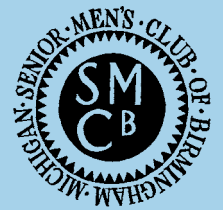


The Reminder

January 2009

Senior Men's Club of Birmingham, Michigan



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What a Great Year!

Who else could have guided the Senior Men's Club through the turbulent 2008 year but Kenneth L. Urwiller. With poise, strong character and wisdom he chaired our Friday meetings. All problems were solved and the SMC had a very successful year due to Ken's ability. It was an honor and a pleasure to have such a leader.

Ken stated that the SMC Christmas Party was one of his great moments of the year and the picture recognition book and excellent accomplishments during his time in office. He truly enjoyed the special event trips.

We know that Ken will continue to serve the Senior Men's Club in future years and add his expertise to the past presidents group.

The Senior Men's Club thanks you Ken for your leadership.



—Bill Reilly

JANUARY PROGRAMS

JANUARY CHAIRMAN: Augie Perrotta

- 2 Sylvia Rubach, Motivational Speaker *Practical Tips for Coping and Surviving in This Fast-Moving World*
- 9 Connie Parliament, RN, Clinical Director Neuroscience Services, St. Joseph Mercy Oakland *Acute Stroke Recognition and Current Treatment Options*
- 16 John Molinari, PhD, Department of Biomedical Sciences, UDM School of Dentistry .. *Fighting the Flu*
- 23 Scott Moffat, PhD, Institute of Gerontology and Department of Psychology, WSU *The Effect of Hormones on Aging, Cognition and Behavior of Older Adult Men*
- 30 Peter Ajluni, DO, Immediate Past President, American Osteopathic Association..... *Fit for Life*

FEBRUARY PROGRAMS

FEBRUARY CHAIRMAN: Jim Judge

- 6 Keri Gaither, Athletic Director, University of Detroit Mercy *2009 NCAA Final Four Basketball Championships at Ford Field*

JANUARY DISCUSSIONS

JANUARY CHAIRMAN: Jack McCuen

- 2 Colonel Jack McCuen (USA Ret.), SMC Member..... *The Wars We Face*
- 9 Joe Mohan, Retired Fire Chief and Physical Education Instructor of Japhet School *The Benefits of Character Education in Our Schools*
- 16 Richard Cavagnol, Civil-Military Advisor and Associate SMC Member..... *Turbulence in South Sudan, Africa*
- 23 Jerome Solomon, Lawyer and Member of Navy Recruiting District Assistance Council *Supporting Our Military*
- 30 Mike Hedge, International Business Executive *How the Cell Phone is Revolutionizing Personal Technology*

FEBRUARY DISCUSSIONS

FEBRUARY CHAIRMAN: Tony Smyk

- 6 David Schneider, SMC Member *New Testing to Detect Lead Poisoning*

New Members:



Robert C. Beach (Patricia)
31130 Downing Place
Beverly Hills, 48025-5233
248-646-9056
RCBeacher@comcast.net
Sponsor: Cliff Dean



Roger W. Gettel, (Midge)
2617 Pana Court
Bloomfield Hills, 48302-1037
248-338-1196
Gettel33@comcast.net
Sponsor: Kirb Callam



R. Jay Smith
4958 Cara Court
Royal Oak, 48073-1207
248-435-2434
Sponsor: Kirb Callam

Resigned:

George W. Smith
James P. O'Connor, Jr.
Lynn L. Lewis
Robert G. Eidson
Roland W. Kittendorf
William F. Mennick (LOA)
Associate Donald A. Nummer

New Associates:

Thomas E. Kirchhofer (Swidlonna)
4139 Fulton Place, Royal Oak, 48073-6353
586-549-1448; Seastructor@aol.com
Sponsor: Irvin E. Poston

James E. Grady (Irene)
7187 White Pine Drive
Bloomfield Hills, 48301-3719
248-855-1282; jimgradysr@comcast.net
Sponsor: James K. Holden

To Leave of Absence:

William J. Kelly
Orland C. Redo

—Pete Kass, Membership Chairman
—John M. Steele, Database Chairman
—Bill Shaffmaster, Photography

Attention! Model Railroad Aficionados



The Special Events Committee has announced a super double-header Model Railroad Tour for Thursday, February 12. In the morning we will be going to America's Largest "O" Scale Model RR called Chi-Town Union Station. It is located in Commerce Township and opened for business last year. The owner has assured us that it is even bigger and better now. In the afternoon we are off to Holly to visit the 100 member Detroit Model Railroad Club that has a huge layout in the old Holly movie theater.

