

# men talk

tcmc  
twin cities men's center

in our 42nd year  
of public service

Dec 2018 / Jan 2019  
Volume 42 #6

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

## De-Fanging the Snake: Healing Responses to Our Youth

— © 2015 BY DAN GORBUNOW

*Or what man is there among you who, if his son asks for bread, will give him a stone? Or if he asks for a fish, will he give him a serpent? Matthew 7:9-10 New King James Version (NKJV)*

This wise scripture challenges how we respond to our youth, in particular our young men (sons) when they express hunger and need. This isn't really about a menu request at the dinner table, rather, it suggests a radical self-examination to discern the quality of our parenting and adult guidance, including community responses, whether for healing good or for hurtful ill effects.

The first important thing to consider, as adults responding to our youth, is what shape or form "asking for bread" or "asking for a fish" can take, how does it appear? Not as a straightforward request usually, but indirectly by behaviors and mannerisms that speak to deeper needs and a spiritual hunger that are not being met or insufficiently met. When a young man acts out aggressively, or withdraws inwardly, or avoids and distracts himself from important tasks and responsibilities, he is asking for bread and a fish. When he joins a gang, experiments with drugs, bullies others or abuses himself, or disrespects females in sexual conduct, he is asking for bread and a fish. When the spark of clarity, connection, and innocence fades to uncertainty, confusion, depression, and isolation, he is asking for bread and a fish. So we have to be "on guard", ready to translate the behaviors of our boys (and girls) into a clear spiritual message that resonates with the true, underlying needs of their spirit and hearts. Our youth are often not aware or are unable to articulate what they really need, and of course we know the answer already: love, acceptance, respect, praise, compassion, trust, attention, vision, and guidance. These are the "loaves and fishes" of loving-kindness. It is our failure, not theirs, if we instead offer a stone or a serpent: rebuke, negative judgement or criticism, shame, blame, gossip, punishment, imprisonment, humiliation, hatred, abuse, or violence. The stone and serpent in our hands represents our fear, and it is up to us to transform our fear into love, the bread and fish.

There are lots of ways that a youth's "asking" can appear, not just by "misbehaviors" or risky behaviors; it can also appear as accomplishments, achievements, and successes of any size. Failure to appropriately express praise and appreciation, or worse, responding to their successes with negative or critical judgement, could be seen as handing them a snake instead of a fish.

Healing happens in the moment, anywhere in life that we encounter our sons and daughters (meaning, all the youth in our community, not just our "blood relatives"). In a thought, a glance, or a word, we convey how we feel about them, and they will respond in kind however we choose to feed them.

*Dan Gorbunow, AMT, is Director of Men's Healing at Sattva Healing Arts, Minneapolis, MN. Dan pioneered the Seven Feathers youth and adult program for dual recovery, (and is a member of the coalition to create a White House Council on Boys and Men). Visit [www.SattvaMN.com](http://www.SattvaMN.com) and [www.sevenfeathers.weebly.com](http://www.sevenfeathers.weebly.com)*



...and now I hear that Santa is  
OUTSOURCING to the South Pole!

## 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](mailto:tcmc@tcmc.org). Office Manager: Tom Maher  
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## Letter from the Chair

Season's Greetings!!! I want to thank TCMC for allowing me to serve as the 2018 Board Chair. I've learned a lot this year and together we've accomplished a lot. As we close out the calendar year. Please mark your calendars for the TCMC Annual Meeting to be held at TCMC on January 12, 2019 at 9am. At the meeting there will be board elections, a motion for a couple of by-law amendments, and updates from committee chairs.

I hope you would consider volunteering in 2019 to implement

and/or serve on committees. If you have an interest in Support Groups, Anger Management, Outreach, Presentations, Administrative, and/or facilities we would like to hear from you.

Finally, if you are a support group facilitator and/or interested in becoming a facilitator; on January 26, 2019 there will be a Facilitators Training at TCMC. Please contact the office for details.

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

## ANNUAL FACILITATOR TRAINING

has been scheduled for Saturday, January 26th, from 12 noon to 2:30 pm. It will again be taught by Tommy Jones, Gary Weldon, and Bobby Schauerhamer. Lunch will be provided. All current support group facilitators and those wishing to become one are welcome to attend. This is an opportunity to connect with other support group facilitators. This is a wonderful opportunity to sharpened old skills, learn a few new ones, and to share your experiences with new and experienced facilitators.....and you get one of those rare and enjoyable "free lunches" that are so rare these days! "..... see you there...."

Please RSVP to Tom Maher at [tomm@tcmc.org](mailto:tomm@tcmc.org) or (612) 822-5892.

## TCMC joins the Amazon Smile program

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

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

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



## PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 42 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).*

### Mankind Project Open Circle

Facilitator: Dave Semenchuk and David Grocott

When: Every Thu., 7:00-9:00 pm

*Open to Men Only*

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

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

### SoloSexual: An Essential Orientation

Facilitator: Rod Froseth

When: Weds., Dec. 19, 7:00-9:00 pm

*Open to Men Only*

It's not rude to think "Me First" when it comes to sexual expression. It's mature. We must first understand sexual desire as fully our own and our responsibility. All forms of sex and orientation then become more relational and about meaningful communication. Learn how to reinforce your confidence, expand your orgasm and relocate elusive sexual desire. This upbeat workshop is accepting of all and totally sex positive. Join us for a good time!

