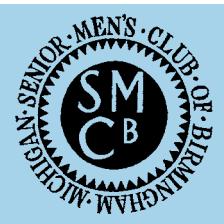


The Reminder

March 2014

Senior Men's Club of Birmingham, Michigan



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MARCH PROGRAMS

MARCH CHAIRMAN: Cliff Bath

- 7 Clark Durant, Cornerstone Schools *The Future of Detroit ...in Birmingham*
- 14 La Forice Nealy, CEO, SE Michigan Red Cross..... *An Overview of the Red Cross*
- 21 Rick Rogers, President, College for Creative Studies.. *Advancing Detroit's Creative Economy*
- 28 Faith Fowler, Director, Cass Community Social Services..... *New Initiatives and Continuing Challenges*

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APRIL CHAIRMAN: Dennis Kozak

- 4 Dr. Jeffrey O'Connor, Urologist..... *Men's Urological Health*

MARCH DISCUSSIONS

MARCH CHAIRMAN: Bob Siewert

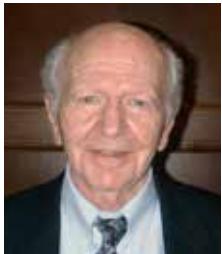
- 7 Dr. James Bicos, Orthopedic Surgeon *Orthopedics Today*
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APRIL DISCUSSIONS

APRIL CHAIRMAN: Laurence Imerman

- 4 Elizabeth Steiner, Development Associate, Habitat for Humanity for Oakland County *A World Where Everyone Has a Decent Place to Live*

New Members:



Jules L. Pallone
1256 Puritan Ave.
Birmingham, MI 48009-4815
248-646-885
E-mail: jpallone2@earthlink.net
Sponsor: John Flintosh



David B. Randall
642 Fairfax St.
Birmingham, MI 48009-1291
248-496-6381
E-mail: dave.randall642@gmail.com
Sponsor: Dick Kamp

New Associate:

Mark A. Thomas
175 Baldwin Ave.
Birmingham, MI 48009-1357
248-408-7393
Email: markthomas175@hotmail.com
Sponsor: George Leydorff, Jr.

To Life Member:

Fred J. Kneisler

Dennis J. Kozak

New Contact Info:

Lawrence R. Smith - larrysmith074@gmail.com

Deaths:

Louis G. DeMaris, joined April 2010

John M. Rady, (Life) joined November 1992

Marc M. Twinney, joined March 2007

—Pete Kass, Membership Chairman
—Robert Beach, Database Chairman
—Bill Shaffmaster, Tom Booth
& Gene Markel, Photography



Officers at Large

Each year, the Senior Men's Club elects two members to an important club position -Officer at Large. Our bylaws indicate that these officers "serve as advocates for the general membership, and present to the Executive Board any requests for audience, petition or ideas." In simpler terms, they are the communication bridge between members and the Board. They attend monthly Board meetings and report any member issues, questions, suggestions (or even complaints) for appropriate action or resolution.



Bob Babcock



Chuck Basch

Members serving as Officers at Large for 2014 are **Bob Babcock** and **Chuck Basch**. Both are very active and well known and have served the club in other capacities. They attend most Friday meetings and, of course, will welcome any member comments or suggestions.

—Dick Harper

Spring 2014 Logo-Wear

The following clothing items will be offered for sale to SMC members, with the traditional embroidered SMC logo (Similar to the logo on the front page of *The Reminder*): A short-sleeve knit golf shirt in five colors; a crew-neck sweatshirt and a hooded-pullover sweatshirt in three colors; a fleece vest (a repeat item in three new colors); the three-season jacket (a repeat item in four new colors); a black portfolio case with shoulder strap; and a baseball cap (in khaki and black). Samples have been ordered, and as soon as they are available, they will be displayed at Friday meetings and will be for sale through March. Orders will be sent to the supplier. Purchases will be distributed at Friday meetings.

—Frank Gordon



Games



Winter Dome Golf



Winter swing training for senior golfers will continue until Thursday Golf begins its season at Springdale on April 3 - weather permitting.

The annual Chipping Contest was held at the Dome on February 20 with results not being available at press time for this report.

Two more exciting events are scheduled for the month on March at the Dome.

On Thursday, March 13, Edgewood Country Club teaching Pro Dave Vanloozen will again review each golfer's swing. He will then give professional tips to each golfer that will help them tidy up their swing mechanics.

The Annual Putting Contest will be held on Thursday, March 20. Each participant will get 10 putts. Scoring will consist of "made" and "close to" putts. "Close to" shall be at the sole opinion of the judges.

