

# men talk

tcmc  
twin cities men's center

in our 43rd year  
of public service

Apr/May 2019  
Volume 43 #2

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

## Amidst Crisis, I choose Faith in “something”

— © 2019 BY RICK GRAVROK

**W**here to start? I'll begin where I go when thoughts fail, I'll go with feelings...

So, as I imagine being with a group of people and we're instructed to line up with folks at one end who have faith and hopeful feelings, and at the other end are those who are in despair or fear. Once others have found their places, I find myself running back-and-forth from one end of the spectrum to the other.

While there is more than enough bad news out there, and I sometimes find myself feeling afraid and in despair, I also find faith in something old that has worked in my parents' generation. That “something” can work again with modern twists capable of addressing the challenges of screwed up America politics and a planet at risk because of climate change.

For myself and for many Americans that “something” to have faith in is the Green New Deal (GND).

When America was struggling to get out of the Great Depression and facing World War II, it was the New Deal of President Franklin Delano Roosevelt (FDR) that got us through and also gave us Social Security, much of America's infrastructure and so much more.

Today's GND is not new, it comes from the Ten Key Values of the Green Party, of which the Four Pillars are: Ecological Wisdom, Social Justice, Grassroots Democracy and Nonviolence. The rest are at <[https://www.gp.org/ten\\_key\\_values\\_2016](https://www.gp.org/ten_key_values_2016)>. Green principles have been effective in Europe, in part, because many countries there are not saddled with a dysfunctional two party system the way we are here in the good old USA. One improvement in American politics, including in Minnesota, is because of Ranked Choice Voting (RCV), which is now used in Minneapolis, St. Paul and St. Louis Park. Another advancement in Minnesota is that the Local Option Bill is gaining ground.

**Background info:** there are two types of cities in

Minnesota, Cities like St. Louis Park, which is a Home Charter city, while the other 85% of Minnesota cities are Statutory Cities. Home Charter cities are able to vote for using RCV while Statutory Cities must first get permission from the legislature to vote on RCV. Roseville for example was told “no” by the state. If the Local Option Bill passes, any Minnesota city could vote on RCV without having to go to the state.

Back to my main topic...

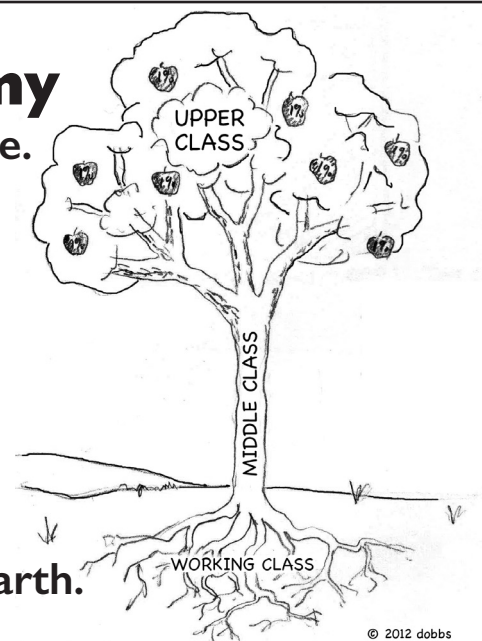
The American GND, like the Global GND and FDR's New Deal, is a living, evolving necessity. In general, it is about getting for Americans what we all want regardless of political affiliations including: a livable climate; clean air and water; affordable education, housing and health care; good paying jobs; safe infrastructure; and improved transportation. And the GND is getting huge support from our youth as if their lives depend upon it – because they do. Nationally, the youth-

*Continued on Page 2*

**Economy  
is like a Tree.**

**The Fruits  
depend on  
the Roots.**

**And the  
Roots need  
a healthy Earth.**



## Library Corner

— JEFF SPRINGER,  
LIBRARIAN



April is National Child Abuse Prevention month. The Men's Center library has books featured for April and May focusing on surviving and dealing with childhood sex abuse. They are self help books and stories of people who have survived. Please check them out. They are very helpful.

