

men talk



in our 49th year
of public service

twin cities men's center

Aug / Sep 2025

Volume 49 #4

Explore your Truth, Find your Voice

Guys, Let's Talk Guts: 8 Ways to Boost Your Mood, Energy, and Manhood

— © 2025 TERRI RAHMAN, CERTIFIED INTEGRATIVE NUTRITION HEALTH COACH

Let's face it, guys—when it comes to gut health, most of us don't exactly sit around the campfire swapping kombucha recipes and gut microbiome stats. But what if I told you that your gut isn't just about digestion? It's the **command center** for your mood, energy, sleep, inflammation, weight, and even those stubborn aches that pop up when you bend over to tie your shoes.

As someone who reversed an underactive thyroid and chronic anxiety without meds, I'm on a mission to help men like you feel 10 years younger—by fixing what's going on in your gut. Here's a quick breakdown of the 8 key pillars that can get you there:

1. Hydration: Your Cells Are Begging for It

Think of water as oil for your engine—without it, your system grinds and overheats. Hydration flushes toxins, supports joint health, and boosts energy. If your pee looks like apple juice, you're probably more raisin than grape inside. Try adding a pinch of sea salt and some lemon to your water, and skip the juice, soda, and booze as much as you can.

2. Eat Real Food (Like Your Great-Grandparents Did)

If it comes in a shiny, colorful bag and doesn't rot for years, your gut probably doesn't want it. Ditch the ultraprocessed junk and focus on **real, whole foods**—dark leafy greens, wild fish, pasture-raised meats, nuts, fermented veggies, and healthy fats that actually support your brain. Pro tip: Learn the “Dirty Dozen” and “Clean 15” lists for smarter shopping: <https://www.ewg.org/>

3. Your Microbiome: 100 Trillion Friends Who Just Want to Help

Your gut is home to a microscopic city of bacteria, viruses, fungi, and parasites—some helpful, some harmful. Feed the good guys with **probiotic-rich foods** like sauerkraut, kefir, and kimchi, and **prebiotics** like onions, garlic, and asparagus. A happy gut means less inflammation, better moods, and fewer surprise visits from the “Methane Mafia.”

4. Sleep: The Most Underrated Medicine

Not getting 7–9 solid hours? That's like trying to fix your car while it's still running. Your gut (and brain) do their best repairs at night. Ditch the late-night screens, avoid caffeine and sugary foods after lunch, and try some chamomile tea or magnesium glycinate to help you wind down.

5. Movement: Your Anti-Inflammatory Power Tool

You don't need to train like you're entering a marathon. Just move your body 30 minutes daily—brisk walks, stretching, kettlebells, yardwork. Movement helps regulate blood sugar, improves sleep, and lowers stress.

6. Stress Management: You Can't Outrun a Lion with Cortisol

Modern “lions” (deadlines, bills, toxic relationships) keep your nervous system in fight-or-flight. Chronic stress wrecks your gut. Tools like deep breathing, prayer, meditation, gratitude journaling, music, or even improv classes (yes, really) can help rewire your stress response. Don't underestimate the power of a daily pause.

7. Relationships: Connection Isn't a Luxury—It's Survival Gear

Connection isn't fluff—it's medicine—beginning with yourself! Just one meaningful friendship can lower your risk of depression, anxiety, and heart disease. Call a buddy. Join a group. Chat with a stranger. Your gut and heart will thank you.

8. Supplement Smarter, Not Harder

There's no magic pill—but there are smart ones. Most of us need more Vitamin D3 + K2 (especially in the Midwest), omega-3s, magnesium, and a quality multivitamin. Skip the bargain-bin stuff. Invest in third-party tested, food-based supplements that actually work.

Ready to Take Action? Try This:

1-Minute Gut Reset Exercise: “The Bathroom Mirror Pact”
Tonight, after brushing your teeth, look yourself in the mirror and ask:

“What's ONE thing I can do tomorrow to love my gut (and myself) better?”