For lunch the Historic Holly Hotel (of Carrie Nation fame) has agreed to open its doors for us. (They normally open at 2:00PM for afternoon tea, but they have agreed to accommodate us with a special noon-time lunch.)

All of this for a most reasonable price of \$45 per ticket. This includes the bus ride, tours of both model railroads and the fabulous lunch at the Holly Hotel.

If time permits we will include a quick drive-by of the new Great Lakes National Cemetery that you have probably heard about. It's located about five miles north of Holly. Tickets will go on sale starting Friday, January 23.

The bus will leave the First Presbyterian Church parking lot at 9:30AM and will return approximately 4:00PM.

—Jim Judge, Stu Shuster, Roger Struck and
Clarke Thornton

Retirement is Great

Wife: "What are you doing today?"
Husband: "Nothing."
Wife: "You did that yesterday."
Husband: "I'm not finished."

Games

Bowling

There are four teams in the running for the Championship after 14 weeks. The 15th week is the final week of the first half and is a position week. This means the 1st place team bowls the 2nd place, the 3rd place team bowls the 4th and so on.

The point spread between the 4 teams is only 4 points and each week the maximum points to win are 8, so you can see the Championship for the 1st half is "up for grabs." The leading team is the Pistons with 67, followed by the Pacers with 64 and the Nuggets and the Sixers with 63.

Bob Beach, of the Pacers, made the 6-7 split in an effort to help his team into 2nd place. John Wargelin picked up the 5-6 split to help the Nets, who unfortunately are in last place. Also, Tom Clapp, of the Pacers, showed off, wondering where his first ball went in one frame, which left him with the 2-4-5-7-8-10 split. Needless to say this is a very unusual split. But, good Tom faced the pins with determination and converted the split for a spare to also help the Pacers into 2nd place. Tom, Bob Beach, Bob Klein and Ray Latovick were bowling against the Bulls which is the team the writer is on. These two teams split the 8 points for the day but it gave the Pacers sole possession of 2nd place and left the Bulls tied for 5th place. Let's see who the winner will be.

—Less Lessenthien

Winter Golf

The Hot Stove League of golf continues at the Oakland Yard Dome every Thursday (except on holidays) until outdoor golf begins in April. For \$8 you can hit all the balls you wish while feasting on donuts and coffee. All this is in addition to the outstanding conversations touching on current events with urbane, well educated, and highly intelligent gentlemen of leisure.

Note: the upper level where we hit balls is not reserved for our exclusive use. On very busy days we may be required to share tee boxes.

The committee is pleased to announce that on January 8, noted teaching professional Brian Cairns will be available to tidy up our swings. This is a great opportunity for the members who will be leaving for Florida or Arizona to get their swings in shape.

—Chuck Travers

Happy Times



Happy times are here again and the holiday season brings good cheer to all. At the Senior Men's Club meeting on December

12th, the good cheer was on display as the members honored the dedicated ladies that serve as hostesses at the Friday luncheons throughout the year.

With Jack Benish at the piano and Dick Hameister leading the singing, our wonderful ladies entered the ballroom and were greeted by First Vice President Robert Pullar.

Shelley Roberts, President and CEO of The Community House accepted the yearly gift for The Community House employees party, Rachel Herbst was awarded a monogrammed silver locket to recognize her 15 years of service as a hostess and each of the ladies was presented a gift in appreciation for years of service to the Senior Men's Club.

On behalf of all the hostesses Eunice Orton expressed her appreciation for this great day.

The entertainment was provided by Tim Thomas, Choral Director, Berkshire Middle School and a Groves High School choral group.

The festive luncheon was served by Roy Halmhuber and his SMC waiters to finalize this happy event.

—Bill Reilly



Higher Power

A Sunday School teacher said to her class, "We have learned how powerful kings and queens were in ancient times. But there is a higher power. Does anyone know what that is?"

One child raised a hand and said, "Aces."

