

The Reminder

January 2011

Senior Men's Club of Birmingham, Michigan



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Thank You and Good Luck, Irv

The constitutional gods have spoken and an excellent year of leadership of the Senior Men's Club by President Irvin E. Poston has come to a conclusion. It clearly was "a very good year" for our club under his direction. Our meetings were well organized and efficiently run, always disciplined and interesting.

Irv would always advise committee chairmen and presenters to "keep it short" when at the podium. Speaker time was always sacred.

We know that Irv will continue utilizing his knowledge and skills in contributing as past president at Executive Board meetings, on the Policy Committee and informally as an everyday member - the club eagerly awaits his presence. Thank you Irv for your past labors - your fellow club members applaud your efforts on our behalf.



—Bill Reilly

JANUARY PROGRAMS

JANUARY CHAIRMAN: Jim Judge

- 7 Rich Homberg, CEO, Detroit Public Television *Beyond the Light Switch: The Future of Electricity and Energy*
- 14 Joe Bauman, President, Birmingham/Bloomfield Chamber of Commerce... *We are All in This Together*
- 21 Michael O'Callaghan, Exec. VP, COO Detroit Metro Visitors and Convention Bureau..... *Metro Detroit Tourism-Surviving and Thriving During Tough Times*
- 28 Stanley E. Henderson, Vice Chancellor, University of Michigan - Dearborn *Enrollment Management and Student Life*

FEBRUARY PROGRAMS

FEBRUARY CHAIRMAN: Jack Ward

- 4 John F. Greden, MD, Exec. Dir., U of M Comprehensive Depression Center *Psychiatric Depression*

JANUARY DISCUSSIONS

JANUARY CHAIRMAN: Ted MacKinnon

- 7 Al Eicher, SMC Member *Hot Air Ballooning in Michigan*
- 14 Ted MacKinnon, SMC Member *Basic Digital Photography and Composition*
- 21 Chuck Travers, SMC Member..... *George Washington's Indian War*
- 28 Dale Williams, Manager, Great Lakes Division of the American Radio Relay League..... *Broad Horizons in Today's Ham Radio*

FEBRUARY DISCUSSIONS

FEBRUARY CHAIRMAN: Dave Dinger

- 4 Henry Swift, Author and Historian *Buffalo Soldiers*

Membership News

Life Members:

Harold S. Stanton

Alan C. McManus

Bruce R. Thomas

Resigned:

Andrew Park

Deaths:

Anthony Smyk, joined October 2007

—Pete Kass, Membership Chairman

—John M. Steele, Database Chairman

In Memoriam

The Senior Men's Club lost the following members and associates last year. Reviewing this list of 32 respected and vital men makes us realize how precious life really is!

Frederik L. Burge

Ross S. Campbell

Clarence G. Carlson

Thomas H. Clapp

Donald E. Clark

Norman E. Clark

George M. Cleland

Milton A. Darling

Robert E. Davis

Lawrence H. DeYoung

David H. Dobson

George E. Ferber

Stanley J. Fiol

Robert P. Graham

George R. Johnson

Robert W. Johnson

Norris F. Lee

John H. Leonard

John J. McCuen

Robert A. Merz

Paul D. Metzler

Chris Montross

Paul F. Moore

Charles Morse

Robert U. Obringer

Gordon Poor

Dale J. Raar

Thomas W. Raleigh

Michael J. Rokosz

Murray D. Shell

Anthony Smyk

Edward Yatsko

Christmas Dinner Dance



The Special Events Committee did it again! Our annual Christmas Party at the San Marino was a rousing success!

Tony DiMarco's sweat equity team created the holiday

atmosphere where 273 Senior Men, spouses and guests laughed and groaned at the 15 one-liners delivered by Events Chairman John Zabriskie.

The Pro's Big Band quartet enveloped the hall with a musical massage that enhanced the social hour as the crowd increased and discovered the cash bar and a healthy array of pre-dinner nibbles. It took several minutes to settle everyone for the warm welcome by President Irv Poston, who was responsible for the nametags and place cards that were designed to aid the waitstaff in making quick delivery of food, about which nary a complaint was uttered.

