

The Reminder



September 2017

Senior Men's Club of Birmingham, Michigan

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Dennis Winowiecki: A Member for All Seasons

As the men of the Senior Men's Club of Birmingham look forward to another banner year, we do so with the support of a membership that is both long and broad. We are fortunate to have numerous examples of members who are leaders in their fields. Arguably, one of the best examples of the blending of disciplines is Dennis Winowiecki.

Dennis was born and raised in Detroit – attended Catholic grade and high schools, including the Sacred Heart Seminary, followed by the University of Detroit. He was drafted in 1965, served as a Chaplain's aide and medic in Vietnam. After his tour of duty, he attended Lawrence Tech.

Dennis held a variety of management positions at ARA Food Services, Control Data and Chrysler Corp. Later he worked as a realtor and as a mortgage loan officer until retirement.

He joined the Senior Men's Club in March 2011 and has participated in a variety of activities: golf, bowling, walking, chorus and camera groups. He served as a table captain for the 60th Anniversary Gala.

Snowmobiling is Dennis' favorite hobby, with many trips in the UP and Canada. He serves as a Safety Instructor, training young snowmobilers in safe and legal operation. Dennis and wife, Sue, share a love of travel, with trips to Scandinavia, Russia, France, Italy, Greece and Hawaii. They are active in their church – St. Hugo of the Hills, and share four grandchildren.

Dennis is energetic and positive about the Club's future, about new members from various backgrounds, bringing skills and talents to the Club.

—Chuck Ragains



SEPTEMBER PROGRAMS

SEPTEMBER CHAIRMAN: Pete Mehra

- 8 Sam Singh, Minority Leader, Michigan House of Representatives *Successes and Failures of Current Legislative Session*
- 15 Tom Leonard, Speaker, Michigan House of Representatives..... *Successes and Failures of Current Legislative Session*
- 22 Adam Wygant, Manager- Oil, Gas & Minerals Division, Government of Michigan..... *Fracking in Michigan*
- 29 Richard K. Studley, President & CEO, Michigan Chamber of Commerce *Petition Drives & Ballot Proposals*

OCTOBER PROGRAMS

OCTOBER CHAIRMAN: Malcolm Hendy

- 6 Dr. Danuta Eva Molenda..... *Role of Nutrition in Chronic Disease Treatment*

Senior Health Matters

Healthy Lifestyle Increases Lifespan

An analysis of nearly 15,000 Americans aged 50 to 89 years in the Health and Retirement Study conducted by the University of Michigan's Institute for Social Research was published in the August 2017 issue of Health Affairs. The researchers determined that a healthy lifestyle can increase lifespan by 7 years.

Men who never smoked, drank alcohol in moderation (fewer than 14 drinks a week) and were not obese (body mass index (BMI) between 18.5 and 29.9 kg/m²) had a life expectancy at age 50 that was 7 years longer and an onset of disability that was delayed up to 6 years compared to the entire U.S. population.

Although each of the three behavioral risk factors was independently associated with early disability, obesity was the biggest driving factor. Men with all three good behaviors had the first sign of disability at age 72.1. The life expectancy gap between the worst and the best behaviors was just more than 11 years.

The most recent figures from the National Center for Health Statistics (2015) show a white, non-Hispanic man's life expectancy from birth is 75.7 years. However, if you have reached the age of 65, you can expect 18 more years of life (83) and if you have reached age 75 you can add 11.2 years to your life expectancy (86.2). If you avoided all three risk factors for longevity in your lifetime you can reasonably expect to live until 90 or longer. It must be noted that genetic risk factors that could affect lifespan were not addressed in the study.

—Augustine L. Perrotta, D.O.

Member Info Updates

The latest member information updates are in the Members Only section of the SMC website. A direct link to the website is at the bottom of each issue of *The Reminder*, and the section can be opened with your email address and a password which you have assigned for SMC. Check the monthly update of the Photo Directory and the semi-annual updates of the list of Veterans and the list of members who have passed away since 2007. If you have any questions or additions, please contact Irv Poston, 248-646-9574 or ieposton@juno.com.

Games

Golf Notes

The Annual Best 2 of 3 Rounds Tournament at Springdale was held July 20 through August 3. The winners were determined by comparing their best 2 consecutive scores to their season average score.

