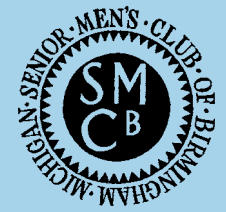


The Reminder



May 2013

Senior Men's Club of Birmingham, Michigan

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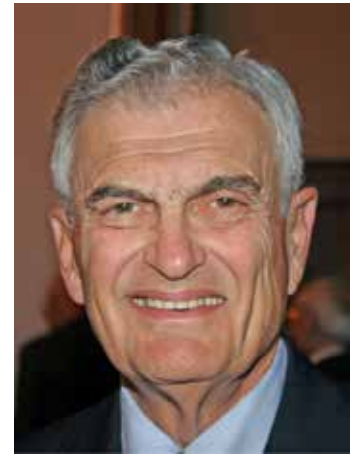


George Stern

Member George Stern was recently recognized and honored for multi-faceted contributions to our community, in an article in the *Birmingham Eccentric*. George was born and brought up in New York City earning degrees both from Columbia and Harvard (MBA). He was in the railroad business for much of his working career. George and his wife Fran moved to the Birmingham area in 1977, and almost immediately joined multiple organizations.

His personal philosophy is to contribute and to be involved in as many community activities as possible. In addition to currently serving as the SMC Second Vice President - where he is responsible for planning all of our Friday Programs, George somehow finds the time and energy to serve with many other organizations with his financial expertise:

- the Birmingham Museum and Park Board
- the Birmingham Rotary Club which provides financial support for community projects
- SCORE - executives monitoring entrepreneurs and small businesses
- Jewish Vocational Services - advising on finances and investments



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MAY PROGRAMS

MAY CHAIRMAN: Joe Knollenberg

- 3 Paul Welday, Partner, Superior Capital Group.....*The World of Politics!*
- 10 Brian Calley, Lt. Governor, State of Michigan.....*Governing Michigan-Challenges and Opportunities*
- 17 James Alexander, Judge - 6th Circuit Court*Current Court Developments*
- 24 Steven Mitchell, Chairman, Mitchell Research*Conducting Focus Groups: How We Do Them and What We Learn*
- 31 Brian Barnett, Mayor of Rochester Hills.....*Being the Rochester Hills Mayor*

JUNE PROGRAMS

JUNE CHAIRMAN: Dave Zimmer

- 7 Elizabeth Garlow, Founder, Kiva Detroit*From Coats to Sleeping Bags; A Detroit Story*

MAY DISCUSSIONS

MAY CHAIRMAN: Alan Thomson

- 3 Jack Finley, SMC Member *My Years as the Physician of the Detroit Red Wings*
- 10 Michael D. Whitty, PhD, Retired Professor, U of Detroit Mercy..... *Seniors and Involvement in the Community*
- 17 Penny Kennedy, Psychologist..... *Grief and the Loss of Hearing*
- 24 Jaap B. Delevie, SMC Member..... *Use of the Defibrillator*
- 31 George A. Grove, SMC Member *Obama Care*

JUNE DISCUSSIONS

JUNE CHAIRMAN: Robert Doll

- 7 To Be Announced

New Members:



Richard D. Cowan
5656 Firwood
Troy, MI 48098-2511
248-312-0257
E-mail: Richard.cowan@
arcelomittal.com
Sponsor: Jim Nordlie



Swarn G. Rajpal
5802 Clearview Drive
Troy, MI 48098-2431
248-641-8004
E-mail: swarn7@hotmail.com
Sponsor: Pete Mehra



Carlton W. Bardel
650 Crescent Court
Ortonville, MI 48462-9742
248-645-7403
E-mail: carlton_bardel@ml.com
Sponsor: Dick Kamp



Raymond S. Froling
5541 Poppleton Court
West Bloomfield, MI 48324-1142
248-683-9439
E-mail: RSFroling@comcast.net
Sponsor: Ron Denton



Dennis T. Currier
1157 Timberview Trail
Bloomfield Hills, MI 48304-1551
248-299-9416
E-mail: DCurr10@aol.com
Sponsor: Jonathan Haber



Dale L. Prentice
799 Vinewood
Birmingham, MI 48009-1312
248-593-6222
E-mail: Louie2nd@aol.com
Sponsor: Mike Clement



