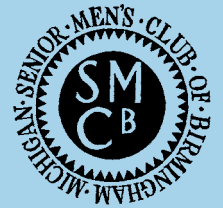


The Reminder

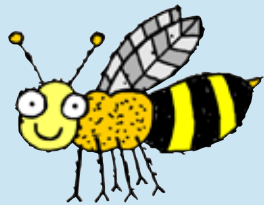
June 2010

Senior Men's Club of Birmingham, Michigan



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- 2 Membership News
- 3 Hidden Meanings
- 4 What You Missed in Toledo!
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- 7 Senior Health Matters
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Summer Boat Cruise

The annual boat cruise is scheduled for Wednesday, July 21 from 5:00 to 8:00PM.

The Diamond Belle will leave from the Ren Center and go past Belle Isle to Lake St. Clair, with the return trip going down the Canadian side. We will view the beautiful skylines of Windsor and Detroit, passing under the Ambassador Bridge before returning to the Renaissance Center.

Dinner will be a delicious prime rib buffet with attractive side dishes and there will be light jazz music for your listening and dancing pleasure.

The Senior Men's Club has reserved the whole boat. These cruises are always very popular and we can take up to three bus loads, totaling 168 people, so there will be plenty of room.

Tickets are \$45 (down from the \$50 listed in the May *Reminder*) and sales start on Friday, June 25.

The summer cruise is one of the favorite events of many of the members and their wives and friends. It will be a wonderful evening, don't miss the boat!

—Mike Clement



JUNE PROGRAMS

JUNE CHAIRMAN: Jack McCuen

- 4 Colonel (USA, Ret.) Jack McCuen, SMC Member *The Wars We Face*
- 11 Marina Arsenijevic, Pianist..... *Marina at West Point*
- 18 Al Eicher and Ray Lane, SMC Member and Retired Sports Announcer..... *Ernie: A Tribute*
- 25 Michael D. Alioto, Sr. VP, UBS..... *The Turbulence of the Markets and What We Can Do About It*

JULY PROGRAMS

JULY CHAIRMAN: Ed Cox

- 2 Professor Todd Estes, Oakland University *Independence Day*

JUNE DISCUSSIONS

JUNE CHAIRMAN: Michel Clement

- 4 Dennis Nordmoe, PhD, Executive Director, Urban Neighborhood Initiatives *Building Vital Neighborhoods in Detroit*
- 11 Patricia Schmidt, DO-Medical Director, In-House Hospice & Palliative Care..... *Ethics and End of Life Challenges*
- 18 Barry King, JD, SMC Member *The Oakland County Child Killer*
- 25 Jim Pizzimenti, the Colton Group *Trends of Consolidated Services Among Non-Profits in Detroit, Michigan and Nationally*

JULY DISCUSSIONS

JULY CHAIRMAN: Eugene R. Winters

- 2 Lorraine Stefano, ACSW-President, I Choose Health..... *Get Trim and Fit this Summer*

New Members:



Thomas J. McNally
1990 Northlawn Blvd.
Birmingham, MI 48009-1828
248-646-4720
E-mail: stagecrafterbobbi@yahoo.com
Sponsor: Dick Harper



Donald T. MacKinnon
19534 Warwick
Beverly Hills, MI 48025-3970
248-647-1628
E-mail: NW8W@sbcglobal.net
Sponsor: Mike Nigro



Frederick J. Shaw
6257 Telegraph Rd., Apt. 17
Bloomfield Hills, MI 48301-1623
248-885-8200
Sponsor: Bill Burnie



Edwin F. Harris
2441 Brenthaven Drive
Bloomfield Hills, MI 48304-1439
248-338-8283
Sponsor: Elson Spangler

Life Member:

James R. Leese

New Associates:

Jess R. Soltess (Sue)
3932 Hillsdale Drive, Auburn Hills, MI 48326-4302
248-276-0179; E-mail: ssoltess@sbcglobal.net
Sponsor: A. William Rolf

William K. Davenport
990 Burnham Road, Bloomfield Hills, MI 48304-2960
248-645-6372; E-mail: davenportwkd@aol.com
Sponsor: Richard Halsted

Deaths:

Paul D. Metzler, (Life) joined February 1994

Robert E. Davis (Life), joined October 1993

Robert W. Johnson, joined February 2007

Change of Address:

Thomas X. McMaster, 100 W. Hickory Grove Rd,
Apt. E1, Bloomfield Hills, MI 48304-2166

—Pete Kass, Membership Chairman

—John M. Steele, Database Chairman

—Bill Shaffmaster and Tom Booth, Photography

Can I Help?

