

The Reminder



January 2017

Senior Men's Club of Birmingham, Michigan

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New Life Members

Two Club members were recently recognized as entering our most prestigious membership category – Life Membership.

Les Lessenthien who has been a member since 2005, called New Jersey home for much of his life. His high school education, early work experiences and his college days were all spent in the Garden State. He enlisted in the Army in 1951 and spent three years with the Corps of Engineers – Les says he “engineered” a typewriter much of this time.

With his service completed, Les continued his education at Seton Hall University in Newark, New Jersey, graduating in 1961 with a BS degree in accounting. He reports he always liked “working the numbers”.

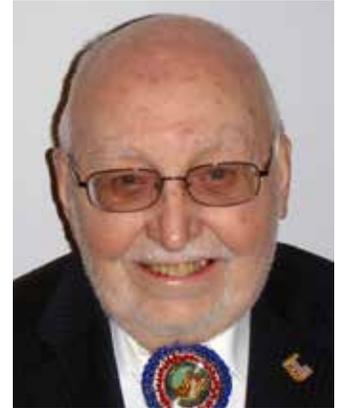
He spent much of his business career with the Oxy Metal Industries company in New Jersey – later moving to Michigan as a career move. After retirement he joined the SMC, became an active and successful bowler, where he served as league treasurer for many years.

Les has been married for 59 years to Janice – a most successful union which has produced 3 children and 4 grand children.

Welcome to Life Membership, Les!

Roger Hammer was born in South Bend, but moved to Grosse Pointe when he was two. He graduated from Grosse Pointe High and the University of Michigan, where he earned both a Mechanical Engineering degree and an MBA. He became a registered Professional Engineer and held engineering positions with GM and Ford – his Ford career was interrupted by U.S. Navy service.

His business career then turned to sales as Director of Marketing and Sales for a Borg Warner division. He changed



Les Lessenthien



Roger Hammer

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JANUARY PROGRAMS

JANUARY CHAIRMAN: Joe Murphy

- 6 Dick Bradley, Chairman, 60th Anniversary Committee60th Anniversary Activities and Legacy
- 13 Dr. Shannon Striebich & Dr. Fabian Fregoli, St. Joseph Mercy HospitalSt. Joseph Mercy Today
- 20 Mike Murphy, Political Consultant and son of Joe Murphy Our Future Under the President Elect (Skyping from Los Angeles)
- 27 Hon. Gerald Rosen, Federal Judge.....Detroit Bankruptcy

FEBRUARY PROGRAMS

FEBRUARY CHAIRMAN: Swarn Rajpal

- 3 Dane Slater, Mayor of Troy, Michigan Global Troy

President's Award

The President's Award recognizes a significant and noteworthy contribution to the Senior Men's Club, or to the President in the administration of the Club, by an individual Member or an Associate. The President is authorized to make the selection, but it should be noted that my choice was unanimously endorsed by the Policy Committee.

This year's awardee has been one of the kingpins in the development of our 60th Anniversary Celebration.

He is the author of most of the graphics you have seen or will see. The work began with the learning of a whole new software program. And a significant portion of his work was done over a period of three months while recuperating from a serious back operation. It's estimated that he has contributed close to 300 man hours to the Commemorative Directory project alone! The result is to echo the theme of our 60th Anniversary...a 'Tradition of Excellence'.

It is my honor and privilege to present the 2016 President's Award to **Jay Kafarski**.

—Gene Jacoby



Jay Kafarski

Life Member Dues

The fastest growing category is Life Membership, with more than 150 having achieved this respected Club status.

We continue to live longer and better, benefitting from active participation in our Club.

One of the traditional benefits of reaching this exalted status is that paying dues is no longer required. However, an increasing number of Life Members continue to pay dues on a voluntary basis, telling us they want to contribute to the financial stability of our Club.

Our finance staff is still collecting 2017 dues and would be more than happy to accept dues from generous Life Members.

Senior Health Outlook

- My goal for 2016 was to lose just 10 pounds. Only 15 to go.
- I don't mean to brag, but I finished my 14-day diet food in 3 hours and 20 minutes.
- A recent study has found women who carry a little extra weight live longer than men who mention it.
- Remember back when we were kids and every time it was below zero out they closed school? Me neither.
- I love being over 70. I learn something new every day and forget 5 others.

SMC 2017 Dues Coupon

2017 dues are payable before January 1, 2017. Active and Associate Member Dues are \$40. A \$10 late fee **must** be added for dues paid after January 1, 2017. 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

The Investment Study Group will meet on Wednesday, January 11 at 2:45PM.

