

men talk

tcmc
twin cities men's center

in our 40th year
of public service

Dec/Jan 2016
Volume 40 #6

A Different Kind of Grief

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My oldest son Aaron died of a heroin overdose in May 2007. He was 33 years old and had battled substance use disorder for almost 20 years. After he died, I was encouraged by friends and family members to attend a grief group specifically for parents whose children had died.

The first 30 minutes of the grief group involved a volunteer speaker or grief expert offering some tidbit of their experience or knowledge for our support or pondering during our small groups which followed. I felt like this group could be the place where I could focus on my own grief process and not worry about where Aaron's brother or father was in their process. Second was that Bob, Aaron's stepfather, often joined me at these groups. Just knowing this meeting was as important for him as it was for me created an unspoken grief bond between us. The group seemed to create an opening point between us that we could not always find by ourselves.

The other thing that became a draw to the group was a woman whose adult child died of alcohol withdrawal related complications in a hospital. Although I connected to the general loss of all these dear, sweet parents who like me had to live with that upside down mortality of outliving our children, I always felt a disconnect from them which was based on two things. First, the children of many of these parents had achieved a successful life by most societal standards before they died. This had not been Aaron's experience. Second, although several died accidentally or unexpectedly as did Aaron, the feeling that I got from some of the group members was that addiction is not really an illness but a pitiful character defect that eventually caught up with Aaron. In other words, his death was his own fault. I do want to make it clear that I do not believe this was done maliciously, but simply because of the ignorance that much of the general public shares about the disease of addiction.

I found this response from some group members appalling and stigmatizing. And, I didn't feel like my own personal grief group was somewhere that I needed to advocate and educate fellow group members about addiction. Without the group's understanding that addiction was a brain disease how could they begin to understand my two-fold loss when he died? While Aaron was still alive, initially I lost hope of any kind of a "normal" life as I watched his illness steal each of his dreams; but I never lost *hope* for new dreams. I believed in recovery; I knew it could be possible for Aaron, too. So a second new hope began to grow and kept me praying for his recovery and for new dreams and a new life. But when he died, all of those initial losses combined with the loss of hope of his recovery were re-ignited together on his funeral bier with the grief, despair, guilt, and stigma that only a parent or loved

one with a substance use disorder understands.

As I prayed for consolation, God began to bring a different focus into my life. Instead of focusing on the "why" of Aaron's death, I began to focus on the "what" – the disease of addiction. I began to educate myself voraciously about substance use disorders. I received certification as a Recovery Coach from Minnesota Recovery Connection because I believed this service could have given Aaron a better chance at recovery. Even though it was too late for him, I found it consoling to have the opportunity to help others. More and more light bulbs went on as to why Aaron was unable to recover. I learned how the years of using affected his brain and thought processes. Addiction affected his brain's ability to inhibit thoughts around drug use and also caused him to lose the capacity to remember all the consequences of using.

I used to believe that Aaron died because he was incapable of being honest with himself. In Chapter Five, "How It Works" of *Alcoholics Anonymous*, it says, "Those who do not recovery are people who cannot or will not completely give themselves to this program, usually men and women who are constitutionally incapable of being honest with themselves." Aaron had started lying at an early age; it was second nature to him even before addiction took hold of his life. I believed that his own dishonesty had caused his death. Today I think that belief provided the false sense of closure that I needed at the time of his death in order to keep going on. *But in reality this belief about his dishonesty, made me no different than all the others in my grief group who looked at addiction as character defect.*

Then I knew that Aaron's addiction and death had nothing to do with his dishonesty. I understood that why and how he died from addiction was all part of the progressive nature of the disease. This deeper acceptance of addiction as a brain disease allowed me to see that for Aaron, his illness had progressed to the point from which there was no recovery. This was the beginning my own freedom from Aaron's illness that helped me turn another corner on my grief journey.

*Gloria Englund, founder of Recovering U, is a psychotherapist who holds a Master of Arts degree in Human Development. As a professional Recovery Coach, she works with individuals and families dealing with an addiction to alcohol, drugs, food, and relationships. Gloria has personal as well as professional knowledge of addiction and recovery. Her recently released book, *Living in the Wake of Addiction: Lessons for Courageous Caregiving*, demystifies addiction, defies stigma, offers hope for recovery, and serves as a guide for professionals, families and individuals seeking support on the journey of recovery. For more information please see: www.recoveringu.com*

Library Corner

— JIM HEANEY, LIBRARIAN



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

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

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

Address Change Notifications

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

Men Talk is a bi-monthly publication of the Twin Cities Men's Center. Call 612-822-5892, or e-mail us at tcmc@tcmc.org. **Staff:** Randy Genrich - Office Mgr, Bryan Wistrom - Office Asst, John Hesch - Anger Mgmt Coord. **Office Volunteers:** Rick Charlson, Jim Heaney, Dick Madigan.

