

men talk

tcmc

in our 47th year
of public service

twin cities men's center

Dec 2023/Jan 2024
Volume 47 #6

Explore *your* Truth, Find *your* Voice

Weller Than Well

– © 2023 DR. MICHAEL OBSATZ

Laura Collier has written an article called “Growth After Trauma.” She describes people who have experienced trauma and instead of just closing down and dying, they become more aware, compassionate, purposeful, and connected. Working through one’s pain, and seeing one’s inner beauty was the primary focus of the Human Potential Movement started by Abraham Maslow and others. Maslow was my college psychology professor in 1960 - 1963.

I began my teaching career at Macalester College in St. Paul in 1967. In the 1970’s, I worked part-time at the American Chemical Dependency Center in Chanhassen, Minnesota as a group facilitator, aftercare leader and family group leader. The Center was created by Robert and Mary McAullife. They had written a manual about the disease concept of chemical dependency and its treatment. One of the core beliefs in the treatment program was that of “Weller than Well.” It meant that people who explore and work through their suffering and pain in depth can become more whole, loving, connected human beings.

“Well” is considered what is “normal” in America -- an unexamined life. “Weller than Well” is about people who have struggled with abuse, addiction, trauma and oppression. They have cried and yelled, and dealt with feelings of isolation, betrayal, unworthiness. They become more in touch with emotional connections, and more compassionate and empathetic.

During the seventies, books about healing shame were written by John Bradshaw.

Shame, he stated, was a necessary bi-product of a culture of greed, hypocrisy and hierarchy. I call this Empire Consciousness which focuses on domination, power, control, and hierarchy.

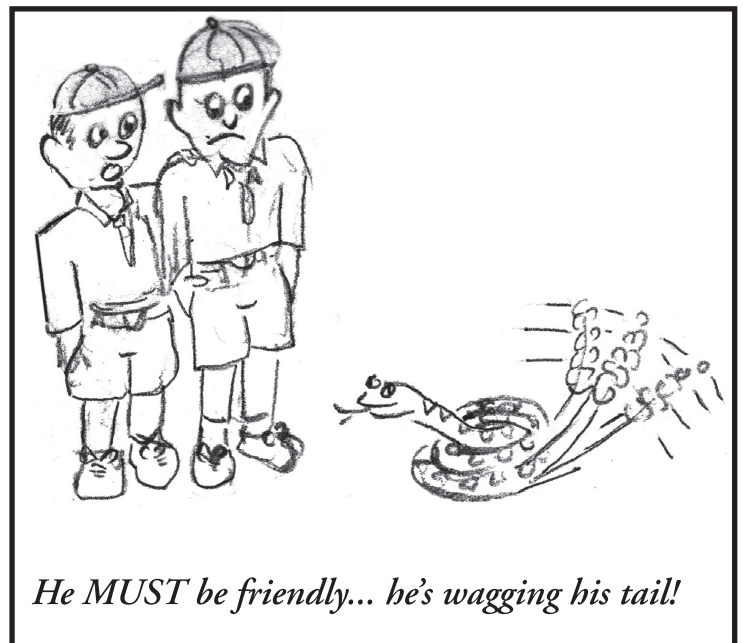
“Weller than Well” means moving beyond the cultural norms of individualism and domination. It means see the larger picture, the picture of Oneness. Oneness Consciousness is about wholeness, compassion, and experiencing love for all of

creation. This includes the earth, of diverse people, animals, plants and oneself.

Going through suffering, pain, and trauma has growth potential. There are centers in the United States focusing on “Growth After Trauma.” Many believe those who have worked through their pain, developed meaningful spiritual connection, and moved from Empire Consciousness to Oneness Consciousness are more loving, insightful, and empathetic.

It is interesting that wholistic concepts created more than 60 years ago laid the groundwork for our understanding about addiction, abuse, and trauma today. May we all become “Weller than Well.”