CHAMPIONSHIP

First Prize Tim McGee (-1.9)

Second Prize Joe Schulenberg (-1.6)

FLIGHT #1

First Prize Rodger L'Heureux (-4.8)

Second Prize Frank Bujold (-2.4)

FLIGHT #2

First Prize Dan Bonbrisco (-5.3)

Second Prize Nick Marinelli (-4.5)

The Annual Stonycroft Tournament was waged by nine teams on Tuesday, August 8. The winners were:

CHAMPIONS – SCORE 33* (*Won in a scorecard playoff)

TEAM #6: Tom Utter, Don Foehr, Tom Waffen, Pete Good and Dick Kamp

SECOND PLACE – SCORE 33

TEAM #5: Gino Saliccioli, Perry Driggs, Jim Suhay, Dick Bradley and Bill Klindt

THIRD PLACE – SCORE 35

TEAM #1: Ralph Cowie, Maynard Timm, Jack Porter, George Stern and Dick Judy

The Annual 3-Club Tournament at Springdale will be Thursday, August 17.

—Tim McGee

Bowling

Beginning on Monday, September 11, ten 3-man teams will initiate the SMC Bowling Season at Troy Lanes on Square Lake and John R. The first half will run 15 weeks through December 18 and the second half begins on January 8 and ends on April 16. On April 23 the top two teams from each half will compete for the championship.

If you have not signed up as a regular team member, or bowled in a long time, please plan on coming out Mondays at 10:00AM to enjoy the fellowship and camaraderie. You will be both warmly welcomed and able to bowl either as a sub or just for practice.

Please contact our Bowling Chair, Richard Volpe, if you have any questions at 248.417.5435.

—Maynard Timm

Groups



Investment Group

The Investment Group will meet on Wednesday, September 13 at 2:45PM.

We will feature new speakers from Edward Jones – VP Randy Parpart and Advisor Jonathan Wolfe. They will discuss “Investing with Composure”. This timely presentation will focus on the overall strength of the market and what we can expect. Will the melt-up continue? How healthy is the economy?

The Stock Game will start October 13, with no rule changes. Get your winning stock picks ready. Last year's leader, Ralph Schick, won with a 91% gain.

—George Miller



Computer Group

What technology will predominate in the future? What tech stock should

I buy? At our next meeting Tom Allen will speak on "The Next Big Thing" and review the emerging technologies on the horizon. The meeting will be held on Wednesday, September 20 at 3:00PM.

—Tom Allen



Classic Movie Group

This month Fred Hansz will present two films of the forties produced by Howard Hawks; the original and the remake of the

classic Billy Wilder comedy “Ball of Fire” on Monday, September 11 at 1:00PM. The first film, released in 1941, has showgirl Barbara Stanwyck moving in with a group of dowdy old professors, led by Gary Cooper, in order to teach them all about the latest slang language for their new dictionary. The 1947 remake, “A Song is Born”, presented on Monday, September 25 at 1:00PM stars Danny Kaye as the lead professor and Virginia Mayo as the showgirl. This time the group is trying to assemble the history of music and have lots of help from many of the top jazz artists of the period, including Louis Armstrong, Mel Powell, Charlie Barnet, Lionel Hampton and Benny Goodman.

Both versions are classic comedies with plenty of outstanding music and much joyful laughter, so please plan to attend each movie with family and friends to enjoy these outstanding films.

—Fred Hansz



Camera Group

We have had a lot of unique and interesting presentations for the Camera Group, but you won't want to miss our Tuesday, September 12 presentation at 2:00PM by member Bob Frank. A former professor of Ophthalmology at Wayne State University, Bob will focus on "Images of the Human Eye." It is all the more interesting because these images are obtained through the pupil of the eye, which, even with drug dilation of the pupil, is rarely more than 7 millimeters in diameter. Besides providing rarely seen photos, he will talk about equipment and techniques in a specialty where the end result allows for ongoing study and medical exploration.

—Harry Bloom & Irv Poston



Reading Groups

On Wednesday, September 6 at 10:30AM, the Reading Group will discuss Jean Edward Smith's book "Grant". As General in Chief of the Union forces who emerged victorious in the Civil War, Grant is credited with being a first-rate military commander, but many historians consider him a failed president. However, the accomplishments of his Presidency are many, and Jean Edward Smith argues that Grant is underrated as President. Sean O'Keefe will lead the discussion.

On Monday, September 18 at 3:00PM, the Reading Group will discuss "Guns of August: The Outbreak of World War I" by the great historian Barbara Tuchman. This classic has been selected by the Modern Library as one of the 100 best nonfiction books of all time. The analysis of international relations, diplomacy, rising tensions, and the initial campaigns of World War I are as fresh and relevant today as when the events were happening. Roger Timm will lead the discussion.