I am almost done with transferring the cassette and VHS tapes to CD and DVD. I am hoping to have them available for check out in the near future.

The library is in desperate need of books that deal with transgender issues. If you know of any such books that could be donated or purchased at a reasonable price, Please feel free to contact Tom at the Men's Center, or myself at 612-275-5861 [jeffreycotspringer@gmail.com](mailto:jeffreycotspringer@gmail.com).

## 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.: John Hesch  
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## Letter from the Chair

I can taste Spring in the air and I anxiously await its arrival. While I am looking forward to the trees and flowers blooming; I am excited about the work that's being done at TCMC.

Under Board Member Andy Mickel's leadership our Outreach Committee is soaring to new heights with out reach opportunities and initiatives. Anger Management is continuing to appeal to probation officers for referrals. The board has created a Facilities Coordinator position and Board Member David Grant has been appointed to the position. The

Fundraising Committee is exploring new exciting opportunities for raising funds, and the dedicated TCMC volunteers continue to do the work of the Mens Center that keep us relevant and operating.

I hope this Spring will spark your interest in volunteering. If you have an interest in Support Groups, Anger Management, Outreach, Presentations, Administrative, and/or facilities we would like to hear from you.

**DAMON STARKS**  
**TCMC BOARD CHAIR**

*Article continued from Page 1*

led Sunrise Movement <<https://www.sunrisemovement.org>> is focused on stopping Climate Change and creating millions of good jobs in the process. I was on a couple of ZOOM webinars with a thousand of them when many were pledging online to show up at the presidential debates to make sure that climate issues are addressed this time.

In Minnesota, we have Minnesota Can't Wait legislation which Representative Frank Hornstein and Senator Scott Dibble are the lead sponsors. You can read the details at <<https://www.mncantwait.com/minnesota-green-new-deal>>.

Nationally, Congresswoman Alexandria Ocasio Cortez and Senator Ed Markey have introduced twin resolutions to bring the Green New Deal to Congress. The full resolution can be found at <<https://assets.documentcloud.org/documents/5729033/Green-New-Deal-FINAL.pdf>>

For myself, I am inspired by my experience at the 2014 Peoples Climate March in New York City with 500,000 who stood up at precisely 12:58 pm for a very powerful moment of silence <<http://youtu.be/zzoEYekSepc>>. That Minute of Silence inspired me to create my first website. To check out my NAG strategy and the Minute of Silence tool, go to <[StandUpDaily.org](http://StandUpDaily.org)>.

Also, I'm working with a couple of organizations to bring Paul K. Chappell to the Twin Cities again to bring his Peace Literacy to our schools. More information can be found at <<https://paulkchappell.com>> and <<https://www.peaceliteracy.org/>>.

All of these things nourish and empower me — I hope they will do the same for you, our country and the world too.

*Rick considers himself to be a champion for children, Mother Earth & a communitarian for healthy community. He did his ManKind Project NWT weekend in 1990 and was a leader of the Boys To Men Mentoring Network and lives in Monterey Cohousing Community (St. Louis Park) which he co-founded. Rick was a preschool teacher for 7 great years and misses his parents and his dog Patch. Is more spiritual than religious, a First Universalist Church member with folks who are bringing Paul K. Chappell and Paul's Peace Literacy to local schools. You can contact Rick at 952-926-6655.*

# EVENTS CALENDAR

The mission of the Men's Center is to provide resources for men seeking to grow in body, mind, and spirit; and from that foundation to advocate for healthier family and community relationships.