Membership Awards



The prestigious Outstanding Service Award of the Senior Men's Club recognizes longstanding and meritorious contributions to our club. This award was recently presented for 2008 to a most deserving member - John Zabriskie. John has headed

one of our most admired and respected activities- the Special Events Committee - for six years. Under his dynamic and imaginative leadership, this committee has planned, organized and conducted many successful outings and events every year, ranging from trips to the Detroit Auto Show to annual excursions to Stratford, Ontario.

More recently, this committee conducted the much lauded and well attended Christmas party at the San Marino Club. Many comments like "great party" and "best ever" were voiced by many smiling attendees. Congratulations, John!

President Urwiller also presented the President's Award, which is intended to recognize significant and noteworthy contributions to our club. The recipient for 2008 was Parliamentarian Bill Crabtree, who has held this honored title for seven years.



Bill ensures that all SMC decision making and policy actions are in accordance with the club Constitution and by-laws, and that all our meetings are conducted under Robert's Rules of Order.

Congratulations Bill - your legal expertise and perspective ensures the smooth running of our club.

—Dick Harper

Endowment Fund



"The Romantic Encounter" at The Townsend Hotel raffle netted \$680 exceeding our goal. Barbara Miller was the lucky winner. Who will be her guest at The Townsend Hotel?

—George Miller

Keys to a Happy Retirement

One of our November speakers was Dr. John Cotant, a cardiologist with St. Joseph Hospital. His talk centered on heart functions and potential arterial problems.

Dr. Cotant concluded his well-received presentation with what he called "Keys to a Happy Retirement," based on treating and counseling thousands of patients. He outlined these keys in this reverse order.

7. Get adequate sleep and rest.
6. Exercise regularly (at least 100 minutes weekly).
5. Seek structural organization in your life.
4. Maintain multiple, varied interests (example: SMC activities).
3. Don't be controlled by pursuit of material things, power or prestige.
2. Have a benevolent attitude toward others - respectful, warm, non-judgemental.
1. Place the highest importance on relationships with others and with God.

—Dick Harper

Change is in the Air!

The internet, cellphones and i-Pods are changing how people communicate with each other.



Soon a central website will send death notices to SMC members with e-mail. Our Executive Board on December 9, 2008 unanimously voted to discontinue the phone

caller's system. That system has for many years informed SMC members, with no internet connection, about the death of fellow SMC members through individual phone calls, even though the obituary columns in local newspapers already provide the same information.

The Executive Board and the Health and Visitation Committee expressed their gratitude to the members of the phone caller's group for their great efforts during many years.

—Jaap Delevie, MD

SMC on the Web – Part 2

Part 1 of this 2-part series was published in the December 2008 *Reminder* and described the SMC page on The Community House website, which will serve as a public face of the Club to help attract new members. It also described the “e-mail blaster” service of the SMC Birmingham Google group, which is available to members only, to distribute e-mail announcements to Club members.

As mentioned in Part 1, it is **not** necessary to establish a free Google Group account to receive the e-mailed announcements, however, additional features are available if you do set up a Google Group account. Part 2 focuses on these features. After you set up a Google account, you will be able to see the content at SMC Birmingham Google Group homepage <http://groups.google.com/group/SMCBirmingham>. Bookmark the site in your “Favorites,” so you won’t to have repeatedly enter this address.

The content at the homepage is organized into sections called Discussions, Pages, and Files:

- Discussions are an archive of the announcements that were also sent as e-mail.
- Pages are documents that require some formatting and are directly viewable in your browser. We expect to use Pages for new member facts, detailed group meeting agendas and schedules, special events, etc.
- Files have been created in another application and uploaded to the site. The file must be downloaded and you must have compatible software to view it. Some such as Adobe Reader (pdf) format will open in your browser, some such as Powerpoint will have to be opened with a separate application. We expect to use Files to distribute *The Reminder*, speaker handouts, and other highly formatted documents.

Each section has a header and displays a few of the most recent items in the section. To see older items, click the “View All” link in the appropriate header.

Creating a Google Group account: There are various ways to get to the Google Group signup page, but the following way avoids typing very long URLs or searching. Attempt to visit the SMCB homepage above. You will get a message that you can’t view the content. Click on the “Sign In to Google Groups” link, which will take you to another page. On the left hand side, you can sign in if you are already a Google Group member, and there is a link, “Create an account now,” if you are not. Click it, and create an account using the same e-mail address as you use for SMC and a password

(be sure to remember your password – write it down). You will have to accept their conditions, but you do **not** need to fill in any of the “profile” information unless



you want to. If you are already registered in the SMC group using the same e-mail, you should now be able to view the content.

