

men talk

tcmc

in our 46th year
of public service

twin cities men's center

Dec 2022 / Jan 2023

Volume 46 #6

Explore *your* Truth, Find *your* Voice

Are We Sometimes Feared Just Because We Are Men?

– © 2022 BY BILL KLATTE

I Think People Sometimes Fear Me Simply Because I'm a Man.

Last year I was walking in a shopping mall near my home. Suddenly I noticed a boy about four years old standing in front of me crying. He was alone. Clearly separated from his mom or dad. I quickly went to comfort and help him. I got down on one knee and talked gently to him. I looked him in the eye and assured him he would be okay, and that I would find his parents. I told him I would stay with him till I did. Soon a woman and then others noticed us and came to help. Not long after that his mother came back to find him. The boy was whisked away and fine. I felt really good about helping this little boy. It made my day. I had a chance in ordinary daily life to actually make a difference for someone.

But I wasn't totally at peace. From the moment I noticed him I was a little afraid for him... and myself. I instantly wondered if I would be perceived, or even accused, of trying to kidnap this boy. What if someone misunderstood the situation? What if they questioned how I moved or what I was doing? Here I was with this little boy crying all alone in this crowd of people. When I kneeled in front of him I did it to help him feel safer. And by kneeling down I also felt his parent or any stranger coming upon us would be less likely to think I was going to pick him up and run away with him. And honestly, I was glad the first person to help me with this boy was a woman because I sensed that she would be viewed by onlookers as safer than another man. Was I just being paranoid? I think a lot of men might say "No."

There have been other times I've feared that my mere presence as a man would be viewed with fear or suspicion. A few times in my life I have noticed a woman walking toward me on the street and I decided to cross to the other side in the middle of the block. I wanted that woman to feel a safe path where she was walking (my street-crossing was most likely to happen if there were no other people around, it was nighttime, or my appearance was particularly unkempt that day). I did this out of respect for her and knowing she might have a fear of men because of her direct experiences in life, what others have told her, or because of the way men are sometimes portrayed in media.

Unfortunately, the behavior of some men has contributed to such fears. And if I look closely enough at myself, I recognize that there may have been times when I have contributed to that fear, even in small ways, by being too harsh or angry.

I'm not looking for a bad guy in this. No guilt trips. All of us—men and women—have done things in our lives we wish we could take back. And although traditional media and today's even-less-civil social media are part of the problem, blaming them is not the answer.

Still, the caution many of us men feel by simply being around a vulnerable woman or child is very frustrating. I feel a bit cheated. Like I can't freely be my caring, helping self at all times. Like I sometimes have to be on guard. And I feel badly for the women... children... and men who may fear me as an aggressor.

What, if anything, can we do? If you have influence with media, try to enlighten them. Even more importantly, let's deal with our concerns by talking about them with people around us. Our worries may be particularly difficult for women to understand (as it is difficult for me to fully understand theirs). Still, talk with women... and men about your experiences. And talk about how you felt at those times.

In addition to speaking with folks close to you, talk with others in groups. I believe strongly in support groups as a place to share thoughts and feelings, decrease shame, and realize you are not alone. I can't think of a better place to do this than the support groups and classes of the Twin Cities Men's Center. The Twin Cities Men's Center groups provide an extremely helpful and safe place to talk.

Wherever you talk, many people will be open to hearing what you have to say. Some will not. But we don't control their reactions. We can only control what we do and say. That includes acknowledging our feelings and expressing them. This may help not only us, but others as well.

Bill Klatte LCSW, ACSW, was a social worker and psychotherapist in the Milwaukee area for over 45 years. He is the author of Live Away Dads, and It's So Hard to Love You. He first became aware of TCMC in the late 1980's when he attended a Men's Conference there.

Library Corner

— MATT BARNES, JEFF
SPRINGER, LIBRARIANS



I'm looking for suggestions on what I can do to organize the library and make it more user friendly. What would people like to see in the library? They can text or e-mail me suggestions at 612-275-5861 or jeffreycotspringer@gmail.com.