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

### Smart Sex: Designing An Adaptive Sex Life

Facilitator: Rod Froseth

When: Weds., Jan. 23, 7:00-9:00 pm

*Open to Men Only*

If you're stuck in your sex life, you probably encountered a design problem. Maybe things were working in your sex life ten years ago, but life changed and your sex life didn't. Most sex lives are designed for age 25. We can crack the mystery of the march of age and create a sex life that adapts and thrives. If you want to be a sexual guy five, ten or twenty years from now, join us. We'll tangle with tough questions, laugh, and chart a sexual course. The workshop is accepting of all and totally sex positive.

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

## CLINICS

### Family Law Clinic

Leader: Allison Maxim

When: Wed., Dec. 5, 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 & Steve Yasgur

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

*Open to all Genders*

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

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

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

## CLASSES

### Anger Management

Facilitator: various

When: See calendar for dates

*Open to Men Only, Registration Required*

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

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

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

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

## SUPPORT GROUPS

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

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

### • Minneapolis Location

3249 Hennepin Ave. S. Suite 55

### General Men's Issues/ Divorce/Uncoupling

*Open to Men Only*

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

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

### Gay Issues

*Open to Men Only*

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

- Tuesdays 7:30 - 9:30 pm

### Addiction Busters

*Open to all Genders*

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

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

- Tuesdays 7:30 - 9:30 pm

### Choosing Healthy Sexual Boundaries

*Open to Men Only*

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

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

Healthy Boundaries welcomes all men who are currently participating in, or who have completed, sex offender treatment. Facilitated by Tom Duvall, 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

### Bisexual and Gay Issues

*Open to Men Only*

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

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

### Men Facing Retirement Issues

*Open to Men Only*

A support group for men thinking about retirement or who have already retired. It is an opportunity to share feelings with other men about the importance of work and what happens when paid employment is no longer part of a man's life.

- 3rd Sundays 5:30 - 7:00 pm

### The Poison Tree *After William Blake*

*by Robert Kenneth Anderson*

My friend, unwary, gave a slight,  
Then another, and a third.  
I kept my counsel just for spite  
And never said a word.

I counted more, stored them up,  
Till stinking like a turd  
They more than filled my bitter cup.  
I never said a word.

I watched and waited like a cat;  
Each kindness he averred,  
Dismissed – so slight! – what of that?  
I never heard a word.

With clever wiles and evil grin,  
You'd think the wound had cured.  
Indeed! I seemed to let him in –  
I'd spring without a word.

The fool! He thought our bond intact.  
This my fury only spurred.  
What retribution to exact?  
Forgive? No such word.

Was it in a dream it came to me?  
My soul was deeply stirred.  
In a garden grew a Poison Tree  
That bloomed without a word

From me, or God – ah, bright Hell-flower!  
By itself, I swear, it lured  
My hapless foe to taste its power.  
I never said a word.

He plucked its bitter fruit. "Take eat" –  
Hee-hee! And now interred  
He lies beneath my restless feet.  
Never says a word.

My garden goes to waste each year,  
But not my tree – absurd!  
It's watered fresh with rage and tears.  
And God? Haven't heard a word.

Upcoming Monthly Men's Sunday Brunches, drop-in anytime 10AM-1PM (bring something to share/cook up): **December 16th** at Stephen Sewell's, 647 Lincoln Ave #F, St. Paul, 55105 (just west of Dale Ave) 612-229-6699. **January 20th** at Frank Brandon's, 975 Como Blvd E, St. Paul, 55103 651-487-3511. (on the east side of Lake Como). 11 men attending the November 18th brunch at Stan Bookout's; 10 men attended the **October 21st** brunch at the Men's Center.

– Andy Mickel, 2018-11-18

We are grateful to be receiving donations from Men Center members to the **Randy Genrich Memorial Fund**. Thank you very much to all who have contributed.

– Tom Maher, 2018-10-18

"I have been attending a men's support group from TCMC. At first I was unsure if this was a good place for me. As I continued to attend more meetings I became more comfortable with the people in the group. I have found the group to be a safe place to talk about things that are bothering me. I look forward to the Thursday meetings. I think it is a great resource to help deal with my issues. I have made a number of friends thanks to the TCMC, we get together for a meal and just hang out. Thanks Twin Cities Men's Center!" – Gene, 2018-10-29

ManKind Project Minnesota will hold its **Community Annual Meeting** at the Men's Center on Sat. December 1st, 1-3pm. Pot luck with election of the new Community Coordinator. Also will discuss the next Wilderness training and ideas for making it even better. Contact: David Grocott <davidgrocott@mkp.org> 651-894-2685 or Jamie Wellik 612-267-2467. – 2018-11-15

Long-time Men's Center Member, **Francis Baumli** has made another contribution of copies of his book, *Men Freeing Men* (and copies of some other books as well, which we will add to our library) which are now available for pickup at TCMC.