The 2014 Thursday Golf Chair has been assured that the weather on April 3 will be warm and sunny, with a mild wind. This weather prediction was given to him in a vision by Caillech Bheur, the Scottish and Irish Goddess of Weather. It occurred late one winter's evening after the chair had consumed an extra large Manhattan cocktail. Hit them long, hit them straight, but not often!

—The Committees

Monday Golf

Greetings golfers and welcome to the 2014 Golf Season. Monday Golf at Lincoln Hills begins April 21, weather permitting. Greens fees are the same as last year. "Regular" players will receive a discount, play in a set foursome and have a fixed starting time. Importantly, regular members will pay in advance for the 16 week season (which will guarantee our Monday time slot.)

"Walk-on" members will pay as they play on a "first come - first serve" basis.

Fees are \$224 for regular players for the season (\$14 x 16 weeks) and \$15 per round for the walk-on players.

Sign-up sheets will be posted at our regular Friday meetings. Your posting and checks made out to "SMC of Birmingham" are due by April 11. Questions may be directed to Bill Spreitzer.

—Bill Spreitzer

Bowling

With seven weeks left in the second half of our season, Team 6 (Frederick, Kozak, Kamp and Moore) has amassed 48 points and a significant eight point lead over second place Team 3 (Vine, Corey, Babcock and Beres). Can they hold on? Plenty of competition left, so stay tuned.



Rich Volpe continues with the highest league average at 166. Denny Winowiecki has the highest game and series of the year at 235 and 608. We are still looking for new bowlers with many of our regulars still warming their old bones in the south. It's not too late to join us - we practice Wednesday and bowl for real on Monday at 9:00AM at Thunderbird Lanes on Maple Road. Why not give it a try?

—Dick Harper

Spinning Group



Member Joe Schulenberg advises that the newly formed Spinning Group has started to meet. Spinning is a very popular cycling program, available with a class for SMC members, family and friends. The class is held on Tuesdays at 1:00PM at the Beverly Hills Club (31555 Southfield Road). Locker room, showers, towels and coffee are provided. The guest fee is \$10, which provides access to the rest of the club (exercise floor, pool, hot tub, etc.). Bring a water bottle, a friend and your enthusiasm. Questions should be directed to joeschulenberg@yahoo.com.



Bill Shaffmaster

A Long Life Well Lived

"Get active and stay active. Be like the Energizer Bunny."



Those words of advice come from 95 year old Bill Shaffmaster, a Senior Men's Club member since 2007. Bill knows something about staying active; during his lifetime he has among other things:

- * Graduated from Wayne State University as an Electrical Engineer
- * Retired at age 70 from sales management in a large corporation

* Held three major patents, including one for elevator door safety sensors

* Found time to be a skier, a sailor and a professional-level photographer. In addition, he has been a U.S. Coast Guard Auxiliary Officer and a lifelong Shriner.

Bill's military background is equally impressive. He joined the National Guard in 1936 and had a long and distinguished tour of duty in the U.S. Army during the whole of WWII. He saw combat in Europe, including the Battle of the Bulge as a Platoon Leader in the 1st Infantry Division, also known as the 'Big Red One!'

Bill earned a Bronze Star medal for capturing two Nazi snipers, one of whom had just shot one of his men. He also earned a Combat Infantry Badge.

After Germany's surrender, Bill was made a Military Government Officer in Bavaria, Germany. General Eisenhower wanted the German populace to be back working as soon as possible, so Bill and his team quickly got them busy rebuilding a destroyed brewery.

In 1946, Bill was given three concurrent Honorable Discharges as a 1st Lieutenant, including the Army, the Army Reserve, and the National Guard.

—Chuck Ragains

Singers Needed

Come sing for the glory of the Senior Men's Club. The Master of Ceremonies Committee is looking for a few good men who enjoy singing. If you join, you will be provided many rewarding moments leading the singing of patriotic songs on Friday mornings. Piano players will receive double "attaboy's" for your participation. Please call Mike Albright at 248-649-6063 or see him at any Friday meeting.



Senior Health Matters

Carotid Artery Stenosis

The American Academy of Neurology has created a shared decision-making tool guide to help you and your neurologist talk about carotid artery stenosis.



1. What is carotid artery stenosis?

The carotid arteries are the large blood vessels on both sides of the neck. They supply blood to most of the brain. Stenosis means narrowing. Carotid artery stenosis means the main artery supplying blood to your brain is narrowing. The narrowing of the carotid artery is caused by a buildup of plaque.