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

FEAR as a friend? "*Are We Sometimes Feared Just Because We Are Men?*" This lead article is worthy of consideration as we enter from autumn into winter. Wishing calm abiding and peace for all every day. During the pandemic in April '21 our Tibetan teacher Rinpoche provided a free one-hour open session creating an awareness of our relationship to fear that calmed us during our daily meditation practices for months – Click on <https://cybersangha.net/fear-as-friend/>

Being aware of human fears, the 4 basic Fears: Fear of pain, Fear of losing control, Fear of abandonment, and Fear of death are archetypical for men...F.E.A.R. False Emotion Appearing Real, and Face Everything And Recover, are some options. When we are not mindful of this emotion, it can erupt as anger, and rage, abandonment of our integrity by getting "hooked" into giving our power to perceived authority figures. Some create conspiracy theories just to get elected to positions of power, marketing fear. Curious too, some humor is important at times of cultural transformation! Consider not paying attention to the Man (Clown) Behind the Curtain, the Great OZ 1939 Oscar Classic showed us a rainbow doorway [https://en.wikipedia.org/wiki/The_Wizard_of_Oz_\(1939_film\)](https://en.wikipedia.org/wiki/The_Wizard_of_Oz_(1939_film))

Another option to consider: Receiving The Priceless Gift of Serenity through a deep 4th and 5th step in a 12 step program, writing down fears, resentments and hurts, then sharing with another human being and God the exact nature of our wrongs. This is powerful process, allowing us to clear old attachments, and be ready to humbly ask our God, the

Creator (as we understand God) to remove all our defects of character.

Healthy Choices beyond fear: New research shows we have choices to slow down the aging process and build resilience that is an option for us all. Lengthening our cellular chromosomal telomeres by choosing healthy behaviors, to increase our lifespan. Encouraging us to "die young as late in life as possible". There is exciting new science to share with family and friends this season, supporting long lives and "honey in the heart" (from a 2017 book) Living Younger, Healthier, Longer The Telomere Effect. "The Telomere Effect explains the often-invisible things that affect all our lives, helping us to make better choices individually and socially for greater health and longevity. It will change the way we think of aging and disease." David Kessler MD, JD "A classic. One of the most exciting health books to emerge in the last decade. It explains how we all can slow the way we age at a fundamental level." Eric Kandel, Nobel Laureate and author of In Search of Memory "Elissa Epel, co authors link with Liz Blackburn's TED talk <https://www.elissaepel.com/telomere-effect>

Praying for discernment and encouragement for each of us, to live consciously as a peaceful warrior and nurturing presence in the world of today. One day at a time, sometimes even a minute at a time. Kindest regards as we enter the autumn and winter seasons. Keep your inner lights shining each day.

In service,

TOM WEAVER, TCMC BOARD CHAIR

New Support Group for Male Victims of Domestic Abuse

The Twin Cities Men's Center, in conjunction with Southern Valley Alliance, is beginning a Support Group via Zoom for men who have been the victims of any type of domestic abuse. Please look for more details to follow!

ANGER MANAGEMENT COORDINATOR Job Opportunity

We are still accepting applications for TCMC's next Anger Management Coordinator. The AM Coordinator is responsible for administration of the program in all of its aspects, including program organizing and scheduling of classes, finding available facilitators, handling inquiries from men interested in taking the class, recording registrations, and collecting fees. Please visit TCMC.org to read the full job description or contact our Office Manager, Tom Maher, at tomm@tcmc.org.

MSOP African/American Support Group

TCMC was contacted by MSOP in St Peter about starting an African/American Support Group for their internal clients. They are looking for a group where African-American men can discuss issues such as the George Floyd/Duante Wright deaths. Details to follow,

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
<h1>Dec/Jan 2022</h1>			CALL US ABOUT ANGER MANAGEMENT CLASSES.	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM	SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30 AM
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29	30	31				

WEB SITE: WWW.TCMC.ORG
E-MAIL: TCMC@TCMC.ORG
PHONE: 612 / 822-5892

1976 IN OUR 46TH YEAR
OF PUBLIC SERVICE 2022

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 46 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).

COVID Note: Masks are recommended, but not required, when multiple people are present at the Men's Center

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., 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

Leader: Linda Wray

Where: Online Zoom Chat

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

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.

Beyond Anger: Reclaim Your Fire!

Instructor: Dan Gorbunow

Where: Live-Online Course

When: Jan. 9 - Feb. 20, 6-7pm

Register: on TCMC website
or call 612-822-5892.

Cost: \$195 (TCMC members receive a 10% discount). Scholarship options are available.

Open to all Genders

Live-Online group with assigned readings, peer support, and expert guided live instruction.

This course offers you a holistic self-care map and set of strategies to help you see the larger picture of your self-care needs and

possibilities, and also offers some spiritual insights on the role and nature of emotions, including anger and the importance of "emotional sobriety".

The goal of the class is to help you access more of your consciousness and to create healthier habits in thoughts, feelings, and actions, to assist you to become the healthiest version of yourself, and to find balance, love, and abundance.