As you enter The Community House to attend the regular Friday meetings of the Birmingham Senior Men's Club, the first impression will be to see a room full of men busily working at various tasks, while enjoying affable, congenial and sincere friendships. There is a distinct relaxed attitude with much laughter.

Who are these men and what are they doing? They are the members who ensure the success of our Friday meetings. They represent the Attendance, Lunch, Finance, Treasurer and the Special Events Committees.

In addition, as you enter the meeting, you note the luncheon tables are completely set, compliments of the Table Setting Committee, and as the meeting progresses, a continuous flow of members relate their committee activities.

How does this come about, you ask yourself? Could I possibly become part of this great team?

The answer is simple. The next time you see a member working, just walk up and say, "Can I help?"

—Bill Reilly

Summer Dress Code

President Irv Poston has decreed that the dress code will be relaxed during the summer months of June and July this year beginning June 4. Coats and ties will be optional, but we still want to maintain our reputation as the best dressed men in Birmingham.



News Flash!

Men taking Flomax for BPH will be glad to know that a generic, Tamsulosin, is now available at a significant savings.

Games

Thursday Golf



Thursday golfers...mark your calendars for our annual midsummer special events.

The annual Three Club Day will be on Thursday, June 24. Pick any three clubs and play the round. During this event, many players discover that their scores are better than when they play with 14 clubs. Which begs the question: Why did we pay the big dollars for the extra clubs?

Thursday, July 8 is the day to pick your partners, do-si-do, and go dance the Senior Square Scramble Round at the Springdale Golf Course. Each player will contribute \$2 and the committee will contribute \$3 to the prize pot. The top three teams with the lowest score over their collective handicaps will be winners. The pot will be split as follows: First place—50%, second place—30%, and third place—20%. Each player must have a minimum three game average at either Springdale or Lincoln Hills and his drive used twice. Hole all putts.

Jim Doyle continues to have the lowest average score of 38.8 followed closely by Kirby Callam at 40.5.

Hit them high, hit them long, and hit them straight.

—Chuck Travers

Monday Golf

We finally had a decent day for Monday golf at Lincoln Hills on May 17, with 37 players - 24 regulars and 13 walk-ons. Per usual, Jim Doyle was low at 36, while Eldon Crawfis and John Perryman closely followed at 38. Crawfis and Perryman managed to score birdies, Eldon with two. Bill Dahlin was closest to the pin at 8'6".



Hopefully, the weather gods will smile on us with more sunshine and we will respond with good scores.

Don't forget, we start at 7:30AM and walk-ons are welcome.

—Monday Golf Committee

Hidden Meanings

There are certain phrases which are commonly used, but which escape understanding as to why they mean what they do, or how they were derived.



For example, how many times have you heard weatherman Al Roker on NBC turn a forecast over to local affiliates and ask about the weather in "your neck of the woods." Where did that phrase come from?

Another example of a difficult to understand phrase is when we hear about someone doing something beyond the norm that is described as "pushing the envelope." How and why does this convey what the speaker means? Just asking! Does anyone know?

Endowment Fund

A raffle benefiting the SMC Endowment Fund will conclude on Friday, June 4. You need not be present to win.

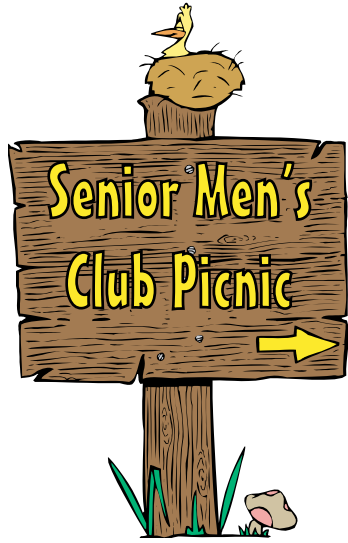
The prize is a luxury suite at the Detroit Ren Cen Marriott Hotel including dinner, breakfast, valet parking and extras. Bob Farmery, General Manager of the Marriott will try to make it a memorable experience.

—George Miller



SMC members Sid Smith, representing the Richard C. Devereaux Family, and Barbara and George Miller, were recently recognized for their generous financial support for the renovation of the Bates Street entrance of The Community House.