Robert C. Warren
30755 Timberbrook Lane
Bingham Farms, MI 48025-4664
248-647-1461
E-mail: RCdeWarren@att.net
Sponsor: Ron Denton

New Associates:

Rasesh Desai
163 Four Seasons Drive
Lake Orion, MI 48360-2646
248-722-4411
E-mail: rasdesai@hotmail.com
Sponsor: Swarn Rajpal

Kenneth W. Peterson
26478 Ballantrae Court
Farmington Hills, MI 48331-3528
248-681-9700
E-mail: ken@kwpeterson.com
Sponsor: Larry Dargan

Richard F. Volpe
1096 Rock Spring Road
Bloomfield Hills, MI 48304-3144
248-417-5435
E-mail: rfav13@gmail.com
Sponsor: Dick Harper

To Life Member:

John J. Kary

Deaths:

Howard H. Chapman, (Life) joined October 1992

Harry W. Cyphers, (Life) joined February 1990

Robert F. Erben, (Life) joined February 1996

Kenneth L. Urwiller, (Life) joined March 1997

Resigned:

Henry Whiting, Jr.

—Pete Kass, Membership Chairman

—Robert Beach, Database Chairman

—Bill Shaffmaster, Tom Booth & Gene Markel,
Photography

2013 SMC Handbook

The 2013 SMC Handbook continues to be available. See Bob Clements any Friday for a copy if you haven't received one. Life members can receive a copy by mail by contacting Jack Burns of the Handbook Committee at 248-644-7619 or JackBurns1@comcast.net.

—Bob Clements

Groups



Book Reading Groups

On Wednesday, May 1 at 10:30AM, we will discuss "Sweet Tooth" by Ian McEwan. Cambridge student Serena Frome's beauty and intelligence make her the ideal recruit for MI5. It is 1972 and the Cold War is far from over. England's legendary intelligence agency is determined to manipulate the cultural conversation by funding writers whose politics align with those of the government. The operation is code named "Sweet Tooth." Serena is the perfect candidate to infiltrate the literary circle of a promising young writer named Tom Haley.

On Monday, May 20 at 3:00PM, we will discuss "1775 - A Good Year for Revolution" by Kevin Phillips. Phillips says that for too long, historians have listed 1776 as the pivotal year in the beginning of the American Revolution. As he writes in the book's opening pages, "If 1775 hadn't been a year of successful nation building, 1776 might have been a year of lost opportunity. Congress was already meeting in Philadelphia and establishing crucial policies that would help win the war. These seeds would eventually bloom into a well-armed military that would finally achieve victory in 1783."

—Ted Chapekis



Investment Group

On Wednesday, May 8 at 2:45PM, Bill Pulte, Managing Partner, Pulte Capital Partners, LLC will present "Investing in Middle Market Private Equity." Bill is a board member of The Community House and sits on the Investment Committee. He will share his insights on how young businessmen are investing and how they are helping the economy and their local communities. Bring a grandchild or a young person to learn about investing in the future. Opportunities have never been better!

We have another new leader in the Stock Game. Jack McCleary is up 47.8% - he owns Mexican stocks. Ed Cox is second with a 39.4% gain. Tom Booth, Kirby Callam, Paul Dufault and Ted (all Ford) Chapekis follow. The game ends May 31.

—George Miller



Computer Group

The Computer Group will meet on Wednesday, May 15 at 3:00PM. Guest Speaker Tom Allen will describe Cloud Computing and Evernote. Cloud Computing is the use of computing resources, both software and hardware that is delivered as a service over the internet. Evernote is a suite of software and services designed for note taking and archiving by a user.

—Ron Denton



Classic Movie Group

Once again, the SMC brings you one of the great swashbuckler films from the golden age of that genre 1935-43. Join us on Monday, May 13 at 1:00PM for the 1942 film "The Black Swan," starring Tyrone Power and Maureen O'Hara. It has all the ingredients - battles at sea, swordplay (especially the climax), damsel in distress, romance and great villains.

"Black Swan" truly deserves its Oscar for best cinematography with its breathtaking weaving of lights and shadows usually accomplished only with black and white photography, but this is in glorious Technicolor. As usual, it will be shown with English subtitles for your viewing pleasure.

—Augie Perrotta



George Stern

...continued from page 1

He also chaired the 50 year reunion of his Columbia graduating class, and received a distinguished alumni award. He has also written for the Harvard Business Review.