A measure of the party's success was the crowd that swarmed the very first dances of the evening. The bands rhythmic beat guided even the least nimble. The Christmas sing-along was led by vocalist Debbie Gary who set the range low enough to include everyone in the room.

The table-decorating poinsettias, subsidized by an anonymous member, were a gift to the person at each table who found a white sticker on the back of his or her chair.

And as the evening evaporated into a night free of rain or snow, many may have reflected also on Ken Brooker's invocation that reminded us of what the evening was all about. Congratulations to John Zabriskie and his team for a great evening.

—John Reddy

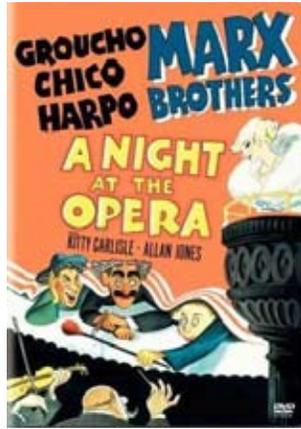


Groups



Classic Movie Group

The first classic movie of the New Year is the 1935 comic madness "A Night at the Opera" starring the Marx Brothers. It will be showcased by Irv Poston on Monday, January 10 at 1:00PM in the Hackett Room. Enjoy the uproarious wit and chaos of the physical comedy perfected by these vaudeville comedians, Groucho, Chico and Harpo Marx. Watch for the blooper of the disappearing battleship backdrop.



To make viewing a more enjoyable experience for the hearing impaired, in 2011, all our films will be shown with English subtitles. Bring your date.

—Augie Perrotta



Investment Group

On Wednesday, January 12, at 2:45PM Michael Alioto, Senior VP-Investments, UBS Financial will speak on "20/20 Vision-Market Outlook for the Next Ten Years." He gave us good advice last year. He think the market is on the cusp on a major spring rally. Come and start the New Year positive.

Jack Frye is the new Stock Game leader with a 32.5% gain. He does not own Ford! Bill Corba is 2nd, Gil Livingston is 3rd and Tom Booth is a close 4th. The "Ford Boys" are 5th.

—George Miller



Book Reading Groups

On Wednesday, January 5 at 10:30AM, we will be discussing "The Coldest Winter" by David Halberstam. This is the late author's final book, finished just before he died in an automobile accident. In it, he brings to life the political and military forces that formed the Korean War, and the personalities - Mao, Stalin, MacArthur, and Truman - that wrangled over the future direction of Asia.

On Monday, January 17 at 3:00PM, we will be discussing "The Imperfectionist" by Tom Rachman. This is a novel about some quirky, maddening, endearing people who write and read an international newspaper based in Rome - from the obituary reporter who will do anything to avoid work, to the young freelancer who is manipulated by an egocentric war correspondent, to the dog-obsessed publisher who seems less interested in his struggling newspaper than in his magnificent basset hound, Schopenhauer.

—Ted Chapekis



Camera Group

The Camera Group will next meet on Tuesday, January 11 at 2:00PM. I will be discussing "Pre-Inca and Inca Civilization" - a historical and photo review plus a video of my trip to Peru in 1994. The architecture of Cusco and Machu Pichu will be shown as well as the tropical valley of the Urubamba River plus folk dances.

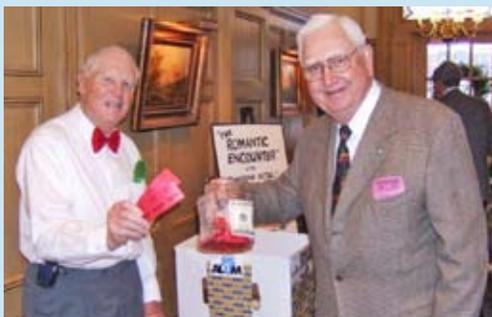
Also, note that SMC member Ted MacKinnon will be giving a presentation entitled "Basic Digital Photography and Composition" at the Discussion Group meeting on January 14.

