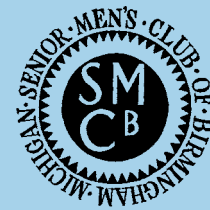


The Reminder

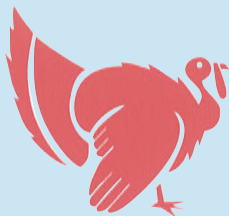
November 2008

Senior Men's Club of Birmingham, Michigan



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SMC Christmas Party

The Senior Men's Club will have its annual Christmas Party on Wednesday, December 10 at the San Marino Club, 1685 East Big Beaver in Troy. The Club is on the north side of Big Beaver, between Rochester Road and John R. – same place as last year.

The festivities begin with a social hour at 6:00PM. There will be snacks and punch as well as a cash bar. This is a chance to meet with friends, reminisce about the past year and plan get-togethers for the next year.

The San Marino is noted for its excellent cuisine and fine service. Dinner will be at 7:00PM and will include soup, salad, one of three entrees and dessert. The entrees will be your choice of Chicken Parmigiano, Veal with Mushrooms or Orange Roughy. Please make your selection when you purchase your ticket.

Entertainment will be by the Pros, a group known for their big band sound. The



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NOVEMBER PROGRAMS

NOVEMBER CHAIRMAN: Jack McLaughlin

- 7 Theresa Mansour, Coordinator, Birmingham Area Senior Citizen's Council.....*Challenges and Opportunities*
- 14 John Cotant, MD, Cardiologist, St. Joseph Hospital..... *You and Heart Disease*
- 21 Barry Franklin, PhD, Rehab Specialist, Beaumont Hospital.....*New Insights in Preventive Cardiology*
- 28 NO MEETING

DECEMBER PROGRAMS

DECEMBER CHAIRMAN: Norris Lee

- 5 The Reverend Faith Fowler , Sr. Pastor, Cass Community UMC..... *What's Going on at Cass*

NOVEMBER DISCUSSIONS

NOVEMBER CHAIRMAN: Dale Raar

- 7 Dr. Augustine Perrotta, SMC Member *Will People Be Healthy Enough to Work Longer*
- 14 Elaine McLain, Chair of the Birmingham Area Cable Board *The Cable Board Operations and Responsibilities*
- 21 Paul O'Meara, Birmingham Director of Engineering *The 2007 North Woodward Development Project*
- 28 NO MEETING

DECEMBER DISCUSSIONS

DECEMBER CHAIRMAN: Anthony DiMarco

- 5 Earl Grand, Manager, Quality Assurance and Training-Detroit Metro Air Traffic Control Tower *How the Air Traffic Controller System Works Throughout the Country*

Membership News

New Members:



John L. Ryan
359 Concord Place, Apt. 1
Bloomfield Hills, MI 48304-1772
248-333-2264
E-mail: JackRyan6302@aol.com
Sponsor: John H. McLaughlin



Peter E. Sikaitis, (Joan)
4053 Charing Cross Road
Bloomfield Hills, MI 48304-3103
248-645-6307
E-mail: PeteSikaitis@aol.com
Sponsor: James F. Judge



John F. Marshall, (Nancy)
910 S. Shady Hollow Circle
Bloomfield Hills, MI 48304-3773
248-642-1297
E-mail: JNMarshall@comcast.net
Sponsor: Charles B. Kirkpatrick



Joseph J. Pero, (Peg)
4097 Waterwheel Lane
Bloomfield Hills, MI 48302-1871
248-855-3323
E-mail: PeroJ@prodigy.net
Sponsor: Robert L. Gualdoni

To Life Member:

Robert F. Lyle, joined September 1990
Allen B. Hardenbrook, joined March 1996

Resigned:

Associate **George F. Stirrat**
Associate **Clarence A. Rice**
Associate **Richard J. Meurer**

Deaths:

C. Arnold Carlson, (Life), joined Jan. 1984
Frank M. Allen, (Life), joined May 1990
Kenneth H. Bertschy, joined March 1986