In the midst of all this, George somehow finds time for golf and tennis. His tennis partner is 95 years old! He loves Birmingham and contributing what he can.

Congratulations George - you really exemplify the "service to the community" element of our club's mission statement.

—Dick Harper

Annual Picnic

Mark your calendars for our traditional summer picnic, which will be held earlier and at a different and closer location this year.

Date - Tuesday, June 18

Time - 10:30AM - 2:30PM

Location - Beverly Hills Park
(Beverly Rd. - west of Southfield)

Plan to enjoy the fellowship, food, fun and festive music. We will also have our usual classic car display, coordinated by Bob Jordan. Ticket sales will start May 24.

—Special Events Committee

River Cruise-Save the Date

This year's River Cruise will be held on Wednesday, July 24. Always a sell-out, this year's event will be an awesome and fun day. Plan to join us. Details next month.

—Special Events, River Cruise Committee

Last Chance – Toledo Mudhens Baseball

On Wednesday, May 15, we will once again board the bus for a trip to Toledo and beautiful Fifth Third Stadium for a baseball battle between our Toledo Mudhens and the Scranton/Wilkes-Barre Rail Riders. After the game we will enjoy a late lunch at nearby Forresters Restaurant on the Maumee River. On the way home we will view a video explaining nuclear energy as we pass the Enrico Fermi nuclear power generation station near Monroe. Tickets will be on sale until Friday, May 10 (or until we sell out – this is a popular event) at \$35 each (lunch not included).

—Jim King



Senator Carl Levin recently spoke to a large and appreciative Club audience, giving us his perspective on current Washington financial issues.

Thursday Golf

In the novel "Rob Roy" Sir Walter Scott wrote: "But it is an ill wind that blows naebody gude". This was especially true for SMC Thursday golfers during the month of April. The weather was good for the May flowers but caused limited play and cancellations for our intrepid golfers.

The Senior Men's Club Thursday Golf League is the best bargain for golfers in southeast Michigan. For only \$12 golfers can play nine holes on one of the best municipal courses in Michigan. Nine holes of golf in the great outdoors is great therapy to maintain and improve both the sharpness of the mind and tone of the muscles. In addition, you will be playing golf with the most urbane, handsome, gregarious, and talented men in the midwest. (Well, maybe not so talented). So get off the couch and join us on Thursdays.

You do not need to have a City of Birmingham Leisure Pass to participate with the Senior Men's Club Leagues as all membership requirements have been achieved. The Thursday Golf League welcomes walk-ons.

—The Golf Committee

Bowling Champs

The Ibex team, comprised of Ben Mangiapane, Dick Harper, Sherwin Vine and Denny Winowiecki) has won the league championship. In an extremely close contest, they edged out the Seals (Chuck Frederick, Tom Johnson, Bob Klein and Bob Jordan) by a mere 12 pins in exciting competition. This will be the first time long time bowler Sherwin Vine will have his name on the league championship trophy.

The annual bowling banquet will be held at TCH on May 29. All are invited.

—Dick Harper



Dick Kamp - Corresponding Secretary

Member Dick Kamp has been unanimously elected SMC Corresponding Secretary to fill the vacancy created by the resignation of Ed Burke as a club officer. Congratulations and good luck, Dick!



A Mighty Oak Has Fallen

The Senior Men's Club has lost a MVP (Most Valuable President) with the recent passing of Past President Ken Urwiller. Ken was one of those quietly effective members and leaders who contributed most significantly to our growth and success. Ken became a member in 1997 and almost immediately assumed an active role with multiple committee responsibilities. Perhaps his most significant contribution was serving as Chairman of the Visitation - Health Committee. This is a very time-consuming position, which Ken held during 2001-2003.



His leadership qualities were recognized and Ken moved through our officer ranks, culminating in club Presidency in 2008. He served the club he loved so much with quiet dignity and effectiveness. Ken will certainly be missed.

—Dick Harper

Senior Health Matters- Are You Overweight?

There are two tests that you can do yourself. Calculate your body mass index (BMI) and measure your waist to help determine whether you should cut back on your food intake and step up your exercise regimen.