Our speaker will be Robert Kmec of Charles Schwab & Co. Mr. Kmec will explain how ETF investments, which are increasing in popularity, can be used to gain exposure to specific areas of the market. He will discuss the variety of ETF related tools, research and products available at Schwab.

A Stock Game update will be provided – most likely with a new leader since the former leaders strategy of short selling is out of favor in the current Trump “honeymoon rally.”

—George Miller



Camera Group

The Camera Group has a particularly interesting subject for our meeting on Tuesday, January 10 at 2:00PM. Chris

Clark, a Birmingham resident, has taken photo expeditions all over the world, photographing wildlife in Antarctica and Africa. His most recent trip was to Ecuador to photograph hummingbirds. Ecuador is home to 130 different species of hummingbirds. Chris will share some terrific images of seals and other wildlife from his Antarctica trip and I am certain you will find his work technically excellent and also beautiful.

—Harry Bloom & Irv Poston



Computer Group

The Computer Group will next meet on Wednesday, December 21 at 3:00PM.

Group Chairman Tom Allen will discuss “How to Buy Tech – How to Purchase Technology and Not Get Taken”. Tom will describe how to be a more savvy buyer of technology – a most timely topic.

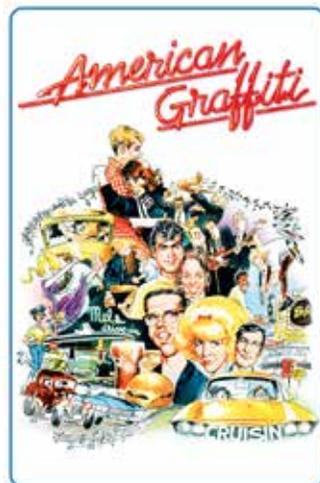
The speaker on Wednesday, January 18 at 3:00PM will be Noah Waldeck of Lightroom Space - a computer photography consulting firm. Noah will discuss how to use Photoshop and other digital photography tools. This presentation should also be of interest to the Camera Group.

—Tom Allen



Classic Movie Group

On Monday, January 9, Dick Harper will present one of his all-time favorite films, “American Graffiti” (1973), at 1:00PM. In this classic coming-of-age story, a group of high school kids spend their last summer night, before leaving for college, cruising the streets of their California town in their hot cars (or their parents sedans) and getting into



all types of crazy situations, all while listening to DJ Wolfman Jack and all the latest rock and roll hits of the early 1960’s. Ron Howard, Richard Dreyfuss, Cindy Williams, Harrison Ford, Paul LeMat and Candy Clark are just a few of the great stars that Director George Lucas chose for this outstanding movie that paved the way for Star Wars. If you love classic cruisers and rock and roll hits of the era then this film is a “must see” for you. Please plan to attend with family and friends to enjoy this nostalgic trip back to the past.

—Fred Hansz



Reading Groups

Reading Group A’s book for January— Stephen Breyer’s “The Court and the World”—can trace its beginnings to a much-discussed debate between Breyer and his colleague, Supreme Court Justice Antonin Scalia, that took place at American University in 2005. Breyer defended the judicial use of foreign sources, and Scalia vigorously attacked such usage.

Breyer argues that events in the world have made it necessary for U.S. courts to take account of how courts outside the United States are dealing with legal issues. Roger Timm will lead the discussion of this book, on Wednesday, January 4 at 10:30AM.

As I am writing this report, Group B has not yet chosen books for January and beyond. Group B’s meeting will be on Monday, January 16 at 3:00PM.

—Frank Auld

60th Anniversary Has Arrived!

1957 - 2017

The first meeting was held on January 11, 1957. Club officers were elected and membership dues were set at \$1.00 per year. The club was in its infancy. It is now 60 years later and the Senior Men's Club is a thriving organization.



Commemorative Directory



60th Anniversary Video

Join us on January 6th for a very special meeting. Everyone will receive a bag containing the following: an Anniversary Lapel Pin, a Commemorative Directory, a new Name Tag, and a special video commemorating the 60th Anniversary of the Senior Men's Club of Birmingham.