New Associates:

Raymond G. Fischer, (Kathleen)
4851 Burnley Drive
Bloomfield Hills, MI 48304-3620
248-646-9654
E-mail: rfischer1506@comcast.net
Sponsor: William J. Hartman

Gordon E. Fox, Jr., (Anne)
1799 Mansfield
Birmingham, MI 48009-7223
248-642-7223
E-mail: gfox01@gmail.com
Sponsor: Frank M. Barnes

Ernie Hodas, (Shirley)
36 Harlan Drive
Bloomfield Hills, MI 48304-3314
248-594-0516
Sponsor: Elson B. Spangler

Thomas M. Woods, (Sharon)
3033 Chewton Cross Road
Bloomfield Hills, MI 48301-2529
248-645-0843
E-mail: tmwoods@voyager.net
Sponsor: James F. Judge

William G. Wagoner
2591 Devonwood Drive
Troy, MI 48098-2325
248-505-5887
E-mail: wwagoner@wowway.com
Sponsor: Andrew R. Spencer

Stuart B. Shuster
815 Madison
Birmingham, MI 48009-5764
248-642-7490
E-mail: sbs69vair@yahoo.com
Sponsor: Riggs S. Miller

Michael J. Rokosz, (Susan)
1069 Knox Street
Birmingham, MI 48009-5774
248-705-3384
E-mail: mjr@mjrmlabs.com
Sponsor: Frank J. Bujold



Golf

The annual golf banquet was held on Wednesday, October 22 at The Community House. Over 60 avid golfers were in attendance combining good food, great prizes, and outstanding fellowship. Hats off to The Community House for again presenting a fabulous gourmet dinner.

The highest award was presented by Bill Spreitzer to John Perryman for his spectacular double eagle hole in one. This feat was performed on the par 4 number 5 hole at Lincoln Hills.

Don Clark presented awards to end of season tournament winners. Low gross awards went to Dave (Sweet Swing) Key and Bob (Attila the Hun) Hinytzke. First place low net scores went to Riggs Miller, John Kary, Tom Buescher, and Tony Smyk. The awards consisted of multiple sleeves of balls guaranteed to go farther, bounce higher, and land softly.

Raffle drawings resulted in a plethora of fine golf prizes ranging from chippers to drivers, shoes to shirts, and raingear to umbrellas. The raffle prizes were highlighted by two sets of first class clubs donated by Ed (Go Blue) Hoagland.

Golf will continue every Thursday at Springdale until weather forces the course to close. Don't be a sunshine soldier. Just bundle up, get your hand warmers, and join the real men for some hardy golf.

The committee is hard at work to negotiate a dome for winter golf. The price, time, and location will be announced at the meetings during November.

—Chuck Travers

Bowling

Here we are six weeks into the season and it appears there is going to be a new leader each week. Currently, team #4, the Bulls, are in sole possession of 1st place with 32 points. The members are Bruce Smiley, Ken Brooker, Jack Corey and Less Lessenthien. In 2nd place is team #5, the Nuggets with 30 points comprised of Harry Mitchell, Bill Minard, Tom Venier and Art Byington. There are two teams tied for 3rd place with 28 points, the Pacers and the Sixers. Three teams are tied for 4th place with 26 points, the Pistons, Lakers and the Knicks. You can see that there is always a battle for 1st place each week. There's no runaway yet.

As for high average, that's held by Nick Marinelli with 174, 2nd is the writer, Less L. with a 164 and 3rd is Art Byington with 161. High scratch game is held by Nick M. with 236, Jack Corey is 2nd with 228 and me, Less L. with 226. High scratch series is 595 by Nick M., Less L. is 2nd with 583 and Jack C. 3rd with 558.

This past Monday there were quite a few splits made so the summer practice sessions appear to have paid off for many of the bowlers. Bucky Buchanan, Dick Harper, Bob Gualdoni and Tom Johnson are making waves as substitutes each week and their averages show it, they keep going up. Let's see who will be the leaders when the next *Reminder* is issued. Keep 'em rollin'.