Courting the Wounded King: Healing Your Father Archetype to Reclaim Your Vitality and Well-Being

Instructors: Dan Gorbunow

Where: Live-Online Course

When: Jan. 2 - Feb. 13, 7-8:30pm

Open to Men Only, Registration Required

Live-online course offers expert guided work to explore, heal, and transform your father and sovereign archetypes. Introduction to Jungian shadow integration along with Arthurian-based storytelling and hybrid Celtic-Indigenous ritual practices and spiritual concepts will make this course a grand adventure in personal and social evolution, self-care strategy, and personal practice.

Fee: \$147 New Course special! Limited space. Please register at www.WarriorVox.com, Courses page.

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 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.

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

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

Sexual Trauma & Abuse Survivors

Open to all Genders

Co-facilitators: Pat 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.

Location: Online Zoom

- Thursdays 7:30 - 9:30 pm

The Sexually Evolving Man

Open to Men and Transgender Men

If sexuality is at the root of our existence and "change" is the only continuous thing in life. Why would our sexuality, how we identify ourselves, desires, and experiences be any different? This group is for men who are evolving sexually and question how the evolving intersect with their day to day life.

Location: Online Zoom

- Fridays 7:30 - 9:30 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

- Saturdays 10:30 am - noon

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

Beyond Anger: Reclaim Your Fire!

Runs Monday, Jan. 9 – Feb. 20, 6–7 pm

\$197 (TCMC members receive a 10% discount).

Scholarship options are available.

Register: on TCMC website or call 612-822-5892.

New: Open to All Genders!

Live-Online group with assigned readings, peer support, and expert guided live instruction. This course offers you a holistic self-care map and set of strategies to help you see the larger picture of your self-care needs and possibilities, and also offers some spiritual insights on the role and nature of emotions, including anger and the importance of "emotional sobriety".

The goal of the class is to help you access more of your consciousness and to create healthier habits in thoughts, feelings, and actions, to assist you to become the healthiest version of yourself, and to find balance, love, and abundance.

"I enjoyed Dan's approach to guiding/helping men learn about themselves. He empowers his students to live in the present, investigate the spiritual world that is part of us, be mindful of our past and what causes stress/anger and use our innate intuition to make the best choices possible when it comes to our self-care."

- Paul O.

"I'm participating in my own healing when I take this class I got more clarity about myself and life. Dan is an expert at awareness of the human condition, deep in his understanding. With this knowledge, I reduce my risks in life. Thanks Dan"

- David C.

New Podcasts available on
Warrior Vox YouTube channel



"EMPIRE VS. UNITY CONSCIOUSNESS"

with Dr. Michael Obsatz, link:

<https://youtu.be/rBkDlF7MjQ>



Upcoming Monthly Men's Sunday Brunches. No brunch in December. Next brunch is **January 15th at Frank Brandon's**, 975 Como Blvd E, St. Paul, 55103, 651-487-3511. (on the east side of Lake Como). 10 men attended the October brunch at Tom Borden's and more than half a dozen men attended the November brunch at at Stan Bookout's. – Andy Mickel, 2022-11-20.

"Thank you for all the work you do." – Wayne Beauchemin, 2022-09-29.

"Thank you for the service you provide in the Twin Cities." – Allan Dahl, 2022-10-16.

Celebration of International Men's Day (IMD) at the Men's Center on Saturday, November 19th was a success largely due to the efforts of TCMC Board alternate Derek Gegner. He created six information stations featuring one of the six "pillars" of IMD, a male-positive event:

- To promote positive male role models: not simply celebrities but everyday, ordinary men who are living decent, honest lives.
- To celebrate men's positive contributions to society, community, family, marriage, child care, and the environment.
- To focus on men's health and well being: social, emotional, physical, intellectual and spiritual.
- To raise awareness of discrimination against men in areas of social services, social attitudes and expectations, and law.
- To improve gender relations and promote gender equality.

In Memorium – Paula Overby

The Twin Cities Men's Center mourns the loss and celebrates the life of Paula Overby; long-time Men's Center Member, former Board Member, facilitator, author, parent, and LGBTQ+ activist. Paula resided in Eagan, MN, and passed away unexpectedly on Wednesday, October 5, 2022, while running for U. S. Representative.

Paula achieved and overcame much throughout her life. She held multiple college degrees, wrote and published a book, and ran for public office three times between 2008 and 2022. She shared time with others, talking and listening to so many. In addition to the Twin Cities Men's Center, Paula was involved with many other organizations including East Metro Civic Alliance, Our Revolution, and the Land Stewardship Project.

