

The Reminder



May 2018

Senior Men's Club of Birmingham, Michigan

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May 2018 marks the 61st year of continued activities of the Senior Men's Club. SMC is truly a special group standing on the three pillars of our brand ...

Fellowship, Shared Interests and Service. We deeply enjoy the fellowship of our 'Band of Brothers'. These men of dignity, whom we call friends, hold our respect and admiration. We are active men of varied interests from great movies to great books to golf to genealogy to investment planning and many more. We serve each other and our community and our beloved Community House. Our members have served in two World Wars, Korea, Vietnam and the Middle East. We have worked in our nation's finest organizations and begun our own ventures, creating our individual destinies. We share common values of excellence, integrity, responsibility, fellowship, and inclusion. We welcome all men!

Come celebrate our 61st Year on May 18 with special festivities.

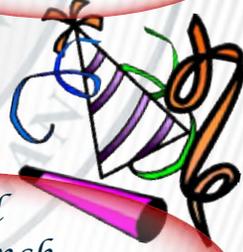
Charles R. Bradley
Charles R. Bradley, President 2018

61st Anniversary Cake



61st Anniversary Special Festivities May 18

Special Speaker
Professor Jonathan Marvil
University of Michigan



Bring a 'Guest'
Treat them to a Free Lunch

Special Buffet Lunch
Caesar Salad, Garlic Bread Sticks, Chicken Parmesan, Eggplant Parmesan, Green Beans, Roasted Redskins

MAY PROGRAMS

MAY CHAIRMAN: Roger Timm

- 4 The Jills, Bloomfield Hills High School's Elite Female Vocal Group, Directed by Mrs. Jessica Riley
.....A Special Concert Celebrating The Jills' 60 Years Of Excellence
- 11 Sherry L. Mclaughlin, Mspt, Cscs – President, Michigan Institute For Human Performance.....
..... Pain-Free In The Real World – Moving Your Way To Reduced Pain And Better Health
- 18 Dr. Jonathan Marvil, University of Michigan Department of HistoryThe American Memory of World War I
- 25 NO MEETING

MAY DISCUSSION GROUP

MAY CHAIRMAN: John Reddy

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

2018 SENIOR MEN'S CLUB AND THE COMMUNITY HOUSE ANNUAL GIVING INITIATIVE

We need your Help!

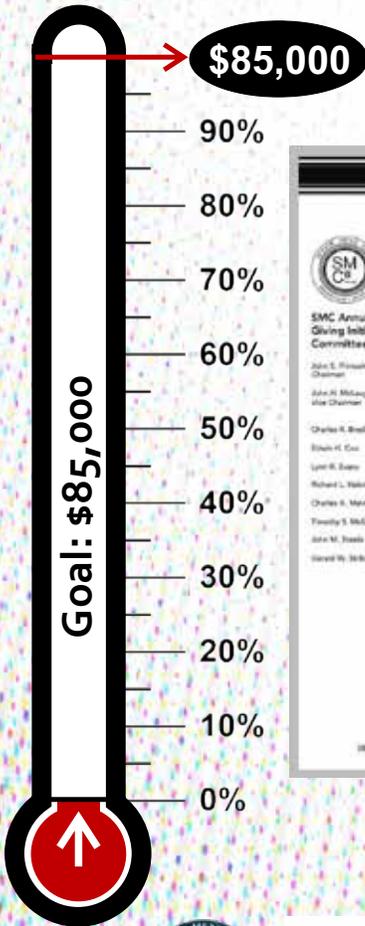
The **Community House** has been our partner for 61 years! It has provided us with stability and a place for growth. TCH depends on the generosity of the Senior Men's Club so they can continue to address their mission. Last year alone the Senior Men's Club used over 450 rooms with a street value of up to \$250,000.

Our Mission ...

Our mission is to give back to The Community House as they give to us each year. Service and giving back are a core value of The Senior Men's Club. This has been our modus operandi for all these years. The Community House provides with free and highly discounted services. This has been fundamental to our success each year.

Our Goal! ...