2. What are my options for treating carotid artery stenosis?

Treatment options range from drugs to opening the blood vessel with surgery. These options will depend on your symptoms and the amount of blockage in your carotid artery. Symptoms that your doctor will look for are a stroke or blood flow interruption to the brain for brief periods of time-known as transient ischemic attacks (TIAs). Patients experiencing stroke or TIA have weakness, numbness or paralysis in the face, arm, or leg. Their speech can become slurred. They might become dizzy or lose their balance.

3. How can I talk with my doctor about reaching a decision?

Talk with your doctor about studies with good data and possible risks and benefits of these treatments. Discuss if there are any risks that concern you more than others. Talk about the cost of these treatments and if insurance covers the cost.

4. What other changes will I need to make?

Stop smoking. This will prevent further damage to the artery walls. Eat a diet low in saturated fats. This will reduce cholesterol build-up and plaque formation and decrease obesity and high blood pressure. Engage in moderate exercise for 30 minutes a day. Learn stress reduction techniques. This will lower blood pressure and prevent further stress-related damage to arteries.

—Augustine L. Perrotta, DO

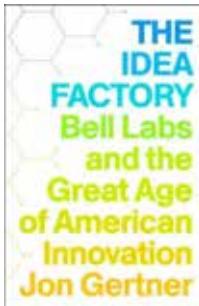
Groups



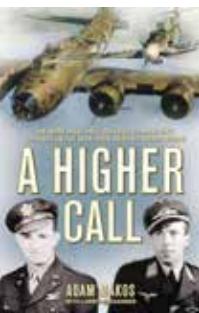
Book Reading Groups

On Wednesday, March 5 at 10:30AM we will discuss "The Idea Factory"

by Jon Gertner. During its 50 odd years of existence, Bell Labs was the most productive scientific laboratory on the planet. It won seven Nobel Prizes, contributed innumerable practical ideas underlying our modern way of life and, whether by accident or design, also managed to make some spectacular basic scientific discoveries that expanded our understanding of the universe. How did it possibly accomplish all this? In this authoritative and intensely engaging book, Jon Gertner tells us exactly how.



On Monday, March 17 at 3:00PM we will discuss "A Higher Call" by Adam Makos. Four days before Christmas 1943, a badly damaged American bomber struggled to fly over wartime Germany. At its controls was a 21-year-old pilot. Half his crew lay wounded or dead. It was their first mission. Suddenly, a sleek, dark shape pulled up on the bomber's tail—a German Messerschmitt fighter. Worse, the German pilot was an ace, a man able to destroy the American bomber in the squeeze of a trigger. What happened between them, the American 8th Air Force would later classify as "top secret."



—Ted Chapekis



Camera Group

The Camera Group will meet on Tuesday, March 11 at 2:00PM. Our presenter will be Tom Halsted, SMC member and photography collector/dealer. His presentation will be "What is a Fine Art Photograph?" What are his visual concepts? Who are some of the photographers making great work? From Ansel Adams, Edward Weston, Michael Kenna to Senior Men's Club member, Bob Swanson.

Come see a collection of original prints by photographers known and unknown. Tom will discuss these images and tell you why he thinks they are fine art photography.

—John Slocum



Classic Movie Group

On Monday, March 10 at 1:00PM view the black comedy "Dr. Strangelove,"

subtitled "How I Learned To Stop Worrying And Love The Bomb" Director Stanley Kubrick originally intended this movie to be a serious drama, but became convinced it had to be a tongue-in-cheek comedy as the subtitle suggests.



This is a story about a deranged general who sends a squadron of planes carrying nuclear bombs to Russia and despite joint efforts, one gets through. When this movie came out, the cold war was on - the movie still has impact 40 years later. The fantastic cast includes Hayden, Peter Sellers playing three roles, George Scott and Keenan Wynn. Join us and be prepared to test your funny bone. (Although when Vera Lynn sings "We'll Meet Again" during the closing credits, it might not seem so funny.)

—Dick Harper



Computer Group

The Computer Group will meet on Wednesday, March 19 at 3:00PM. The guest speaker will be Jason Thomas from Micro Center. In June of last year, Jason gave an overview of the features of the Windows 8 operating system. He will now discuss the features and improvements with Windows 8.1 that was released in October of 2013. There will be ample time for questions at this meeting.

—Ron Denton



Investment Group

On Wednesday, March 12 at 2:45PM, Bill Halbert, Senior VP Morgan Stanley, will discuss the 2014 market outlook and the best investment opportunities. Bill has presented to the SMC Investment Group for 28 years. Last year he forecast a "raging bull market," and it went up 30%!

Bob Rossi continues to lead the Stock Game with a 54.3% gain. He now has all cash. Bob Bazzell has a 43% gain followed by John Reddy, Joe Samyn, Dick Harper and Ralph Cowie. The game ends May 31.