1. Calculate BMI

To calculate your BMI, multiply your weight in pounds by 703, then divide that by your height in inches, squared. Warning: Your BMI will not tell you how physically fit you are. Some couch potatoes have a fine BMI, while many moderately overweight people, like me, are active and healthy. A BMI under 25 is considered normal weight; from 25 through 29, overweight; and above 30, obese.

2. Measure Your Waist

To measure your waist circumference, wrap a tape around your bare abdomen-about an inch below your lowest rib. Stand up straight and don't suck in your stomach. Relax, exhale, and take the measurement at the end of exhalation. For men, a waist of 40 inches or greater is a cause for concern. Men with bigger waists are more likely to die earlier than those with smaller waists regardless of their BMI. Belly fat is more metabolically active than fat stored in hips and thighs-and more closely linked to heart disease.

—Augustine L. Perrotta, DO

Life Member John Kary



If ever a member deserved and epitomized the term "Golden Oldie" it would be our newest Life Member - John Kary. At the age of 97, John has finally achieved this honored status in completing 10 years of club membership.

John was born in Butler, Pennsylvania, moved to this area and graduated from Northwestern High School in 1932. He attended the University of Michigan as both an undergraduate and graduate student, receiving a Master's in Metallurgical Engineering in 1938.

He started a working career with Revere Copper and Brass, then joined Chevy Forge in 1940. He spent 45 years with General Motors with an extensive array of assignments and responsibilities. After retirement John consulted for GM for 10 years, with significant financial benefits from his cost savings suggestions.

John and his wife, Francis, were married for 67 years; sadly, Francis passed in 2009. John is one of our most active and avid golfers, regularly shooting 43-46 for nine holes. Golf Committee member Tom Schrift refers to John as "My Hero". He is also active in the Reading and Investment Groups. Congratulations and welcome John!

—John Steele

Mystery Lyrics



Last month's mystery lyrics were not a great challenge, since 16 readers recognized that these opening lines:

*I've been around the world in a plane
I've settled revolutions in Spain*

are from the jazz classic "I Can't Get Started With You" - the theme song of that great trumpeter Bunny Berigan. We would like to recognize less frequent contributors, so congratulations to John Zarek, Frank Biondo, Ben and Judy Ewing, Pat (Dick) Smith, Jeannie Miller, Tom King and Norma (Dick) Secrest. Pat Smith gets special credit for singing her answer!

This month we have a romantic ballad for you which might also be easy, but it's a favorite.

*Stars and steel guitars, luscious
lips as red as wine
Broke somebody's heart and
I'm afraid that it was mine*

Can you name that tune?

Sports Trivia

Our challenge about what hockey player wore number 99 proved to be more difficult than expected. Only 5 remembered that this was hockey's all time point leader - Wayne Gretzky. Congratulations to John Zarek, Dick Kamp, Dick Smith, Tom McNally and Lynn Evans. Supposedly, Wayne was a great admirer of Gordie Howe and thought to honor him by wearing 99, but not 9.

This month we have another hockey item for you. Who were the players who comprised the Production Line? OK - that's too easy, so you have to come up with the numbers they wore in addition to their names.

—Dick Harper

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 2013 are: Stuart B. Shuster, president; John M. Steele, first vice president; George L. Stern, second vice president; Eugene P. Jacoby, recording secretary; Edward J. Burke, corresponding secretary; James E. Bayson, treasurer; Richard E. Shirley, assistant treasurer; David A. Schwartz and Clifford O. Bath, officers at large; George A. Grove, parliamentarian.

THE REMINDER includes: Dick Harper, editor; Chuck Kirkpatrick, Chuck Ragains John Reddy, 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, May 14, 9:30AM

Reminder Deadline: Friday, May 17

Games

Bowling: Wednesday, 11:00AM at Bowlero Lanes (practice)

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

Monday Golf: 7:30AM at Lincoln Hills

Thursday Golf: 9:00AM at Springdale

Special Events

Toledo Mudhens, Wednesday, May 15

Annual Picnic, Tuesday, June 18, 10:30AM-2:30PM

Group Meetings

Book Reading Groups: Group A: Wednesday, May 1, 10:30AM

Group B: Monday, May 20, 3:00PM

Classic Movie Group: Monday, May 13, 1:00PM

Camera Group: No meeting in May

Investment Group: Wednesday, May 8, 2:45PM

Computer Group: Wednesday, May 15, 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>