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Greetings from the Chair

The Twin Cities Men's Center lost a gentle and dedicated friend when Gerry Werth died suddenly at the end of October. As near as anyone can tell, Gerry facilitated TCMC's Thursday night Divorce, Uncoupling, and General Issues support group for 20 years. In that time, Gerry gave hundreds of men the benefit of his wise counsel as he patiently witnessed and affirmed the difficulties they were having in their lives.

I felt profoundly lost and confused when I first showed up at the Thursday group in the TCMC library 10 years ago. I was overwhelmed by conflicting feelings and felt as if I had lost myself beneath an ocean of events that I could not control. Gerry taught me that experiencing seemingly contradictory feelings is par for the human course, and means nothing more than that you are alive. He also taught me that my identity is defined by innate qualities inside of me and cannot be changed by external events or things that happen to me. These and other truths I learned from Gerry changed my life for the better, made me a stronger man, and are ideas I still remind myself of every day.

It has taken me longer than usual to write this Letter from the Chair because I've had to stop many times to wipe away tears and take deep breaths. I am sad beyond words that I will never again hear Gerry tell me stories about his two sons, to whom he was a patient and unconditionally loving father. And I feel a hollow ache in my chest when I realize that I will never again hear his soothing voice telling me "Joe is still Joe, no matter what is happening in your life". But I also realize how fortunate I and hundreds of others were to have known him and had the opportunity to learn from him, and it gives me a small measure of comfort to announce that the TCMC board has approved a motion to name the library in Gerry's honor. May the Werth Library continue to be a place of healing where men make life-changing discoveries about themselves and their feelings.

JOE SZURSZEWSKI
BOARD CHAIR

Thank You to TCMC from Randy

The TCMC 40th anniversary gathering was beautifully celebrated by over 50 people. Thanks to the committee: John Ruud, James Kaul, John Hesch, Harry Greenberg, Dick Madigan, Tom Weaver, Jim Heaney, Gary Flatgaard, Jamie Wellik and Damon Starks. Also, thank you for the generous use of Norm and John's B & B.

I was humbled and emotionally touched by the acknowledgement I got from men when Joe Szurszewski, Board Chair, presented me with a generous cash gift to honor my 30 1/2 years as general manager of TCMC.

The testimonies of men and women during circle check-in honored TCMC with gratitude for the healing power of support by other men. My wife, Trudy, and I were touched by their stories. I was humbled by my awareness that I touched the lives of most of these men as they became acquainted with the support offered by TCMC.

I am grateful for the 30 1/2 years that I've been part of an organization like TCMC. So, GO TCMC — spread the word about the important work you offer to the community.

Humbly submitted,
Randy Genrich

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Dec/Jan 2016

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	SUPPORT GROUP Divorce/General 12:30 pm ----- CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. 12:00 pm Gay Issues 7:30 pm ----- CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. East 5:30 pm New Gay World 7pm Transition 7:30 pm ----- CLINIC Family Law 7pm	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm ----- CLASS Mankind 7pm	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm ----- CLASS Anger Mgnt. 7pm	SUPPORT GROUP Healthy Sexual Boundaries 10:00 am	
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web site: www.tcmc.org
e-mail: tcmc@tcmc.org
phone: 612 / 822-5892

1976 In Our 40th Year
of Public Service 2016

PRESENTATIONS

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

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

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

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

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

Non-Members of TCMC – \$5.
Regular Members (\$25 level) – \$3
Sustaining Members – FREE

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

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

CLINICS

Family Law Clinic

Leader: Bob Manson
When: Wed, Dec. 7, 7:00-9:00 pm

Open to all genders

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

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

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

Family Law Clinic

Leaders: Linda Wray & Steve Yasgur
When: Wed, Jan. 4, 7:00-9:00 pm

Open to all genders

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

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

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

CLASSES

Mankind Project Open Circle

Facilitator: Jamie Wellik
When: Every Thurs, 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.

