

men talk



in our 48th year
of public service

twin cities men's center

Oct/Nov 2024
Volume 48 #5

Explore your Truth, Find your Voice

Icebergs, Lobsters, and Shame

— © 2024 SEAN McLOUGHLIN

David Decker, the psychologist who wrote the textbook the Men's Center Anger Management program has relied on for 28 years, describes the problem of anger as being like an iceberg.

Decker explains that the part that is above the surface and visible is the anger, the rage and abuse and controlling behaviors. But the bulk of the problem lies below the surface, in the form of Negative Self-Talk and Shame. *

Shame—in its toxic form, as a mindset, as a way of life—is complex. That makes it tricky to define. In some ways, the effort to define Toxic Shame is comparable to Supreme Court Justice Potter Stewart's quandary in 1964 when attempting to define obscenity. He said, "*I shall not today attempt further to define... (pornography)... But I know it when I see it.*"

We have all experienced shame, both the simple emotion of embarrassment and the toxic mindset of stewing in our failures until we are debilitated and stuck, until we have landed on the conclusion that we are defective, "not good enough". Some of us have stewed to the place where we condemn ourselves as "unlovable".

Decker refers to a shame-based lifestyle as a Life-Script that someone else handed us when we were young. We were formed by this Life-Script before we could even understand what it said, and it built in us a set of Unrealistic Core Beliefs. This Life-Script is now deeply embedded, and it governs our words and actions often without us even being aware of its effect.

And this is not to say that one's parents are to blame. They were handed a Life-Script too, as were their ancestors. Advertising, social media, the political arena, and the worlds of sports and commerce all contribute to unhealthy ways to regard ourselves as "not good enough". The more personal our mistakes are, the more trapped we can become in them.

In trying to explain the trap of shame, I sometimes use the analogy of a lobster trap. Lobsters are insect-like creatures with bulky tails and pincher claws that crawl along the ocean floor scavenging for food. Lobsters are harvested by elaborate traps that have two chambers, and sometimes three or four. The first chamber is the "kitchen", which contains the bait. The lobster climbs through a funnel shaped net to reach the bait. To exit, they must turn around, but their bulky tail and claws make that difficult. In their attempt to leave, they discover a funnel into the second chamber, deemed the "parlor". As they move into the parlor, they are trapped even deeper. The more they turn and spin,

the more imprisoned they are.

The parlor also contains a small window called a "vent". The purpose of the vent is to provide an escape hatch. Lobsters that have yet to grow to an edible size can crawl through this vent and return to freedom.

Often when we are hurt, it can trigger us to explode and lash out at the people we feel have hurt us. Or we displace our anger onto someone else, a softer target. A problem or mistake at work can cause us to dress down co-workers. Paying a bill late can cause us to complain to our wife about the dinner she serves. A rough commute home might cause us to yell at our children for leaving their toys on the floor. This can lead to experience the emotion of embarrassment at our aggressive outburst, and to regret targeting our rage at those we care about the most. Often, then, we retreat and stew on our bad behavior while also stewing on the sense of injustice that triggered it.

This stewing, which is mostly done in isolation, and sometimes in the middle of the night when we cannot sleep, is what Decker refers to as Negative Self-Talk. When we stew—when we berate ourselves for bad behavior while we also lick our wounds for the harms the world brings (to all of us)—we become like lobsters, spinning in our trap of Shame. The more we spin and stew, the more funneled our vision becomes, and the more debilitated and stuck we find ourselves.

Continued on Page 2



Library Corner

— MATT BARNES,
LIBRARIAN



What would people like to see in the library? I am trying to think of creative ways for members and non-members to use the library, such as a printer, scanner or fax if group members need to print documents before or after group. They can text me with suggestions at 612-715-9951.

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 Wi-Fi 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
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Letter from the Chair

Welcome to the autumn season where our tree relatives model letting go, and being colorful at the same time. Our D/Lakota and Anishinabeg relatives remind us about how Nature and all its denizens give us a key to healing and accepting, loving ourselves first, prior to trying to change another. We are inspired to reflect on the priceless gift of serenity we have been given by Wakan Tanka, Tunkashila, Creator, High Powers now in our 44th year of 12-step recovery we call "*White Man's Sweat Lodge*" :-). And invite men to learn how to live in balance, and find their inner refuge.

Wisdom for today "*Work hard at your job and you can make a living. Work hard on yourself and you can make a fortune.*"
— Jim Rohn.

Moving Toward Empowerment – TCMC's New 12 Week Class – TCMC serves as a local, state and now national leader through our flagship class "Men Helping Men with Anger" for over 25 years. Check us out <https://tcmc.org/programs-anger-management-overview.html>.