SMC Annual Picnic Earlier This Year



For the past few years the SMC Annual Picnic has been held near the end of August. This year, the picnic will be on Tuesday, August 17. The earlier date was requested by several members, so those who plan to leave the area in late August for Labor Day can attend this popular event.

The 2010 picnic will be at the Pontiac Yacht Club and the Straw Hat Band

will perform. It will be another memorable day with games, prizes, good food, and fun for all, so mark your calendars!

—Mike Clement

No Hard Copy

Slowly but surely, members and associates with email addresses are telling us we can discontinue conventional mailing of *The Reminder* in favor of the electronic version. The latest are Joe Pero, Frank Bujold, Jim Smallwood, Jay Smith and John Zarek. How about more - you can contribute to postage savings. We still mail to 263 men who have email!

John Steele notes that those with email should be able to download the electronic version, sent as an email attachment. A few men tell us the attachment doesn't come through - apparently a bigger problem for those with AOL accounts.

He suggests this can be a spam filter problem - you can review your spam folder for mis-sorts. Perhaps *The Reminder* is in this folder. If so, you should change your spam settings, with help from your provider's customer service, if necessary. Another option for receiving *The Reminder* is to download from the Community House website: [http://www.communityhouse.com/getinvolved/interest groups/SeniorMensClub.html](http://www.communityhouse.com/getinvolved/interest%20groups/SeniorMensClub.html).

—Dick Harper

Here's What You Missed in Toledo!



SMC Membership Decline



Kiwanis Club,
of Columbus, etc.

Demographics apparently are working against us - we haven't found means of attracting boomers.

And it's not as if we haven't tried - we dropped our geographic boundaries, which resulted in a short term spurt of new associates; we eliminated the "must be retired" requirement, which as yet hasn't produced any measureable effect; and we are encouraged to bring guests to Friday luncheons, which does appear to help in recruiting.

But overall, we continue to experience a membership decline - especially in the associate count, which is now down to 33 - the lowest in many years. In addition, our median age continues to rise and is now almost 80. Further, new associates tend to be almost as old as members; the average associate is 73, only 5 years younger than the average active member.

So what else can we try? We are planning to expand the description of the SMC carried in the quarterly Community House publication to describe our club, our appeals and the scope of our activities. Hopefully, we can reach and interest prospects. And of course, we publish articles like this asking for member help in recruiting, and you can be effective. In the last 12-15 months, Elson Spangler sponsored four associates, and John Marsh brought in three. It can be done!

Often one on one recruiting is most effective to "close the deal" - perhaps with a copy of *The Reminder* to communicate the appeals of our speaker programs and the variety of our activities.

So why not give it a try - maybe with that 55-65 year old at church or down your street - wouldn't he be a likely prospect? What is he doing Friday mornings? Why not buy him one of our fabulous lunches and recruit a new member?

—Dick Harper

"Baby boomers aren't joiners!" Every time the Executive Board addresses the problem of declining club membership, we hear that dreaded phrase. Members point out that all the social and service organizations we know anything about - the Kiwanis Club, of Columbus, etc. Demographics apparently are working against us - we haven't found means of attracting boomers. And it's not as if we haven't tried - we dropped our geographic boundaries, which resulted in a short term spurt of new associates; we eliminated the "must be retired" requirement, which as yet hasn't produced any measureable effect; and we are encouraged to bring guests to Friday luncheons, which does appear to help in recruiting. But overall, we continue to experience a membership decline - especially in the associate count, which is now down to 33 - the lowest in many years. In addition, our median age continues to rise and is now almost 80. Further, new associates tend to be almost as old as members; the average associate is 73, only 5 years younger than the average active member. So what else can we try? We are planning to expand the description of the SMC carried in the quarterly Community House publication to describe our club, our appeals and the scope of our activities. Hopefully, we can reach and interest prospects. And of course, we publish articles like this asking for member help in recruiting, and you can be effective. In the last 12-15 months, Elson Spangler sponsored four associates, and John Marsh brought in three. It can be done! Often one on one recruiting is most effective to "close the deal" - perhaps with a copy of *The Reminder* to communicate the appeals of our speaker programs and the variety of our activities. So why not give it a try - maybe with that 55-65 year old at church or down your street - wouldn't he be a likely prospect? What is he doing Friday mornings? Why not buy him one of our fabulous lunches and recruit a new member?