Dr. Michael Obsatz is Professor Emeritus from Macalester College where he taught education and sociology courses for 40 years. He is an author, film-maker, workshop leader, and was in the 1978 “The Men’s Survival Resource Book” published by the Twin Cities Men’s Center.



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Library Corner

– MATT BARNES, JEFF SPRINGER, LIBRARIANS



What would people like to see in the library? I am trying to think of creative ways for members and non-members to use the library, such as a printer, scanner or fax if group members need to print documents before or after group. They can text me with suggestions at 612-715-9951.

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

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

Address Change Notifications

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

Men Talk is a bi-monthly publication of the Twin Cities Men's Center. Call 612-822-5892, or e-mail us at tcmc@tcmc.org

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Letter from the Chair

Wellness = Balanced Health – Consider resting as the plant and tree nations model for us this time of year, allowing each us to reflect on self-care. Consider as we enter the darker times of the winter solstice, soon to be upon us, where we may be led to being fully present and of loving service to each other, in a good way.

Our lead article by Dr Mike O, “Weller Than Well”, inspires each of us to consider how we can enter 2024 with more Peace, Love and Joy, often called the equanimity of wellness – “the peace that passes all understanding.” Acceptance of this inner peace allows each of us, as human beings, to slow down, sharing in more loving connections with beings of our choice.

Teachings from the medicine wheel of our D/Lakota Indigenous relatives here in central Turtle Island, support such centering. By noticing and meditating with the four cardinal directions, and the axis mundi, of the blue sky and the green Mother Earth, we can experience the essence of our being, noticing our breath and the inner warmth and peace of aliveness.

There are many health benefits to living in balance (Wico'zani) – that supports

WoLakota “world peace”. If each of us, is centered and creates a space of centeredness “Wicozani Otipi, or a place of balance in wellness, equanimity naturally emerges. From this place of self-acceptance and self-love we will experience the wisdom reflected by the Lakota elder Black Elk, He áka Sápa. “At the center of the universe dwells the Great Spirit. And that center is really everywhere. It is within each of us.”

Pidamiya, Migwiitch, thanks in Dakota-Anishinabeg for your continued support through donations of time, spirit and maza-ska, money....of the Mission of TCMC, now beginning our 48th year of service “The Twin Cities Men's Center provides resources for men seeking to grow in body, mind and spirit, and from that foundation advocates for healthier family and community relationships.”

Take good care of yourself, and then be supporting of others to do the same.

Action still speaks louder than words.

In service,

TOM WEAVER, TCMC BOARD CHAIR

International Men's Day Celebrated at TCMC

International Men's Day 2023 was Sunday Nov 19! We had a great time celebrating International Men's Day with its theme for 2023, **Healthy Men, Healthy World.**

We held an Open House event at the Twin Cities Men's Center on Sunday, November 19th from 12:30 - 3:30pm with snacks and refreshments to promote a positive celebration of all men across the planet. If you missed it, please plan to join us celebrating International Men's Day next year!

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.

TCMC Fundraising Report

Give to the Max Day was Nov. 16th this year, and our goal was \$1500. As of this writing, we've raised 33% of that goal. You still can go to < <https://www.givemn.org/organization/Twin-Cities-Men-s-Center>> and donate to your favorite group of men.

Our end-of-year **Pay It Forward Fundraising Campaign** is on Saturday, December 2nd, from 10:00 am to 11:30 am at the TCMC office. Please consider joining if you are free that day. I am looking for 2-3 volunteers at least to help with envelope stuffing, stamping, and letter folding. Thank you! — Benjamin D. Alfaro

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

DEC/JAN 2023

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

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SEXUALLY EVOLVING
MAN 7:30 PM

SUPPORT GROUP
HSB 10:00 AM
MEN'S WELLNESS
10:30AM

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28	29	30	31				

CALL US
ABOUT ANGER
MANAGEMENT
CLASSES.

1976 IN OUR 47TH YEAR 2023
OF PUBLIC SERVICE

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).