In 2015, our contributions to The Community House – Annual Giving Initiative reached \$81,500. In 2016 and 2017 that number was less due in part to our focus on Legacy Endowment. Our goal in 2018 is \$85,000. With your help, this goal can be reached. We want a continued home for the Senior Men's Club in the years to come. Reaching this goal paves the way for that reality.



Annual Giving Initiative

President's Circle	Individuals who give \$2,500 or more in total in 2018. Their names will be recognized in Senior Men's Club publications including the Reminder and at the Annual Giving Luncheon in 2019.
Champion	Individuals who give \$1,000 or more in total in 2018. Their names will be recognized in Senior Men's Club publications including the Reminder and at the Annual Giving Luncheon in 2019.
High Honors	Individuals who give \$500 or more in total in 2018. Their names will be recognized in Senior Men's Club publications including the Reminder and at the Annual Giving Luncheon in 2019.
Honor Role	Individuals who give \$250 or more in total in 2018. Their names will be recognized in Senior Men's Club publications including the Reminder and at the Annual Giving Luncheon in 2019.
Supporter	All contributors who give less than \$250 to the 2018 Annual Giving Initiative will be recognized at the Annual Giving Luncheon in 2019.

Groups



Investment Group

The Investment Group will meet on Wednesday, May 9, at 2:45PM. Bill Halbert – SMC member and Senior VP, Morgan Stanley, will address us for the 32nd consecutive year (got to be a record!). His topic will be “Morgan Stanley – Don’t Expect an Encore”. Bill is an accomplished and engaging speaker and always provides valuable insights as to how to make and keep money. Be there!

The recent market decline affected most Stock Game portfolios, including game leaders. Despite a loss of \$32,000, Bill Halbert continues as the clear leader with a 94% gain. He walks like he talks! Dave Ladd remains second with a 61% gain, followed by Tom Austin, up 52%. Expect to see more changes in this very volatile market. The game ends May 31.

—George Miller and Dick Harper



Reading Groups

On Wednesday, May 2, at 10:30AM, we will discuss "George III: A Personal History", by Christopher Hibbert. George III, as the longest-serving British King, won the Seven Years' War and the struggle against Revolutionary and Napoleonic France, but lost his American Colonies. His court was hamstrung by decorum and constant family feuds, yet he was genuinely loved by his subjects. Christopher Hibbert reassesses every aspect of the man and his age. Roger Timm will lead the discussion.

On Monday, May 21, at 3:00PM, we will discuss the book "Ellen Browning Scripps: New Money and American Philanthropy", by Molly McClain. Molly McClain tells the remarkable story of Ellen Browning Scripps, who together with her brothers founded the Scripps chain of newspapers in the later 1800's. Ellen was a pioneer for women: she was a feminist, suffragette, abolitionist, and social reformer who used her fortune to support education, the labor movement, and public access to science. Tom Booth will lead the discussion.

—Frank Snower



Genealogy Group

The Genealogy Group will meet on Monday, May 7, at 2:00PM. This month's discussion will cover Eastern European research and internet sites that you can pursue for family documents in these countries. We also will share the process many immigrants had to prepare and fulfill to sail to America and the accommodations on the journey.

—Dave Bakos



Camera Group

The Camera Group will meet on Tuesday, May 8, at 2:00PM. The speaker will be Marsha Gordon. She will show animal photos from her recent African safari, which she has included in her children's book, "That's Why I Like You," in which the Mama Stork explains to her child that we love each of the various animals because of their differences, which should be a reason for love and not hatred.

—Bob Frank



Classic Movie Group

On Monday, May 14, Waller Harris will present one of his favorite films, "Patton" (1970), starring George C Scott, as General George Patton, and Karl Malden, as General Omar Bradley, at 1:00PM. This four star presentation, an intelligently written and finely wrought biographical war drama, won seven Oscars including Best Picture and Best Actor for Scott.

—Fred Hansz



Computer Group

The next meeting of the Computer Group will be Wednesday, May 16, at 3:00PM. Our speaker will be Tom Allen discussing the new TV standards. These new standards, affecting flat panel TV's and video on demand, will dramatically change how we experience TV in the near future. You'll want to find out about this before you purchase a new flat panel TV.

—Tom Allen

Special Events

Take Me Out to the Ball Game!