—Less Lessenthien

Who is "Elderly?"

How often have you read a newspaper article about something happening in the life of a 60 or 65 year old person who is described as "elderly?" This can be really irritating to those of us who have reached 65 years, but would much prefer to be considered "mature" rather than "elderly."

Most often, articles like this are written by some 25-30 year old cub reporter to whom anyone over 50 is ancient. What should be recognized is that a cultural shift is taking place in attitudes toward age and aging. Those of us over 60 are living longer and healthier lives in benefitting from today's doctrines of diet and in keeping the mind and body active (this is where belonging to and being active in the Senior Men's Club is important). We are learning that extended longevity follows from better knowledge of the importance of proper diet, regular exercise and the wonders of life-prolonging and enhancing modern medicines.

Hopefully, we will never be "elderly."

—Dick Harper



It's Auto Show Time!



The annual trip to the North American International Auto Show will be on Thursday, January 22, 2009.

The bus will leave for the show at 9:30AM. We will be at the show from 10:00AM to 2:30PM. This is a half hour less time at the show than in the past, as requested by many of the attendees last year.

The Auto Show is the first outing of 2009 and for car enthusiasts it is a "must do" event. MARK YOUR CALENDARS!

—Roger Struck, Riggs Miller and Mike Clement

Misplaced Headlines

"Obesity study looks for larger test group."

"Typhoon rips through cemetery-thousands dead!"

The Village and the Jug

Many thanks to all of you for your support for our annual gift to the kids at the Oakland County Children's Village. Special thanks are extended to Sherm Vine and John Horiszny for their two trips around the halls as they passed the "magic jugs."

Those jugs huffed and puffed but couldn't quite reach the target of \$7,000. Our total gift for the year is \$5,644. Perhaps that's a reflection of the economic uncertainty of the time.

Greg Allesee, the Special Projects Coordinator from the "Village" was with us at our meeting on October 24. He welcomed our gift and expressed the thanks of the kids for our gifts.