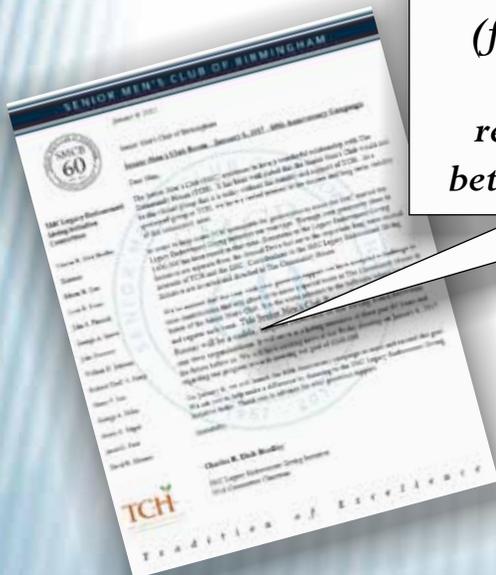
New Name tag



Anniversary Lapel Pin

A "Tradition of Excellence" was chosen as the theme for our year-long celebration. This underlying theme was true when the club was formed and manifests itself today in all we are and all we do.

This Senior Men's Club Room (formerly the Garden Room) will be a visible, tangible reflection of the strong bond between our two organizations.



60th Anniversary Campaign - Launches January 6

Outstanding Service Awards

The Outstanding Service Award is the highest recognition the Senior Men's Club gives to its members. Nominations are made and considered by the Policy Committee. For 2016, two awards were made by President Gene Jacoby.

Charles R. (Dick) Bradley joined the SMC while serving as a caregiver for then President Chuck Kirkpatrick. Dick felt that since he was attending and enjoying meetings, that he should be a member and joined in 2012. In 2014, he became a Club officer, serving as Corresponding Secretary. More recently, he accepted the most challenging responsibility of chairing the 60th Anniversary Committee while fulfilling his Second Vice-Presidential responsibilities.

Charles J. (Chuck) Travers was the second OSA recipient. For at least a decade, Chuck has been entertaining us with witty reporting of the activities of the Games Committee. He first joined the Club in 2003. From the start, Chuck was an active and successful golfer – he became Golf Chairman in 2009, moving up to Games Chairman in 2014. He recently topped off his service, being named Emeritus Games Chairman for Life, as well as being known as our Fighting Illini.



Dick Bradley



Chuck Travers

Senior Health Matters

Age Related Macular Degeneration (AMD)

AMD is a condition that affects the central part of the light sensitive tissue at the back of the eye, the retina. It is associated with a loss of detailed vision and compromises reading, driving and face recognition. It is the leading cause of blindness in those over 60 years and 25% of the population has it by age 80.

More than 70% of the risk for the development of AMD is genetic. However, there are modifiable risk factors that may be harnessed to prevent AMD or slow its progression to a more advanced form. Smoking increases the risk for AMD three-fold and smokers develop AMD 10 years earlier than non-smokers.

Regular consumption of 6 specific antioxidants and minerals (AREDS and AREDS2 Trials) appear to reduce the development of advanced AMD. Dietary supplementation with high levels of omega 3 fatty acids has failed to show a decrease (or increase) in progression to advanced AMD.

At the annual meeting of the American Academy of Ophthalmology in October of this year, a poster presentation from Portugal showed that the risk of AMD can be cut by more than a third by eating a Mediterranean diet that is heavy in fruit, vegetables, legumes, whole grains, fish and lean meats. It was less common in those who consumed 1 cup of espresso each day compared to those who did not (45.1% vs 54.4%).

—Augustine L. Perrotta, DO

In Memorium

The Senior Men's Club lost 41 members in 2016, up considerably from 33 the previous year. Viewing this list of departed men makes us realize how precious life is, as well as reminding us of the significant contributions these men made to our Club.

A decorative vertical bar on the left side of the In Memorium list, featuring a central wavy line and small square accents at the top and bottom.

Frank M. Barnes
Charles D. Basch
John L. Benish
James M. Buchanan
John V. Conti
Donald R. Cox
William H. Crabtree
Charles H. Cutting
William C. Dean
William J. Duncan
Ben E. Ewing
Gordon E. Fox, Jr.
Joseph J. Gerber
Robert L. Gualdoni
Edwin F. Harris
Thomas L. Harrison
John R. Hayes
Andrew C. Huebner
Edward J. Kreitz
Donald W. Kroll
Donald McNair
Richard R. Melcher
George C. Nordenholt
James O. Nordlie
John J. O'Brien
Harrison Orton
Julius L. Pallone
Omer A. Petti
William H. Pierce
John A. Ridan
William E. Ritter
Robert G. Robb
Wilbur S. Shaffmaster
Boris K. Silverberg
Lawrence A. Smith
John O. Steele
Roger T. Struck
James J. Tedesco
Donald W. Upward
Sherwin Vine
Roger R. Vogel

Special Events

Detroit Auto Show

On Thursday, January 19, 2017, we will make our annual excursion to the North American International Auto Show at Cobo Hall. This year's show promises to be another great one, with many new production models and design concept vehicles on display. This event offers the conveniences of no driving, no parking, no coat check needed, and (thanks to Dean Sellers Ford) no admission fee!