—Jaap B. Delevie

Endowment Fund

The "Romantic Encounter at the Townsend" raffle contributed \$630 to the fund. The lucky winner is Dick Hameister. Thanks to your support the fund will exceed the 2010 goal of \$15,000 and the total fund assets will exceed \$100,000.

—George Miller



Bill Johnson and George Miller

Senior Health Matters— Gout



Do you have gout? Besides the medications prescribed by your physician, there are several ways that you can lower the uric acid levels in your blood and reduce your chances of an acute gouty arthritis attack. Uric acid forms crystals that deposit in your joints (especially the base of

the large toe and knees) which cause the pain and swelling. These crystals can also damage the kidneys by forming stones in the urine collecting system or depositing in the substance of the kidneys.

- Avoid high-fructose corn syrup in non-diet soft drinks, energy drinks and many sweetened products. Unlike table sugar (sucrose), high-fructose corn syrup is metabolized to uric acid and appears to be responsible for the increasing incidence and prevalence of gout in the US.

- Reduce your alcohol intake. Beer and hard alcohol (for example gin and vodka) raise blood levels of uric acid but not 1-2 five ounce glasses of wine per day.

- Lose weight. With increasing magnitude, the risk of gout increases in men with a body mass index (BMI) of 25 kg/m² or greater.

- It is unnecessary to severely restrict your intake of meat and fish since such a diet is unpalatable and impractical. However, certain dense meat and fish such as sweetbreads, kidney, liver, brain, anchovies and sardines should be avoided, especially gravies made from meat. They are a concentrated source of the precursors of uric acid synthesis in the body, called purines, which are derived from the genetic material in the nucleus of a cell. They can contain up to 1,000 mg per 3.5 ounce serving. An individual with gout should consume only 100-150 mg of purine daily. There are vegetables with high and moderately high purine levels including asparagus, cauliflower and spinach.

- Coffee but not tea consumption reduces elevated uric acid levels suggesting that it is not caffeine but as yet unidentified components of coffee that are responsible. Vitamin C 500 mg/day, low fat milk and dairy products, and complex carbohydrates such as whole grains, brown rice, oats and beans have been shown to be effective as well.

—Augustine L. Perrotta, D.O.

“Corktown” at the Purple Rose Theatre

The Senior Men’s Club will visit the Purple Rose Theatre in Chelsea for the world premiere of “Corktown,” a comedy about an extraordinary day in the life of a Detroit mobster who finds love in interesting circumstances. The date is Wednesday, February 23, 2011 and we will have lunch at the Chelsea Grille before the performance. Ticket sales will begin on January 21.

—Mike Clement

Tony Smyk



Our club just lost a stalwart and much respected member with the sudden and totally unexpected passing of Tony Smyk. Tony became a member in 2007 and quickly became one of our most active and visible participants. He headed up the most important Visitation-Health Committee since 2008, and spent many hours visiting and consoling members in hospitals and nursing homes. Tony’s care and compassion were outstanding.

While Tony was not the best bowler in our league, he certainly was one of the most faithful and dynamic. His fellow bowlers will always remember him saying “You hit nine, you get nine,” when they left a pin standing on a solid hit. Active and loyal members like Tony are most difficult to replace - he will be missed!

—Dick Harper

Dues are Overdue (*Almost*)

Warren Spatz of the Finance Committee notes that our normal dues collection period ends December 31, 2010. Dues paid after that date are subject to a \$10 late fee, and hence will be \$50 for active and associate members and \$30 for members on leave.

Dues can be paid at meetings or remitted by mail. Checks should be payable to SMCB and, if mailed, sent to The Community House, 380 South Bates St. Birmingham, MI 48009. See page 7 of this issue for a dues coupon, which is good only through December 31. Letters postmarked through that date will be honored as on time payments.

Instant Replay

In our daily lives we have the ability to enjoy instant replay on TV; that is the capability to view current action of a game in progress while also reviewing prior activities.