– Tom Maher, 2018-10-25

Jed Diamond recent posted to his **MenAlive** blog an article: *12 Rules for Being a Great Man: How to Be Wildly Successful at the Game of Life* in 2 parts. Jed writes: "When my son, Jemal, was born in 1969, I made a vow that I would be a different kind of father than my father was able to me for me and I would do everything I could to bring about a world where men got the support they needed to be truly good and perhaps, even, great. Carlin and I have 17 grandchildren and I'll be 75 this December." – Jed Diamond, 2018-10-21

Recent articles in the *Minneapolis Star Tribune* <<http://www.startribune.com/>>

*Star Tribune* Columnist and Interviewer "C.J." met with **Twin Cities** author **Peter Dorsen** who has cleaned up his life and is focused helping men 60 and older with his new book:

"**Men Over 60: Don't Quit Now!**" now in the final editing stage. It follows his "Dr. D's Handbook for Men Over 40," published in 1999. Peter was a presenter at the TCMC-produced Men's Health and Well-Being Symposium in 2001. "Peter recently published "Up From the Ashes: One Doc's Struggle with Drugs and Mental Illness" in paperback and as an e-book, calling it a "better upgrade" of another previous book, "Crazy Doctor: Mixing Drugs and Mental Illness." A sample from the interview: **Q:** Am I to understand that men have a harder time feeling useful when they retire? **A:** The constellation of changes both hormonally and societal have a great deal to do with being shoved aside. We're no longer invincible; we are invisible. **Q:** Is the path to retirement relevancy deciding your interests, then finding where you can volunteer in those areas? **A:** I think a big thing is finding our passion. In many ways, men identify themselves with what they do, and women too, but where does that passion go when suddenly we're not important? My mother, who was a physician, told me once, when she retired to Florida, 'Peter, nobody knows me anymore.'" – *Star Tribune*, 2018-11-14

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The following motion will be submitted and voted on at the 2019 TCMC Annual Meeting. All members in good standing are encouraged to attend and vote on this change to the TCMC By-Laws. The current By-Laws are available at: <https://www.tcmc.org/pdf/By-Laws-TCMC-2009-01-10.pdf>

Motion to submit following TCMC By-laws revision for adoption at January, 2019 annual meeting:

"Clarify the expectations required for each member of the board of directors (referred to as "Directors" in the By-laws).

Modify Article Four, Section 1. Qualifications:

from:

"any member of the corporation who supports the goals of the corporation shall be eligible to be elected to the Board of Directors"

to:

"any member of the corporation who supports carrying out the stated Mission of the Mens Center in the context of the Values Statement shall be eligible to be elected to the Board of Directors"

Modify Article Four, Section 2. Number of Directors and Composition of the Board of Directors:

from:

"The Corporation shall have eight (8) Directors..."

to:

"The Corporation shall have eight (8) Directors and up to four (4) Alternate Directors..."

Modify Article Four, Section 3. Terms:

add: "Alternate Directors shall be elected each year for one-year (1-year) terms."

Modify Article Four, Section 9. General Powers and Duties:

revise Section 9. as follows:

"General Powers and Duties: All lawful powers of the Corporation shall be vested in and exercised by or under the authority of the Board of Directors, and the business of the Corporation shall be conducted by such Board.

Directors are required to attend monthly board meetings and head task groups (committees) that carry out work done mainly by volunteers in these 4 main areas: Administrative, Financial, Outreach and Program. Alternate Directors are required to attend meetings quarterly. The responsibilities of the Board of Directors shall include overseeing fiscal management, administering operations, organizing program activities, and promoting external communications.

Additionally the Board of Directors shall recruit and supervise paid staff, interpret and clarify policies and purposes of the Corporation, and otherwise conduct the business of the Corporation between meetings."

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

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

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

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DATE: \_\_\_\_\_

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\_\_\_\_\_

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

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

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### 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

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

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

*Check out our web site: [www.tcmc.org](http://www.tcmc.org) or correspond at our e-mail address: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)*

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**

## *Annual Meeting Notice & Proxy Statement*

**THE TWIN CITIES MEN'S CENTER 43RD ANNUAL MEETING WILL BE ON  
SATURDAY, JANUARY 12, 2019 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 12, 2019 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**  **AGAINST**  THE DIRECTOR(S) AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 12, 2019  
Directors up for election : Rick Charlson, David Grant, Malik Holt, Andy Mickel, Norm Petrik, Damon Starks

I VOTE **FOR**  **AGAINST**  THE MOTION TO CHANGE THE BY-LAWS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 12, 2019.

I **ABSTAIN** FROM VOTING AT THE ANNUAL MEMBERSHIP MEETING, JAN. 12, 2019.

signed \_\_\_\_\_ date \_\_\_\_\_.

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