We are grateful for the leadership of Sean M, (see lead article) and Patrick G, our facilitators who recently stepped up to co-create this new class. They have built on the generosity of anger management professional, David Decker a local vision-

ary, a pioneer in supporting the empowerment of more gentle men in today's world. MTE Class description: <https://tcmc.org/programs-anger-management-mte-class-description.html>

"It will be a discussion-centered course that will use a workbook created by David Decker, based on his book "Embracing the Dark Side". While the original course mainly addresses managing one's anger when in painful and dysfunctional form, this class will address the deeper work of moving away from an angry life and growing toward an empowered healthy life."

And as a friendly reminder, please remember to VOTE on Nov 5, and be curious about who you can support that will be open to co creating a more peaceful and better world for the next seven generations in a good way. *

"Survival of the world depends on our sharing what we have, and working together. If we don't the whole world will die. First the planet, and next the people." Frank Fools, Crow Lakota Chief and Medicine Man, whom we met in the late 1980's near Kyle SD.

Peace love joy and equanimity one day at a time,

TOM WEAVER, TCMC BOARD CHAIR

Continued from Page 1

But we are not lobsters.

We have another option besides spinning in our Negative Self-Talk and burying ourselves in Shame. By utilizing self-awareness, we can shift our self-talk to a positive empowered narrative, one where we acknowledge the mistake or bad behavior, and one where we articulate the patterns that this behavior reveals. We commit to transforming the behavior and building a new more mature pattern within ourselves. The tools of accountability and vulnerability are very useful in transforming our talk into Positive Self-Talk. Empathy and compassion can also be incredibly helpful.

By ceasing to spin and stew, we can choose a different positively balanced internal monologue. By talking to ourselves in a way that is both kind and realistic, by locating a shared compassion for ourselves and for those with whom we interact, we can shrink our sense of shame to the healthy and manageable experience of regret. We are not a mistake; we simply made one. When our negative self-image is no longer gargantuan and toxic, this allows us to climb out the vent window and liberate ourselves from the trap of shame.

*Capitalized terms are sourced in David Decker's work, primarily his book *Embracing the Dark Side*.

Sean McLoughlin is a long-time Anger Management facilitator, and co-creator of the new Moving Toward Empowerment class at the Twin Cities Men's Center.

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
WEB SITE: WWW.TCMC.ORG E-MAIL: TCMC@TCMC.ORG PHONE: 612 / 822-5892		SUPPORT GROUP GAY ISSUES 7:30PM MOVING TOWARD EMPOWERMENT 7 PM	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS 7:30P CLINIC FAMILY LAW 7 ANGER MGMT 7 PM	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM ANGER MGMT 7 PM		SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30AM
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Oct/Nov 2024

CALL US
ABOUT ANGER
MANAGEMENT
CLASSES.

1976 IN OUR 48TH YEAR
OF PUBLIC SERVICE 2024

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 47 years providing classes and support groups promoting personal growth to many men and women. Professional leaders in the community have led weekly presentations providing a wide opportunity for educational, spiritual and emotional growth for 34 years.

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

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

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

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

Non-Members of TCMC – \$5.

Regular Members (\$25 level) – \$3

Sustaining Members – FREE

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

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

CLINICS

Family Law Clinic

Leader: Rasheen Tillman

Where: Online Zoom Chat

When: Wed., Oct. 2, 7:00-9:00 pm

Open to all Genders

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

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

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

Family Law Clinic

Leader: Heather Chakirov

Where: Online Zoom Chat

When: Wed., Nov. 6, 7:00-9:00 pm

Open to all Genders

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

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

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

CLASSES

Men Helping Men With Anger

Instructors: various

Where: Online/In-Person Course

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.

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 at 612-229-3102.

Moving Toward Empowerment

Instructors: various

Where: Online/In-Person Course

When: See calendar for dates

Open to Men Only, Registration Required

This is a follow-up course to the popular Men Helping Men with Anger Management (MHMWAM) course. MTE focuses on the subjects of toxic shame, personal empowerment, and developing healthy relationships. It will start with a short review of the material in the original course in the first three weeks. It will be a discussion-centered course that will use a workbook created by David Decker, based

on his book "Embracing the Dark Side". While the original course mainly addresses managing one's anger when in painful and dysfunctional form, this class will address the deeper work of moving away from an angry life and growing toward an empowered healthy life. Successfully completing Men Helping Men With Anger is a prerequisite to registering for this class.

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 at 612-229-3102.