—Frank Snower

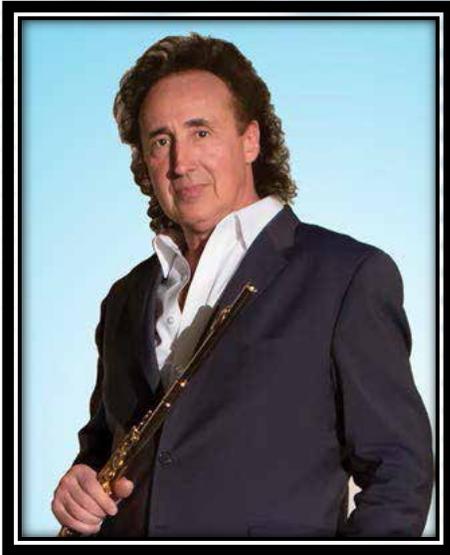


Genealogy Group

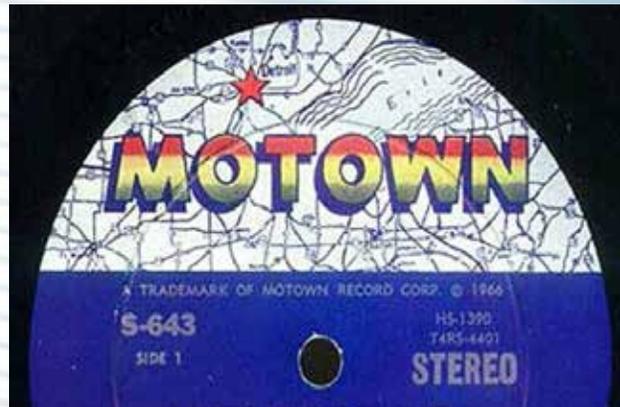
The Genealogy Group is not meeting in September and will meet the 1st Monday in October.

—Dave Bakos

Celebrate Our 60th Anniversary
with
Zonjic Meets Motown
Motown Classics, R&B & All that jazz...



ALEXANDER ZONJIC & FRIENDS *WITH* SERIEUX [A TEMPTATIONS MOTOWN TRIBUTE]



THURSDAY, NOVEMBER 16TH, 2017
THE COMMUNITY HOUSE
380 BATES STREET
BIRMINGHAM, MI

TICKETS \$50 (*includes Afterglow*) DOORS OPEN: 6:30PM CONCERT STARTS: 7:30PM

Aging

Augie Perrotta recently delivered this much admired invocation at a Friday meeting.

Companion of My Life's Journey

I turn to you with trust and confidence, as I experience the daily diminishment that comes with growing older.

Teach me how to live this path of aging. Encourage me to accept and be at peace with the unavoidable changes that occur.

Guide me in knowing when to receive help and when I need to do things for myself. Help me let go of any fears I might have, to acknowledge my past failings and to accept your generous mercy.

Keep stirring up my good memories. Strengthen my faith in your constant love.

Draw me ever homeward to be with you and with my loved ones who wait for me.

Amen.

Club Positions Available

Two important Club positions have recently opened. Members are urged to consider and, if interested, to contact indicated personnel. This would be a great and much appreciated way of expanding your contributions to and involvement with the Club.

CHAIRMAN CAMERA GROUP – responsible for planning monthly programs – arranging member presentations on selected camera subjects. Contact – Harry Bloom or Irv Poston.

LOGOWEAR COORDINATOR - responsible for periodic inventory and sales of Club embossed items. Contact – Frank Gordon or Dick Kamp.

Future Classic Movies:

October 9.....	"Oklahoma" (1955)
October 23.....	"Oklahoma" (1999)
November 13.....	"High Noon" (1952)
December 11.....	"The Bishop's Wife" (1947)

Driving to the Senior Men's Club Meetings

There are times when driving to and parking for a Club meeting at The Community House can be difficult, especially if a normal driver isn't available and you can't "bum" that ride with a friend. Other options are available.

- Birmingham's NEXT (248) 203-5270, supplies rides to seniors living within its service area. Three days advance notice is required. The fee is \$2 one-way and \$3 round trip from NEXT.
- SMART'S "Connector" service (866) 962-5515 provides curb-to-curb rides anywhere within a 10 mile radius of The Community House. Rides are available on a first come, first serve basis, with a two day notice required – fee is \$1.
- Uber and Lyft are transportation options for seniors with a Smartphone. Additional savings up to 60% are available through Lyft's "Lyft Line" when multiple riders travel the same route. Uber's multiple rider option "UberPool" also includes a substantial discount. For seniors using a wheelchair or walker, Uber offers "Uberassist".
- A hybrid service is "Go-Go Grandparent" (855) 464-6872 - designed for seniors lacking a Smartphone. I thank Club member Bob Hebert for the information on this program. The senior provides his address and payment information. If a ride is desired, he phones the company, which arranges a ride with Lyft or Uber. Go-Go Grandparent charges the amount of the ride plus 15 cents per minute for the ride's duration. The extra fee covers the cost of tracking the senior to his destination. If round trip, the company arranges the return and sends information on the ride's progress to a designated person.