—Phil Werner

~~~~~  
*You'd be surprised at how much it costs  
to look this cheap.*

—Dolly Parton

*If it weren't for the last minute,  
nothing would get done.*

—Unknown

*Suppose you were an idiot, and suppose you were a  
member of Congress. But I repeat myself.*

—Mark Twain

...continued from page 1

vocalist is Debbie Gary who will also lead us in the sing-a-long of Christmas songs after dinner. Dancing will complete the festivities with familiar music for your listening and dancing pleasure. It should be a wonderful and memorable evening.

The price is the same as last year, \$35 per person. Tickets will go on sale Friday, November 14 at 9:00AM.

Seating is by table reservation. We will have table forms available starting with the meeting on November 7 at the Special Events table. Please pick up a form and fill it out with the names of the eight people you want to have at one table. Bring the completed form and payment for eight people (\$35 each for eight people is \$280) with you on November 14 to buy your tickets. This will save you and us time.

Members who do not plan a full table of eight will be seated with other couples to complete the tables. This is a great way to meet fellow members of the Club and their guests and form new friendships.

The annual Christmas Party is the premier event of the Senior Men's Club. Get your ticket early for an enjoyable evening on December 10.

—Tom Clapp, Roy Halmhuber, Bob Gualdoni and  
Mike Clement

## Changes of E-Mail Addresses

Each month a few members change their e-mail addresses. Because they usually forget to tell the Senior Men's Club, their e-mail copy of *The Reminder* bounces back from their old internet service provider undelivered.



The club then tries to locate the member, but it can be difficult. Often newbies try using AOL, then Yahoo!, then Hotmail and perhaps Comcast. While they are experiencing learning the internet, the Senior Men's Club is tied up trying to locate them.

Please remember to report changes of e-mail address to the Senior Men's Club, preferably by e-mail, to Chuck Kirkpatrick (CBKirkpat@comcast.net) or to George Nordenholt (NurdyGlad@yahoo.com) or to John M. Steele (JMSteele9027@sbcglobal.net).

—Chuck Kirkpatrick

## Managing Efficient Internet Research

Three Madonna University library staffers at the September 17 Computer Group meeting provided information on the most effective methods for getting to sites searchers can trust.

Michael Cummings, Margaret Danowski and Nancy Bagnasco built their presentation around a Power Point presentation and three handouts, which were made available also at our meeting the Friday following.

Their focus was on databases funded by subscription revenue from users such as libraries, researchers. Pursuing investigations through these "directed search" channels reduces the distractions one encounters when seeking reliable data quickly.

The presentation explored Virtual Libraries, Academic Databases, Michigan Electronic Library (MEL) which one can use with a local library card or a Michigan drivers license.

The "Internet Public Library" discussion opened awareness to expanded search opportunities.

The trio encouraged electronic researchers to take question to local librarians, whom they praised as being helpful. They also provided their email addresses and invited anyone with questions to contact them.

MICHAEL: [mcummings@madonna.edu](mailto:mcummings@madonna.edu)

MARGARET: [madanowski@madonna.edu](mailto:madanowski@madonna.edu)

NANCY: [nbagnasco@madonna.edu](mailto:nbagnasco@madonna.edu)

—John Reddy

## Outstanding Service Award

Each year, the Senior Men's Club considers selecting a member to receive the Outstanding Service Award.

This prestigious award is intended to recognize long standing and meritorious service to the club by the selected honoree. The Club's Policy Committee is authorized to determine the member (or members) to be honored yearly. The award, if made, is normally presented at the end of a calendar year.

Any club member or associate can recommend a candidate for consideration for the award.

Recommendations should include brief supportive rationale and can be delivered to any member of the Policy Committee - Chairman Frank Barnes, Bill Johnson, Ben Ewing, Dick Harper, Jack McLaughlin or Ken Urwiller.

## Endowment Fund

### Contribution Opportunities

A special IRA contribution provision was reinstated for 2008 and 2009. If you are 70.5, you may give up to \$100,000 to any tax deductible organization without affecting your tax return, possibly to the SMC Endowment Fund.

A romantic night at the Townsend Hotel will be raffled for fund benefit in November. Face value is \$360, valid through August 2009.

—George Miller

## Officer Elections 2009

The Nominating Committee of the Senior Men's Club, appointed by President Ken Urwiller, is selecting proposed member nominees for club officer positions for 2009.