Tickets for the bus ride are \$15. We will leave the First Presbyterian Church parking lot (1669 W. Maple) at 9:30AM, depart the Auto Show at 2:30PM, and return to the church at about 3:30PM.

Ticket sales continuing on January 6 & 13. We have chartered two buses again this year.

—Jim King

"Altar Boyz" at Meadow Brook

Celebrating 51 years as "Michigan's Answer to Broadway", Meadow Brook Theatre on the campus of Oakland University is offering the Senior Men's Club the opportunity to see a musical comedy on Wednesday, March 1 at 2:00PM, sure to be a favorite of the season.

"Altar Boyz" is a foot-stomping, rafter-raising show about a fictitious Christian boy-band. The Boyz are five singing, dancing, heartthrobs: Matthew, Mark, Luke, Juan and Abraham. As they perform their signature hits such as "Rhythm in Me", "The Calling" and "I Believe", the Boyz question their loyalty to each other and ask whether or not faith is really holding them together. They finally deliver a message of unity, that "there is no star as bright as its constellation, no harmony in a single voice".

Fifty six seats have been blocked for us in the recently renovated theater, with outstanding sight lines – it's only 57 feet from the stage to the back row. Our special "Hot Winter Deal" matinee group price: \$35. Charter motor coach transportation from the First Presbyterian Church is included – departing at 1:00PM, returning around 5:00PM.

Ticket sales start January 20 – best seat locations for earliest reservations.

—Larry Price

Games

Newcomer Thrilled with Return to Bowling

SMC Member Swarn Rajpal has thoroughly enjoyed returning to bowling following a 30 year hiatus. Raised in India, Swarn played cricket and soccer but never even saw a bowling alley. When he moved to the U.S. to begin his medical career, he joined his son during various school and scout bowling ventures but has never bowled since. When asked why he joined the SMC Bowling League, he explained that he can no longer play golf with the SMC, but he wanted to continue to enjoy the friendship, camaraderie and fun. Like all of us, he began by throwing a number of gutter balls and scored in the 60s and 70s. However, he has moved his average up to 97 and was last seen Monday putting together a game in the 130s. He told me, "I really like seeing the guys every Monday morning and sharing our life stories together."

The three-man competition continues to result in a very tight race, with the Strikers (Dick Kamp, Bob Klein and Nick Marinelli) tied with both the Furies (Bob Beach, Marv Dery and Chair Rich Volpe) and the D'Plorables (Tony DiMarco, Chuck Frederick and Phil Owen).

Substitutes will be even more in need as our many SMC bowling snowbirds head south for the winter, so please come out on Mondays at 10:00AM at Troy Lanes, John R and Square Lake, to experience the excitement that Swarn and others are enjoying.

—Maynard Timm

Winter Golf

Winter golf practice at the Oakland Yard Dome begins on Thursday, January 5. Cost is \$10 for all the balls you care to hit between 9:30-11:30AM. Lunch follows at Hero's Restaurant.

FEB 9 & MAR 9: Swing tuned up by Edgewood Country Club golf pro Dave Vanloozen. **MAR 2:** Annual Chipping Contest. **MAR 23:** Annual Putting Contest. The Chipping and Putting Contests have a \$3 entrance fee and the leagues will contribute \$2. The fees will be split 50%/30%/20% to the first top 3 winners.

—Monday Golf Chair: Tom Waffin

—Thursday Golf Chair: Tom Schrift

—Season Golf Chair: Tim McGee

—Games Chair Emeritus: Chuck Travers

New Members:



Gerard J. Andree
3124 Bradway Blvd.
Bloomfield Village, MI 48301-2504
248-909-9099
E-mail: gandree@swappc.com
Sponsor: Jack Burns



Thomas R. McAskin
1948 Crosswick Rd.
Bloomfield Hills, MI 48301-4154
248-644-4751
E-mail: McAskin@butsel.com
Sponsor: David Ladd

New Associate:

Henry D. Balow
2742 Plumbrook Dr.
Bloomfield Hills, MI 48304-4767
248-332-4300; dbalow2000@yahoo.com
Sponsor: Mike Clement