Life Members, golden oldies of the Senior Men's Club, also enjoy having instant replay in their lives. By living their daily active lives, but at the same time standing back to review the distinguished moments that have occurred in prior times, they enjoy the instant replay of life.

As of December 31, 2010 there will be 147 Life Members in the SMC. The oldest by age is Fletcher D. Street at 102. Fletcher has been a member since 1975. There are 57 Life Members 90 years or older. Twenty six members were elected to life membership in 2010 and 27 members will become golden oldies in 2011. The average age of a life member is 89 years.

Congratulations to these wonderful men and may they share their wealth of talent with the other members during the coming years.

—Bill Reilly (statistics provided by John M. Steele)



Life Member Dues

One of the time-honored benefits of achieving Life Member status with the Senior Men's Club is that payment of dues is no longer required. However, a new tradition has been emerging and growing - voluntary payment of dues by Life Members as a donation to the club treasury. Our Treasury staff reports that to date, a total of 41 Life Members have paid dues, some more than the \$40 stated amount. Congratulations to the following for their generosity, and for contributions totaling more than \$1700.

Albert, Roy I.	Gates, Charles R.	Melin, Harold P.	Smith, Sidney W.
Auld, Frank	Hameister, Richard A.	Nordenholt, George C.	Spencer, Andrew R.
Bentz, Robert	Henne, Richard E.	Nordlie, James O.	Spencer, Robert W.
Cicchini, Paul	Hess, Eugene E.	Peters, George C.	Speyer, Donald G.
Clark, George W.	Kelly, Robert T.	Peters, James F.	Stanton, Harold S.
Cosner, Robert R.	Kenning, Robert S.	Pullar, Robert A.	Suminski, Richard A.
Costello, John B.	Lavrakas, John	Richards, Mark A.	Upward, Donald W.
Cox, Edwin H.	Lyle, Robert F.	Robb, Robert G.	Van Voorhis, Tom
Crabtree, William H.	McLaughlin, John H.	Roberts Jr., Albert O.	Villa, John J.
Cyphers, Harry W.	Melcher, Richard R.	Shaefer, John E.	Winsand, Amos O.
Doty, Donald R.			

SMC Hostess Party

With all the traditions of a family reunion, the Senior Men's Club gathered December 10 to honor and thank the magnificent ladies who give their time and labor to serve the weekly luncheons throughout the year. With all the family love possible, the Men's Club created a festive occasion to ensure the hostesses would have a truly memorable day.

Roy Halmhuber and his team of escorts led the hostesses into the grand ballroom as the standing assembly sang: "We Wish You a Merry Christmas." Dick Hameister led the song with Jack Benish at the piano.

Shelley Roberts, President and CEO of The Community House, accepted the yearly gift for The Community House employees party.

First Vice President John Flintosh thanked the hostesses for their years of patient and devoted service to the club and each hostess was presented a gift in appreciation for her years of service. Eunice Orton expressed appreciation for this great day on behalf of all the ladies.

The entertainment was arranged by Ralph Bowen who introduced the Marian High School Melodies for the holiday music program.

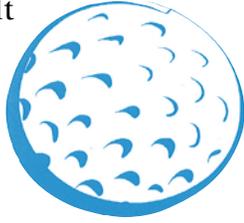
The jubilant luncheon was served by Roy Halmhuber and his SMC waiters to finalize this great event. May there be many more.

—Bill Reilly

Games

Winter Golf

Winter Golf at the Dome is on! It is \$8 for all the balls you can hit on Thursday mornings beginning on January 6. See any committee member for the required pass.