In accordance with our constitution, these nominations will be read to the membership and posted at the first meeting in November. The formal election will take place at the second November meeting. Elected officers will serve one year commencing with the first club meeting in January 2009.

The Nominating Committee includes Chairman Frank Barnes, Bill Johnson, Phil Werner, Dick Hameister and John Horiszny.

## Associate Members

As we look forward toward the end of 2008 here are reminders for consideration in your planning.

1. Complete your attendance requirement. We have five club meetings remaining during November and December.
2. Pay your dues for 2009 before December 31, 2008. Dues can be paid at a Friday club meeting or by mail using the coupon from *The Reminder*.
3. Associate Member Orientation meeting at 9:00AM November 21. Mark your calendar and R.S.V.P. to John Klein when you receive your letter of invitation.

—Dave Dinger

# Groups



## Classic Movie Group

On November 10 at 1:00PM join us for the SMC premiere of the 1937 classic, "The Prisoner of Zenda" with a star-studded cast (most of them from Hollywood's "British Colony") including Ronald Colman, Mary Astor, Raymond Massey, Madeleine Carroll, Douglas Fairbanks Jr. and David Niven. It is the first (and best) version of this film based on the adventure novel by Sir Anthony Hope Hawkins who wrote under the name Anthony Hope. It is about Rudolph (Ronald Colman), King of the fictional middle European country of Ruritania, who is drugged, abducted and imprisoned in the castle of the small town of Zenda. An English gentleman on holiday, Rassendyll (Ronald Colman), fortuitously resembles the monarch and is persuaded to act as his political decoy in order to save the situation. Rudolph's half brother, Michael (Raymond Massey), is the villain along with his evil henchman, Rupert (Douglas Fairbanks Jr.). David Niven is the lighthearted friend of the hero. There are complications, plots and counterplots. Among them are the schemes of Michael's mistress Antoinette (Mary Astor) and Rassendyll falling in love with Princess Flavia (Madeleine Carroll), the King's betrothed. The film is a glamorous combination of romance, spectacle and adventure. Bring your sweetheart.



—Augie Perrotta



## Computer Group

The next meeting of the Computer Group features John Wigman of Birmingham Computers. Mr. Wigman will give us an update on the computer world, followed by plenty of time to answer your questions. As usual, the meeting will be held at The Community House. However instead of the third Wednesday of November, we will meet at 3:00PM on November 5, the first Wednesday of the month.

—George Nordenholt



## Investment Group

The Investment Group will meet on Wednesday, November 12 at 2:45PM. Jeff Wardlow of DeRoy & Devereaux will present "Future has Been Postponed, Not Cancelled." This is a private investment firm that manages The Community House investments (including the SMC Endowment Fund). Their presentation last year was very informative.

The Stock Game has a record number of participants. Who will be the winner?

—George Miller



## Camera Group

On November 11 at 2:00PM, Millie Saylor, a retired Birmingham teacher, will take us on a trip through China. We will begin in the old Houhai district of Beijing, visiting the Bell Tower and Clock Tower to see how citizens were awakened each day for centuries. We will walk through Tiananmen Square on our way to the Forbidden City and the Temple of Heaven. The Summer Palace will be our next stop. It is a beautiful garden location where the population gathers to enjoy the lake and wonderful grounds and structures. Just outside Beijing we will walk the Great Wall.

After flying to Xian we will view the terracotta warriors. We will then board a riverboat for a cruise on the Yangtze River through the Three Gorges to the newly constructed dam taking note of the ecological changes caused by building this huge structure.

Shanghai is a very modern city but does retain the older European section. From there we will visit the rice paddies in the Guangxi province with the sandstone mountains depicted in many Chinese paintings.

As always, friends and spouses are invited.

—Roger Garvelink

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*"You don't have to burn books to destroy a culture. Just get people to stop reading them."*

—Ray Bradbury

# The Truth About Newspaper Readers

1. "The Wall Street Journal" is read by the people who run the country.
2. "The Washington Post" is read by people who think they run the country.
3. "The New York Times" is read by people who think they should run the country, and who are very good at crosswords.

## November Programs

Jack McLaughlin, with help from Roger Garvelink, has arranged special programs for us "Senior Citizens" in November. First we'll hear about the work and plans of the Birmingham Area Senior Citizen's Council. Then we will have two programs on cardiology; the first will be how heart disease affects all of us, and the second will cover new technology in its prevention. Check out the listings of November programs on the front page of this *Reminder*, and plan to attend them all.