SUPPORT GROUPS

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

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

- **Location:** Online/Hybrid/In-Person

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

In-person groups are held at TCMC, 3249 Hennepin Ave. S. Suite 55, Minneapolis MN 55408

You can request a link for Zoom Video using "Contact a Group Facilitator" at <<https://www.tcmc.org/programs-support-groups-twin-cities-mens-center.html>>

General Men's/Divorce/ Uncoupling Issues

Open to Men Only

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

Location: Online Zoom

- Thursdays 7:30 - 9:30 pm

Gay Issues

Open to Men Only

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

Location: Online / In-Person

- Tuesdays 7:30 - 9:30 pm

Addiction Busters

Open to all Genders

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

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

Location: Online / In-Person

• Wednesdays 7:30 - 9:30 pm

We Agnostics of Uptown AA

Open to Men Only

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

Location: In-Person

• Sundays 6:00 - 7:00 pm

Men's Wellness

Open to Men Only

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

conversation starter.

Location: In-Person at 901 1st Street N.

Downtown Hopkins, MN 55343

• Saturdays 10:30 am - noon

Choosing Healthy Sexual Boundaries

Open to Men Only

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

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

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

Minneapolis Location: In-Person

3249 Hennepin Ave. S. Suite 55

• Saturdays 10:00 am - 12:00 pm

St. Paul Location: In-Person

Project Pathfinder

570 N. Asbury Street, Suite 300

St. Paul, 55104

• Wednesdays 5:30 - 7:30 pm

Moving Toward Personal Empowerment: Anger Management II Course

Twelve-week course, meets weekly for 1.5 hours

This is a follow-up course to the popular Men Helping Men with Anger Management (MHMWAM) course. Moving Toward Personal Empowerment (MTE) focuses on the subjects of toxic shame, personal empowerment, and developing healthy relationships.

It will start with a short review of the material in the original course in the first three weeks. It will be a discussion-centered course that will use a workbook created by David Decker, based on his book "*Embracing the Dark Side*".

While the original course mainly addresses managing one's anger when in painful and dysfunctional form, this class will address the deeper work of moving away from an angry life and growing toward an empowered healthy life.

REGISTRATION IS NOW OPEN

Call TCMC at 612-822-5892 or register online:
tcmc.org/programs-anger-management-mte-class-description.html

Donate to TCMC
It's fast, safe and simple!



Men Breaking Free:

A Wholistic Guide to Authentic Manhood

Saturday, October 26, 2024, 10am-12pm

Join us for an empowering presentation and discussion, open to all adults and genders. This Authentic Manhood Programs (AMP) event provides a comprehensive approach to authentic manhood, blending emotional intelligence, mental well-being, spiritual perspectives, and relational skills. With over 90 years of combined experience, Dr. Mike Obsatz and Jeffry Jeanetta-Wark guide participants through interactive discussions, offering practical tools and strategies to navigate modern challenges and embrace a more genuine self. This event fosters growth, connection, and a deeper understanding of what it means for men to live authentically. All ticket holders are invited to an optional off-site post-discussion meetup that follows the event.

Location:

American School of Storytelling
1762 Hennepin Ave. S

Minneapolis, MN 55403

<https://americanschoolofstorytelling.com/getting-here>

Tickets:

\$45 adv./\$50 door

<https://checkout.square.site/merchant/DQQ0N3S2VJ4DG/checkout/MRR5TSJQTHMFKFA6NATBC6KEE>

Upcoming Monthly Men's 3rd Sunday Brunches. **October 20th** at Ish Malik Holt's: 2054 Brewster St, unit 17 St. Paul 55108 651-421-8427 **November 17th** at Stan Bookout's: 2512 37th Av S Minneapolis 55406 651-363-6079. 10 men attended each of Frank Brandon's brunch in August and Andy Mickel's brunch in September. – Andy Mickel, 2024-09-17.

"Thanks for the wonderful work you do and for the years of great newsletter issues."
– Lynda Cramer 2024-06-14

"I truly admire your care for me and the TC men's community. As men we struggle, fail, get sad, get mad, and get screwed over by gender politics. You understand and offer an ear for men and women. Keep doing your great work helping men of all types. Yet also spend time to take care for yourselves—stay positive. A humble, heartfelt thank you! Much respect!"
– Jeremy A. 2024-04-23

As reported in the April-May issue of Men Talk, **Men's Center co-founder and long-time volunteer, Scott Bartell died May 5, 2024 at age 75.** His memorial celebration was this past weekend, September 14th filled with song and poetry. At TCMC he was an active, energetic volunteer, board member and support group facilitator. As a volunteer staff member, he served as Volunteer Coordinator in 1983. Scott helped organize the first directory of resources for men as part of the Men's Survival Resource Book in 1978 and kept the list updated until the mid-1980s when it was incorporated into Men Talk. He led workshops at several Midwest Regional Men's Conferences in the 1980s and was active in the Bi-Sexual Support Group at TCMC into the 1990s.
– Andy Mickel, 2024-09-17.

