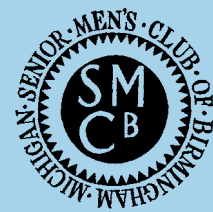


The Reminder



March 2012

Senior Men's Club of Birmingham, Michigan

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- 6 Officers at Large
- 7 New Life Members
- 8 Mystery Lyrics

John Zabriskie

With incredible suddenness, we heard the devastating report - John Zabriskie - stalwart and much respected club leader - had passed. Shocked phone calls and emails were exchanged as members tried to deal with the sad news.

We had just seen him the previous Friday and heard him describe upcoming Special Event activities, ending with his trademark close "We'll see you on the bus." Such a dynamic and vibrant leader couldn't be gone from us.

At the service, we heard John eulogized as a loving and caring father, for his many contributions to his church, and for what he did for the Senior Men's Club. He was simply always there - attending every single meeting last year.

Replacing John and what he did will not be easy. Perhaps the best way for members to honor his memory would be to step forward and increase our involvement and contributions to our club - attend more meetings and/or join a working committee.



MARCH PROGRAMS

MARCH CHAIRMAN: Mike Albright

- 2 Tony Rothschild, President & CEO of Common Ground.....*Moving People from Crisis to Hope*
- 9 Nancy Schlichting, President & CEO, Henry Ford Health Systems.....*Driving Innovation- Our Baldrige Journey*
- 16 William Nelson, Chief, Troy Fire Department.....*The History and Organization of the Troy (Volunteer) Fire Department*
- 23 Daniel Loepp, President & CEO, Blue Cross/Blue Shield of Michigan..... *Committed to the Core*
- 30 Andrew Farmer, Associate State Director, Health & Supportive Services, AARP of Michigan.....*The Affordable Care Act and the Future of Health Care Reform*

APRIL PROGRAMS

APRIL CHAIRMAN: Dennis Kozak

6 NO MEETING

MARCH DISCUSSIONS

MARCH CHAIRMAN: Irvin Poston

- 2 Dr. Steven Wang, Interventional Radiologist, Miller Vein..... *Vein Health: Why This is Important to You and the People You Know*
- 9 Leon LaBrecque, Managing Partner, LJPR Investment Advisor.....*Letter of Final Instructions*
- 16 Dr. Jordan Maier, Medical Director, Weisberg Cancer Treatment Center, Professor, Wayne State School of Medicine.....*Prostate Perspective*
- 23 John Reddy, SMC Member, Improvement Committee *Update on Member Survey*
- 30 Brian Schultz, CPA and Dan Chewning, CPA, Plante & Moran *Federal Income Tax Update*

APRIL DISCUSSIONS

APRIL CHAIRMAN: Frederick Hansz

6 NO MEETING

New Members:



Stephen T. Kerns
34011 Glouster Circle
Farmington Hills, MI 48331-4701
248-661-0113
E-mail: steverino222@aol.com
Sponsor: Robert Doll



George E. Flintosh
196 Center Blvd.
Wixom, MI 48393-4312
248-669-3178
E-mail: geoflint@comcast.net
Sponsor: John Flintosh

New Address/Phone/ Email:

Richard W. Huff—200 Chester, #409,
Birmingham, MI 48009, 248-594-
4770

George R. Mosher—E-mail:
gmosher@brookskushman.com

Donald A. MacDonald—Courtyard
Manor of Farmington Hills, 29750
Farmington Rd, #114, Farmington
Hills, MI 48334

Gordon A. Snavely—E-mail:
Gordon@witzkeberry.com

Arthur L. Held—E-mail: artheld18@
aol.com

Deaths:

John C. Zabriskie, joined January
1998

To Life Member:

Frank M. Barnes

Donald E. Cox

Resigned:

John G. MacLachlan

Robert B. McQueen

Associate **John C. Pappas**

New Associates:

M. Donald Cutler (Janice)
595 Pine Valley Way
Bloomfield Hills, MI 48302-2149
248-646-9449
E-mail: tortsport@aol.com
Sponsor: Jonathan Haber