Please join us on Wednesday, May 16 at Fifth Third Field ballpark in Toledo to watch the Mud Hens vs. 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.

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 go to the Real Seafood Company on the Maumee River for a late lunch which is included in the ticket price. After lunch we will return to Birmingham.

Luncheon options include Shrimp Scampi, Sautéed Crab Cake, Cranberry Chicken Salad, (all come with the house special blue cheese coleslaw, broccoli, and French fries) or a Chicken Club Sandwich (comes with French fries), with your choice of beverage.

Ticket sales began Friday, April 20 and are on a first-come, first-served basis at \$55 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

A dual-themed trip to the Durand Union Station & Museum is planned for Thursday, June 14. We will explore the iconic 1905 building including the museum, library, archives exhibit, model railroad and, of course, the gift shop. In addition, the ladies can experience a separate treat – an expert moderated quilt trunk show. We will enjoy a buffet lunch in the eclectic Station Smokehouse overlooking the station - one of the nation's most photographed railway depots. Tickets priced at \$40, will go on sale starting May 11 – expect a quick sellout!

—Martin Rowell

River Rouge Heritage Cruise

On Tuesday, July 24, we will board the Diamond Queen for a cruise of less familiar aspects of the great Rouge waterway, departing from the Rivard St. dock at 11:00AM. Voyagers will enjoy an on-board buffet lunch while we experience a detailed descriptive narration of the route, which will deepen our appreciation of Detroit's downriver history as we view historic bridges, docks and buildings in the vast River Rouge complex. We also should be able to see the foundations of the new Gordie Howe bridge. We will have two buses for this exciting trip – tickets priced at \$50 will be available starting June 15. Don't forget your sun protection and possibly your binoculars.

—Martin Rowell

Associates Meeting

To qualify for Active membership, an Associate must attend an Orientation meeting and then be present at the meeting set for his induction into full membership. To that end, all Associates are cordially invited to attend the May 4 Associates Orientation Meeting at 9:00AM. Please contact John Klein at 248.363.3020 with any questions.

—John Klein

Club Membership Efforts

President Dick Bradley continues to remind us as to the vital importance of new member recruiting. As he notes, new members are the life blood of our organization and are critical to our ongoing success.

We are strongly urged to bring guests to Friday meetings to enjoy a free lunch as well as to appreciate what a dynamic and successful organization we are. As is often noted, when we think about it, we all know or meet someone who should belong to the Senior Men's Club.

The Executive Board recently approved another effort in our ongoing membership solicitation efforts. Tim McGee suggested that we arrange for a display booth at the upcoming Art Birmingham Festival at Shain Park on May 12-13. This booth would be manned by Club volunteers with membership brochures and of course be able to answer any questions about our dynamic organization, to showcase our club and encourage new members or guests.

—Dick Harper

Don't Mess with Seniors!

Last year I replaced all the windows in my house with those expensive, double-pane, energy-efficient kind. Today, I got a call from Home Depot who installed them.

The caller complained that the work had been completed a year ago and I still hadn't paid for them.

Helloooo...just because I'm a Senior Citizen doesn't mean that I am automatically mentally challenged.

So, I told him just what his fast-talking sales guy told me last year - that these windows would pay for themselves in a year.

There was only silence at the other end of the line, so I finally hung up. He never called back.

I bet he felt like an idiot.

New Members:



Thomas J. December
 921 N. Adams Rd.
 Birmingham, MI 48009-5646
 248-318-0089
 TJDecember@comcast.net
 Sponsor: Pete Kass

New Associates:

Richard W. Halladay
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 Bloomfield Hills, MI 48302
 248-770-6023; richhalladay@yahoo.com
 Sponsor: Sven Anden

Peter D. Hollinshead
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 248-835-6657; phollinshead@comcast.net
 Sponsor: Martin Rowell

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 Sponsor: Art Pope

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 248-568-9333; tommark78@hotmail.com
 Sponsor: Sven Anden

Steven M. Pomaville
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 248-840-1537; Stevenpomaville@gmail.com
 Sponsor: Tom Booth

Douglas A. Richman
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 248-860-0100; da.richman@att.net
 Sponsor: Jim Suhay