Board Chair, Tom Weaver, recalls, "We did one of the last trainings developed by the U of M Program for Sexual Health as co-leaders at TCMC Location. The University of Minnesota Man-to-Man Sexual Health Seminars was an in-person sexual health education and support program which ran for nearly 20 years."

A ceremony was held on November 3, 2022 for Paula at Mueller Memorial Funeral Home in Saint Paul, MN. In lieu of flowers, donations in Paula's memory will support the family and memorial services. Her obituary can be found at <<https://everloved.com/life-of/paula-overby/funeral/>>.

- To create a safer, better world, where people can be able grow to reach their full potential.

Mankind Project Minnesota hosts drop-in Open Men's Groups 1st and 3rd Mondays at the Men's Center: Open to All Men. On 2nd and 4th Mondays the group meets on Zoom. No meeting on 5th Mondays. The groups follow a support and accountability model. FFI: Tom Borden, 651-792-5040 or <tjb076@gmail.com>. – Tom Borden, 2022-11-20.

Minnesota Men's Conference 2023 "Into the Belly of Ice and Snow" IN PERSON EVENT will be held Feb 3-5 at YMCA Camp St. Croix, 345 Riverview Dr, Hudson, WI 54016 about 30 miles east of the Twin Cities. Cost is \$300 including meals and lodging. In the long nights and short days of winter, bears dream in their dens, the sap lies frozen in the hearts of the trees, and men gather around the fire and share stories, songs, poems, and weird notions. Old friends Miguel Rivera, Ben Dennis, and Walton Stanley will be joining us once again. FFI: Walton Stanley, Minnesota Men's Conference contact@minnesotamensconferenc.com – Walton Stanley, 2022-11-18.

Roy Schenk is happy to have achieved a breakthrough he calls "The Missing Link" in the search for equality: **raising the conscious awareness of the violence done to males**, while claiming women as victims resulting in men being treated as inferior in our culture.

We are becoming more aware of the need for greater love and compassion for men and the conscious fostering of caring and love for both women and men, resulting in greater peace, joy and sustainability in our world. FFI: Roy U. Schenk & James Morgan, <jcm626441@gmail.com>. – Roy Schenk, 2022-11-02.

Traumatic Masculinity and Violence: Our Moonshot For Mankind Offers Hope to Humanity. We are living in a world out of balance. One clear indicator is our global climate crisis. Another is the violence going on in the world, perpetrated mostly by men. I have been working for more than fifty years to address male violence, directed inward in the form of depression and suicide, and outward in the form of aggression and violence. FFI: <https://moonshotformankind.com/> – Jed Diamond, 2022-09-29.

On Sunday evening November 13, with a hybrid house and online party, TCMC Board alternate Dan Gorbunow celebrated the book launch of the first of three books he's contributing chapters or writing in whole. **Amazon Best-Selling book Find Your Voice 4: Transcendent Men, Real Stories**, 20 authors on men's healing. Available for purchase at Magers & Quinn Bookstore in Uptown. – Andy Mickel, 2022-11-13.

Mankind Project Open Circle

When: Every Mon., 7:00-9:00 pm, Open to Men Only

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

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

Registration: <https://mkpconnect.org/civCRM/event/register?reset=1&cid=54617>

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!

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MEN TALK ADVERTISING RATE SCHEDULE

Full Page	7 1/2" x 10"	\$200
1/2 Page	7 1/2" x 4 7/8"	\$125
1/4 Page	3 5/8" x 4 7/8"	\$65
Biz Card	3 1/2" x 2"	\$25

(612) 822-5892
tcmc@tcmc.org

TCMC Office Hours: Monday through Friday 12:00pm–4:00pm (unless otherwise posted on our online calendar). Our telephone (612) 822-5892 is answered 24-hours per day by voicemail, and an attempt is made to return calls within 1 or 2 days. Our FAX number is (612) 821-6424.

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

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

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twin cities men’s center news

men talk

Annual Meeting Notice & Proxy Statement **THE TWIN CITIES MEN’S CENTER 47TH ANNUAL MEETING WILL BE ON SATURDAY, JANUARY 7, 2023 AT 9 AM**

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, 2023 Please include your address. 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** **AGAINST** THE DIRECTOR(S) AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 7, 2023
(up for re-election Andy Mickel, Ben Alfaro, 2 open positions)

I VOTE **FOR** **AGAINST** THE MOTION TO CHANGE THE BY-LAWS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 7, 2023.

I **ABSTAIN** FROM VOTING AT THE ANNUAL MEMBERSHIP MEETING, JAN. 7, 2023.

signed _____ date _____.

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