E-mail address changes: If you have established a Google Group account, and then change your e-mail address, you will need to change your Google Group sign-in. Using the old sign-in, go to the SMCB homepage. In the upper right corner of the screen, there is a “My Account” link. Click it and go to a page where you can edit your e-mail and password. Depending on how you use Google, there may be several other options on the page.

Unfortunately, changing your Google Group sign-in does **not** correct your group memberships. Send an e-mail to the SMC Database Chairman giving at least your full name, old e-mail, and new e-mail (new physical address, phone and other database information can be included too). You will receive a “welcome” message at the new e-mail address as soon as it is registered.

TIPS:

Downloading Files: When you download and save a file, make a note of what folder you are saving it in. You will have to find it to reopen and view it later.

Printing Pages: If you just use the “Print” button, it doesn’t print very well. Select the text you wish to print with the cursor, then click File | Print | Selection to print the selected text. The bar “|” means a new menu box will open; look for the next command.

Questions?: Submit questions to John M. Steele or Mike Walosin. We will group them and publish FAQs in future *Reminders*.

—John M. Steele

Groups



Classic Movie Group

On Monday, January 12 at 1:00PM the Classic

Movie Group will present the 1936 film classic, "The Charge of the Light Brigade." This action, adventure and romance film stars Errol Flynn, Olivia deHavilland, David Niven and J. Carroll Naish. It tells the tale of a band of British Lancers

who, during British rule of India, challenge an army of 25,000 Russians in the Crimea who are in consort with the Indian ruler, Surhat Kahn, played by veteran screen villain, C. Henry Gordon. It was inspired by Rudyard Kipling's prose and took its title from Tennyson's poem containing the line "Into the valley of death rode the six hundred." Errol Flynn is the leader of the 600 horsemen who countermands orders and attacks to avenge a previous massacre by Surhat Khan. The film's highlight is the charge itself, a masterful, pulse pounding nine minutes of thundering hooves and flashing sabers that stands up magnificently against any Hollywood action scene of today.

—Augie Perrotta



Computer Group

The January meeting of the Computer Group will take place on Wednesday, January 21 at 3:00PM.

Our speaker will be Jack Vanders. Jack is one of our most popular speakers. He first came to us in January, 2003 and has visited every year since.

The topic(s) for Jack's talk is up to you, our members and associates. Would you like some help with hardware and/or software problems, reducing ads or harmful viruses, problems with Word or Excel, or any annoying bugs in your computer. Send me a brief note about what you would like to hear from Jack and I'll pass it on to him a week or so before the 21st.

—George Nordenholt



Investment Group

The Investment Group will meet on Wednesday, January 14 at 2:45PM. Bill Halbert of Smith Barney will be our speaker for the 23rd year. Based on our surveys, Bill is the most popular and enthusiastic speaker. "Financial Crisis on a Global Scale" will be his subject. Plan to hear his insights on future markets.

Tom Buescher leads the Stock Game with a 31% gain. Ted Chapekis, Mike Clement and Bob Rossi are close contenders.

—George Miller



Camera Group

The Camera Group will meet on Tuesday, January 13 at 2:00PM. Ed Proctor will take us on slide show trip to Antarctica, the fifth largest continent on the planet. It was named by the Greeks, even though they did not know it was there. It is the highest, coldest and most remote of the continents and one of the most beautiful places on Earth.

—Roger Garvelink

In Memoriam

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

Joseph Abraham

Frank Allen

Maurice Allen

Marvin Bannon

Jean Batts

Gilbert Bazil

Kenneth Bertschy

Philip Boyer

Robert Campbell

Arnold Carlson

Frank Cleary

Chase Cooper

Clifton Elliott

John Griesen

Robert Hagemeyer

Richard Heldt

James Isham

William Isherwood

Whitfield Jones

James Kendall

Joseph Kern

Robert Knevels

Steve Kulesa

John MacDonald

Gerald Markey

John McKinnie

Joseph Onnie

William Palmer

James Peltier

Melvin Pillon

Martin Reddy

John Rosso

David Sayer

Stanley Skaistis

Ernest Upton

John Vass

January Programs

Augie Perrotta has arranged a great series of programs designed for the physical and mental health needs of seasoned citizens. The January programs will give us new insight into preventing and surviving the most common assaults to our well being. The speakers will provide a fresh new perspective on how to take control of our lives at a time when we may feel that we are increasingly vulnerable and losing our health and autonomy. Check out the listings of the January Programs on the front page of this *Reminder* to learn more about the presenters and topics.