John S. Wensky
 2752 Windsor Dr., Troy, MI 48085
 248-672-4880; wensky@aol.com
 Sponsor: Gino Salciccioli

Deaths:

Robert L. Fregolle (Life), joined October, 1985
Zachary F. Endress (Life), joined February, 1989
Bryant D. Oxendine (Life), joined Sept., 2007

Resigned:

Associate **Henry D. Balow**

—Pete Kass, Membership Chairman

—Frank Snower, Database Chairman

—Tom Booth, Gene Markel & Roger Timm, Photography

Games

Vipers Captured 2nd Half Title

As the bowling season winds down, the Vipers (Denny Winowiecki, Chuck Frederick & Bob Beach) have clinched the second half championship. They will compete against the Bowlers (Tom Waffen, Tony DiMarco & Pete Kass) on April 23 for the team championship. On April 9, the high series was tied at 535 by Jack Corey and Phil Buccini. Phil had the high game of 233 as did Ken Beres. Denny Winowiecki rolled at 222; Bob Beach, a 200, and Jack Corey, a 199. So far this season, the high game of 256 was rolled by Marv Dery. The high scratch series, 588, was rolled by Pete Kass. The bowling banquet is set for Tuesday, May 1, at 5:30PM at Troy Lanes. Cost is \$30. Pay at bowling or send a check to Phil Owen at 5760 Monterey Court, Bloomfield Hills, MI 48301.

—Phil Owen

Senior Health Matters Testosterone Decline with Aging

Aging is associated with decline in total serum testosterone (T) concentration, decrease in free T the biologically active form and increase in sex hormone-binding globulin. The serum total T concentration falls 0.4% a year after the age of 30. Symptoms and signs suggestive of T deficiency in older men include reduced libido, low bone mineral density and height loss. Less specifically they experience symptoms that can frequently be caused by other common disorders such as decreased energy, anemia, depressed mood, reduced muscle strength and bulk and increased body fat. The clinical importance of declining T levels in older men is uncertain and controversial. It is imperative to recognize what may be considered changes in body function due to "normal aging" versus potentially treatable age related T deficiency as a disease state.

—Augustine L. Perrotta, DO

Mystery Lyrics

Only two readers recognized last month's mystery lyrics. We challenged you with these lines:



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

Only Tim McGee and Fred Leydorf remembered Dinah Washington singing "What a Difference a Day Makes". Midge (Roger) Gettel thought it was Dinah, but couldn't come up with the song title, while Tom and Rose Marie Venier had the song, but not the singer.

Let's go back to a hopefully more familiar romantic ballad this month, containing these lyrics:

*"I never had the least notion
That I could fall with so
much emotion"*

Can you name that tune?

Sports Trivia

We really expected more correct answers to last month's sports trivia challenge. We asked if you could recall the last major leaguer who pitched and won three complete games in a World Series. The answer is Mickey Lolich, who accomplished this never-to-be repeated feat in 1968 against the St. Louis Cardinals. Dave Dinger, Julian Prince, Lynn Evans and Tim McGee remembered this one. Julian and Tim pointed out that Bob Gibson of the Cardinals did the same thing in 1967. Ironically, Gibson was the losing pitcher against Lolich in the last 1968 game.

Let's try an old Major League team nickname this month – hopefully not too easy. Which team was known as the Gas House Gang and approximately when?

—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

CLUB DATES TO REMEMBER

Executive Board Meeting: Tuesday, May 8, 9:30AM

Reminder Deadline: Friday, May 11

Bowling: Wednesdays at 10:00AM at Troy Lanes (practice)

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

Dome Golf: Monday at Lincoln Hills, 7:30AM
Thursday at Springdale, 7:00AM

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

Book Reading Group A: Wednesday, May 2, 10:30AM

Genealogy Group: Monday, May 7, 2:00PM

Camera Group: Tuesday, May 8, 2:00PM

Investment Group: Wednesday, May 9, 2:45PM

Classic Movie Group: Monday, May 14, 1:00PM

Computer Group: Wednesday, May 16, 3:00PM

Book Reading Group B: Monday, May 21, 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/