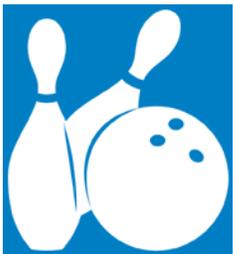


The Oakland Yard Dome is located at: 5328 Highland Road, Waterford, MI. 248-673-010. Directions: Take US24 (Telegraph Rd.) north to M59 (Huron St.) Turn left (west) on M59. Note that Huron St. changes its name to Highland Road. Continue on M59 until you cross Crescent Lake Rd. Once passed Crescent Lake Rd. you will see the Dome over your right fender. Proceed past the small strip mall on the right and you will see a tall "SUBWAY" sign. Just beyond the "SUBWAY" sign turn right into the Dome entrance driveway. The "OAKLAND YARD" sign is low and on the other side of the entrance driveway.

After golf we will join together for lunch at Hero's restaurant. Hero's is located at 998 West Huron St. in Waterford. (Just west of Telegraph Rd.). Show your Dome pass and get a 20% discount on your total lunch bill. Pass good on Thursday lunch only after golf.

—The Golf Committees

Bowling



With two weeks left in the 1st half of the season, I'm predicting the winner will be one of four teams, which are the current 1st place Mets with 64 points, the 2nd place Reds at 60 points or the 3rd place Rockies and Cardinals both tied with 56 points. There's a total of eight points for each week to

be won by all teams so take your pick. The week of December 20 is also a position week -- 1st vs. 2nd, 3rd vs. 4th and so on, so make your bets as to who'll be in 1st after December 20.

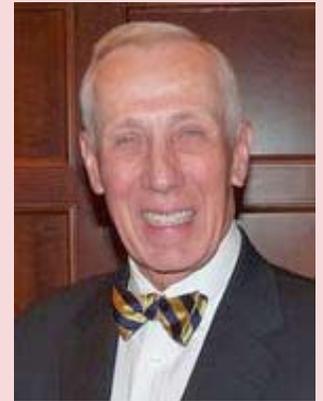
Nick Marinelli recently set new highs for the year, with a 244 game and a 605 series. He, Phil Buccini and Art Byington continue their battle for high average, all in the 161-164 range.

—Less Lessenthien

Champions!



Elson Spangler



John Marsh

For some time now, the SMC has been experiencing a steady decline in membership - especially in the Associate Member category. At one time, more than 300 men were in this group - currently, we have less than 50.

This problem has been discussed at Executive Board meetings, noted in *Reminder* articles and has been the subject of a number of presidential announcements. We have been encouraged to "sell" our club and its attributes to member prospects.

A number of members have accepted this challenge and have actively solicited new members. Two really stand out in this respect, each having signed up five new associates in the last 18 months.

Hearty congratulations to Elson Spangler and John Marsh for their efforts and success in this regard.

They are clearly our new member champions! They prove it can be done - how about you?

—Dick Harper

Visitation - Health Committee

With the recent and untimely passing of Tony Smyk, the responsibility for chairing the most important Visitation-Health Committee will be assumed by Jaap Delevie.

Jaap previously headed this function during 2004-08 and has most generously volunteered to take on this heavy responsibility again. It is critical that he is informed on member health. He is asking that members and associates contact him with any health news at 248-647-4262 or at Margiejaap@gmail.com.

SMC 2011 Dues Coupon

2011 Dues are payable before January 1, 2011. A \$10 late fee **must** be added for dues paid after January 1, 2011. 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:

- \$40 Active Member
- \$40 Associate Member
- \$20 Member on Leave of Absence

Life Members are not required to pay dues, but may use the coupon to make a voluntary contribution for financial support of our Club.

John Horiszny

Life member John Horiszny received the coveted Outstanding Service Award for 2010 for his multi-faceted and long standing contributions to the Senior Men's Club. John truly sets an example for all of us with the extensive array of club activities



and responsibilities he is involved with. He heads the Sergeant at Arms Committee, he is our BASCC representative, and he serves with the Classic Movie Group, the Endowment Fund Committee, the Special Events Committee and the Table Setting Committee. Thanks so much John and congratulations!