These ride options can be easy and inexpensive. Try one and let me know about the experience.

—Larry Imerman

Special Events

Annual Picnic & Car Show

Your last chance to purchase tickets for the 60th anniversary annual SMC picnic and car show will be on Friday, September 13. This traditional and much anticipated event will again be at the conveniently located Beverly Park (west of Southfield Road), from 9:00AM to 2:30PM. The spacious pavilion is close to the car show, with a fine line-up of classic vehicles.

In addition to the car show, the picnic will offer time to socialize, play bocce ball and enjoy the buffet lunch featuring pulled pork, chicken, cole slaw, sweet corn, rolls and ice cream, plus coffee and lemonade all day, and to listen to the fabulous Men's Club Chorus.

Tickets are priced at \$20 for this much anticipated stag event. Be there!

—Special Events Committee

Guys and Dolls - Stratford

Our annual trip to Stratford will be on Tuesday, October 10 to see and experience that all-time great musical *Guys and Dolls*. The ticket price of \$125 covers your show entry, bus transportation from the First Presbyterian Church, lunch buffet before the show and snacks from Tim Horton on our way home.

Please make sure your passports are up to date and that you and/or your companion have not had a significant medical event within the 72 hour period immediately preceding the date of the event.

Tickets will go on sale September 8 at 9:30AM at The Community House. Cash and checks accepted. No credit cards.

—Riggs Miller

Celebrate Our 60th Anniversary
with
Zonjic Meets Motown \$50
...with *Serieux* (a Temptations Tribute) Motown Classics, R&B & All that jazz...
THURSDAY, NOVEMBER 16TH, 2017
THE COMMUNITY HOUSE
380 BATES STREET
BIRMINGHAM, MI
DOORS OPEN: 6:30PM CONCERT STARTS: 7:30PM
WWW.SENIORMENSClubBIRMINGHAM.COM
ADMIT ONE

A special musical program featuring well known professional flutist (and recent new Club member) Alexander Zonjic is scheduled for Thursday, November 16 at The Community House. This much anticipated performance will be a highlight of our 60th anniversary celebration. Tickets will go on sale September 8 for this "must see" show.

—Malcolm Hendy

SMC Christmas Party – Tuesday, December 12

Our annual Senior Men's Club Christmas Dinner Dance will take place on Tuesday, December 12, at the San Marino Club in Troy. The festivities will begin with a social reception at 5:30PM, with snacks, punch and a cash bar. We will be seated at 6:45PM for announcements and introductions, followed by dinner at 7:00PM and dancing to follow.

Tickets will go on sale at the Special Events table on Fridays beginning in November. More details will follow in the October *Reminder*.

—Jim King

To Life Member:

Curtis L. Lundy
John W. Reddy
John C. Parker
Charles W. Frederick

Deaths:

Herbert J. Robb, joined July, 2007
Willard E. Munro, (Life) joined September, 2001
James L. O'Callaghan, (Life) joined March, 1998
Lowell Barnett, (Life) joined October, 2000

Resigned:

James S. Orton (Life)

Reinstated:

Associate John M. Connaughton
Associate John M. Kokubo
Associate Larry O. Smith

New Associates:

Dana A. Gulick
10534 Lincoln Dr.
Huntington Woods, MI 48070
248-410-5911; dgulick@djadroit.com
Sponsor: Larry Imerman

Robert W. Murray
41150 Woodward Ave, Unit 200W
Bloomfield Hills, MI 48304
914-310-2398; ctkanga@gmail.com
Sponsor: Dick Harper

Michael F. O'Shaughnessey
2188 Connolly Dr.
Troy, MI 48098
248-229-7075;
michael.oshaughnessey@opco.com
Sponsor: Augie Perrotta

Johan H. Wesslen
582 Overbrook Rd.
Bloomfield Hills, MI 48304
313-467-3342; Wesslenj@gmail.com
Sponsor: Maynard Timm

—Pete Kass, Membership Chairman

—Frank Snower, Database Chairman

—Tom Booth, Gene Markel & Roger Timm, Photography

Outstanding Service Award Nominations

Each year, our Policy Committee considers the selection of member(s) to receive the Outstanding Service Award (OSA). This prestigious honor is intended to recognize longstanding service to our Club.

