

The Reminder



April 2019

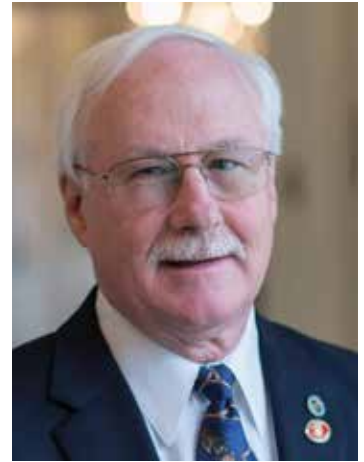
Senior Men's Club, Birmingham, Michigan

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President's Page-Changes at TCH

A scant two months ago when I proposed that we "take pause and collect our breath" I didn't foresee the events that has put four (4) of my goals to the test. I was informed at a meeting of the 13 non-profit and support groups that call The Community House (TCH) their home that the position of Business Services performed by Lee Trumbull would cease to exist on April 15, 2019 as she would assume the position of Senior Director of Corporate Communications & Grants for TCH.



Lee performed virtually all of our administrative tasks... laying out and publishing *The Reminder*, sending letters of condolences and get-well, printing of tickets and name tags for Special Events, making copies for all of the committees and the list goes on and on. Immediate action by the Executive Board needed to be implemented and first was to itemize everything she did for us so that we could prioritize the critical needs and identify who within the membership could be the champions.

Fortunately, a member rose from his sick bed to lead us into the future... Jay Kafarski. Jay had already jumped in with Maynard Timm to relieve Dick Harper as a team to compose, edit and distribute *The Reminder*...now the job got a bit more complicated. Jay will now handle not only *The Reminder*, but also the needs of the Special Events committee in addition to maintaining our website and sending out eBlasts to the membership.

I am asking the other committee chairs to review their operations and assume many, if not all, of the administrative tasks by reducing copy costs and perform an administrative audit of their procedures. While there will be some outside costs, I don't want them to underwrite the expenditures. They will be asked to minimize these transactions and submit reimbursement requests to John Marsh, our Treasurer.

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APRIL PROGRAMS

APRIL CHAIRMAN: Larry Imerman

- 5 Wayne State University Professor Saeed Khan.....*The Trump Administration and the Middle East: Dissecting the Chaos*
- 12 Michigan State Senator Rosemary Bayer*News from the Front: Latest Developments at the State Senate*
- 19 NO MEETING
- 26 Wayne State University Professor Peter Litchenberg*Do I Have Just the Bridge I Want to Sell You: The Effects of Aging on Our Financial Judgments and Decisional Abilities*

Fellowship • Shared Interests • Service

Life Member Dues

Life membership continues to be a fast-growing category in our Club. We are living longer and better, benefiting from active participation in Club activities. One of the traditional benefits of reaching so much respected status is that paying annual dues is no longer required. However, a significant number of our Life Members continue to pay dues on a voluntary basis. We are happy to announce that 55 Life Members have paid their dues...THANK YOU!

—Timothy S. McGee

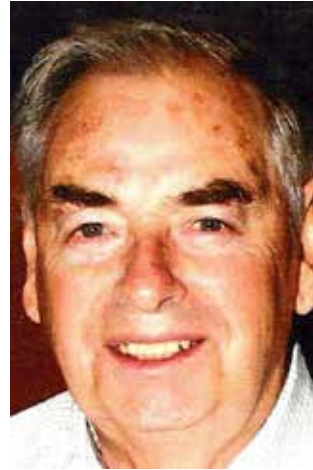
Now, meet the newest SMC Life Members:



**CLARENCE
CHEFF**

Clarence Cheff, a Senior Men's Club member since 2002, was born in Montana in 1934, the youngest of 14 children. He graduated from Palmer College of Chiropractic in Davenport, IA. He served in the U.S. Army from 1953-55 stationed in Germany. He then established his practice in Hazel Park in 1960, crunching bones and muscles until 1996. He and his wife, Sharon, have been married for 42 years raising 2

children and producing 5 grandchildren. "Click" as he likes to be called, resides in Bloomfield Hills and at 85 young years, you can still see him hit that little white ball at Springdale any Thursday morning.