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |
|--|---|--|---|---|--|---|
| Call us about Anger Management Classes.                                      | SUPPORT GROUP Divorce/General 12:30 pm<br><b>1</b>  | SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm Addict. Busters7:30p<br>CLASS Anger Mgnt. 7pm<br><b>2</b>  | SUPPORT GROUPS H.S.B. East 5:30 pm<br>CLINIC Family Law 7<br>CLASS Anger Mgnt. 7pm<br><b>3</b>                | SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survr 7:30<br>PRESENTATION Mankind Project 7pm<br><b>4</b>  | <b>5</b>   | SUPPORT GROUP Healthy Sexual Boundaries 10:00 am<br><b>6</b>                      |
| <b>7</b>   | SUPPORT GROUP Divorce/General 12:30 pm<br>BOARD MTG. 7 pm<br><b>8</b>                           | SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm Addict. Busters7:30p<br>CLASS Anger Mgnt. 7pm<br><b>9</b>  | SUPPORT GROUPS H.S.B. East 5:30 pm<br>CLASS Anger Mgnt. 7pm<br><b>10</b>                                      | SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survr 7:30<br>PRESENTATION Mankind Project 7pm<br><b>11</b> | SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm<br><b>12</b> | SUPPORT GROUP Healthy Sexual Boundaries 10:00 am<br><b>13</b>                     |
| <b>14</b>  | SUPPORT GROUP Divorce/General 12:30 pm<br><b>15</b>   | SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm Addict. Busters7:30p<br>CLASS Anger Mgnt. 7pm<br><b>16</b> | SUPPORT GROUPS H.S.B. East 5:30 pm<br>CLASS Anger Mgnt. 7pm<br><b>17</b>                                      | SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survr 7:30<br>PRESENTATION Mankind Project 7pm<br><b>18</b> | <b>19</b>  | SUPPORT GROUP Healthy Sexual Boundaries 10:00 am<br><b>20</b>                     |
| MEN'S BRUNCH 10:00 am<br>SUPPORT GROUP Men's Retirement 5:30 pm<br><b>21</b> | SUPPORT GROUP Divorce/General 12:30 pm<br><b>22</b>   | SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm Addict. Busters7:30p<br>CLASS Anger Mgnt. 7pm<br><b>23</b> | SUPPORT GROUPS H.S.B. East 5:30 pm<br>PRESENTATION Masturbation Class 7<br>CLASS Anger Mgnt. 7pm<br><b>24</b> | SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survr 7:30<br>PRESENTATION Mankind Project 7pm<br><b>25</b> | SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm<br><b>26</b> | SUPPORT GROUP Healthy Sexual Boundaries 10:00 am<br><b>27</b>                     |
| <b>28</b>  | SUPPORT GROUP Divorce/General 12:30 pm<br><b>29</b>   | SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm Addict. Busters7:30p<br>CLASS Anger Mgnt. 7pm<br><b>30</b> | SUPPORT GROUPS H.S.B. East 5:30 pm<br>CLINIC Family Law 7<br><b>1</b>   | SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survr 7:30<br>PRESENTATION Mankind Project 7pm<br><b>2</b>  | <b>3</b>   | SUPPORT GROUP Healthy Sexual Boundaries 10:00 am<br><b>4</b>                      |
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| <b>26</b>  | MEMORIAL DAY HOLIDAY<br><b>27</b>   | SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm Addict. Busters7:30p<br>CLASS Anger Mgnt. 7pm<br><b>28</b> | SUPPORT GROUPS H.S.B. East 5:30 pm<br><b>29</b>   | SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survr 7:30<br>PRESENTATION Mankind Project 7pm<br><b>30</b> | <b>31</b>  |   |

## 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.

### Masturbation MasterClass: Becoming Mindful

Facilitator: Rod Froseth

When: Weds., Apr. 24, 7:00-9:00 pm

*Open to Men Only*

All new discussion workshop!! Think of this as graduate school solo sex! Learn how masturbation patterns affect your body, mind and relationships. With this knowledge, you may be able to introduce new pleasure patterns into your brain, body and partnered sex. You will gain tools, practices and ideas to help you experience deeper sensations of pleasure and arousal. This could broadly impact your life. Join us with your questions, ideas and laughs. This upbeat workshop is accepting of all and totally sex positive. Join us for a good time!