Then pick it and prep it:

- Fill a water bottle with a pinch of salt, mineral drops, and lemon or lime juice.
- Lay out your walking shoes.
- Set an earlier bedtime alarm.
- Buy some easy to eat veggies and clean nut-butter.

Small changes lead to lasting transformation.

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
Office Manager: Tom Maher
Anger Mgmt Coord.: Tom M., Tom W.
Bookkeeper: Jae Asancheyev
Editor: Bill Dobbs
Board of Directors:

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Letter from the Vice-Chair

An Invitation

As we approach our 50th year, the Men's Center continues to face the challenge of being relevant to younger men. I took great hope this year as our board of directors became populated by a new generation of 4 younger men: Derek Gegner, Matt Barnes, Bee Vang, and Paul Kiro O'Connell. Derek has been serving several years and Matt, Bee & Paul stepped up this year. All these men have contributed significant volunteer work to help keep TCMC operating!

My invitation to all us Boomer and GenX men out there is to do our part every day to SEE younger men. How many young men in their 20s do you see each week? How many do you acknowledge as you go about your daily life out shopping, at the gym, in the grocery store, in your neighborhood, etc.?

This year I have consciously chosen to make it a practice to acknowledge every young man I encounter with at least a head nod, or a one-word-and-brief-smile greeting to let them know that I see that they exist. I have stopped ignoring young men—my previous behavior was to rush past them and take their existence for granted.

But even this tiny acknowledgement on my part barely touches the surface of Attention, a fundamental starting point of social intelligence. David Richo's best-selling book, *How to Be An Adult in Relationships: The Five Keys to Mindful Living*, is a pioneering integral approach to social intelligence. Attention-Acceptance-Appreciation-Affection-Allowing.

I do this because I perceive young men are treated as invisible generally. In the few conversations I've had, they describe the unfair challenges and difficulties they face at work, in dating, in college, etc. They are continuously frustrated and largely unhappy.

These men need attention—especially from older men. In fact, attention's a fundamental human need. I'm not implying mentoring here, merely small blessing. I often receive back surprised and smiling looks of gratitude as I hold the door for them or wish them an enjoyable summer (rather than "have a nice day")

ANDY MICKEL,
TCMC BOARD VICE-CHAIR

Article Continued from Page 1

Want to Go Deeper?

Join me, Terri Rahman, for an online workshop with the Twin Cities Men's Center, where we'll dive into 4 of these 8 pillars—specifically designed for men who want more energy, sharper focus, better sleep, and stronger stress resilience. **Info:** terri.totalhealth@gmail.com

DATE: September 11th

TIME: 7-9 PM CT

• Online via Zoom

This isn't a lecture—it's a transformation blueprint (with a few laughs along the way).

Terri Rahman is a Certified Integrative Nutrition Health Coach specializing in gut-brain health and founder of Terri Total Health, LLC. After an extensive background in social work, she now empowers high-achieving professionals to take control of their health by optimizing gut-brain health for greater energy, disease prevention, and youthful aging. She developed the 8 Key Pillars for Gut Health as the foundation of her coaching method, guiding clients to create sustainable, results-driven habits that support long-term physical, mental, and emotional well-being.

UMN Men's Support and Dialogue Group Seeks Connection

In their first semester, the UMN Men's Support and Dialogue Group had between 6 and 10 attendees come together once a week to sit in a confidential circle and discuss topics like masculine norms, dating, body image, family, sex, and more. They are in a tangential partnership with the University's Aurora Center for Advocacy and Education, a program that provides a 24-hour sexual assault, stalking, etc. helpline, alongside an education program where trained student-volunteers present on topics like healthy relationships, bystander intervention, and more.