TCMC Office Manager Tom Maher participated in the S.A.V.E. Ride in Faribault, where he met Colonel B. Wayne Quist of vetsempowered.org. Their new book, "Veterans In Crisis" is about treating the unique needs of those who have served. Colonel Quist was very interested in

learning about TCMC, and sent 2 copies of the book for our library. He is interested in opportunities to collaborate with TCMC in the future. – Tom Maher, 2024-08-12.

TCMC again participated in Mental Health Day at the State Fair on Monday August 26th along with more than two dozen other organizations hosted by NAMI (National Alliance Mental Illness). Our booth was staffed by: Bob S., Patrick G., Tom W., Derek G., Matt B., Jim H., Andy M., David K., and Jamie W. We spoke with hundreds of fair goers about TCMC services and activities. – Tom Maher, 2024-08-12.

The 6 Relationship Successes Great Men Achieve: Which Ones Are You Missing?

I have found that there are six relationship successes that all men hope to achieve during their lifetimes. I said they all require a great deal of learning and support, which is why the first rule in my book, *12 Rules for Good Men*, is "Join a Men's Group." Men don't necessarily address these six issues in the same order I did and we often address each one multiple times in our lives before we achieve ultimate success:

- Becoming a Great Father.
- Finding Your Calling and Taking It to the Limit.
- Connecting With Your Tribal Brothers.
- Finding and Keeping Your Soul Mate From Here to Eternity.
- Standing Up To the Destructive Dominators When Your Time is Called To Act.
- Becoming the Man You Were Meant to Be.

Read more at: <https://menalive.com/the-6-relationship-successes-great-men-achieve/>
– Jed Diamond, 2024-08-25.

World Suicide Prevention Day 2024: Changing the Narrative For Men and Their Families + An Evolutionary Approach for Healing Depression and Preventing Suicide, Part 4

In Part 1, I shared my challenges with

depression, the fact that the suicide rate for males is so much higher than it is for females, and how these realities have impacted men and their families. ... Males and females face many challenges as we age, but it is older males who more often end their lives by suicide with rates 8 to 17 times higher rates than for females.

In Part 2, I looked more deeply into the underlying causes and potential solutions to this world-wide problem. ... Men not only take greater risks than women, but also are less resilient and more prone to feelings of failure when they don't feel they can offer something of value to those they love.

In Part 3, I offered on an evolutionary understanding of what we need to know to help us address the major problems of male violence, directed inwards and outwards. ... Suicide is the most prevalent form of violence and is the cause of more death than either war or homicide. We don't often think of suicide as a form of violence or depression as an underlying cause of violence, but they are intimately related.

In Part 4, I offer guidance for all those who are ready to see the truth about the times in which we live and how we can live, love, and work, for good in the world ... An old kind of masculinity on the way out is based on the dominator system. Throughout the world emotionally wounded men who ascend to power have chosen a dominator approach to asserting power. A new kind of masculinity has been quietly emerging based on the partnership system. Men and their families to embrace the partnership system and have recently created a way for organizations and individuals to belief in these ideas and practices to stay connected.

Read more at: <https://menalive.com/world-suicide-prevention-day-2024/> and <https://menalive.com/evolutionary-approach-for-healing-depression-and-preventing-suicide-4/>
– Jed Diamond, 2024-08-18.

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: Zoom Video conference (request a link at tcmc.org)

When: Every 1st Wednesday from 7:00 to 9:00 PM

No advance registration required!

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

Infinite Aperture Counseling

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Show up, bro up, grow up.



Authentic Manhood Programs

Making good men legendary.

AMP guides men who feel isolated, angst-ridden, or discontented through enriching gatherings, usable life practices, and skills so they can authentically and meaningfully thrive as inspired leaders of personal and social solutions for themselves and for others.

<https://authenticmenstherapy.com>



Subscribe to AMP's free, semi-monthly echeck-in to keep updated on points to ponder, helpful resources, thoughtful quotes, suggested activities, and space for your reflections.



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.

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.

Check TCMC out on Social Media! Facebook: facebook.com/tcmc.org Instagram: instagram.com/tcmc officemanager

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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: \$285 for TCMC Members (\$295 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 start-ing class. Or if you need further details, call our Anger Management coordinator on the Anger Management phone 612-229-3102.

28 Years of Successful Classes

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