Senior Men's Club 2010 Attendance Champions

42 Meetings (100%)

David Schwartz

Richard Harper

Charles Kirkpatrick

Jack Ledingham

41 Meetings (98%)

Kenneth Brooker

John Flintosh

John Horiszny

Ralph Lee

Jim Peters

Ben Porter

40 Meetings (95%)

William Dean

John Dickson

Frank Garland

Tom Tabor

39 Meetings (93%)

Robert Babcock

John Howell

Irvin Poston

Lawrence Smith

William Reilly

38 Meetings (91%)

Frank Barnes

Detroit Auto Show



The auto world is coming to Detroit and once again the SMC will be there. The date is Thursday, January 20, 2011. Our bus will leave the First Presbyterian Church (1669 West Maple) at 9:30AM and return around 3:00PM. We will be dropped off right at a Cobo Hall door, which means you can leave your coat on the bus.

The cost for this great trip is only \$12. Senior admission to the show is \$6, but as in previous years, we hope to have enough complimentary tickets. A few trip tickets will be available at early January meetings, so forget your driving, parking and coat check concerns and join us for the fellowship and door to door service. See you on the bus!

—Special Events Committee

Mystery Lyrics

Our December challenges proved to be more difficult than usual. Only three readers recognized that these lyric lines:

*There isn't any end to my devotion, it's
deeper dear by far than any ocean*

are from the Four Freshmen classic "Day By Day." So congratulations to Tom and Roberta McNally, Dick Secrest and Ralph Bowen. You can catch this song with a great trombone solo on YouTube.

We also asked if you could remember the names of any of the Mamas and Papas vocal group of the 60's. Six readers did recall Mama Cass Elliot - the rotund gal with a beautiful voice. They were Bill Sprague, Sherwin Vine, the McNally's, Tom and Rose Marie Venier plus Ralph Bowen. The McNally's and Veniers also recalled John and Michelle Phillips from this group, but no one came up with the fourth member - Canadian Denny Doherty. Only Michelle is still around.

This month's mystery lyrics are from an old (1919) George Gershwin tune - reportedly his first hit recording. We won't tell you the singer who made this song a hit - that would make it too easy. These are the selected lines:

The folks up north will see me no more

Can you name that tune? Please note - it has nothing to do with SMC snowbirds.

Speaking of snowbirds, do you remember the gal singer whose first big hit was "Snowbird" - she's another Canadian. It includes this lyric line "The one I love forever is untrue."

—Dick Harper



CLUB DATES TO REMEMBER

Executive Board Meeting: Tuesday, January 11, 9:30AM

Reminder Deadline: Friday, January 21

Games

Bowling: Monday, 9:00AM at Thunderbird Lanes
Wednesday, 9:30AM at Thunderbird Lanes (practice)

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

Golf: Thursday, 9:30AM at Oakland Yard Athletics (starts Jan. 6)

Special Events

Detroit Auto Show, Thursday, January 20, 9:30AM

"Corktown," Wednesday, February 23

Group Meetings

Book Reading Groups: Group A: Wednesday, January 5, 10:30AM

Group B: Monday, January 17, 3:00PM

Classic Movie Group: Monday, January 10, 1:00PM

Camera Group: Tuesday, January 11, 2:00PM

Investment Group: Wednesday, January 12, 2:45PM

Computer Group: Wednesday, January 19, 3:00PM

All events at The Community House unless otherwise stated.

SMC on the Web:

<http://www.communityhouse.com/getInvolved/interestGroups/SeniorMensClub.html>

Google Group: <http://groups.google.com/group/SMCBirmingham>

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 2011 are: John S. Flintosh, president; Charles B. Kirkpatrick, first vice president; David A. Schwartz, second vice president; Dennis J. Kozak, recording secretary; John D. Slocum, corresponding secretary; William L. Sprague, treasurer; Richard E. Shirley, assistant treasurer; Clifford Wagoner and John F. McCleary, officers at large; Bill Crabtree, parliamentarian.

THE REMINDER includes: Dick Harper, editor; Chuck Kirkpatrick, Bill Reilly and John Reddy, associate editors; Bill Shaffmaster, Tom Booth and Eugene Markell, photography; Lee Trumbull, computer layout; Bob Jordan, mailing.

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



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