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. 6, 7:00-9:00 pm

Open to all Genders

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

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

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

Family Law Clinic

Leader: Linda Wray

Where: Online Zoom Chat

When: Wed., Jan. 3, 7:00-9:00 pm

Open to all Genders

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

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

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

CLASSES

Men Helping Men With Anger

Instructors: various

Where: Online/In-Person Course

When: See calendar for dates

Open to Men Only, Registration Required

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

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

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

Beyond Anger: Reclaim Your Fire!

Instructor: Dan Gorbunow

Where: Live-Online Course

When: Jan. 16 to Feb. 27, 2024

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

Cost: \$197 (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".

Phoenix Rising: Creating Emotional Sobriety in Your Relationships

Instructor: Dan Gorbunow

Where: Live-Online Course

When: Mar. 5 to Apr. 2, 2024

Register: at www.warriorvox.com

Open to all Genders

A follow-up to the popular Beyond Anger Course, offered by the instructor. If you want to continue your path, 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".

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/Divorce/ Uncoupling Issues

Open to Men Only

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

Location: Online Zoom

- Thursdays 7:30 - 9:30 pm

Gay Issues

Open to Men Only

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

Location: Online / In-Person

- Tuesdays 7:30 - 9:30 pm

Addiction Busters

Open to all Genders

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

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

Location: Online / In-Person

- Wednesdays 7:30 - 9:30 pm

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

- Scheduled by appointment

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

- 1st & 3rd Fridays 7:30 - 9:30 pm

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 agnosticct@gmail.com

Location: In-Person

- Sundays 6:00 - 7:00 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 at 901 1st Street N. Downtown Hopkins, MN 55343

- Saturdays 10:30 am - noon

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

Phoenix Rising: Creating Emotional Sobriety in Your Relationships

Offered by Dan Gorbunow

A Follow-up to the popular *Beyond Anger* Course
Tuesdays, March 5 - April 2, 6 - 7:30pm CST

Prerequisite: *Beyond Anger: Reclaim Your Fire!*

This course is a follow-up to the popular *Beyond Anger* Course, offered by the instructor. If you want to continue your path, this live-online course offers:

- Expert-guided peer support processes
- Wisdom teachings and data on men's and women's emotional communication styles
- Honest, safe, confidential conversations and fellowship
- Self-healing tools to take your personal practices to another level of skill and proficiency
- Spiritual education and storytelling through mythology and archetypal psychology
- Positive support group and networking

REGISTRATION IS NOW OPEN

Offered by Dan Gorbunow. Register at www.warriorvox.com

Beyond Anger: Reclaim Your Fire!

Tuesdays: Jan. 16 to Feb. 27, 2024
6:00 - 7:30 pm CST, Live-Online Virtual Course

This course is a good follow up for the successful *Men Helping Men: Anger Management Class*, however, enrollment is open to all genders, with no prerequisites.

- Expert-guided peer support processes
- Wisdom teachings and data on men's and women's emotional communication styles
- Honest, safe, confidential conversations and fellowship
- Self-healing tools to take your personal practices to another level of skill and proficiency
- Spiritual education and storytelling through mythology and archetypal psychology
- Positive support group and networking

REGISTRATION IS NOW OPEN

Call TCMC at 612-822-5892 or register online:
tcmc.org/programs-beyond-anger-registration.html

Upcoming Monthly Men's 3rd Sunday Brunches. December 17th at Rick Charlson's new apartment overlooking Bde Maka Ska: 2101 E Bde Maka Ska Pkwy #505, Minneapolis 55408. 917-620-5792. **January 21st at Frank Brandon's**, 975 Como Blvd E, St. Paul, 55103. 651-487-3511. (on the east side of Lake Como). Potluck; bring a dish to share. 15 men attended Damon Stark's brunch in October; 8 men attended the November Brunch at Stan Bookout's. – Andy Mickel, 2023-11-19.

"Sorry for my delay in sending [my membership renewal]! I want you to know how much I value the work that all of you are doing even at 1,800 miles away. My best to all." – Bob Schauerhamer, 2023-09-25.