Roger K. Timm (Barbara)
3344 Westchester
Bloomfield Hills, MI 48304-2580
248-644-4050
E-mail: rktimm@yahoo.com
Sponsor: Albert Roberts

Frank B. Gordon (Jane)
4556 Whitley Ct.
Bloomfield Hills, MI 48304-3779
248-321-9367
E-mail: gordon4556@aol.com
Sponsor: John Reddy

Frank P. Biondo (Doris)
3794 Millspring Rd.
Bloomfield Hills, MI 48304-3044
248-647-4396
E-mail: biondodandf@aol.com
Sponsor: S. Larry Dargan

Mitchell Choly
2181 Kristin Dr.
Troy, MI 48084-1135
248-643-9230
E-mail: mitcholy@gmail.com
Sponsor: Bill Shaffmaster

Terry L. Stinson (Lynn)
18 Barbour Lane
Bloomfield Hills, MI 48304-2700
248-227-6168
E-mail: terrystinson@msn.com
Sponsor: Chuck Kirkpatrick

MIX and MINGLE

Friday, March 30 has been designated as our next Mix and Mingle day. Meeting attendees are encouraged to find a different seating location to share interests and experiences and maybe make a new friend. Your club has an amazing range of interesting members!

—Pete Kass
Membership Chairman

—John M. Steele
Database Chairman

—Bill Shaffmaster & Tom Booth
Photography

Groups



Computer Group

Eric Hayes, IT Coordinator and Webmaster for the Royal Oak Public Library will be our guest speaker on Wednesday, March 21 at 3:00PM. Eric will discuss the advantages of using Google E-mail, Documents, Voice, Chat, Talk, Plus, tablets and phones as well as how all the Google products integrate for ease of use.

—Ron Denton



Camera Group

Paris has been the subject of much admiration, poetry and photography for centuries. I first visited the city in 1947, while on a bicycle tour to Normandy and Brittany by myself. In 1953 I had my honeymoon there, and I have been back in that city and in France at least 15 more times. My wife and I spent a very enjoyable two weeks there in January 1997. We criss-crossed the city on foot or took public transportation, and I took pictures of most of the important sites, which many of our Senior Men's Club members will recognize from their visits to that wonderful city. Montmartre is also included, but sorry, I do not have any pictures of the "bad" girls in the Lido. In spite of that obvious shortcoming, please come to see my show on Tuesday, March 13 at 2:00PM. You will see why I love Paris!

—Jaap B. Delevie



Investment Group

On Wednesday, March 14 at 2:45PM, Bob Carlson, new SMC member, will present "Dow Jones Industrial Average: Then and Now." Bob is a retired engineer from GM Research Labs. He will discuss the origin of the DJIA and what it means to the average investor in the management of their personal finances.

Bob Bazzell increased his lead again in the Stock Game – up 85%. Lowell Barnett is second with a 47.5% gain. Dick Harper, John Klein and Kirby Callam follow.

—George Miller



Book Reading Groups

On Wednesday, March 7 at 10:30AM, we will be discussing "The Telephone Gambit" by Seth Shulman. While researching Alexander Graham Bell, Shulman scrutinized Bell's journals and within them he found the smoking gun and he unearthed the surprising story behind the invention of the telephone. Bell illegally copied part of Elisha Gray's invention in the race to secure what would become the most valuable U.S. patent ever issued and to launch the world's largest monopoly, the American Telephone and Telegraph Company.

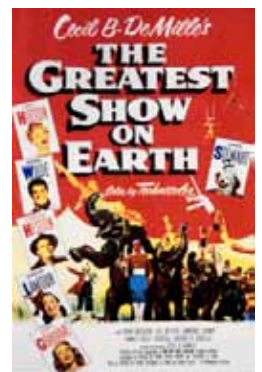
On Monday, March 19 at 3:00PM, we will be discussing "A Matter of Principle" by Conrad Black. In 1993, Conrad Black was the proprietor of London's Daily Telegraph and the head of one of the world's largest newspaper groups. He completed a memoir in 1992, "A Life in Progress," and great prospects beckoned. In 2004, he was fired as chairman of Hollinger International after he and his associates were accused of fraud. He had a four-month trial in Chicago, received a partial conviction, imprisonment, and a largely successful appeal.

