

# The Reminder



April 2018

Senior Men's Club of Birmingham, Michigan

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## Dr. Swarn Rajpal— A Jewel from India to the Senior Men's Club

It's a long way around the world from India's Punjab to surgery in Metro Detroit, but for Dr. Swarn Rajpal, each step has led to service, engagement, and activity.

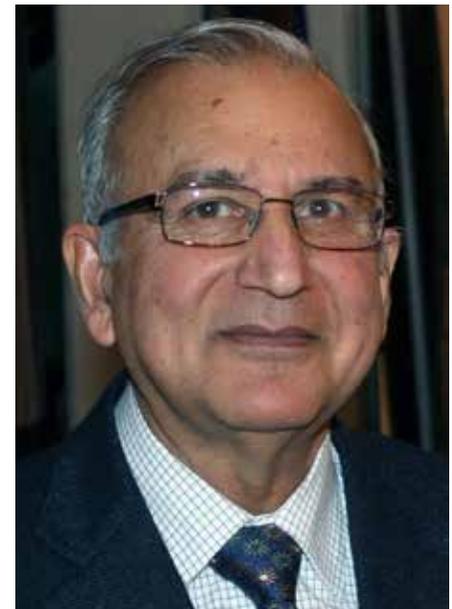
One of Senior Men's Club's most engaged members, Dr. Rajpal was born in Lucknow, India. Dr. Rajpal's family, Hindus on the Pakistan side, had to flee during the post-independence partition. Settling outside of New Delhi, Swarn attended the All India Institute of Medical Science, graduating in 1968.

"America had passed Medicare, and there was a massive expansion in health care," he explains. His post-graduate work options led him to America, where he chose Detroit and Wayne State University.

"Here in Detroit I was dumbfounded at the amount of trauma, the corollary was that I was able to do a lot of surgery." After residency, Swarn chose a position at Metropolitan Hospital, later acquired by Henry Ford Hospital. His practice led him to Troy, and eventual retirement after almost thirty-eight years.

The list of Swarn Rajpal's activities in the Senior Men's Club is a long one, including Chair of the Wednesday Reading Group, 60<sup>th</sup> Anniversary Committee, bridge, golf, and bowling. "Senior Men's Club infuses vitality and camaraderie in its members. It is where I made new friends, enhanced my intellectual yearnings through the Reading Group and bridge and enjoy regular games of golf every week. It is the organization to which I have summoned all my good friends to become members and participate in a variety of activities suitable for our age."

—Chuck Moss



## APRIL PROGRAMS

APRIL CHAIRMAN: Larry Ierman

- 6 Dr. Michael Kutz, M.D., Practicing Urologist and President, Men's Health Foundation  
..... *"The Men's Health Foundation: Proactive Ways Addressing Men's Health Issues"*
- 13 Dr. Karen McDevitt, Director of the Master's Program, College of Performing Arts, Wayne State University  
..... *"Hollywood's Transformations: George Bailey, James Bond, and Iron Man"*
- 20 Dr. David Dulio, Professor and Chairman, Department of Political Science, Oakland University  
..... *"Elections: Revisiting 2016 with an Eye Toward 2018"*
- 27 Richard Rogers, President, Center for Creative Studies  
..... *"A Look at the College of Creative Studies"*

## APRIL DISCUSSION GROUP

APRIL CHAIRMAN: John Reddy

- 6 John Reddy.....*The Role of Grandfathers in Multi-Generational Family Life*

# Games

## Vipers Continue to Lead Bowling

With only seven weeks remaining, the Vipers (Dennis Winowiecki, Chuck Frederick, Bob Beach) lead the Kingpins (Swarn Rajpal, Brian Haw, Ken Beres) by three points. The Bowlers (Tom Waffan, Tony DiMarco, Pete Kass) are two points further behind. Richard Volpe bowled both the high scratch game (201) and high scratch series (538) last week. However, Marv Dery's 256 is still the high scratch game for the season, and Pete Kass' 588 scratch series is tops.

We have welcomed a number of newcomers, including Posh Gulati, Rick Ganfield and Greg McComas. Like me, Greg is just biding his time with bowling awaiting the start of golf season!

If you have not rolled a ball down a lane recently, please join us any Monday at 10:00AM at Troy Lanes, Square Lake/John R, for great exercise, fun and fellowship.

