

The
January
2001

Reminder

Senior Men's Club of Birmingham, Michigan



JANUARY PROGRAM SPEAKERS

JANUARY CHAIRMAN: DONALD E. COX





5	Speaker: Dr. Kim Schatzel Professor of Marketing, University of Michigan-Dearborn Subject: "How the internet will affect your lives"
12	Speaker: Ms. Marguerite Rigby Assistant Vice President, Alumni Relations, Wayne State Subject: "Alumni's roll in the development of Detroit"
19	Speaker: Bob Smider <i>Bob Smider - Substitute - Waterford</i> Retired Manager, U.S. Weather Service for the State of Michigan Subject: "Shipwrecks of the Great Lakes"
26	Speaker: The Honorable Pan Godchaux State Representative for the 40th District of Michigan Subject: "Legislative update from Lansing"
Feb 2	Speaker: Bernard LaBute Supervisor of special tours & motor coach for MGM Grand-Detroit Casino Subject: "MGM's role in the gaming industry in Detroit"

DISCUSSION GROUP SPEAKERS

JANUARY CHAIRMAN: PAUL FITZPATRICK

5	Speaker: Paul Fitzpatrick, SMC Member Topic: "School Days"
12	Speaker: Paul Fitzpatrick, SMC Member Topic: To be announced
19	Speaker: Ed Conley, SMC Member Topic: "Electoral College"
26	Speaker: Chuck Windsor, SMC Member Topic: "The universe we live in"
Feb 2	Speaker: Tom Waffien General Manager of SOCRRA Topic: "Waste—a valuable resource"

Life Rules

-  The real test in golf, and in life, is not keeping the out of the rough, but in getting out after we are in.
-  Two blessings in life are: To go to bed each night without fear, and to wake up each day with hope.
-  When you feel like criticizing your children, remember who raised them.
-  The best substitute for experience is being sixteen.

The Holiday Season isn't here until...

Our annual Christmas luncheon when we honor the ladies who serve us throughout the year is one of the nicest events of the year. Particularly interesting is to hear of the many years these women have served in the program. For example, Carol Hollingshead has served for 42 years, as has Elaine Dobson. Barbara Hulbert has served 39 years and Betty Paige received a silver locket for serving for 15 years. An added festive touch was provided by three members of the Birmingham Musicales who led us in good old fashioned group singing. Christmas carols, jolly fun songs and winter favorites were sung, led by Maureen Bateman, Marcia Stoll and Shirley Schnauffer.

2000 Auto Show

Last call for the bus trip to the North American International Auto Show. The Special Events committee has reserved a 55 passenger bus to take us to the International Auto Show at Cobo Hall on Thursday, January 18, 2001. This is a very popular annual event and has sold out every year. Tickets will be sold at the January 5 and 12 meetings. The price is \$9 per person and is for bus transportation only. The price for senior admission to the show is \$5 at the door. Join us and forget your driving and parking worries with door to door service.

We meet at the rear of the First Presbyterian Church parking lot. Bus will leave at 9:45 AM PROMPTLY and return approximately at 4 PM.

MEMBERSHIP NEWS

Special Birthday Greetings:

John McKinnie (life member) will be 88 on January 5.
Bob Boynton will be 85 on January 8.
Ben Krause (life member) will be 88 on January 10.
John Spomer (life member) will be 93 on January 13.
Jack Carr (life member) will be 94 on January 14.
Art Conat will be 93 on January 14.
Cliff McClew (life member) will be 86 on January 15.
John Lavrakas (life member) will be 86 on January 17.
Ed Conley (life member) will be 86 on January 27.

Birthdays of Members on Leave of Absence:

John Erhardt will be 85 on January 30.

Deaths:

Frank Angelo, life member, who joined in September 1987.
Neil E. Warren, life member, who joined in February 1981.

Address Change:

James Burch, 1885 Washington Blvd., Birmingham, 48009, 644-6940.
Dr. Kenneth Urwiller, 42160 Woodward Ave., Unit 62, Bloomfield Hills, 48304, 322-6667.

New Telephone Numbers:

Roy Allemeier, 851-5816.
Donald MacDonald, 737-8905.

Leave of Absence:

Jerome Fitzsimmons.
Robert W. Cooper.
Dr. Paul L. Gradolph.
Robert R. Mandy.

New Applicants:

Theodore A. Chapekis, (Cleo), 4724 Walnut Lake Rd., Bloomfield Hills, 48301, 626-0223.
Sponsor: Bill English.

New Life Members:

Harold Nyberg, associate member, who joined in January 1983.
Chalmers Brown, who joined in July 1987.
James R. Fonda, who joined in September 1986.

