

# men talk

tcmc   
twin cities men's center

in our 34th year  
of public service

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Volume 34 #5

## *Women at the Men's Center – Interview with Nancy Helland*

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**N**ancy Helland is a current TCMC member since 2009. She recently started a new support group: Women dealing with Sexual Addiction. Nancy is also a member the TCMC Foundation Request Committee.

**MT:** You are a really active member of the Men's Center, and a support group facilitator of your new Women Dealing With Sexual Addiction group. Why have you also joined the new Foundation Request Task Group (Committee) to do fundraising for us at TCMC?

**NH:** This is not the time to let TCMC fall off everyone's radar and merely exist. Fund-raising, such as, dinners, raffles and Wednesday Presentations may draw a lot of new people to come in and check us out, as well as reach out to the local community. Putting ourselves out there, for example, at local businesses. Only by being vocal can we truly be heard.

**MT:** Why do you believe in the Men's Center mission ("provides resources for men seeking to grow in body, mind and spirit, and from that foundation advocates for healthier family and community relationships")?

**NH:** I have seen how great of a resource TCMC is and how they have either helped me and someone dear to me. What we offer in support groups needs to be publicized more widely. The speed and openness of how we continue to add more groups so that more people can find the support they need is just amazing.

**MT:** What's the potential benefit for anyone stepping forward to join the Foundation Request Committee at TCMC?

**NH:** There's a great opportunity for anyone who wants to learn how to be a fundraiser without paying for training. With the leadership of the FRC chair and TCMC board member, Malik Holt-Shabazz—who is a veteran, highly connected fundraiser, the new approach is to offer low-risk, hands-on experience to learn how to be a fundraiser yourself for any project you have or organization you volunteer for. We will get everyone involved in the process of raising grant money for TCMC. Normally, this has been done by board members, but the need to expand is here.

Our goal on the committee is to work on and complete one "Foundation Request" a month. We all will be learning how to do a Foundation Request from start to finish. A list of past grants and new companies has been created; we have developed a formula to use that will be easy to follow; we know where to start; we just want your help! This is truly exciting for me personally, because I feel great to get involved and experience huge accomplishment and know that I played such an important role in keeping the doors open. Joining the FRC may make your resumé stand out, because you will be growing a marketing skill.

**MT:** What are ways Men's Center members and allies can contribute to help the Men's Center now?

**NH:** Tell your story with the Men's Center and how they helped. For example: do you currently attend one or more groups, or did you attend one a while ago when your life was tough? Did you move too far but still want to offer something? Or maybe you are a professional and know the Men's Center as a resource. It is truly amazing how we all can make a big difference with just a little time, money or just utilizing the skills we each have, together. Maybe you are good at statistics and graphs or maybe your passion is writing; you may have great people skills that you are bursting to use. Are you full of great ideas? Do you have a lot of contacts? We need you. We will also be brainstorming for new ideas, and putting into action other ways to raise money.

The first question is to ask others is, 'can you help this great support and resource center grow? Any donation would be appreciated and help.' Approach your employer, church, or any other business you have affiliations with. Many employers would be happy help within the community, where their employees feel strong need. They may be apprehensive to give because of further solicitation, so ask for a one-time donations. I urge you to go to your Human Resource Department or a small-business owner and ask them for a donation. If you need a list of possible companies to ask or suggestions on how to approach your company, we can help you with that.

Other great ways to raise money is getting people to be aware of what we do even if they are not able to donate at this time—through word of mouth and networking we be able to create new leads, and gain new membership. Remind previous members to renew their membership, become a patron, or a 20x12 member. Ask friends and family for their help.

Call TCMC 612-822-5892 or contact Malik Holt-Shabazz directly at [stpaulmalik@yahoo.com](mailto:stpaulmalik@yahoo.com).

**MT:** How have you benefitted personally from the Men's Center?

**NH:** I am thankful to TCMC for the journey I am now on. They represent acceptance and support for many, and I want to give back and support them. We all have a story with the Men's Center and how they have helped us.

**MT:** What do you see for the future of the Men's Center?

**NH:** Times are changing, we need to change with them, for the stability and growth of the Men's Center. We want to dream big, maybe be in our own building, buy new things, create a jumpstart in our future. TCMC wants to continue to be here for you.

*Andy Mickel is a long-time active member of the Men's Center. His roles, past and present, include Executive Director, Board Member, Open Circle of Warriors presenter, and Men Talk writer/editor. Thanks, Andy!!*

## 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 of the Men's Center. Our periodicals include; *Fathering Today*, *Men's Health*, *Men's Journal*, *Lavender*, *Transitions*, and *Voice Male*.

