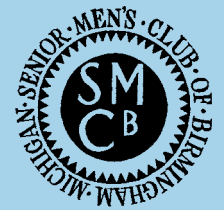


The Reminder

July 2010

Senior Men's Club of Birmingham, Michigan



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Summer Boat Cruise

The Special Events Committee has planned a wonderful evening dinner cruise aboard the Diamond Belle Cruise Ship for Wednesday, July 21, 2010. By the time you receive this newsletter, we will have sold the first day of tickets. We have three buses reserved (168 passengers) which the boat can handle nicely. Starting July 2, we will offer tickets to members and non-member guests until the ticket allocation has been depleted.



We will leave from the First Presbyterian Church on Maple Road in Birmingham at 3:45PM. The cruise around Belle Isle and down the Canadian shoreline will last three hours. Light beverages and a cash bar will be available throughout the cruise. There will be a chef carved roast beef buffet dinner served that includes salad, vegetables, pasta, rolls and dessert. We will be entertained by the Louis Johnson Jazz Trio from Ann Arbor for listening and dancing.

Tickets are \$45 per person. Call Jim Judge, Event Chairman at 248-709-3429 if you have any questions. Don't forget your cameras and "we'll see you on the boat."

—Jim Judge

JULY PROGRAMS

JULY CHAIRMAN: Ed Cox

- 2 Todd Estes, Professor, Oakland University..... *Independence Day*
- 9 Marvin F. Ninneman, Historian..... *American Revolution Battlefields*
- 16 Chuck Moss, State Representative..... *Lansing Update*
- 23 Richard Shapack, Attorney..... *The Nuclear Navy*
- 30 Joel Stone, Curator, Detroit Historical Museum *Detroit History*

AUGUST PROGRAMS

NO MEETINGS

JULY DISCUSSIONS

JULY CHAIRMAN: Eugene R. Winters

- 2 Lorraine Stefano, ACSW and President, I Choose Health..... *Get Trim and Fit this Summer*
- 9 Keith Koppmeier, Popular and Community Programs Administrator, DSO..... *The DSO*
- 16 Kelly Brault-Sr. Development Mgr. and Todd Slisher, COO & VP-Visitor Programs & Services *The Detroit Science Center*
- 23 Paul Good, Manager of Community and Government Relations..... *The Detroit Zoo*
- 30 Ralph Bowen, SMC Member *The Ralph Bowen Orchestra Live at the Graystone Ballroom*

AUGUST DISCUSSIONS

NO MEETINGS

New Member:



Thomas E. Kirchhofer
4139 N. Fulton Place
Royal Oak, MI 48073-6353
248-549-1448
E-mail: seastructor@aol.com
Sponsor: Hal Bay

Life Member:

S. Peter Bayekian (LOA)

New Associates:

Ralph Cowie (Marianna)
1675 Kirkway Lane
Bloomfield Hills, MI 48302-1360
248-851-2010; E-mail: rcowieret@comcast.net
Sponsor: Jim Smallwood

Douglas F. Allison (Sarah)
3707 W. Maple Road, Bloomfield Hills, MI 48301
248-433-3567
E-mail: dougallison@sbcglobal.net
Sponsor: Richard Lindgren

James A. Brisko (Beverly)
1912 Sherwood Glen
Bloomfield Hills, MI 48302-1772
248-851-4671; E-mail: brisko@att.net
Sponsor: William Sprague

Julian M. Greenebaum (Frances)
4764 Pickering Road
Bloomfield Hills, MI 48301-3575
248-855-1467; E-mail: jumogre@sbcglobal.net
Sponsor: John Marsh

David R. Zimmer (Donna)
1255 Indian Mound West
Bloomfield Village, MI 48301-2261
248-760-1591; E-mail: zimmerdr@aol.com
Sponsor: John Perryman

Jonathan M. Rowell (Christel)
1173 Glenpointe Court
Bloomfield Hills, MI 48304-1511
248-853-0773; E-mail: rowell@t-online.de
Sponsor: Bob Gualdoni

Resigned:

Associate **William Duffy**

New Email Address:

T. Leonard Terry---lenloisterry@aol.com
George R. Mosher---grmosh@comcast.net

Change of Addresses:

C. Granville Sharpe, 915 Tartan Trail,
Bloomfield Hills, MI, 48304-3821
Andrew Park, 7265 Deep Run Drive, Unit
721, Bloomfield Hills, MI, 48301

Deaths:

Robert U. Obringer, (Life), joined Apr. 1987
David H. Dobson, (Life), joined May 1985
Michael J. Rokosz, joined October 2009
Charles Morse, (Life), joined Oct. 1980
Chris Montross, (Life), joined Nov. 1994

—Pete Kass, Membership Chairman
—John M. Steele, Database Chairman
—Bill Shaffmaster and Tom Booth, Photography

Fund Drive Update

Special thanks to the 54 new donors to The Community House Annual Fund Drive. We are approximately at the same dollar amount for giving as we were last year at this time. Our donors have been most generous during these challenging times. The Community House and the Senior Men's Club thank you.

Meanwhile, there are 95 of you who had given last year before this time and have not yet given this year. We hope "the check is in the mail!" We are optimistic that the economy will pick up soon. Our friends in the Investment Group are looking forward to a summer rally. This is a difficult time in the Detroit area and The Community House needs our support to fulfill its mission of meeting the changing needs of our community.