New Members:

Alex J. Violassi, (Irma), 31526 Sunset Dr., Beverly Hills, 48025, 646-9681.
Sponsor: Larry Halloran.
Frank C. Shaler, (Arlene), 4621 Kensington, Bloomfield Hills, 48304, 644-5148.
Sponsor: Ray Swartz.

Resigned:

James M. MacNee, who joined in October 1999.
Howard B. Hartman, who joined in July 1994.

-Bob Babcock and Jim D'Allemand

Challenge your Brain

Memory makes us who we are. And because it is our identity, we worry about it. We worry if we can't remember names, when we can't recall where we put our keys or if we mailed the phone bill. We walk into a room and halt in mid-stride, the purpose forgotten.



Those annoying things happen to most of us eventually because as the body changes over time, so does the brain. We lose an average of five percent of brain capabilities for every decade after 30. For most of us, that doesn't mean we're losing our minds. But we need to recognize the changes and improvise to make the most of a still fantastic brain potential.

"In a normal healthy person, the connections between some 100 billion neurons in the brain can gradually shrink with age, slowing the process of recalling information," says Johns Hopkins neurologist Barry Gordon. "Memory gridlock is bothersome, but what most people complain about is not that serious." Focusing on incoming material, whether heard, seen or read, helps in planting it into our memory. Often what we think we forgot, we really didn't get in the beginning.

A golden rule for remembering is not to try too hard; anxiety about your memory is actually harming it. When you hit a memory wall, relax and forget about it, and often the name will suddenly pop up. Why this frustrating delay? Scientists say the brain is working on recall, but many other bits of information are interfering. And older people simply have more to remember.

Organization won't necessarily improve memory, but it will help reduce the number of things you have to remember. Making lists, keeping up-to-date with a calendar or daily diary or using sticky notes as reminders can help free the mind. But remember: the brain never stops learning. Doing different and mentally challenging things helps keep the mind more robust, and this helps memory.

"Each of us needs to appreciate the mind as it is, instead of as it once was," says psychologist Ed Hamlin. "Though less swift, the older person's brain continues to absorb new material—comparing it with knowledge and insight gleaned over a lifetime. The process becomes less reflexive and more reflective. And the word for that is wisdom."

Source—TIME Magazine

Deadline

Dues deadline is January 31, 2001. \$30 for member, \$10 for associate and \$10 leave of absence. Member dues are being collected by Walt Meyers, applicant dues of \$15 are being collected by Joe Kern.

Golfing at the Dome

Members and applicants of the SMC are welcome to golf at the Dome. These times apply: January 4 and 18, February 1 and 15, March 1 and 15, and April 5 and 19, from 9-11 AM. The cost is \$8 for each session. All the balls you can hit. The dome is located at John R. Road near Twelve Mile Road.

Bridge Report

Contract averaged eight players. The six high scorers for this period were Jack Frailey (2990), Joe Kern (2950), Al Wagner (2870), Art Burgott (2750), Jane Piggott (1950), Henry Dawkins (1650). There were no slams.

Duplicate had 32 players. The high scorers were Jim Crabb (69.4%), Bruce Smiley (65.6%), Ferd Doll (63.9%), Kirby Callam (54%), Phil Werner (53%), Ed Chambliss (51.5%). There was one small slam by Jim Crabb and Jim Johnson.

-Zack Endress & Don McNair

A friend is a person who knows you and still likes you.

If at first you don't succeed, try reading the instructions.

All people smile in the same language.

Bowling Report

After 13 weeks of bowling with two weeks remaining in the first half, the leading team is team #4 (Fran DeGrande, Cliff Dean, Carl Neppach, Dennis Kozak) with 73 points.

Phil Martz had the high average (179), the high single game (253), and the high series (655).

High team game with 725 was team #6 (Jack Cvengros, T. Tabor, Ray Swartz, Bert Henderson).

High team series with 2003 was team #6 (Jack Cvengros, T. Tabor, Ray Swartz, Bert Henderson).

-D.J. Kozak

Prescription Drug Help for Veterans

If you are a veteran—regardless of whether your present illness or disability derived from your time in military service—you may be eligible for the Department of Veterans Affairs' (VA) low-cost prescription drug program.



For more information, call the Department of Veterans Affairs, toll free, at (877) 222-8387 (between 8AM and 8PM Eastern time) or call your nearest VA facility (number in blue pages of phone book).

Source—The American Legion Magazine

*Lord, when we are wrong,
make us willing to change.
And when we are right,
make us easy to live with.*

-Peter Marshall

Group Meetings

Computer Group

The Computer Group will meet on Wednesday, January 17 at 2:30 PM in the Rotary Room at the Baldwin Public Library. The speaker will be Carol Woodard, staff member of the Baldwin Library. Her topic will be "The Baldwin Home Page." If you want to surf the net for free, this is a presentation you will not want to miss. The topic for our February 21 meeting is "Building a Slide Show on your PC."