**DANIEL
SUTTER**

Daniel Sutter, a Senior Men's Club member since 2002, was born in the Pittsburgh, PA area in 1934. He was educated in the area and graduated from the University of Pittsburgh with a degree in Petroleum Engineering. He served two years in the U.S. Army in Germany with the 3rd Army Division. After his service time, he held several engineering, sales and management positions with Mobil Oil for 35 years and Kaiser Aluminum for 5 years.

He and his wife, Rena, have been married 57 years, raising 2 children and producing 4 grandchildren. He resides in Royal Oak and attends St. James Episcopal.

SMC 2019 Dues Coupon - \$50

2019 dues were payable before January 1, 2019. A \$10 late fee **must** be added for dues paid after January 1, 2019. 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



Reading Groups

On Wednesday, April 3 at 10:30AM we will discuss William Dalrymple's "The Return of a King: The Battle for Afghanistan, 1839-42". In 1830 an army of 20,000 British and Indian Troops invaded what is now Afghanistan in a tragic effort to install a puppet king. Less than two years later only one soldier returned safely. The *London Sunday Express* called Dalrymple's book "a must read for anyone wanting to understand the complexities of modern-day Afghanistan." Swarn Rajpal will lead the discussion.

On Monday, April 15 at 3:00PM we will discuss the much-acclaimed novel, "Little Fires Everywhere" by Celeste Ng. Set in Shaker Heights, Ohio, in the 1990's, this is the haunting story of two very different families whose paths cross in strange and tragic ways. It explores issues of race, class and privilege and will prompt discussion of issues that are being debated in our times. In 2017 it was named the novel of the year by NPR, received the Good Read Choice Award and was honored as one of the *New York Times* ten best books of the year. Bob Maxfield will lead this discussion.

—Bob Maxfield



Investment Group

The Investment Group will next meet on Wednesday, April 10 at 2:45PM. Our speaker will be Michael Dzialo, Founder, President and Chief Investment Officer, Managed Assets Portfolios, LLC located in Rochester. His title "The Times They are A-Changin'" (and how to invest in these times). They have a Morningstar 4-Star rating and recently were named "Top Guns Manager of the Decade" Michael has spoken to us for 17 years. They invest for many SMC members and also manage SMC funds. Note: Stock Game will be updated as of 3/8. Carl Fisher will forward results by 3/11.

—George Miller



Camera Group

Plans for the April 9th meeting of the Camera Group have not yet been finalized. Members will be notified by eBlast.

—Bob Frank



Classic Movie Group

Fred Hansz will present two film versions of Frederick Knott's classic suspense play – "Dial M for Murder" - which is the story of a man who carefully plans the murder of his unfaithful wife, which doesn't happen due to many unforeseen and surprising circumstances. Fred will present the 1954 version, produced by Alfred Hitchcock, which stars Ray Milland and Grace Kelly, on Monday, April 8, while the 1998 version, titled – A Perfect Murder - which stars Michael Douglas and Gwyneth Paltrow, will be presented on Monday, April 22. The newer version adds a few interesting twists to the original film and the story unfolds in slick and skillful fashion. The time for both highly rated shows is 1:00PM. If you enjoy suspenseful detective stories then these two different but very well crafted films are for you.

—Fred Hansz



Genealogy Group

The Genealogy Group will meet on Monday, April 1 at 2:00PM where are guest speaker will be Al Eicher, SMC Member who has been in television broadcasting for over 50 years. Since 1994, he and his son, David, have produced over 26 television documentaries on Michigan town histories and events. The Historical Society of Michigan recently gave them "The Award of Merit" for their distinguished professional service and efforts in preserving Michigan's history. Al gives presentations throughout the state on their documentaries. He just finished writing his own autobiography. As the Genealogy Group has discussed writing and preparing their own personal history in the past months, Al will address "Preparing Your Own Autobiography" as his topic.

—Dave Bakos



Computer Group

The next meeting of the Computer Group will be Wednesday, April 17 at 3:00PM. Our speaker will be Maria Williams, Head of Adult Services, Baldwin Public Library. Maria will discuss all the online databases available at the Library.

—Tom Allen

Senior Health Matters

Age-Related Loss of Memory-

Part 3 of 3

We now know that certain interventions can sharpen cognitive processes and compensate for or slow-down age related changes.