The Policy Committee will be meeting in October to select member(s) to be honored this year. Awards, if presented, are traditionally announced at the end of the calendar year.

Club members and associates are encouraged to recommend candidates for the OSA. Suggestions, with any brief supporting rationale, can be made to any member of the Policy Committee – George Stern, Gene Jacoby, John Flintosh, Dick Kamp, Stu Shuster or John Steele. Recommendations should be submitted by Friday, October 6.

—George Stern, Chairman

2018 Dues

It's that time of year again! The great bargain sale begins. Where else can you get great fellowship and outstanding speakers for a full year for only \$40? Beginning with our September meetings, the Dues Committee will have a staffed table to accept payment of your 2018 dues. Don't forget that after January 1, the late fee will bump annual dues to \$50.

—John Groves, Treasurer

Dress Code

The Executive Board has approved extension of our summer dress code at Friday meetings through September – sport coat and tie optional, collared shirt preferred.

Mystery Lyrics



The July mystery lyric challenge wasn't too difficult. We asked you to remember the song and movie with these lines:

*"Where have you gone Joe DiMaggio,
our nation turns it's lonely eyes to you"*

No fewer than 10 readers remembered the song is "Mrs. Robinson" from "The Graduate".

We thought we should recognize less frequent responders, so congratulations to Lynn and Janice Evans, John Dueweke, Bob and Eve Gardner, Gerald Andree, Jerry Heller and Mike Clement.

Here's another challenge for you from "The Graduate". At Benjamin's (Dustin Hoffman) graduation party, one of the guests approaches him with a one word career path recommendation - can you remember what it was? (OK, so this isn't a lyric line!).

Sports Trivia

Our July challenge was for readers to name the all-time great NFL running back who wore the number 34. Of course, we were thinking of Walter Payton of the Chicago Bears, who we often saw playing the Lions. Six readers remembered Payton - congratulations to Tim McGee, Bill Burnie, Ken Beres, Ben Mangiapane, Tom McNally and Julian Prince.

However, Tim noted that there were two other great running backs who wore 34 - Earl Campbell, who also won MVP and Bo Jackson. Thank you, Tim!

Let's stay with the NFL for this month's memory test. Tom McNally suggests this challenge - at one time, the Detroit Lions started four defensive backs - all with last names starting with L. How many can you name?

—Dick Harper

THE REMINDER

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

Officers for 2017 are: Richard A. (Dick) Kamp, president; Charles R. (Dick) Bradley, first vice president; Timothy S. McGee, second vice-president; Gerald W. (Jerry) Stribbell, recording secretary; Roger T. Timm, corresponding secretary; John P. Groves, treasurer; James A. (Jim) Bayson, assistant treasurer; Richard W. (Dick) Judy and Larry R. Imerman, officers at large; George A. Grove, parliamentarian.

THE REMINDER includes: Dick Harper, editor; John Flintosh, Chuck Ragains, and Maynard Timm, associate editors; Tom Booth, Gene Markel & Roger Timm, photography; Bob Jordan, mailing; Lee Trumbull, computer layout.

Senior Men's Club of Birmingham
380 South Bates Street, Birmingham, MI 48009
www.communityhouse.com

CLUB DATES TO REMEMBER

Executive Board Meeting: Tuesday, September 12, 9:30AM

Reminder Deadline: Friday, September 15

Bowling: Mondays at 10:00AM at Troy Lanes (beg 9/11)

Bridge: Tuesdays at 9:00AM; Fridays after lunch

Golf: Monday Golf at Lincoln Hills, 7:30AM

Thursday Golf at Springdale, 7:30AM

Special Events

Annual Picnic & Car Show: Wednesday, September 13, 9:00AM

Guys and Dolls at Stratford: Tuesday, October 10

Zonjic Meets Motown: Thursday, November 16, 6:30PM

Group Meetings

Genealogy Group: No meeting in September

Book Reading Group A: Wednesday, September 6, 10:30AM

Classic Movie Group: Monday, September 11, 1:00PM

Monday, September 25, 1:00PM

Camera Group: Tuesday, September 12, 2:00PM

Investment Group: Wednesday, September 13, 2:45PM

Book Reading Group B: Monday, September 18, 3:00PM

Computer Group: Wednesday, September 20, 3:00PM

All events at The Community House unless otherwise stated.

SMC ON THE WEB:

www.seniormensclubbirmingham.com

www.communityhouse.com/supported-groups-nonprofits/senior-mens-club/