—Maynard Timm

## Winter Golf

Winter golf practice continues at the Oakland Yard Dome on Thursdays until the Birmingham golf courses open. Cost is \$10 for all the balls you care to hit between 9:30-11:30AM. Lunch follows at Hero's Restaurant. Tentative Birmingham golf courses start dates are: Springdale, April 19 and Lincoln Hills, April 23.

The sign-up sheets for Lincoln Hills for the pre-pay of the season golf fees have been posted on the SMCB bulletin board. You have until April 13 to guarantee your tee time, all others will be walk-ons and slotted where we have openings. The season golf fees are: \$224 – Non-Birmingham Season Pass Holder and \$200 for Birmingham Season Pass Holders. Please endorse your check to SMCB Golf. Walk-ons will pay \$15.

For more information on any of these events, see one of the Golf Committee members:

- Monday Golf Chair: Tom Waffan
- Thursday Golf Chair: Tom Schrifft
- Season Golf Chair: Tim McGee
- Games Chair Emeritus: Chuck Travers

## Still Need a Handbook/Directory?

If you do not have your 2018 Handbook/Directory and you are physically unable to attend a meeting, you can email or call Jack Burns at jackburns1@comcast.net or 248-644-7619 and request that a handbook be mailed to you.

—John Zarek

### SMC 2018 Dues Coupon

2018 dues are payable before January 1, 2018. A \$10 late fee **must** be added for dues paid after January 1, 2018. Make checks payable to SMC and pay at a meeting or by mail. Please use the coupon if paying by mail.

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

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

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

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

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

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

*\*Life Members pay no dues, but many use the coupon to make a voluntary contribution for financial support of our Club.*

# Groups



## Investment Group

We will meet on Wednesday, April 11 at 2:45PM. Our speaker will be Michael Dzialo, President and Chief Investment Officer, Managed Assets Portfolios LLC. In the current volatile market, it is becoming even more challenging to balance risk and rewards. Educating ourselves about both can enrich both our knowledge and returns.

Bill Halbert really shows the way, increasing his stock game leadership with an impressive gain of 127%. Dave Ladd is in second place with a 76% gain while Tom Austin is third – up 65%. The game ends May 31, but Bill may well have clinched first place.

—George Miller and Dick Harper



## Reading Groups

On Wednesday, April 4 at 10:30AM, we will discuss the book "The Silk Roads: A New History of the World", by Peter Frankopan, who is a professor of global history at Oxford. He presents a perspective on world history focused on the importance of the Silk Roads, that network of trading routes stretching from China through Asia into Eastern Europe. He argues that the focus of world events is shifting from the West to the East. Paul Lieberman will lead the discussion.

On Monday, April 16 at 3:00PM, we will discuss "The Captain Class", by Sam Walker. Walker identifies the common thread behind the greatest team dynasties in sports history. Told through riveting accounts of some of the most pressure-soaked moments in sports history, from Bill Russell's legendary "Coleman Play" in the 1957 NBA Finals to Barcelona's "Figo Game" against Real Madrid in 2000, Sam Walker brings these events back to life. Roger Timm will lead the discussion.

—Frank Snower



## Computer Group

Our next meeting will be on Wednesday, April 18 at 3:00PM. Our speaker will be Jeff Jamison, Lab Supervisor of the Idea Lab at the Baldwin Public Library. Jeff will discuss 3D printing and its implications. Jeff will have a live demo of 3D printing for us to see!

—Tom Allen



## Genealogy Group

We will meet on Monday, April 2 at 2:00PM. There will be an update on DNA testing as well as new information on health and genetics. A webinar on the current testing process will be included in the discussion.

—Dave Bakos



## Camera Group

The April meeting of the Camera Group will be on the **FIRST** Tuesday of the month, April 3 at 2:00PM. Our speaker will be member Bob Siewert, who will present "China, 1975, a Personal Journey". For future meetings, we encourage members to share personal photos of a special trip or event - don't hesitate to discuss with me. I also have received a program suggestion on the subject of improving our photos, regardless of source, possibly via programs like Adobe Photoshop. Lastly, we encourage members to provide other program suggestions and to participate in our meetings.