—George Miller

Special Events

GM Heritage Center and Detroit News/Free Press Plant



On April 8, we will visit the General Motors Heritage Center, followed by lunch at the Gazebo Banquet Center and then visit the *Detroit News/Free Press* printing plant.

Press printing plant. The GM Heritage Center includes approximately 600 cars and trucks. Many reflect GM's product and technological industry firsts in a fascinating product display. Concept models, significant race cars and milestone production vehicles are in the mix. This will be a 1.5 hour self guided tour.

After the tour, we will bus to the Gazebo Banquet Center where we will enjoy a delicious buffet lunch from 1:30 to 2:30PM. After lunch we will bus to the *Detroit News/Free Press* printing plant where we will see how our newspapers are printed. This exciting day starts when the bus departs the First Presbyterian Church at 10:30AM and concludes when we arrive back at the church at approximately 5:30PM.

The total cost for the two tours, lunch and the bus is \$45. We are limited to 50 tickets, so please get yours on a Friday starting, March 7.

—Jerry Stribell and Joe Samyn

Save the Date: May 14 Toledo Mudhens Baseball

Mark your calendars! On Wednesday, May 14, we will once again board the bus for a trip to Toledo and beautiful Fifth Third Stadium for a baseball battle between our Mudhens and the Syracuse Chiefs. After the game we will enjoy a late lunch at nearby Forrester's Restaurant on the Maumee River, followed by a brief visit to the Toledo Museum of Art Glass Pavilion. Tickets will go on sale on Friday, April 18 for \$35 per person (lunch is not included.)



—Jim King

Auto Show Wrap-Up

On Thursday, January 16, 2014, we went on our annual bus excursion to the Detroit Auto Show at Cobo Hall. Over 100 SMC members and guests attended, and we had a great time kicking tires and examining the latest automobiles and trucks on display. We would like to express our gratitude to Tom Sellers of Dean Sellers Ford, who donated admission tickets for the event to all who attended. Thanks, Tom!

If you missed it this year, please consider joining us on January 22, 2015, for next year's Auto Show!

—Jim King



"Men on the Go" at the 2014 Auto Show
John Marsh, Stu Shuster, Fred Leydorff and Dick Halsted



New Corvette Z06—North American Car of the Year



New SMC Activities

Based on recent research among club members as to possible new special interest activities, we are launching three new activities as described below. We are looking to attract more members to participate in them. If interested in joining or learning more, contact the indicated club member.

- ★ **Wine Tasting** - Bring your thirsty palate
Jim Bayson - jamesbaysoncpa@aol.com
248.661.4672
- ★ **Vintage Cars** - You don't have to own one - just love them.
Stu Shuster - plexmog140@yahoo.com
248.642.7490
- ★ **Genealogy Group** - Find your wealthy ancestors and your missing inheritance.
John Groves - groves.jp@gmail.com
248.906.9357
- ★ **Spinning Group** - Exercise those pounds away, so you can enjoy the wine tasting.
Joe Schulenberg - joeschulenberg@yahoo.com - 248.646.9536

—Jim Bayson



Civil War Buff

Recently, Dave Dinger, SMC Member and Civil War buff, led a most interesting discussion of the first battle of Bull Run, including the participation of Michigan troops. He is pictured at the left in full Union Army uniform.

2014 SMC Handbook

The Handbook Committee has been distributing new 2014 handbooks to members at the January and February Friday meetings. If you have not been able to pick up your new handbook and would like to receive one, please contact Jack Burns at jackburns1@comcast.net or 248.644.7619; or John Zarek at zarekpj@yahoo.com or 248.646.7837. Arrangements will be made to get one to you.



—John Zarek, Handbook Committee

Sports Quote

Walt Garrison of the Dallas Cowboys - asked if Tom Landry ever smiled - "I don't know, I only played there nine years."

Life Members Paying Dues

We previously listed 46 Life Members who voluntarily paid club dues, even though no longer required. More recently, our finance staff reports that we have heard from an additional 26. Many thanks to these generous members:

Roy Albert	Oliver Green	Willard Munro
William Bones	Roy Halmhuber	Robert Robb
Jack Casement	John Horiszny	Hudson Schiefele
Bob Cooper	Edgar Jones	Edward Schneider
Fran DeGrande	Robert Lyle	Alfred Shrosbree
Ben Ewing	Reid McCulloch	Richard Snee
Marty Gabriel	John McLaughlin	William Straith
Alex Gherlan	Richard Michel	Richard Straight
James Green	George Mosher	

SMC 2014 Dues Coupon

2014 dues are payable before January 1, 2014. A \$10 late fee **must** be added for dues paid after January 1, 2014. Make checks payable to SMC and pay at a 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:

- \$40 Active Member
- \$40 Associate Member
- \$0 Life Member*

**Life Members pay no dues, but many use the coupon to make a voluntary contribution for financial support of our Club.*

Mystery Lyrics

For the very first time in nearly nine years of Mystery Lyrics, we "stumped the panel" last month.