Reese Kennedy, co-founder/current president, seeks some collaboration between their group and TCMC. Contact Tom M <tomm@tcmc.org> with ideas.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUG/SEP 2025				WEB SITE: WWW.TCMC.ORG E-MAIL: TCMC@TCMC.ORG PHONE: 612 / 822-5892		
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SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM 28		SUPPORT GROUP GAY ISSUES 7:30PM MOVING TOWARD EMPOWERMENT 7 PM 29		CALL US ABOUT ANGER MANAGEMENT CLASSES.	1976	IN OUR 49TH YEAR OF PUBLIC SERVICE 2025

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 49 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 35 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: Rebecca Randen

Where: Online Zoom Chat

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

Open to all Genders

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

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

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

Family Law Clinic

Leader: Rasheen Tillman

Where: Online Zoom Chat

When: Wed., Sep. 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.

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>>

Men's Divorce/Uncoupling/Relationship 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 AA

Open to all Genders

A support group for women and men struggling with addiction who want to try an AA model with an agnostic approach. For details, contact: Hope at 321-544-1074.

Location: In-Person

• Sundays 6:00 - 7:00 pm

Men's Wellness

Open to Men Only

This group is on hiatus.

When it resumes, the group seeks to create a space for men to work on 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: Looking for a new location

• On Hiatus

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, Don McClure, Jim Pelant, John Rydberg, Gary Weldon, and Rich Williams.

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

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



Fundraising & Contributions Help Needed

Attention TCMC members and supporters, the TCMC Fundraising and Contributions Committee can use your help. If you have an interest or experience in Fundraising and are willing to volunteer some of your time; please contact us at tcmc@tcmc.org

Moving Toward Personal Empowerment

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 for options
tcmc.org/programs-anger-management-mte-class-description.html

Men's Wellness Support Group on Hiatus

The Men's Wellness Support Group didn't meet most of 2024. The facilitator had a health challenge, and the meeting place was torn down. TCMC is currently looking for a new meeting place in or near Hopkins. If you know of a possible location, please contact us.

– Bill Baldwin, Wellness Coach, Wellness Promoter, Empowerment Coach and Support For Your Journey.

6 *Here and There* – Edited by Andy Mickel

Upcoming Monthly Men's 3rd Sunday Brunches. **August 17th** at **Frank Brandon's**, 975 Como Blvd E, St. Paul, 55103, 651-487-3511. (on the east side of Lake Como). **September 21st (Fall equinox)** at **Andy Mickel's**, 106 SE Arthur Ave, Minneapolis, 55414, 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). 8 men (& 2 women) attended the June Father's Day brunch at Jimbo Lovestar's, and 7 men attended the July brunch at Tom Borden's, – Andy Mickel, 2025-07-21.

Upcoming Peace Events : August 5-8 HIROSHIMA/NAGASAKI events: Lyndale Park Peace Garden; Global Harmony Labyrinth, Como Park. <www.stpaulnagasaki.org>

August 7. PEACE AND LITERACY conference. Elaine and Larry are doing a workshop on **TELLING PEACE AND JUSTICE STORIES TO CHILDREN.** **MY 79TH BIRTHDAY PARADE ON**

August 9. If you want to walk with us, we are leaving at 9 a.m. from **RICK'S COFFEE BAR** at 5402 - 43rd Ave. So. near the VA. Rick's is connected to **EVERY THIRD SATURDAY**, a wonderful veterans serving veterans organization. We will walk to the 1850s home of Veteran John H. Stevens, now located in Minnehaha Park. Let me know if you think you might come. It's a short walk. A slow walk. After all, it's a parade, whether or not there are thousands on the sidewalks. – Larry Johnson, 2025-07-12.

Healing Mistrust, my latest podcast with Dr. Michael Obsatz A new podcast conversation

on topics that really speak to the unconscious territory we are coping with in society (and self). How did we get to a dark psychology on display in society? What is the path forward? Ask Dr. Michael Obsatz!

HEALING MISTRUST, ABANDONMENT AND BETRAYAL IN SELF AND SOCIETY is on Spotify: Myth, Magic and Medicine / Wellness Warrior Channel / – Dan Gorbunow - 2025-07-23.