Recent Additions: *The Poetry Corner*. The intent of the Poetry Corner is to provide a venue for anyone to share with others anything they have written. It is a place to share your thoughts & events gone by. The Men's Center hopes it will also be a place to share your feelings and lessons learned. Have you ever felt lonely, forgotten, excited, enlightened, or in love? If you felt strongly enough to write about your experience, pull out those poems you wrote and then stashed at the bottom of a dusty drawer. Bring these literary snapshots of your life and add them to the three ring binder on the round table in the library. Sign them or don't sign them. Just bring them in and share a piece of yourself with others.

### Address Change Notifications

from the post office cost the Men's Center \$1.14 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)

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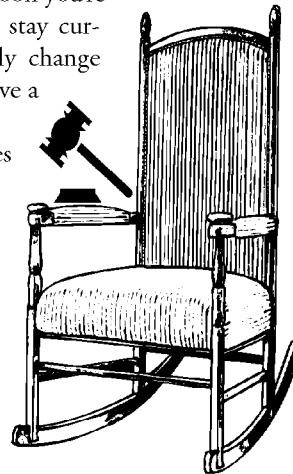
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## Greetings from the Chair

There's an old joke about government spending: "A million here, a million there, and pretty soon you're talking about real money" (to stay current, the joke should probably change "million" to "billion" and reserve a future option on "trillion.")

At TCMC, our finances are nowhere near so lofty. We operate on a very lean budget (if you're interested in the details, there's always a monthly or annual financial report attached to the TCMC office door.) At present, all of our revenue comes from memberships, support group donations, and anger management class fees. In other words, those who use our resources pay for them. Which can be a problem, especially in these challenging economic times, because many who need our resources have difficulty paying for them.

So it's very exciting that TCMC now has a Foundation Request Committee (FRC) that will raise money for TCMC by submitting funding requests to various foundations and corporations. You can learn much more about the FRC by reading Andy Mickel's interview with FRC member Nancy Helland on the front of this issue, but I want to highlight one specific aspect of the FRC here.



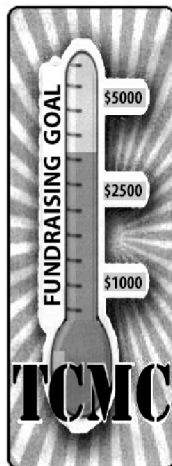
Simply put, you, whoever you are, can be a member of the FRC. The FRC is an open group of men and women whose only qualification is a desire to see TCMC continue doing its important work. The FRC chairman, Malik Holt-Shabazz, has many years experience in community organizing and fundraising and will be an invaluable guide and resource, but the bulk of the work will be done by people with no previous fundraising experience. That's because the FRC's first order of business is to create a simple, easy-to-follow checklist for submitting a funding request.

This will allow anyone who is interested to submit a funding request to the organization of their choice and thus directly benefit TCMC.

With this in mind, maybe the FRC's mantra could be, "A foundation request here, a foundation request there, and pretty soon you're talking about real money for TCMC." Please consider contacting Malik to find out how you can make a real and significant difference in TCMC's future.

JOE SZURSEWSKI  
BOARD CHAIR

### TCMC's "BROTHERS HELPING BROTHERS" FUND RAISING DRIVE



To help support rising operating expenses for the coming year, the Twin Cities Men's Center initiated a campaign to raise \$5,000 over this year. During this time, TCMC's fundraising task group will seek individual donations by contacting members directly by phone and e-mail. We choose a fund raising drive as an alternative to raising membership rates. Membership rates remain the same to keep things affordable for all program participants. "Brothers Helping Brothers" provides quick and easy means to donate for those who can afford to do so.

GO TO [WWW.TCMC.ORG](http://WWW.TCMC.ORG) / CLICK "DONATE"

To make a tax-deductible contribution, simply go to TCMC's website, [www.tcmc.org](http://www.tcmc.org), and click "Donate" in the lefthand navigation bar. Contributions by personal check, payable to TCMC, can be directed to TCMC's office:

Twin Cities Men's Center  
"Brothers Helping Brothers"  
3249 Hennepin Ave. So., #55  
Minneapolis, MN 55408









**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 Wed. 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 \$\_\_\_\_\_  \$20 (Regular)  \$40 (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 Men's Center mailing list; the pre-addressed gummed mailing label is attached.
- I have these feelings, thoughts, opinions, ideas, news items for The Twin Cities Men's Center / *Men Talk*

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**PLEASE SUPPORT OUR MEN TALK ADVERTISERS!**

**Anger Management Program**

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

**Length of Class:**

12 consecutive weeks

**Number of Participants:**

Limited to 12 men per class

**Cost:** \$215 for TCMC Members (\$225 for Non-Members)

**Starting Dates:** Classes are filled on a first come, first served basis. Currently, there is one in Hopkins (Wed) and one in Minneapolis (Mon). A new class is scheduled to start on Weds Oct. 13 in Hopkins.

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.

**Seek the Truth Counseling**

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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

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

*TMC 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)*

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**4**

# Family Law Clinic

Only \$5

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!**

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