- Thursdays 7:00 - 9:00 pm

Anger Management

Facilitator: various
When: See calendar for dates

Open to Men Only

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

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

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

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

SUPPORT GROUPS

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

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

• Minneapolis Location

3249 Hennepin Ave. S. Suite 55

General Men's Issues/ Divorce/Uncoupling

Open to Men Only

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

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

Gay Issues

Open to Men Only

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

- Tuesdays 7:30 - 9:30 pm

Transitions

Open to all Genders

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

- Wednesdays 7:30 - 9:30 pm

Bisexual and Gay Issues

Open to Men Only

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

- Fridays 7:30 - 9:30 pm

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

Choosing Healthy Sexual Boundaries

Open to Men Only

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

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

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

Minneapolis Location

3249 Hennepin Ave. S. Suite 55

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

St. Paul Location

Project Pathfinder

570 N. Asbury Street, Suite 300

St. Paul, 55104

- Wednesdays 5:30 - 7:30 pm

Sexual Trauma & Abuse Survivors

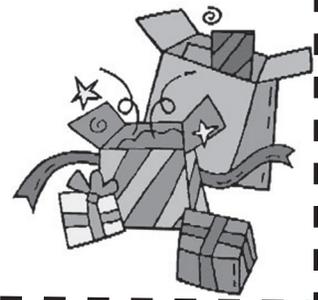
Open to all Genders

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

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

- Thursdays 7:30 - 9:30 pm

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



Call for TCMC Facilitators (Past-Present-Future)

This year's annual facilitator training will be held on Saturday, February 11, from 12.15-2.30pm in the big room at TCMC. Pizza will be served for ...yes, there is such a thing as a FREE LUNCH.

If you think you might want to be a facilitator, if you are presently a facilitator who would like to hone some old skills or learn a few new ones, or if you are just curious about all that goes into facilitating, please join us. Long time facilitators who add wisdom and experience to training are always welcome!

Trainers: Gary Weldon, Bob Schauerhamer, Tommy Jones (Please let Bill Baldwin or any of the trainers know if you plan to attend..a rough headcount would really help us prepare...)

See you there....

Upcoming **Monthly Men’s Sunday Brunches**, drop-in anytime 10AM-1PM (bring something to share/cook up): **December 18th at Twin Cities Men’s Center, 3249 Hennepin Ave. So, Suite 55, 55408. 612-267-2467** (west of Hwy 100 off Glenwood Ave). **January 15th at Frank Brandon’s, 975 Como Blvd E, St. Paul, 55103, 651-487-3008** (on the east side of Lake Como). Over 75 men each attended the Men’s Center 40th Anniversary Celebration in October. – Andy Mickel, 2016-11-17.

Although domestic abuse has seen a decline in recent years, there are still millions — millions — of Americans who endure it each year (<http://www.usnews.com/news/blogs/damine/2015/10/09/sobering-stats-for-domestic-violence-awareness-month>). October is **Domestic Violence Awareness Month**, and at OpenEducators (<http://openeducators.org/>) we have already begun preparations. Here is a brief collection of resources:

Signs You May Be in an Abusive Relationship (https://www.ucdmc.ucdavis.edu/hr/hrdepts/asap/Documents/Domestic_Violence.pdf)

It’s Time to Acknowledge Male Victims of Domestic Violence (http://www.huffingtonpost.com/bari-zell-weinberger-esq/its-time-to-acknowledge-m_b_8292976.html)

– Caroline Hampton, <caroline@OpenEducators.org> 2016-10-11

The FATHER Project, a program of Goodwill-Easter Seals, would like to give presentations to Men’s Center partners, staff, clients, participants, or anyone whom can use our program and services as a resource. Our mission is to assist fathers in overcoming barrier that prevent them from supporting their children economically and emotionally.

We offer the following services:

- **INDIVIDUAL SUPPORT** - (Guidance and support for parenting and employment issues.)
- **PARENTING SUPPORT** - (Parenting groups are held weekly.)
- **CHILD SUPPORT SERVICES** - (Direct assistance with child support issues.)
- **FATHER & FAMILY ACTIVITIES** - (Build and strengthen the relationship with fathers and child(ren) through fun, educational activities.)
- **JOB HELP** - (Full employment services, including job searching, education, training, and resume help.)
- **LEGAL HELP** - Family Law (Information and referrals to help fathers connect with child(ren) and understand child support)

– Michael Russell, FATHER Project, 2700 E. Lake Street, Minneapolis 55407 612-724-3539

“Men Alive: Twin Cities Men’s Center still vital after 40 years” Andy Steiner interviewed TCMC board members Harry Greenberg and Andy Mickel in a 4-page online article: “Last week, some 75 Twin Cities Men’s Center members

and supporters gathered in Minneapolis for an anniversary celebration. The group reminisced about the organization’s history, and debated its role going into the future...” Full story at: <https://www.minnpost.com/mental-health-addiction/2016/10/men-alive-twin-cities-men-s-center-still-vital-after-40-years> – Andy Steiner 2016-10-28.