- High stress levels can impair learning and memory. Exercise can be beneficial. Psychologic counseling should be considered
- Maintain good health and control of medical conditions. Arthritis and pain can affect cognitive areas such as concentration and processing speed. Sensory changes such as loss of hearing can interfere with processing of information. Hearing aids may be in order.
- Medication may produce drowsiness and mental dullness. Interaction between prescriptions and over-the-counter drugs should be evaluated by letting your doctor know all the medications you are on.
- A diet rich in fruits and vegetables containing antioxidants such as blueberries, strawberries and cruciferous vegetables like broccoli is prudent. Certain oils such as olive and canola oil may be protective of the nervous system.
- Keep mentally stimulated. Engaging in cognitively challenging tasks can protect against age-related decline in thinking. Examples are playing Bridge, reading and adult education classes. All of these are offered by the SMC.
- Use active strategies to store new information. Examples are: follow a routine of always putting one's keys in the same place; use a calendar and pill box; and take more time to actively process new information. When introduced to someone, pay extra attention and try to come up with an association to recall the person's name.
- When you walk into a room and forget why you entered the room, turn around and walk out. Then re-enter. This "resets" the brain and you will immediately remember what you were looking for.

—Augustine L. Perrotta, DO

Special Events

Houses of Worship Tour

Tuesday, April 16, 10:00AM

Jainism, one of the world's oldest religions, was founded in India in the 6th Century B.C.E. The essence of the religion is concern for the welfare of every being in the universe and for the health of the universe itself. We will visit the Jain Society of Greater Detroit's temple in Farmington Hills.

We will stop at the Saffron Restaurant, which serves dishes primarily from India's north. The restaurant's traditional lunch buffet will be offered.

The next stop is Temple Beth El, the oldest synagogue in Michigan, where we will be joined by the Temple's archivist. Temple Beth El has been a leader in the Reform Jewish Movement since its inception as a congregation in 1850. The current building was designed by Minoru Yamasaki, the architect of New York's World Trade Center.

Our final house of worship is Christ Church, Cranbrook. Founded in 1928, the church is part of the Episcopal Diocese of Michigan. On the National Register of Historic Places, the church is rich in architectural detail and other appointments by world-renowned artists and craftsmen. \$35 per person.

—Larry Imerman

Take Me Out to the Ball Game!



Once again, in response to your requests we are going to visit beautiful Fifth Third Field ballpark in Toledo to watch the Mud Hens play. The date is Wednesday, May 15, and the Mud Hens' opponent will be the Norfolk Tides, a farm team for the Baltimore Orioles. We have reserved a block of 40 excellent

first base side seats under the 2nd deck overhang. Please join us for a day of fun and fellowship! The game starts at 10:30AM, so our bus will leave the Birmingham First Presbyterian Church promptly at 8:15AM. Following the game, we will go to the Real Seafood Company on the Maumee River for a late lunch (included in the ticket price). After lunch we will return to Birmingham by 5:30PM. Ticket sales will begin on Friday, April 26, on a first-come, first-served basis at \$60 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

New Members:



Eugene G. Dixon
 3532 Halla Lane
 Bloomfield Hills MI 48301-2127
 248-709-0133
 RichmondGene@comcast.net



Roger J. LaRose
 219 S. Cranbrook Cross Rd.
 Bloomfield Hills MI 48301-3425
 RJLaRose2009@gmail.com



John M. Brus
 1255 Gordon Ct.
 Clawson MI 48017-1786
 248-228-4127
 detroit4444@yahoo.com

Deaths:

- Stuart Shuster
- Charles R. Gates
- William A. Rolf

Life Members:

- Clarence Cheff
- Daniel Sutter

—Dave Ehlen, Membership Chairman
 —Randy Barnett, Bob Hayes, Jay Kafarski, Pete Kass,
 John R. Klein, John C. Marsh, Stephen Pickett,
 Membership Team
 —Frank Snower, Database Chairman
 —Tom Booth, Gene Markel & Roger Timm, Photography

Notice

Due to the change in the Senior Men's Club logo, many past recipients of the two awards have asked if they can secure a new SMC Logo lapel pin with the appropriate designative attachment. The Executive Board has approved that 1st VP Jerry Stribbell will coordinate the requests for replacement lapel pins; however, the recipient will incur the cost of \$25.00. Please contact him if you so desire to change your lapel pin. Even if you decide to not seek a change, it is perfectly acceptable to continue wearing the old lapel pin with attachment.

...continued from page 1

President's Page

John and I will create a database of these expenditures as the basis to create a working budget for the 2020 fiscal year. We have never had to have a budget in the past as we basically had one source of income (dues) and one expenditure (TCH Business Services).