*Rod Froseth is a sexuality educator, sex coach and founder of Upside Life Skill. Rod teaches many topics on male sexuality in workshops and retreats and is a one-on-one coach for men navigating change in their sex lives or desiring to develop sexual skill and confidence. To talk further about coaching or invite Rod to speak, contact him at 612-234-5510 or through his website: [www.upsidelifeskill.com](http://www.upsidelifeskill.com).*

## CLINICS

### Family Law Clinic

Leader: Allison Maxim

When: Wed., Apr. 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.*

### Family Law Clinic

Leader: Linda Wray

When: Wed., May 1, 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/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

## Addiction Busters

*Open to all Genders*

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

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

- Tuesdays 7:30 - 9:30 pm

## Choosing Healthy Sexual Boundaries

*Open to Men Only*

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

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

Healthy Boundaries welcomes all men who are currently participating in, or who have completed, sex offender treatment. Facilitated by Tom Duvall, Rich Powell, Tommy Jones, Thomas Koepke, Sean Kratz, 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

## Bisexual and Gay Issues

*Open to Men Only*

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

- Fridays 7:30 - 9:30 pm  
(Currently 2nd and 4th Fridays)

## 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

# ANNOUNCEMENTS

## Note from the Fundraising and Contributions Committee

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](mailto:dam.star@hotmail.com).

## TCMC joins the Amazon Smile program

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

## TCMC is eligible to receive Choice Dollars through Thrivent Financial!

Are you a member of Thrivent Financial who's eligible to direct Choice Dollars? Choice Dollars charitable outreach funds can make a world of difference to the Twin Cities Men's Center! Thrivent's Choice Dollars program allows eligible Thrivent members to recommend where they feel Thrivent should distribute a portion of its charitable funds. Directing Choice Dollars to TCMC is easy. Simply go to [Thrivent.com/thriventchoice](https://thrivent.com/thriventchoice) to learn more and find program terms and conditions. Or call 800-847-4836 and say "Thrivent Choice®" after the prompt.

**Upcoming Monthly Men's Sunday Brunches, drop-in anytime 10AM-1PM** (bring something to share/cook up): **April 21st** 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 19th** 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). 9 men attended Rick Gravog's February and 10 men attended Damon Stark's March brunches. – Andy Mickel, 2019-03-18

"I wanted to reach out and thank you both for your time and energy spent out at Progress Valley. I got plenty of GREAT feedback from the group! I appreciate what you did for us here at Progress Valley and hope that we can see you again on 5/21 and 5/22 which are currently the next scheduled groups on sexism!" – Tim Gregory, Progress Valley, 2019-03-01

"Keep up your wonderful & necessary work! Thank you!" – Jill Ann Marks, MA, LP, 2019-02-25

"Keep up the great work!" – Gregg Bartholomay, 2019-02-22

"Been out of the U.S. & catching up!" – Allan Rieper, 2019-02-20

The 4th Central Plains Wilderness New Warrior Training Adventure will once again be held on sacred land in Southwest Minnesota near Pipestone. The weekend will be June 21- 23rd. The Mankind Project's Flagship Training, The New Warrior Training Adventure. For men of today, I believe there is no better return on investment of time and resources anywhere! Already leading a great life? Here is your chance to take it to the next level!!! Been waiting for the right time? That time is now! Sign up at [www.mkpusa.com](http://www.mkpusa.com) Central Plains MKP wants this training to be available to every man. This event has been designed to make a \$600-\$900 leadership training available to every man for \$225. RAW means this event has been stripped down to camp out with the barest facilities. A beautiful land of native prairie grass, hills, and trees with a river running through it outside

Chandler, MN. Friday to Sunday, June 21-23, 2019. FFI, Dave Semenchuk, Dave. [semenchuk@gmail.com](mailto:semenchuk@gmail.com) 612-360-8933 – Jim Ramm 2019-02-11

#### Recent articles about Men in the news:

"Recently men's issues have come out of the shadows into the light and men are addressing issues as never before.