Minneapolis Community and Technical College (MCTC) sponsored its **2nd Annual Domestic Violence and Bullying Awareness Day** on October 24th. Anna Mazig invited the Men’s Center to participate with brochures and literature to balance the largely female information available to students. – Anna Mazig, <anna.mazig@minneapolis.edu>, 2016-10-10

SATTVA Health Center opens 5 blocks from the Men’s Center in December. Men’s Center member and 7-Feathers Workshop presenter, Dan Gorbunow is opening a holistic health clinic for men that is a community-based and artful approach to healing. www.sattvaartofliving.com. – Southwest Journal, 2016-10-20.

Mankind Project Minnesota continues to host community gatherings. We will be producing half-day trainings next year. Please contact Jamie Wellik, 612-267-2467 <jamie@wellik.org> for more information, or attend the Open Warrior Circle at the Men’s Center on Thursday evenings. – David Kaar, 2016-11-15.

In Memorium

THE MEN’S CENTER WOULD LIKE TO HONOR THE MEMORY OF GERRY WERTH, A LONG-TIME VOLUNTEER AND THURSDAY GROUP FACILITATOR, WHO PASSED AWAY ON OCT. 31, 2016. THE LIBRARY AT THE TWIN CITIES MEN’S CENTER WILL BE NAMED AFTER HIM AS THE GERRY WERTH MEMORIAL LIBRARY. HE WILL BE DEARLY MISSED!

Twin Cities Men's Center ALL-PURPOSE FORM

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

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

DATE: _____

FROM Name: _____

Mailing Address: _____

Home Phone: _____

Work/Cell Phone: _____

E-mail Address: _____

PLEASE SUPPORT OUR MEN TALK ADVERTISERS!

Family Law Clinic

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

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

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

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

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

Infinite Aperture Counseling

harry greenberg, msw, licsw
Specializing in Men's Issues

2435 Garfield Avenue South
Minneapolis, MN 55405
(612) 599-3298

hgreenberg@iacounseling.com
www.iacounseling.com



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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

(612) 822-5892
tcmc@tcmc.org

UPTOWN AREA SPACE TO RENT

**Twin Cities Men's Center,
3249 Hennepin Ave S**

	Non-Profit	Profit event
Full Day (8 hrs)	\$50	\$100
Half Day (4 hrs)	\$25	\$50
Hourly	\$7.50	\$15

(612) 822-5892

TCMC Office Hours: M 11:30am–12:30pm, 2:30pm–4:00pm; Th 1:00pm–4:00pm, F 1:00pm–4:00pm. Our telephone (612) 822-5892 is answered 24-hours per day by voicemail, and an attempt is made to return calls within 1 or 2 days. Our FAX number is (612) 821-6424.

TCMC is in the lower level of "Uptown Office Park," a brick office building on the Northeast corner of West 33rd Street and Hennepin Avenue in south Minneapolis. Enter through the door on the north (3249) end of the building (it has 2 numbers: 3249 and 3255!), immediately turn left and descend the stairway through the fire door to Suite 55. (Formerly) handicapped access is easiest through a side door on West 33rd Street.

Check out our web site: www.tcmc.org or correspond at our e-mail address: tcmc@tcmc.org

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

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men talk

Annual Meeting Notice & Proxy Statement

**THE TWIN CITIES MEN'S CENTER 41ST ANNUAL MEETING WILL BE ON
SATURDAY, JANUARY 7, 2017 AT 9 AM**

AT THE MEN'S CENTER IN SUITE 55, 3249 HENNEPIN AVE., MINNEAPOLIS, MN

The Annual Meeting will include election of new members to the Board of Directors, thanks to our volunteers, review of our achievements this past year, and socializing with your fellow Men's Center members. We have moved forward on many projects this year so come and celebrate what has been done and where we are going. If you have any questions, call the Men's Center offices at 612-822-5892.

The Men's Center By-Laws require a quorum of members to elect new board members. This mailing constitutes notice to all active members that a vote will be conducted by those members who are present at this meeting. If you cannot attend and wish to vote, please return this page to TCMC prior to Jan 7, 2017 Please include your address label. All members who do not vote by mail or in person, consent to the appointment of the Chair and the Vice-Chair the power to vote on their behalf, on all matters that come before the Annual Meeting.

- I VOTE **FOR** THE DIRECTOR(S) AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 7, 2017
Directors up for re-election (circle if desired): Rick Charlson, Andy Mickel, Damon Starks, and Jamie Wellik
- I VOTE **AGAINST** THE DIRECTOR(S) AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 7, 2017.
Directors up for re-election (circle if desired): Rick Charlson, Andy Mickel, Damon Starks, and Jamie Wellik
- I **ABSTAIN** FROM VOTING AT THE ANNUAL MEMBERSHIP MEETING, JAN. 7, 2017.

signed _____ date _____.

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