—Ted Chapekis



Classic Movie Group

On Monday, March 12 from 1:00-3:30PM, the impresario from Brooklyn, Gene Winters, will provide the popcorn and present the 1952 Cecil B DeMille spectacular, "The Greatest Show on Earth." The entire 1400 person troupe, hundreds of animals and 60 railroad cars of equipment and tents of the Ringling Brothers and Barnum and Bailey Circus join Betty Hutton and Cornel Wilde as trapeze artists and Charlton Heston as the circus manager. James Stewart is the mysterious clown who never removes his makeup between shows, whose identity is revealed at the finale. This film won an Academy Award for Best Picture. The extra ½ hour of viewing time is worth it. Bring your date.



—Augie Perrotta



Winter Golf

2012 Thursday Golf is scheduled to begin on April 5th at Springdale. Birmingham Recreation folk will advise in mid March what price will be charged.

Over the past years the golf committees have relied heavily on our individual incantations to Celtic Goddesses to insure good weather all year especially on opening day. The weather on Thursdays during 2011 was terrible and as a result the Committees have dropped the Celtic Goddesses and in 2012 turned to the rising dragon of China and their Goddesses. All senior golfers are encouraged to offer incantations to "Ba" who is the Chinese Goddess of Drought! The Committees are looking forward to droughts on Mondays and Thursdays.

The annual winter season cut throat competitions among SMC senior golfers will take place in March. The putting contest will take place on Thursday, March 8. Be sure to bring your putter on that day. Bring your favorite chipping iron the following Thursday, March 15 for the chipping contest. Hit them high, hit them long, and hit them straight.

—The Golf Committees

Bowling Report

With only six weeks of our bowling season left, the Brewers have assumed a commanding lead. This team, made up of Don Upward, Howie Maichen, Tom Schrift and Art Byington, has 50 points, well above the second place Nationals (Smiley, Vine, Finocchio and Lessenthien) with 41 points. Can the Brewers be caught?

The high average crown continues to be up for grabs - Nick Marinelli and Phil Buccini - are both at 166, well above others.

Idiots Among Us

A neighbor recently called Sears Appliance to repair a malfunctioning garage door opener. After an inspection, the repairman announced he had identified the problem - an underpowered opener. The neighbor responded by pointing out he had purchased the biggest unit Sears made - a 1/2 HP opener. "No," said the repairman, "You need a 1/4 HP unit. Isn't 4 bigger than 2?" Sears will not be returning.

Monday Golf

The sunshine and unseasonably warm weather has us avid golfers chomping at the bit. The clubs, shoes, gloves and supplies are in the trunk and ready to roll.

Monday Golf at Lincoln Hills will begin in late April and run for 16 weeks, so as not to overlap with the Bowling League. Since there is only one Monday holiday (Memorial Day) this golf season, that would run us roughly from April 23 through August 13.

However our contract with Lincoln Hills has not yet arrived. So final details and prices are yet to be determined. In the meantime let's begin planning.

Again this year there are two options for participation.

1. Pay in advance and have the advantage of a reserved starting time and a fixed foursome. Paying in advance also provides a lower weekly greens fee.
2. You may also just "walk-on," with a starting time dependent on openings in the pre-pay schedule and on a "first come-first served" basis.

A sign-up sheet will be posted on the Bulletin Board beginning March 16. Talk to your prospective golfing buddies for the assigned starting times and grab the best times for you before they disappear. If you need suggestions for available partners, please call Bill Spreitzer at 248-647-5140 or talk to us at the Oakland Yard Practice Dome on Thursdays in March.

—The Golf Committees

Vitamin F

Real Age doctors tell us that friendships are good for our health. Doctor Oz calls them Vitamin F (for friends) and considers the benefits of friends as essential to our well being. Research shows that people in strong social circles have lesser risks of depression and even strokes. If you enjoy the benefits of Vitamin F constantly, you can be up to 30 years younger than your real age. The warmth of friendship stops stress and even in intense moments, decreases the chance of cardiac problems by 50%. Now you know why active membership and participation in the SMC is so important!