Never did I think back in January when I wrote that I wanted to maximize the individual strengths and interests of each member and work as a team, did I expect the urgency. The response we have taken thus far is only the beginning as others are working on long-term strategies for legacy endowment, publicity, overall improvement measures for the club, meeting lunch enhancements, etc. that will be reported in the future.

We are faced with a challenge that actually is an opportunity for us to look forward and strengthen the Senior Men's Club for future generations. Have patience and don't be afraid to offer your assistance. Remember we are: Men on the Go!

Winowiecki Rolls to Florida

On the eve of his month long sojourn, Dennis Winowiecki literally rolled his way to Florida by bowling a 257 scratch game and 626 scratch series. Both were the highest scores achieved this year. In so doing, Dennis gave the Calloways (Marv Dery and Maynard Timm), a narrow 2^{1/2} point lead over the Worm Burners (Dick Kamp, Chuck Frederick and Pete Kass), with five weeks left in the season. Marv and Maynard offered to fly Dennis up every Sunday night so that he could bowl Monday, but Dennis politely declined. Instead, they will have to rely on their own limited skills and use Dennis' 148 average to try to hold their lead. Since they both focus on golf and bowling only to await warmer climes, Dennis may wish to reconsider. The Bowling Banquet is set for Tuesday, April 30 at 5:00PM at Troy Lanes. Details to follow. As always, subs are warmly welcomed any Monday at 10:00AM. Why not get ready for golf, where you only need to put one ball into one hole, by bowling, where you try to knock down ten pins, and get a mulligan every time!

—Maynard Timm

Mystery Lyrics



The Frank Sinatra theme song we were looking for was his closing theme from TV days "Put Your Dreams Away (for another day)", but only Clay Gordon remembered this song. We also received suggestions of some of his later and bigger hits like "New York, New York" (Tom and Rose Marie Venier), "The Best is Yet to Come" (Midge Gettel) and "My Way" (John Dueweke, Fred Hansz and Fred Leydorf). These were big Sinatra hits and should be accepted as correct answers. Let's try an old sing-along song this month. If you can remember the bouncing ball, you might know the song with these lyric lines:

*"There's none so classy
As this fair lassie
Holy Moses, what a chassis"*

Can you name that tune? Hint – this is so old, it was sung by Eddie Cantor.

Sports Trivia

Last month we asked if you could identify a major league baseball event which called the honesty of the game into question, plus the player who was asked by a young fan to respond to the plea "Say it ain't so, Joe". Jerry Andree, Clay Gordon, Julian Prince and Ken Beres remembered the Chicago Black Sox scandal of 1919 when some players, including Shoeless Joe Jackson, were charged with throwing the World Series.

We have another nickname challenge for you, suggested by Dave Ladd. What Detroit athlete was known as "Tom, the Bomb"? Hint – he had starred at Birmingham High School in the early days of his athletic career.

—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 2019 are: Timothy S. McGee, President, Gerald L. Stribbell, First Vice President, Roger K. Timm, Second Vice President, Maynard L. Timm, Recording Secretary, Swarn G. Rajpal, Corresponding Secretary, John C. Marsh, Treasurer, John P. Groves, James E. Bayson and Richard E. Shirley, Assistant Treasurers, David N. Bakos and Clifford R. Snedeker, Officers at Large.

THE REMINDER includes: Dick Harper, Editor Emeritus; Jay Kafarski, Publisher; Maynard Timm Co-Editor; John Flintosh Co-Editor; 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, April 9, 9:30AM

Reminder Deadline: Friday, April 12

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

Golf: Thursdays, 9:30AM at Oakland Yard Dome (Practice)

Bridge: Fridays after lunch

Special Events

Houses of Worship Tour: Tuesday, April 16, 10:00AM

Toledo Mud Hens Baseball: Wednesday, May 15

Group Meetings

Genealogy Group: Monday, April 1, 2:00PM

Book Reading Group A: Wednesday, April 3, 10:30AM

Classic Movie Group: Monday, April 8, 1:00PM

Camera Group: Tuesday, April 9, 3:00PM

Investment Group: Wednesday, April 10, 2:45PM

Book Reading Group B: Monday, April 15, 3:00PM

Computer Group: Wednesday, April 17, 3:00PM

Classic Movie Group: Monday, April 22, 1:00PM

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/