Ron Gettelfinger, UAW President, our speaker on May 21 and SMC May Program Chairman, Pradeep Mehra

Ernie Harwell

As we all know, long time and beloved Tiger's announcer Ernie Harwell passed away recently.



The SMC celebrated its 50th anniversary in 2005. One of our principal events was a banquet held at the San Marino Club,

which was to feature a prominent speaker or entertainer and we contacted Ernie as a possible speaker.

Unfortunately, we didn't make a connection with him, but he did send a very brief, but nice letter congratulating the SMC on our anniversary. Of course, we saved his letter and now have Ernie's autograph (which will likely be passed along to a sports loving son-in-law).

—Dick Harper



Paul Cicchini receives his new Life Member recognition from SMC President Irv Poston

Groups



Book Reading Groups

On Wednesday, June 2 at 10:30AM, we will be discussing "The Old Cape Magic" by Richard Russo. The book's two-part structure is simple and elegant: two weddings, a year apart, the first on Cape Cod, the second in Maine. Russo's focus in both parts is on Jack Griffin, a 57-year-old English professor who's having a "middle-age meltdown." Even while the wedding march plays for members of the younger generation, he's busy fumbling his own 34-year marriage. He's bored with teaching, and he hankers after the excitement of his Hollywood writing days. His bigger problem, though, is that he still harbors enough "pathological resentment" toward his parents for a therapists' convention. He's been carting his father's ashes around in the trunk of his car for nine months, waiting for just the right moment to let go of the mortal remains of the man who drove him crazy. And meanwhile, his 85-year-old mother keeps heckling him from her nursing home.

On Monday, June 21 at 3:00PM, we will be discussing "Predictably Irrational" by Dan Ariely. The joy in this book lies in the fact that every few pages you will find yourself smiling because you too have behaved in the irrational manner being described, and now that you look back on it, it's hard to remember why. If you enjoyed "Freakonomics" you will also enjoy this book. The pace is quick, and nearly every page contains some nugget of surprising information that you'll want to tell your friends. The book is structured around experiments, with each chapter covering the results of experiments in a specific area of irrational behavior, the implications for society, and what individuals might do to mitigate it. It's a hard book to put down, and it's both entertaining and interesting from start to finish. For those who are curious about the world, this might be the ultimate beach or airline reading!

—Ted Chapekis



Classic Movie Group

Impresario Bob Jackson has selected for viewing on Monday, June 14 at 1:00PM, the 1934 American comic detective film, "The Thin Man" starring William Powell and Myrna Loy as Nick and Nora Charles. The chemistry between the flirtatious married couple is obvious as they exchange snappy comebacks and trade witty dialogue. This film has it all, combining suspense, good plot, great acting and humor while they solve crimes with urbane sophistication. The film was such a success that it spawned five sequels from 1936-1947 and a television series in the 1950s. This is the one to bring your date to just to see a man meet his match in the 1930s. A rare feat in those days, in film that is!



—Augie Perrotta



Investment Group

On Wednesday, June 9 at 2:45PM, the Stock Game winners and other SMC members will share their stock picking wisdom. Ideas to improve the investment meetings and the stock game are encouraged.

Ted Chapekis is the Stock Game leader with a 62% gain. He was up 113% from last year. Joe Samyn is second with a 34% gain. Frank Zernhelt is third followed closely by Pete Mehra, Gus Grozdon, Mike Clement and Jon Haber. The game ended on May 28. Final results will follow in next month's issue of *The Reminder*.

—George Miller

Hang in There

A recent issue of *Smart Money Magazine* reported that the fastest growing segment of the US population is the 100 plus category. We continue to live longer and better. Centurions (is that a word?) numbered only 84,000 in 2008, but are projected to reach 580,000 by 2040.

Senior Health Matters— Preventing Falls

Every 25 minutes, an older American dies as a result of a fall and every 15 seconds, an older adult is treated in the ER for a fall. In addition, the fear of falling may cause you to limit your mobility. Sharon Claye, fall prevention specialist, presented the Six Step Balance System⁽¹⁾ to the SMC Discussion Group in April. She described a series of movements and exercises that are designed to improve balance and reduce the probability of falls and related injuries. The system increases body flexibility, leg strength, and overall endurance and reduces the fear of falling. The six elements are:

1. Stretching in bed exercises to improve flexibility and mobility
2. Balance exercises to promote better posture, confidence, leg strength and overall stability
3. Ball handling activities to improve balance and dexterity
4. Walking while on the telephone to focus on dual tasks that involve both hemispheres of the brain to improve balance
5. Practicing “the art of falling” with a relaxed slump into a comfortable chair and reduce the fear of falling
6. Dancing with a pillow to relax and easily move forward, backward, sideways and in circles

Older adults and caregivers can do a lot to reduce the chances that you or someone you care for will fall. There is an excellent pamphlet⁽²⁾ and flyer⁽³⁾ available with tips that can help.