Bocce Ball Party

Tickets will go on sale Friday, March 2 for a Bocce Ball party and tournament which will be held on Wednesday, March 21 from 11:00AM to 2:00PM at the Palazzo di Bocce, 4291 South Lapeer Road (M24), in Orion Township, about a mile north of the Palace of Auburn Hills. This is a self-drive event.

We will gather at 11:00AM to play bocce and enjoy an Italian buffet lunch, alternating between the bocce and the meal. The price is only \$25, which includes the bocce, lunch, and soft drinks. There will also be a cash bar available. We are limited to 40 bocce players but can take up to 10 more people who only want to observe the bocce and enjoy the meal.

Bocce is easy and fun; no prior experience is needed. You may sign up as a 4 person team or we will assign you to a team if you prefer. Prizes will be awarded to the winning team. Bring your wife or your sweetheart, or bring a friend. Don't miss this event! You can learn more about bocce at www.palazzodibocce.com. Ciao!

Senior Health Matters— Total Knee Replacement

The percent of men undergoing a total knee replacement increases with age. Four percent of men 50 years of age and older, 7.1% of those 70-79 years, and 10% of men 80 and older have had a knee replacement.

The primary indication for total knee replacement with an artificial part (prosthesis) is relief of pain associated with osteoarthritis (the arthritis associated with the aging process), and rheumatoid arthritis (an autoimmune disease) for men who have failed non-operative treatment. Correction of deformity and restoration of function are considered desirable but secondary outcomes.

Non operative therapies for someone with osteoarthritis include: activity modification, use of a cane, knee braces, physical therapy, pain killers and/or nonsteroidal anti-inflammatory agents, and weight loss. A ten pound weight gain puts 50 pounds of added pressure on a damaged knee (a factor of 5-you do the math). The prosthetic joint has a finite lifetime. Ten year survival of the prosthesis in those over 70 is 90% but is shorter in patients with osteoarthritis than those with rheumatoid arthritis (90 vs. 95%).

—Augustine L. Perrotta, DO

Unsung Heroes



Before most of us arrive at The Community House for Friday meetings (maybe before we get up), a group

of hard working members of the Table Setting Committee is there to ensure that our meeting runs smoothly. You didn't think we have self-setting tables did you? No, they need the help of Bob Babcock, Ben Mangiapane, John Horiszny, Tom Schrif and Bill Reilly.



Incidentally, this committee would benefit from additional member involvement. How about it? For a little work, you would share a lot of camaraderie, and maybe doughnuts. See smiling Bob Babcock.

—Dick Harper

Gilmore Auto Museum

You might ask "Why should I go to this museum?" If you want to see beautiful vintage cars at one of the country's finest car museums, you should go. If you want to see over 200 vehicles in mint condition, such as Cadillacs, Duesenbergs, Packards, Rolls Royces, Pierce-Arrows, 1960's-70's muscle cars, a collection of 528 hood ornaments, the Tucker car and so much more, you should go. All this is right here in Michigan in Hickory Corners, near Kalamazoo.

You won't want to miss this fantastic tour. The date is Tuesday, April 17. The bus leaves the First Presbyterian parking lot at 8:00AM and returns at approximately 5:30PM. Tickets will go on sale Friday, March 30. Lunch will be another "vintage" experience at George & Sally's Blue Moon Diner on the museum premises. This entire experience including lunch is priced at the most reasonable cost of \$40.

—Your committee, Art Pope, Bob Stevenson, Stu Shuster, Roger Struck

Life Member Dues

More Life Members have voluntarily paid dues for 2012, so congratulations to Bob Cooper, Fran DeGrande, Larry Halloran, Jim Leese, Harold Melin, Harry Orton, Al Roberts and Bob Robb.

Thanks so much men - any more out there? Our Treasury staff would be happy to see you!

Coordinator— Driver Program

Last month *The Reminder* announced tentative plans to establish a volunteer driver program - an arrangement whereby members needing a ride to Friday meetings could be connected with others willing to pick up.