"As a psychotherapist working in Minnesota, I value TCMC as a resource for support [where] I can refer clients for additional support. You are a blessing and I thank you for all you do." – Nystrom Counseling, 2023-10-10.

"From time to time, especially if Mike Obsatz or Daniel Tillman has an article, please send me a copy/copies. Do appreciate you and all you do/did." – Jim Erickson, 2023-10-16,

"The **Global Fatherhood Foundation** is located in Brooklyn Park, Minnesota. GFF is a lifetime advocate and mentor whose passion is to empower men, especially those in immigrant communities, to have a voice and speak out on issues that affect their role as fathers. GFF encourages fathers to enroll in a responsible fatherhood program and to maintain participation rather than learning to be a better father and parent. Our website

is: www.globalfatherhoodfoundation.org. 763-205-9643" – Chandra Dixon, 2023-08-16.

Adopting a Blue Zones Way of Life: What You Need to Do To Survive The Challenges We Face Today "Dan Buettner is a man who dreams big. He was born on June 18, 1960, in Saint Paul, Minnesota. He is an educator, explorer, National Geographic Fellow, and author of numerous books including his most recent, *The Blue Zones: Secrets for Living Longer—Lessons From the Healthiest Places on Earth*.

"In the early 2000s I set out to reverse engineer longevity," says Buettner. "Rather than searching for answers in a test tube or a petri dish, I looked for them among populations that have achieved what we want—long, healthy lives and sharp brains until the end..." Full article at: <https://menalive.com/adopting-a-blue-zones-way-of-life/> – Jed Diamond, 2023-10-16.

TCMC hosted our second annual **observation of International Men's Day on Sunday, November 19**, following the 3rd Sunday Men's Brunch. Nearly a dozen men participated and learned facts about the status of men planetwide, with an emphasis on Men's Health. Organized by Derek Gegner and Paul O'Connell, 8 display boards provided visual communication with the added extra of supplementary QR codes to facilitate access to further information! We'll look forward to doing this again next year. – Andy Mickel, 2023-10-20.

Why Men Are the Key to Relationship Success or Failure: What Every Man and Woman Needs to Know According to world-renowned marriage expert, Dr. John

Gottman, "What men do in relationships is, by a large margin, the crucial factor that separates a great relationship from a failed one."

Yet most relationship advice has been written by and for women. I have been a marriage and family therapist for more than fifty years and early in my career I made the same mistake of neglecting men and focusing on women. I will also admit that I went through two marriages and divorces before I decided to learn what it took to have a great marriage. Full article at: <https://menalive.com/why-men-are-the-key-to-relationship-success-or-failure/> – Jed Diamond, 2023-09-12.

Fundraising & Contributions Help Needed

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

The Perspectives Exchange Laboratory (PX Lab)

We believe in the value of your experiences and insight. Our purpose is to provide a venue where individual perspectives are shared through bold conversations. We aim to build a place to be heard and to learn from listening that's centered on a foundation of courage, authenticity, respect, and engagement.

Look for more details about The PX Lab at <https://www.tcmc.org/pxlab/>



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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!

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

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Subscribe to AMP's free, semi-monthly echeck-in to keep updated on points to ponder, helpful resources, thoughtful quotes, suggested activities, and space for your reflections.



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

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

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

Check TCMC out on Social Media! Facebook: facebook.com/tcmc.org Instagram: instagram.com/tcmc officemanager

The Twin Cities Men's Center
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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 48TH ANNUAL MEETING WILL BE ON
SATURDAY, JANUARY 6, 2024 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 6, 2024. 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. 6, 2024

I VOTE **FOR** **AGAINST** ANY MOTION TO CHANGE THE BY-LAWS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 6, 2024.

I **ABSTAIN** FROM VOTING AT THE ANNUAL MEMBERSHIP MEETING, JAN. 6, 2024.

signed _____ date _____.

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