No reader recognized that these lines:

*Don't give your right name,
No, No, No*

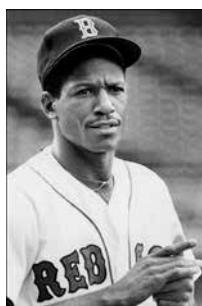
are from the jazz classic "The Joint Is Jumpin'" - by that great pianist and composer "Fats" Waller. We thought the reference to the February special event "Ain't Misbehavin'" might help, but no.

OK - let's go back to a likely easier romantic ballad, which includes these lines:

*I never cared much for moonlit skies
I never wink back at fireflies*

Can you name that tune? - Ella and Frank had big hits with this one.

Sports Trivia



Five knowledgeable member baseball fans told us it had to be Casey Stengel who launched spring training one year by asking his team to "Line up alphabetically by

height." Congratulations to Frank Meida, Tom McNally, Dick Smith, Chuck Himelhoch and Pete Kass. We did get a lot of Yogi Berra guesses - close, but no cigar.

We had good responses previously asking about baseball nicknames. Since we have used up the more obvious and easier ones, here are two less well known. Do you remember the nicknames of these two pitchers?

- Dennis Boyd
- Johnny Lee Odom

These are different and unusual!

—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 2014 are: John M. Steele, president; George L. Stern, first vice president; Eugene P. Jacoby, second vice president; Richard A. Kamp, recording secretary; Charles J. Blank, corresponding secretary; John P. Groves, treasurer; James A. Bayson, assistant treasurer; Robert L. Babcock and Charles D. Basch, officers at large; George A. Grove, parliamentarian.

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

Senior Men's Club of Birmingham
380 South Bates St., Birmingham, MI 48009
www.tchserves.org

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CLUB DATES TO REMEMBER

Executive Board Meeting: Tuesday, March 11, 9:30AM

Reminder Deadline: Friday, March 14

Games

Bowling: Monday, 9:00AM at Thunderbird Lanes

Bridge: Friday after lunch - No Tuesday Bridge until April

Thursday Golf: 9:30AM at Oakland Yard Dome

Special Events

GM Heritage Center & News/Free Press Plant: Tuesday, April 8, 10:30AM

Toledo Mudhens Baseball: Wednesday, May 14

Group Meetings

Book Reading Groups: Group A: Wednesday, March 5, 10:30AM
Group B: Monday, March 17, 3:00PM

Classic Movie Group: Monday, March 10, 1:00PM

Camera Group: Tuesday, March 11, 2:00PM

Investment Group: Wednesday, March 12, 2:45PM

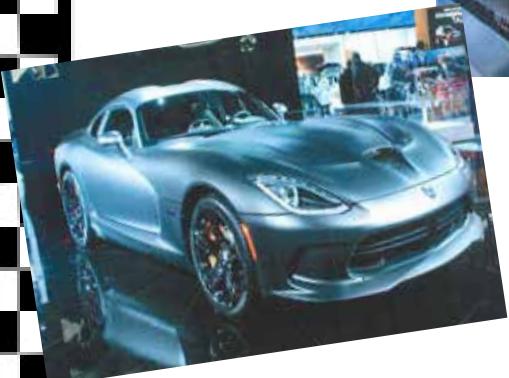
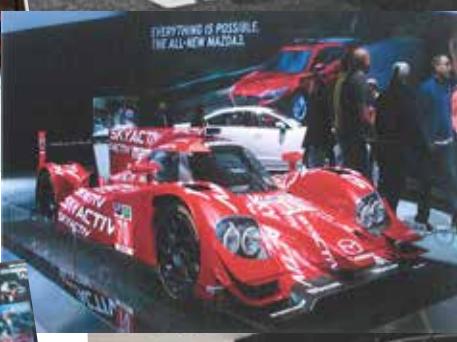
Computer Group: Wednesday, March 19, 3:00PM

All events at The Community House unless otherwise stated.

SMC on the Web: <http://www.tchserves.org/subpage/senior-mens-club>;

Google Group: <http://groups.google.com/group/SMCBirmingham>; and
www.seniormensclubbirmingham.com.

SMC at the 2014 Auto Show



Photos by Tom Booth and
John Slocum