Investment Group

Bill Halbert, Senior Vice President with Paine Webber, will speak to the group for the 15th year on Wednesday, January 10 at 2:45 PM. "Wall Street Great Myths: it's Different this Time" will be the title for his talk. Bill will share his market insights and investment strategy for 2001. Join us for this popular speaker.

-George Miller

Camera Group

The Camera Group will meet at The Community House on Tuesday, January 9, 2001 at 2:00 PM. Will Braisted (SMC member) will present his version of "Exposure 101." Come and learn proper exposure for improved photographs. Also, I will show slides from my recent visit to Hong Kong, China.

-Bill Gridley

2001 Member Directory

The new directory went to the printer in December and will be available for distribution in early January. Each member can pick up his copy in the registration area on Friday mornings during January and February. After that they will be available from any member of the Handbook Committee.

-Bob Engel

THE REMINDER

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

Officers for 2000 are: William T. Reilly, president; Carver Wood, first vice president; Ray Latovick, treasurer; Ernie Bergan, second vice president; Ben Ewing, secretary; Dick Harper, corresponding secretary; Ed Neill and Frank Barnes, officers at large; Bill Crabtree, parliamentarian.

THE REMINDER includes: George Lumsden, editor; Dick Davis, Dick Harper, Paul Pentecost and Alvie Smith, associate editors; Bob Hadley and John Dudash, photography; Lee Trumbull, computer layout; Bill English, mailing.

Oops, sorry, nuts!

It has been said that the most embarrassing thing that can happen to you is to look through a keyhole and see another eye. Not so! Even worse is to look at a publication you edit and find errors on the very front page! Yep, we done it and we wasn't proud of it. It went through three hands, and nobody caught it. Our promise is to be more careful next time. One thing good happened in all this; we discovered how understanding the men of the SMC are. Thank you for your generosity.

-Your humbled editor
George Lumsden

Quotes for the Day

Tact: The ability to describe others as they see themselves.

-Abraham Lincoln

Old clocks never die, they just go cuckoo.

-Farmers Almanac

Use what talent you possess. The woods would be very silent if no bird sang there except for those who sang the best.

-Henry Van Dyke

New Life Member

Chalmers Brown was inducted as a new life member by Art Burgott who ushered him down Hush Puppy Lane. Chalmers, an SMC member since 1987, is a University of Pittsburgh grad and has served on several committees during the years.

Remembering Frank Angelo

Frank Angelo was a very special member of the SMC. He edited The Reminder for many years and passed on a legacy of solid reporting to those who followed him in that role. He is particularly remembered for his interesting bus trips into Detroit with groups from our club. He was devoted to the city and to its history. His death in late November was a loss to all who knew him. Thank you Frank. You were quite a guy!

A Toast to One and All

The New Year seems to be a signal to roll out the barrel—or uncork the bottle. Whether this is because we are glad to see the old year go, or eager to enter the new year is anyone's guess.

We're told the term, "cocktail" originated with a Western New York barmaid who, in response to a noisy patron who asked for something special, poured a drink and stuck a rooster's tailfeather in it.

More recently, Ogden Nash, the famous humorous poet and pretty fair two-fisted drinker, paid tribute to one cocktail as follows:

"There is something about a martini, a tingle remarkably pleasant; a yellow, a mellow martini; I wish that I had one at present. There is something about a martini, ere the dining and dancing begin, and to tell you the truth, it is not the vermouth—I think that perhaps it's the gin."

Holiday Tidbits

Do you know what would have happened if there had been Three Wise Women instead of Three Wise Men? They:

- *Would have asked directions*
- *Arrived on time*
- *Helped deliver the baby*
- *Cleaned the stable*
- *Made a casserole*
- *Brought practical gifts, and*
- *There would be peace on earth!*

Navy Combat Veterans Eligible for Ribbon

Navy and Marine Corps veterans who served in combat in or after WWII are now eligible to receive the Combat Action Ribbon.



Secretary of the Navy Richard Danzig recently authorized this award for those who served in combat but never received their CAR.

To be eligible for the CAR, veterans must have participated in ground or surface combat after December 6, 1941, but before March 1, 1961, and cannot already have been recognized for the same participation.

More information is available from the Navy Awards Branch for settlement at : Chief of Naval Operations (N09B33), 2000 Navy Pentagon, Washington, DC 20350-2000.

Source—The American Legion Magazine

Other Club Dates To Remember

Exec. Board: 9:30 a.m. Jan. 9, 2001.

Bowling: Practice every Wednesday at 9:15 a.m. and League Play every Monday at 9:30 a.m. both at Thunderbird Lanes in Troy.

Reminder Deadline: January 19, 2001.

Bridge: Tuesdays, 9 a.m. and Fridays after lunch.

All events at The Community House unless otherwise stated.

The Reminder

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