Member Chuck Basch has graciously agreed to serve as coordinator of this program. His responsibility would be to receive and maintain lists of these two groups - those in need, those offering to drive and to help connect them.

Any member looking for a ride or willing to pickup those living nearby or on the way to Birmingham should contact Chuck at 248-674-4401 or CMBasch_70@comcast.net.

—Dick Harper

Member Research

Early returns from the member survey form distributed with the February *Reminder* are providing some very informative and actionable findings about our members, their interests and life ambitions.

The Improvement Committee intends to use these findings in several important ways:

- more focused identification of speaker candidates and subjects for both Friday meetings and discussion group presentations
- active recruitment of new members emphasizing club attributes and events
- consideration of new club activities in response to indicated member interests

If you haven't yet completed and returned the survey form, please consider doing so. Thanks for your support and interest in the Senior Men's Club.

—Improvement Committee

Legacy Endowment Fund

In 2011 the Legacy Endowment Fund increased \$15,232, for a total of \$120,582. In addition to funds from raffles and the Village Players benefit, the following SMC members made generous donations in 2011:

Robert C. Bazzell
Thomas L. Booth
Kenneth E. Brooker
John S. Flintosh
Richard N. Harper
William D. Johnson
George A. Miller
Henry B. Moore
Augustine L. Perrotta
Luel Simmons
Kenneth L. Urwiller

The Community House is very appreciative for these gifts that will provide support for the long term.

—George Miller

Officers at Large



Pete Mehra

Each year, the Senior Men's Club elects two members to an important club position - Officers at Large. Our by-laws indicate that these officers "serve as advocates for the general membership, and present to the Executive Board any requests for audience, action, petition or ideas." In simpler terms, they are the communication bridge between

members and the Board. They attend Board meetings, and report any member issues, questions, suggestions (or even complaints) to the Board for appropriate action or resolution.

The members serving as Officers at Large for 2012 are Pete Mehra and Jack Ledingham. Both are active and well known and have served the club in many capacities. They attend most Friday meetings and of course are available for any member comments or suggestions.



Jack Ledingham

—Dick Harper

Frank Barnes, Don Cox Elevated to Life Membership



Frank Barnes

Life Membership is the Senior Men's Club's most prestigious category of membership. It recognizes and honors individuals who have been active Club members for at least 10 years and have achieved the milestone age of 85 or more. Our "Golden Oldies" are distinguished by the gold nametags of Life Membership.

The ranks of Life Members were expanded recently with the addition of two men who have made countless contributions to the Club's strength and growth: Frank Barnes and Don Cox.

FRANK BARNES: Following his graduation from Wilber Wright High School in Detroit, Frank went to work at the Dodge Main Plant as an apprentice tool and die maker. He soon decided,

however, that this wasn't the work life he was looking for. He then enrolled in the University of Michigan, graduating in 1951 with a B.S. degree in Geology.

In 1953, Frank joined Hubbell, Roth & Clark (HRC), an engineering firm specializing in utility improvements, road design and construction, and water treatment plants. He spent 40 years there, retiring as Lead Engineer on HRC's work for Southfield, Bloomfield Hills, and Bloomfield Township.

Frank was married to his wife Adeline for more than 57 years until her passing in 2008. Frank has a son, a daughter and two grandchildren. He is active in St. James Episcopal Church, serving as lay reader, head usher, Sunday School teacher, choir member, and counselor.

Frank has served the Senior Men's Club in a variety of roles, including President in 1996. He has been an avid bowler and bridge player for many years. What's not widely known is that Frank is ambidextrous, and when his right shoulder gave out a few years ago, he began bowling left-handed, and was still able to maintain his bowling average.

DON COX: A Club member since January 1991, Don is a native of Chillicothe, Missouri. After high school he wanted to do his part in World War II and joined the Army Air Corps as an aviation cadet. However, after only three months of basic training at Kessler Field, Mississippi, the Air Corps transferred Don to Scott Field, Illinois where he obtained "Top Secret" clearance and began cryptography training. When this program was cancelled, Don found himself on the island of Guam, not deciphering coded messages, but doing the job of a clerk-typist, and later a radio repairman. Don remained on Guam after the war ended, and was discharged from the Army Air Corps in 1946 -- never having piloted as much as a Piper Club.