—Bob Frank



## Classic Movie Group

Dick Judy will present two film versions of Charles Portis's classic western novel, "True Grit", which tells the story about an "over-the-hill" marshal who helps a 14 year old girl track down her father's murderer. On Monday, April 9 at 1:00PM, Dick will present the 1969 version, directed by Henry Hathaway, which stars John Wayne, Glen Campbell, and Kim Darby. Then on Monday, April 23 at 1:00PM, Dick will present the 2010 version, directed by the Coen brothers, that stars Jeff Bridges, Matt Damon and Hailee Steinfeld. Both versions are classic westerns with John Wayne giving an Oscar winning performance as Marshal Rooster Cogburn and Hailee Steinfeld stealing the show, in the newer film, as the precocious Mattie Ross. If you love classic westerns, then you will want to see both of these!

—Fred Hansz

# Special Events

## Take Me Out to the Ball Game!

Once again, in response to your requests we are going to visit beautiful Fifth Third Field ballpark in Toledo to watch the Mud Hens play. The date is Wednesday, May 16, and the Mud Hens' opponent will be the Charlotte Knights, a farm team for the Chicago White Sox. We have reserved a block of 56 excellent first base side seats under the 2nd deck overhang. Please join us for a day of fun and fellowship!

The game starts at 10:30AM, so our bus will leave the Birmingham First Presbyterian Church promptly at 8:15AM. Following the game, we will move on to the Real Seafood Company on the Maumee River for a late lunch (not included in the ticket price). After lunch we will return to Birmingham.

Ticket sales will begin on Friday, April 20, on a first-come, first-served basis at \$35 per ticket. Spouses and significant others are invited to join us. This trip is usually a sell-out, so don't forget to buy your tickets early. See you on the bus!

—Jim King

## Durand Union Station Trip

On Thursday, June 14 we will visit the historic 1905 Durand Union Station, its railroad museum, archives, model train layout and gift shop. Ladies can experience a separate treat – an expert-moderated quilt trunk show in the Grand Ballroom.

The eclectic Smokehouse in the Union Station will welcome us for a buffet lunch, with either indoor or outdoor seating. Ticket sales for this attractive outing will start May 18 – we are limited to one bus, so get yours early!

## Downriver & River Rouge Heritage Tour

On Tuesday, July 24 we will board the Diamond Queen for a cruise on less familiar aspects of this great waterway. Our spacious vessel will depart from the Rivard St. dock at 11:00AM. Guests will enjoy an on-board buffet lunch while we experience a detailed narration en route, which will deepen our appreciation of Detroit's downriver history as we pass historic bridges, docks and buildings in the vast River Rouge complex. We will have two buses for this exciting trip – ticket sales will start June 15. Don't forget your sun protection!

—Martin Rowell

## April Discussion Group

The Friday, April 6 discussion will start at 12:45 in the Wilson Room. Focus will be on the role grandfathers play in multi-generational family life. John Reddy will moderate. There will be no outside speaker. The only experts will be our SMCB attendees. Attendees will be asked to share how they contributed to family standards or resolved troubling situations. In short, what can we learn from each other's successes with family affairs?

—John Reddy

## Senior Health Matters Signs and Symptoms of Colorectal Cancer

The American Cancer Society (ACS) has published the signs and symptoms of colorectal cancer. Many of them can also be produced by conditions other than cancer such as infection, hemorrhoids, irritable bowel syndrome or inflammatory bowel disease. They are:

- A change in bowel habits such as diarrhea, constipation or narrowing of stools that last for more than a few days
- A feeling that you need to have a bowel movement that is not relieved by doing so
- Rectal bleeding
- Dark stools or blood in the stool
- Cramping or abdominal (belly) pain
- Weakness and fatigue
- Unintended weight loss

The ACS recommends regular colorectal cancer screening for most people starting at age 50. People with a family history of the disease or who have certain other risk factors should talk to their doctor about beginning at a younger age. As many as 1 in 5 people who develop colorectal cancer have other family members—especially parents, brothers and sisters, or children—who've had it. Having other colon problems can also increase risk. This includes pre-cancerous polyps, ulcerative colitis, Crohn's disease and hereditary syndromes such as familial adenomatous polyposis or hereditary non-polyposis colon cancer (Lynch syndrome). Type 2 diabetes can also increase risk.