41st Annual Minnesota Men's Conference "Men Who Stand Atop the Old Mound of Miracles" will be held October 7-12 at YMCA Camp Miller, Sturgeon Lake, MN 55783. Men of all traditions are invited to join us for a conference that will focus on engaging with the great soul of the world, with our personal gifts and responsibilities, and with a lively crucible of powerful men. Teachers this year are Robert Bringhurst, Francis Welter, Miguel Rivera, Dennis Merritt, Joel Glanzberg, Benjamin Dennis, Timothy Young, Matt Falkner, Walton Stanley \$995.00 (includes lodging, meals, and all conference activities. Reach out via email to request a scholarship at: <contact@minnesotamensconference.com> The Minnesota Men's Conference is a non-profit, volunteer-run organization dedicated to enriching the masculine soul. FFI: <<https://minnesotamensconference.com/>>

IMO Interview by Craig Robinson (Executive Director of National Association of Basketball Coaches) with Barack & Michelle Obama **"What it Takes to Raise Boys and How Michelle Made Parenting Better"**. <<https://www.youtube.com/watch?v=bmzXnbAMmOM>> (1:20:12)

Timing Index to Video:

00:00:00 – A Fan Encounter and a Side Hug
00:02:16 – Barack Obama Joins the Conversation
00:04:36 – Public Curiosity About the Obamas' Marriage
00:05:56 – Listener Question: Raising Emotionally Intelligent Boys
00:07:20 – Parenting Starts With Choosing the Right Partner
00:09:34 – Obama's Hands-On Approach to Fatherhood
00:12:22 – Finding Common Values Despite Different Backgrounds
00:14:37 – Barack on Growing Up Without a Father
00:16:00 – What "Being a Man" Meant Then vs. Now
00:19:47 – The Jakarta Airport Story
00:22:35 – Parenting Then and Now
00:24:38 – Representation of Black Boyhood in Media
00:26:30 – Raising Boys in the Digital Age
00:29:03 – Lessons From Their Father and Gender Roles
00:32:23 – Courtesy, Kindness, and Emotional Growth
00:37:37 – Male Friendships and Emotional Sharing
00:42:28 – Camp Athlon and Male Community
00:45:28 – What Mothers Raising Sons Need to Know
00:50:41 – Boys Need Multiple Role Models
00:54:22 – Beyond Sports: Broadening Boys' Interests
00:58:59 – Helping Boys Access Emotion
01:03:01 – A Healthier Future for Young Men
01:09:23 – Brotherly Love and Sign Off
2025-07-16 – Jimbo Lovestar

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 "21 x 12 Honor Roll Member."
- ☐ Please ENTER/RENEW my membership at The Men's Center for the next 12 months:
Enclosed please find \$_____ ☐ \$32 (Regular) ☐ \$62 (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!

Are you or someone you know living with a mental illness?

Through education, support, and advocacy, NAMI Minnesota's (National Alliance on Mental Illness) mission strives to effect positive changes in the mental health system and increase the public and professional understanding of mental illnesses.

Join a free NAMI Minnesota online or in-person support group or class for:

- Family Support
- Anxiety & Panic Disorder Support
- Parents and Caregivers
- Young Adults
- Employers
- BIPOC Focused Connection
- Partner & Spouse Support
- Smoking Cessation

namimn.org



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!

MEN TALK ADVERTISING RATE SCHEDULE

Full Page	7 1/2" x 10"	\$215
1/2 Page	7 1/2" x 4 7/8"	\$135
1/4 Page	3 5/8" x 4 7/8"	\$72
Biz Card	3 1/2" x 2"	\$29

(612) 822-5892
tcmc@tcmc.org

TCMC Office Hours: Monday through Friday 12:00pm–4:00pm (unless otherwise posted on our online calendar). Our telephone (612) 822-5892 is answered 24-hours per day by voicemail, and an attempt is made to return calls within 1 or 2 days.

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/tcmcoffice manager

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

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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: \$330 for TCMC Members (\$340 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 on the Anger Management phone 612-229-3102.

29 Years of Successful Classes

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