(1) How to Prevent Falls: www.howtopreventfalls.com; e-mail: bpc@senior-fitness.com; Senior Fitness, 1780 Penfield Road, Penfield, N.Y. 14526-2104; toll free 1-800-306-3137

(2) Preventing Falls title #5366: www.journeyworks.com; Journeyworks Publishing, P.O. Box 8466 Santa Cruz, CA 95061; toll free 1-800-775-1998

(3) Falling Prevention Tips: Prithcett & Hull Associates, Inc., Atlanta, GA, 800-241-4925



The Winning “Giants” Bowling Team with the Swartz Trophy: Tom Tabor, Captain George Moore III, Jim Judge and Dr. Dave Dinger

Postal “Perfect Storm”

Last month, delivery of *The Reminder* by conventional mail encountered a “perfect storm” and was late for many recipients. Our mail team followed their usual schedule, but when they arrived at the Birmingham Post Office with our bulk mail for first class handling, circulation manager Bob Jordan learned that not only was our bulk mail contact not available - her backup was also out. Bob was advised to proceed to the Bloomfield Hills branch on Long Lake Road.

Unfortunately, this was bum information - that branch doesn’t handle bulk mail, so Bob was next directed to the branch on South Blvd. Of course, we weren’t expected and the processing was less than expected or efficient.

We apologize for some late deliveries. More importantly, we have registered our concern and complaint with the Post Office, pointing out that from a customer point of view, we expected backup support for the first class bulk mail handling we pay for.

—Dick Harper



Our speaker on May 14, Dr. Gordon H. Mueller, President & CEO, National WWII Museum with Mike Byelein, Museum Board Member and SMC May Program Chairman Pradeep Mehra

Mystery Lyrics

Seven readers recognized the song from last month's mystery lyrics, which were:

*Chills run up and down my spine
Aladdin's lamp is mine*

The song is "Long Ago and Far Away." Congratulations to Mary and Jerry Heller, Dale Parker, Jack Howell, John Parker, Clay Gordon (who gets them all), Jody and John O'Brien and Sherwin Vine. But only four remembered that Cab Calloway's biggest hit and theme song was "Minnie the Moocher." They were the Hellers, Jack Howell, John Parker and Sherwin. You can catch Cab singing this on YouTube.

This month, we are going to vary the mystery song challenge a little. Instead of asking readers to remember a song from some lyric lines, we would like to see if you can recall the tune where Ira Gershwin managed to rhyme the words "Yonkers" and "conquers" - cleverly done!

Lastly, regular Clay Gordon remembers dancing to the Johnny Long Band in the Detroit area in 1944-45, and wonders if anyone can remember the theme song and best known recording of this "old left-handed fiddle player." Some of us may recall singing this song in our college days, perhaps accompanied by adult beverages.

—Dick Harper



CLUB DATES TO REMEMBER

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

Reminder Deadline: Friday, June 18

Games

Bowling: Wednesday, 10:30AM at Thunderbird Lanes (practice)

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

Golf: Monday, 7:30AM at Lincoln Hills
Thursday, 9:00AM at Springdale

Special Events

SMC Boat Cruise, Wednesday, July 21, 5:00PM

SMC Annual Picnic, Tuesday, August 17 at Pontiac Yacht Club

Group Meetings

Book Reading Groups: Group A: Wednesday, June 2, 10:30AM
Group B: Monday, June 21, 3:00PM

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

Camera Group: No meeting

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

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

All events at The Community House unless otherwise stated.

SMC on the Web:

<http://www.communityhouse.com/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 2010 are: Irvin E. Poston, president; John S. Flintosh, first vice president; Charles B. Kirkpatrick, second vice president; David A. Schwartz, recording secretary; Dennis J. Kozak, corresponding secretary; William L. Sprague, treasurer; Richard E. Shirley, assistant treasurer; Robert W. Jordan and Roger T. Struck, officers at large; Bill Crabtree, parliamentarian.

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

Senior Men's Club of Birmingham
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www.communityhouse.com



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