—Augustine L. Perrotta, DO

## New Members:



**Edwin L. Demerly**  
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**Subhash C. Gulati**  
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Sponsor: Swarn Rajpal



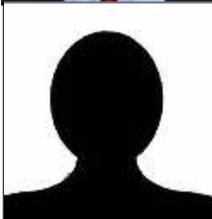
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## New Associates:

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**Vikas Shah**  
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West Bloomfield, MI 48323  
248-497-8895  
vikram95@aol.com  
Sponsor: Swarn Rajpal

## To Life Member:

**Anthony M. Parrottino**

## Deaths:

**Kenneth D. Holloway (Life)**, joined October, 1997

## Resigned:

Associate **N. Lewis Schoon**

—Pete Kass, Membership Chairman

—Frank Snower, Database Chairman

—Tom Booth, Gene Markel & Roger Timm, Photography

## Mystery Lyrics



Only six readers could identify the song containing these mystery lyrics:

*"How else can I explain those*

*rainbows when there is no rain?"*

This was a big hit back in the day for Doris Day, but only Chuck O'Connell, Dick Mueller, Midge (Roger) Gettel, Tom McNally, Roger Timm and Clay Gordon remembered Doris singing "It's Magic". Congratulations to them.

This may be a more difficult challenge for you this month, unless you like jazz. The biggest hit for a long time female jazz singer contained these lines:

*"It's heaven when you have romance on the menu"*

Hint - this gal had eight or nine husbands - the last was Dick "Night Train" Lane of the Detroit Lions. Can you name that tune (and singer)?

## Sports Trivia

We asked if you could recall the baseball Hall of Fame player who was nicknamed "Ducky". Nine respondents remembered this was Joe Medwick of the St. Louis Cardinals. Joe played mostly in the 30's and several readers remembered he was the target for fruit and bottles in the last inning of the 1934 World Series against the Tigers after he spiked our third baseman. Congratulations to these baseball aficionados - Ken Beres, Ed Cox, Pete Kass, Lynn Evans, Tom McNally, Dick Mueller, Roger Timm, Clay Gordon, and Jack McLaughlin.

We may have used this item before, but it's a favorite baseball memory. Who was the last (maybe the only) major leaguer to pitch and win three complete games in a World Series?

This absolutely will never happen again!

—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 2018 are: Charles R. (Dick) Bradley, president; Timothy S. McGee, first vice-president; Gerald W. (Jerry) Stribbell, second vice-president; Roger K. Timm, recording secretary; Maynard L. Timm, corresponding secretary; John P. Groves, treasurer; James A. (Jim) Bayson, assistant treasurer; John R. Bergeron, Thomas L. Booth, officers at large; George A. Grove, parliamentarian.

THE REMINDER includes: Dick Harper, editor emeritus; Maynard Timm and Jay Kafarski, co-editors; John Flintosh and Chuck Ragains, 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](http://www.communityhouse.com)

## CLUB DATES TO REMEMBER

**Executive Board Meeting:** Tuesday, April 10, 9:30AM

**Reminder Deadline:** Friday, April 13

**Bowling:** Mondays at 10:00AM at Troy Lanes

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

**Dome Golf:** Thursdays at 9:30AM at Oakland Yard Dome

### Special Events

**Toledo Mud Hens Baseball Game:** Wednesday, May 16, 8:15AM

**Durand Union Station Trip:** Thursday, June 14

**Downriver & River Rouge Heritage Tour:** Tuesday, July 24

### Group Meetings

**Genealogy Group:** Monday, April 2, 2:00PM

**Camera Group:** Tuesday, April 3, 2:00PM

**Book Reading Group A:** Wednesday, April 4, 10:30AM

**Classic Movie Group:** Monday, April 9, 1:00PM

Monday, April 23, 1:00PM

**Investment Group:** Wednesday, April 11, 2:45PM

**Book Reading Group B:** Monday, April 16, 3:00PM

**Computer Group:** Wednesday, April 18, 3:00PM

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

### SMC ON THE WEB:

[www.seniormensclubbirmingham.com](http://www.seniormensclubbirmingham.com)

[www.communityhouse.com/supported-groups-nonprofits/senior-mens-club/](http://www.communityhouse.com/supported-groups-nonprofits/senior-mens-club/)