A December, 2018 article in the *New York Times* highlighted two programs I've been working with, **Evryman and the ManKind Project. A major article featuring Evryman** recently appeared in *Men's Health Magazine*. My colleague, Dan Doty, founder of Evryman, appeared twice on the *Today Show*. The #MeToo movement has challenged the old patriarchal system and Gillette has recently aired controversial ads in support of a changing role for men. Mark Greene, Senior Editor at The Good Men Project, where I've been associated since they began ten years ago, has written *The Little #MeToo Book for Men*.

In January, 2019, an opinion piece in *The Washington Post*, by former *New York Times* reporter, Andrew L. Yarrow, offers reasons "**Why Progressives Should Stop Avoiding Men's Issues**" and conservative psychologist Jordan Peterson's videos on sex and gender have been seen by over a hundred million, mostly male, viewers.

Conflict in the world separates men from women, left from right, this group from that. Millions of men are waking up to the reality that they need to change their lives, but they are confused and need guidance. Women also hunger to understand what is going on with men today and what men really need to feel great again."

Read more in *The 12 Rules for Becoming Your Own Man: How to Live Fully, Love Deeply, and Make a Difference in the World*. – Jed Diamond, 2019-03-03

"**Are we overtreating men's cancers?**" U researchers studying the side effects of treatment and ways to tailor it to patients. By Jeremy Olson. – Star Tribune, 2019-02-04

Nearly 50 years after the United States declared war on cancer, the University of Minnesota is launching research into one of the chief casualties — men who survived their diseases only to encounter a lifetime of side effects from aggressive and even toxic treatments.

Male death rates from prostate and testicular cancers have been halved since 1995 because of advances in radiation, chemotherapy and drugs that suppress cancer-fueling hormones such as testosterone. But the treatments take a toll, said Dr. Charles Ryan, a U prostate cancer specialist. Reducing testosterone alone can affect men's mood, strength and energy.

"We're doing to men what menopause does to women," said Ryan, who is a leader in the field known as cancer survivorship. "The concept is looking at what happens to the bodies and the brains and the minds and the muscles of these men." Full story at: <https://startribune.com>

*'Be a Man': What Does That Mean in Modern America?* By Harry Bruinius, *The Christian Science Monitor*, 2019-02-03

*Beyond angst over ads and concern that America is afraid to let boys be boys, there are areas of agreement: Neither men nor women should be boxed into stereotypes. Both should be able to be themselves.*

Almost a decade ago, when Timothy Malefyt was doing research on the nitty-gritties of masculinity for his client Gillette, he and his small team of corporate anthropologists observed what they considered to be a "paradoxical" set of masculine values among NASCAR fans.

On the one hand, there was a lot of drinking, bawdy jokes, and loud behavior among the men they observed at the Texas Motor Speedway in Ft. Worth, says Mr. Malefyt, the former director of cultural discoveries for the advertising firm BBDO Worldwide in New York. And the raucous groups of men were also relentlessly competitive about nearly everything: who had the best food, the best barbecue grill, or the most tricked out motor home. Full story at <https://readersupportednews.org>

## Twin Cities Men's Center ALL-PURPOSE FORM

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

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

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

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

Home Phone: \_\_\_\_\_

Work/Cell Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

### PLEASE SUPPORT OUR MEN TALK ADVERTISERS!

#### Family Law Clinic

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

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

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

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

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

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#### 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](http://www.breadsmith.com)



#### MEN TALK ADVERTISING RATE SCHEDULE

|           |                 |       |
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| 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  |

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**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)*

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***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.

*23 Years of Successful Classes*

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