Resigned:

John P. O'Leary
Nevius M. Curtis
Richard L. Secrest

Reinstated:

Associate **Terry L. Stinson**

Deaths:

Charles H. Cutting, (Life) joined February, 2004
Donald R. McNair, (Life) joined April, 1988

—Pete Kass, Membership Chairman
—Frank Snower, Database Chairman
—Tom Booth, Gene Markel & Roger Timm, Photography

...continued from page 1

New Life Members

careers again and went into sales of investments and insurance for Equities of New York. He wasn't finished with education however, earning a second Masters degree in financial services from the American College in Pennsylvania. He specialized in retirement planning until retiring a second time in 1974. He has been an SMC member since 2003.

Roger spends half his time in Florida, playing golf, bridge and in fishing. Congratulations, Roger!

Men on the Go: SMC Walkers

Winter has arrived and you need to work off those extra pounds you gained during the holidays. So consider joining us on Tuesday and Thursday mornings at 8:00AM. According to our resident NY Italian doctor, keeping active by walking is healthy for the body and the talking while walking is stimulating for the mind...of course, he has gone to Florida for the winter.

Please consider joining the eight regulars and some part-timers as we walk our winter venue at Somerset Collection or the indoor track at the First United Methodist Church. While golf, bowling and spinning are good ways to keep fit, walking provides exercise and socialization with the least amount of effort. MEN ON THE GO is our motto and our motivation. You are welcome to join us. Contact Charlie Blank (bclank56@gmail.com) for more information.



Mystery Lyrics



The December lyric challenge really lived up to the mystery description! We asked readers to identify the Irving

Berlin song with these opening lines:

*"There may be trouble ahead, but
while there's music and moonlight
and love and romance"*

Only Fred Hansz, Tom McNally and Barbara (Roger) Timm recognized that the song is "Let's Face the Music and Dance" (We can hear you saying "Oh Yeah!" now).

Let's try a real classic and a most likely easier one this month, with these lines:

*"Then you'll spread your wings
and you'll take to the sky"*

Can you name that tune?

Sports Trivia

OK – we went too far last month with the sports trivia challenge. We asked if you could remember the first "player of color" with the Detroit Tigers. The answer is Ozzie Virgil who joined the team in 1958. Virgil was the first player from the Dominican Republic in the majors and came to the Tigers from the NY Giants.

While this was a major event in some respects, his on-the-field results were minimal – Ozzie's career batting average was only .231. Unfortunately, this was somewhat obscure – not one of our many knowledgeable baseball fans remembered Ozzie as a Tiger.

This month our baseball challenge also involves the Tigers. Can you remember the very unusual trade when teams exchanged managers – who were they, and what were the teams?

—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 2017 are: Richard A. (Dick) Kamp, president; Charles R. (Dick) Bradley, first vice president; Timothy S. McGee, second vice-president; Gerald W. (Jerry) Stribbell, recording secretary; Roger T. Timm, corresponding secretary; John P. Groves, treasurer; James A. (Jim) Bayson, assistant treasurer; Richard W. (Dick) Judy and Larry R. Imerman, officers at large; George A. Grove, parliamentarian.

THE REMINDER includes: Dick Harper, editor; Chuck Ragains, John Flintosh and Maynard Timm, associate editors; Tom Booth, Gene Markel & Roger Timm, photography; Lee Trumbull, computer layout; Bob Jordan, mailing.

Senior Men's Club of Birmingham
380 South Bates Street, Birmingham, MI 48009
www.communityhouse.com



CLUB DATES TO REMEMBER

Executive Board Meeting: Tuesday, January 10, 9:30AM

Reminder Deadline: Friday, January 13

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

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

Golf: Begins Thursday, January 5, 9:30AM at Oakland Yard Dome

Special Events

Detroit Auto Show: Thursday, January 19, 2017, 9:30AM

"Altar Boyz" at Meadow Brook: Wednesday, March 1, 1:00PM

Group Meetings

Book Reading Group A: Wednesday, January 4, 10:30AM

Classic Movie Group: Monday, January 9, 1:00PM

Camera Group: Tuesday, January 10, 2:00PM

Investment Group: Wednesday, January 11, 2:45PM

Book Reading Group B: Monday, January 16, 3:00PM

Computer Group: Wednesday, January 18, 3:00PM

All events at The Community House unless otherwise stated.

SMC ON THE WEB:

www.seniormensclubbirmingham.com

www.tchserves.org/outreach-and-clubs/clubs/senior-mens-club-of-birmingham