**Phoenix Rising: Healing in the Year of Fire with Malidoma Somé**, Sat. Apr. 8, 7-10 p.m., SATTVA, 3200 Bryant Av S, Minneapolis 55408. Malidoma Somé, Dagara (West African) elder, author, and shaman to a community healing event and discussion at SATTVA Healing Arts. We’ll kick off the event with some drumming and a short story of creation; we’ll venture together into the Dagara cosmological wheel of elements as a doorway to understanding and connection, followed by in-depth lecture with Malidoma on the significance and deeper themes

of Fire, ancestor connection, and our times. This will be a fun, dynamic event open to all people/ages/faiths, everyone welcome! Put some healing to the fire in 2017. \$69 Adult \$125 Couple \$49 Single Parent/Youth. To register: stop by SATTVA, or call 612-823-5450, or go online [www.sattvamn.com](http://www.sattvamn.com) – Dan Gorbunow, 2017-03-19

Monthly Saturday community gatherings (April 8, May 6, etc.) of **Mankind Project Minnesota** are at SATTVA, 3200 Bryant Av S, Minneapolis 55408. Contact David Grocott, 651-894-2685 <davidgrocott@mkp.org> for more information, or attend the Open Warrior Circle at the Men’s Center on Thursday evenings. – Jamie Wellik, 2017-03-15.

Jed Diamond has issued a pair of postings to his Man Alive blog: *The Man’s Guide to Women: 5 Things Women Want Men to Know About Fear, Sex, and Love*. and *The Woman’s Guide to Men: 6 Things Men Want Women to Know About Sex, Love, and Talking*. [www.menalive.com](http://www.menalive.com) – Jed Diamond, 2017-03-19.

“I’m writing you because your name was in the contact list of **Gary Van Den Heuvel**, and so there might be a chance you would want to know that **Gary’s autobiography/spiritual memoir Wealth of Shenanigans** is finally in print, now almost five years since his death. The book synthesizes Gary’s vision by combining memoir, essay, Joycean irrationality, and spiritual insight. It illuminates how an understanding of touch as the foundation of mind can shift how we

live. Engaging with his ideas can help us better face the serious challenges of our current situation through a radical shift in our philosophical paradigm. The autobiographical portions are gritty, with no punches pulled, and the philosophical portions give us the opportunity to reexamine our assumptions about reality as well as mid-century America.” – Wishing you all the best, Kell Julliard, 2017-02-04

The **Divorce Men’s Network**, continues to meet to give support to men going through divorce. They have begun a MeetUp group at: [www.meetup.com/thedivorcedguys](http://www.meetup.com/thedivorcedguys) Contact Bruce Smith, 952-738-1190. FFI: [www.thedivorcemensnetwork.org](http://www.thedivorcemensnetwork.org) – Jim Lovestar, 2017-03-07.

Mic Hunter’s latest workshop is on **PTSD and these political times**. Julianne Schwietz is organizing through her Facebook page: <https://www.facebook.com/behumazing/> Event is Sun. Apr. 2, 1-5pm at Minnesota Humanities Center, 987 E Ivy Ave, St. Paul, 55106. Dr. Mic Hunter is licensed as both a psychologist and as a marriage & family therapist. He has spoken hundreds of times throughout the world, and in the media including CNN and Oprah. He is the author of numerous books including *Back To The Source: The Spiritual Principles Of Jesus*, *Honor Betrayed: Sexual Abuse In America’s Military*, and *Abused Boys: The Neglected Victims Of Sexual Abuse*. FFI: [mic@DrMicHunter.com](mailto:mic@DrMicHunter.com) – Mic Hunter, 2017-03-20.

### WELCOME OUR NEW OFFICE MANGER!

If you have stopped in recently, you may have met our new Office Manger, Tom Maher. He takes over a key job at TCMC as the “face and voice” of the organization; that is, he’s the man you hear on the answering machine and phone, and he’s the person you meet when you come to TCMC. Mostly, Tom does a thousand tasks that keep the place humming. Come in to say “Hi” and “Thanks!”

## 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*

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DATE: \_\_\_\_\_

FROM Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
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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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#### 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

#### 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**

**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

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## Anger Management Program

Have you been told that your verbal and emotional expression of anger is out of control? Have you lost your job or spouse because you "blew up" one too many times? Have you been hit with a court order to take an Anger Management Class? Learn how to manage your feelings with the Twin Cities Anger Management Program. This is one of the best, and most affordable, programs in the area. It's ideal for men who desire to significantly improve their relationships at home and at work.

The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger. Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

**Length of Class:** 12 consecutive weeks

**Number of Participants:** Limited to 12 men per class

**Cost:** \$265 for TCMC Members (\$275 for Non-Members)

**Starting Dates:** Classes are filled on a first come, first served basis. Currently, there are classes on Mondays, Tuesdays, and Wednesdays.

Please call TCMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Or if you need further details, call our Anger Management coordinator, John Hesch, on the Anger Management phone 612-229-3102.

*21 Years of Successful Classes*

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