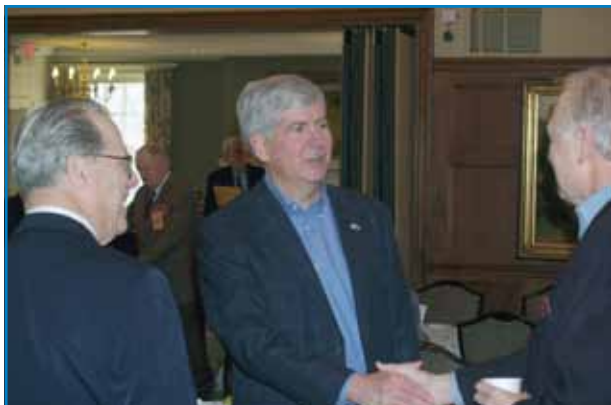
Taking advantage of the GI Bill, Don enrolled at the University of Missouri, graduating with a B.S. degree in electrical engineering in 1951. He joined the General Electric Company in Syracuse, New York, later moving to Massachusetts, then Ohio, before finally settling in the Fisher Building in Detroit. Don spent his later years with GE in electrical sales to the auto industry, primarily Ford. He retired in 1987 after 36 years with GE.

Don has been married to his wife Marian for 58 years. They have three children and eight grandchildren.

—Chuck Ragains



Don Cox



*Governor Rick Snyder
on a recent visit to The
Community House
and the SMC.*



Mystery Lyrics

We had mixed results with our memory challenges last month. The mystery lyrics were correctly identified by nine readers, but the baseball trivia item proved to be most elusive - only two readers remembered the baseball trade involving managers instead of players.

We asked if you could identify the Dixieland song which lyrically discussed someone "thrown out with nothing but a fine-toothed comb." The answer is Bill Bailey (Won't You Please Come Home). Congratulations to Chuck O'Connell, Tom and Rose Marie Venier, Dolly (Bill) Johnson, Jack Howell, Isabel (Chuck) Himelhoch, Donna (Mark) Kelley, Tom McNally, Clay Gordon plus Dick and Norma Secrest.

As mentioned, the baseball trade was difficult. Prior to the 1960 season, the Detroit Tigers and Cleveland Indians traded their managers - Jimmy Dykes went to the Indians and Joe Gordon came to the Tigers. Only Tom McNally and Clay Gordon apparently are old enough to remember this unique trade.

OK - here we go again with a possibly tough lyric challenge. This is the first line of a song recorded by a two man singing team:

Hello darkness, my old friend

No other hints, except that the song was featured in a Dustin Hoffman movie. Can you name that tune?

Lastly, here is a baseball trivia challenge about another trade, suggested by Clay Gordon. This trade was described as trading "hamburger for steak," and yes, the Tigers were one of the teams.

Can you remember this one - it was quite controversial, especially in the other big league city.

—Dick Harper



CLUB DATES TO REMEMBER

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

Reminder Deadline: Friday, March 16

Games

Bowling: Monday, 9:00AM at Thunderbird Lanes

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

Golf: Thursday, 9:30AM at Oakland Yard Dome

Special Events

Bocce Ball Party & Tournament, Wednesday, March 21, 11:00AM

Gilmore Auto Museum, Tuesday, April 17, 8:00AM

Group Meetings

Book Reading Groups: Group A: Wednesday, March 7, 10:30AM

Group B: Monday, March 19, 3:00PM

Classic Movie Group: Monday, March 12, 1:00PM

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

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

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

All events at The Community House unless otherwise stated.

SMC on the Web:

<http://www.tchserves.org/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 2012 are: Charles B. Kirkpatrick, president; David A. Schwartz, first vice president; Stuart B. Shuster, second vice president; George L. Stern, recording secretary; Eugene P. Jacoby, corresponding secretary; James E. Bayson, treasurer; Richard E. Shirley, assistant treasurer; Jack E. Ledingham and Pradeep Mehra, officers at large; George A. Grove, parliamentarian.

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

Senior Men's Club of Birmingham
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