## Fillers

*The Reminder* often needs and uses "filler" copy material to balance column space requirements with available copy material.

Any reader who has short items of humor or other subjects of possible interest to club members can submit them to *The Reminder* at The Community House or to any of the editorial staff. Don't hesitate -your readers are waiting!

## SMC Programs for 2009

In anticipation of another banner year of club programs in 2009, members and associates are invited to suggest first-rate speakers and/or topics for the year ahead. Your input will be welcomed and valued via e-mail or phone.

—John Flintosh

## Handbook Update Request

The 2009 SMC Handbook is printed in December and distributed beginning in January 2009. It is based on data submitted no later than November 30, 2008; earlier submissions are appreciated. NOTE: November 21 will be the last regular meeting at which information can be turned in; please e-mail or telephone any later information.



All members are asked to verify their contact info (permanent address, telephone, and e-mail) and submit changes to Database Chairman, John M. Steele. If possible, please include any pending changes that will take effect by January 2009, with a note on effective date.

All 2009 Committee Chairmen are asked to submit their 2009 committee rosters to Handbook Chairman, Bob Clements by November 30, 2008.

—Bob Clements and John M. Steele

## SMC 2009 Dues Coupon

2009 Dues are payable before January 1, 2009. A \$10 late fee must be added for dues paid after January 1, 2009. Make checks payable to SMC and pay at the meeting or by mail. Please use the coupon if paying by mail.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

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

Email: \_\_\_\_\_

If paying by mail, send to:  
Senior Men's Club Dues  
The Community House  
380 South Bates Street  
Birmingham, MI 48009

Dues:

- \$35 Active Member
- \$20 Associate Member
- \$15 Member on Leave

Life Members pay no dues, but may use the coupon to report changes in address, telephone, email.

## Mystery Lyrics

Well, we did a little better last month in making the mystery lyric challenge more difficult, with only 12 readers remembering that these lyrics:

*Then let's keep dancing, let's break  
out the booze and have a ball*

are from the old Peggy Lee song "Is That All There Is?"

They were Ben Ewing, Bob Meshaw, Tom and Rose Venier, Dale Parker, Jack Howell, Bill Bratton, Tom Noakes, John Parker, Stan Rogell, Bob Hebert, ROger and Carolyn Hammer and Roger Glomstead.

That's still too many, so how about this really tough one. This lyric line is from an old dixieland tune (circa 1920).

*She shakes it like jelly on a plate*

Can you name that tune? It was recorded by Fats Waller, Louie Armstrong and Turk Murphy. (Turk appeared often in the 50's at the Crest Lounge at Fenkell and Grand River). Hint: The last word in the title rhymes with plate. Good luck!

We did a lot better with our big band theme song challenge last month - only five readers remembered that Les Brown's theme was "Leap Frog." They were Bob Meshaw, the Veniers, John Parker, Stan Rogell and Roger Glomstead.

OK, how about another - can you remember the theme song by Louie Armstrong for most of his career? (Well before "Hello Dolly").

—Dick Harper



## CLUB DATES TO REMEMBER

**Executive Board Meeting:** Tuesday, November 11, 9:30 AM

**Reminder Deadline:** Friday, November 14

### Games

**Bowling:** Monday, 9:00 AM at Thunderbird Lanes  
Wednesday, 9:00 AM at Thunderbird Lanes (practice)

**Bridge:** Tuesday, 9:00 AM and Friday after lunch

### Special Events

**Fall Funfest,** Tuesday, November 4 (bus trip to Detroit)

**Christmas Party,** Wednesday, December 10, 6:00 PM

### Group Meetings

**Computer Group:** Wednesday, November 5, 3:00 PM

**Investment Group:** Wednesday, November 12, 2:45 PM

**Camera Group:** Tuesday, November 11, 2:00 PM

**Classic Movie Group:** Monday, November 10, 1:00 PM

*All events at The Community House unless otherwise stated.*

## THE REMINDER

A monthly publication of the Senior Men's Club of Birmingham, which meets on Fridays at 10:30 AM at The Community House, 380 South Bates Street, Birmingham, Michigan 48009.

Officers for 2008 are: Ken Urwiller, president; Bob Pullar, first vice president; Irv Poston, second vice president; John Flintosh, recording secretary; Chuck Kirkpatrick, corresponding secretary; Bill Sprague, treasurer; Dick Shirley, assistant treasurer; Ted Chapekis and Bill Hartman, officers at large; Bill Crabtree, parliamentarian.

THE REMINDER includes: Dick Harper, editor; Chuck Kirkpatrick, Bill Reilly and Dick Davis, associate editors; David Schneider and Bill Shaffmaster photography; Lee Trumbull, computer layout; Bob Jordan, mailing.

## The Reminder

Senior Men's Club of Birmingham  
380 S. Bates St. Birmingham, MI 48009



*Address Service Requested*