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. When the spark of clarity, connection, and innocence fades to uncertainty, confusion, depression, and isolation, he is asking for bread and a 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 and www.sevenfeathers.weebly.com

...and now I hear that Santa is OUTSOURCING to the South Pole!
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 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 to learn more and find program terms and conditions. Or call 800-847-4836 and say “Thrivent Choice®” after the prompt.
### EVENTS CALENDAR

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.

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**web site:** www.tcmc.org  
**e-mail:** tcmc@tcmc.org  
**phone:** 612 / 822-5892

Call us about Anger Management Classes.

**Support Group Healthy Sexual Boundaries**  
10:00 am
**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 relatable 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.

**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.

**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, confident, 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 Schauhmer 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
  • Thursdays 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.

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.

He plucked its bitter fruit. “Take ear”—
Hee-hee! And now interred
He lies beneath my restless feet.
Never says a word.

From me, or God—ah, bright Hell-flower!
By itself, I swear, it lured
My hapless foe to taste its power.
My garden goes to waste each year,
And God! Haven’t heard a word.
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 Men’s 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

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

Men Talk Advertising Rate Schedule

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(612) 822-5892
tcmc@tcmc.org

Uptown Area Space to Rent

Twin Cities Men’s Center,
3249 Hennepin Ave S

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(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 website: www.tcmc.org or correspond at our e-mail address: tcmc@tcmc.org

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

ADDRESS SERVICE REQUESTED

Annual Meeting Notice & Proxy Statement

THE TWIN CITIES MEN’S CENTER 43RD ANNUAL MEETING WILL BE ON SUNDAY, 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________________.

What’s Inside

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