—Irv Poston

Associate Members

At the November 21 Associate Member orientation meeting there were ten associates who attended and therefore have completed this requirement toward eligibility for induction to full membership in the club.

Orientation meeting dates for 2009 are February 20, June 19 and October 30, 2009. All meetings are at 9:00AM sharp at The Community House. Please plan to attend one of these at your earliest opportunity.

Also, please read John Steele’s article in this *Reminder* and become familiar with the club’s Google Group. Information posted there will be helpful to understanding the operation of the club and the opportunities that are available to you.

—Dave Dinger

Proposed Constitutional Change

The Executive Board at its December 9, 2008 meeting approved the following amendments to the Constitution that will be presented for approval at the SMC meeting on January 9, 2009.

I - Proposed Amendment of Constitution Article VI – Committees, Section 2 – Standing Committees and Groups

Amend the Section to read as follows (*New language in italics*):

- All Standing Committees and Groups shall be listed in the By-Laws at the beginning of the current calendar year. Additions or deletions needed to facilitate the work and activities of the Club must be approved by the Executive Board. The President-elect shall appoint the chairmen of the standing committees and groups and the parliamentarian for the coming year.

II - Proposed Amendment of Constitution Article VII – Amendments

Amend the first sentence by striking the words “and By-Laws,” to read as follows:

- The Constitution (*and By-Laws*) of the Club may be amended by recommendation of the Executive Board and approval by the membership of the Club.

Add a new paragraph after the second paragraph as follows:

- The By-Laws may be amended by a majority vote of the members of the Executive Board.

—Bill Crabtree

SMC 2009 Late Dues Coupon

2009 dues paid **on or after** January 1, 2009 are subject to a \$10 late fee. Make checks payable to SMCB 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 including late fee:
- \$45 Active Member
 - \$30 Associate Member
 - \$25 Member on Leave

Voluntary dues payments by Life Members are welcome at any time.

Mystery Lyrics

Once again we failed in attempting to challenge our readers with mystery lyrics. No fewer than sixteen musically astute of you recognized that these lines:

"I can't remember a worse
December - just watch
those icicles form."

are from the ballad "I've Got My Love To Keep Me Warm."

This month we thought we should recognize readers who respond less often and congratulate Jeanne (Merrill) Miller, Mary (Tom) Sandercock, Jim Orton, Mary (Dave) Schwartz, Peter Badalamenti, Russ Frye, Tony Smyk, Ray Latovik, Lloyd Jones, and Donna (Mark) Kelly.

We did a little better with the big band theme song challenge. Nine readers remembered that Bunny Berigan's theme was "I Can't Get Started With You." They were Jeanne Miller, Dave Schneider, Jack Howell, Russ Frye, Tony Smyk, Lloyd Jones, Sherwin Vine, Clay Gordon and Stan Rogell.

This month we have a short but sweet lyric line to challenge your memory bank:

"Carry moonbeams home in a jar."

Can you name that tune? It was first recorded in 1944 by Der Bingle.

The big band theme song we are looking for has an appropriate seasonal title - can you recall the theme of Claude Thornhill?

—Dick Harper



CLUB DATES TO REMEMBER

Executive Board Meeting: Tuesday, January 13, 9:30 AM

Reminder Deadline: Friday, January 16

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

Detroit Auto Show, Thursday, January 22, 9:30 AM

Model Railroad Tour, Thursday, February 12, 9:30 AM

Group Meetings

Computer Group: Wednesday, January 21, 3:00 PM

Investment Group: Wednesday, January 14, 2:45 PM

Camera Group: Tuesday, January 13, 2:00 PM

Classic Movie Group: Monday, January 12, 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 2009 are: Bob Pullar, president; Irv Poston, first vice president; John Flintosh, second vice president; Chuck Kirkpatrick, recording secretary; Dave Schwartz, corresponding secretary; Bill Sprague, treasurer; Richard Shirley, assistant treasurer; Dennis Kozak and Walter Schrift, 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.

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