—Jack McLaughlin

Photographer Needed

The Reminder is looking for a photographer to join our team. The principal responsibility is occasionally taking pictures of new members and/or speakers at Friday meetings.

If you might be interested or have any questions please contact Dick Harper at 248-642-4992 or RNHarper32@comcast.net. Thanks for your consideration.

Groups



Classic Movie Group

"Treasure Island" is the 1934 film adaptation of Robert Louis Stevenson's famous 1883 novel to be shown by Chuck Kirkpatrick on Monday, July 12 at 1:00PM. It is the first and best film to capture the spirit of the book under the direction of Victor Fleming (who also directed "The Wizard of Oz" and "Gone with the Wind"). This is a high seas adventure about pirates and buried treasure on a remote island starring Wallace Beery, Jackie Cooper and Lionel Barrymore guaranteed to restore your youthful spirit, if not your mind or body. Please come with your designated driver.



—Augie Perrotta



Book Reading Groups

On Wednesday, July 7 at 10:30AM, we will discuss "What Would Google Do?" by Jeff Jarvis. The author is a columnist and media blogger, who presents his impressions as to how Google has succeeded in harnessing the power of the internet in an era of customer-driven information processing with benefits for individuals and corporate entities.

On Monday, July 19 at 3:00PM we will discuss "Sarah's Key" by Tatiana de Rornay. This is a fictional account of how a young Jewish girl is arrested by the French police in 1942 and experiences every horror of the Holocaust, including separation from her family and imprisonment in camps of savagery. The book is described as "beautiful, painful to read and compelling - a story of France's darkest days."

—Ted Chapekis

Favorite Highway Sign

"Road Work Ended"



Investment Group

Ted Chapekis won the Stock Game for the second year with a 65% gain; he gained 106% last year. Ford has been good to him. He won \$310 in our contest. Mike Clement was second with a 38% gain; he won \$200. Joe Samyn finished third and won \$128. Jon Haber, Frank Zernhelt, Pete Mehra and Gus Grozdon followed.

The average gain for the 68 players was 6.4%; the S&P 500 gained only 1.7%—a smart group of stock pickers!

Our next meeting will be Wednesday, September 8 at 2:45PM. Shawn Burr will tell us how to score in the market. The Stock Game will begin on Friday, October 8, 2010.

—George Miller

Attention All Andrew Lloyd Weber Enthusiasts!

Get your passports ready...save the date!

When:

Thursday, October 7, 2010

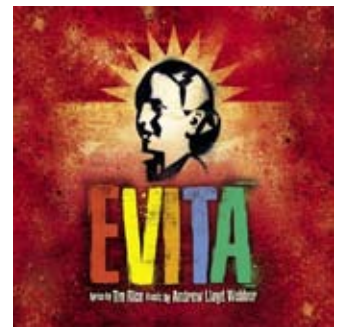
What: EVITA

Where:

Stratford Music Festival

Details in the next

Reminder.



—Special Events Committee

Endowment Fund

With strong support from SMC members, the Detroit Marriot Ren-Cen raffle yielded a record \$1050 for the fund. Ed Cox was the lucky winner of the Romance Package. He is smiling. The Community House and your fund thank you for your financial support.

A 50/50 raffle will be offered at the SMC picnic on Tuesday, August 17. Bring some extra dollars to support your fund.

—George Miller

Games

Thursday Golf

THE GAME IS ON! The next few Thursdays are critical dates in the competition to end the Thursday Golf season with the lowest gross score. Jim Doyle has dominated the league by consistently scoring in the high thirties. In the last two weeks major competition has arrived. On June 10 Don Foehr scored 38 and on June 17 Kirby Callam scorched Springdale with a 36. The Committee is considering setting up an office pool to wager on who will win this highly coveted title.

Mark your calendars. The Thursday Golf Tournament will be August 26, September 2, and September 9. Brief rules:

- Best two (2) consecutive 9 hole rounds (not best two of three)
- Each player must have completed 4 rounds of play by August 19
- Hole all putts. Gimmies cannot exceed 6 inches (length of folded scorecard)
- Red tees on holes 3, 5, and 9. White tees on all other holes
- Players age 80 and older may use all red tees
- One mulligan on hole #1
- Handicaps from Lincoln Hills may be used

The Stonycroft Scramble and luncheon will be on Tuesday, September 14. Tickets will go on sale July 23. Price to be determined.

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

—Chuck Travers

No Hard Copy

We continue to benefit from readers who decide that receiving *The Reminder* by email works for them - in color and almost a week sooner than conventional mail -and they tell John Steele he can drop them from the mail list.

Our thanks to John Marsh, Al Gladner, George Mosher, Karl Klipfel, Wynn Bussmann, Dick Moxley, Bob Babcock, John Kary and Bob Chandler. Any more out there? We save nearly \$1 a copy in printing and postage expense.

—Dick Harper

To Hell and Back— A Fun Filled Experience

Has anyone ever told you to “Go to Hell?” Well, now is your chance to find out just where Hell is and how the town got its name.



Founded in the early days before the Civil War, the little town of Hell, Michigan is hidden from the world about midway between Howell to the north and Ann Arbor to the south. It hasn't changed much, in fact for years the population of Hell has remained around 74 people.

Now is your chance to attend this memorable Special Event trip “To Hell and Back” on Wednesday, September 22, 2010 with our deluxe 56 passenger bus leaving the Birmingham Presbyterian Church parking lot at 9:45AM.

Features of the trip include:

- Lunch “on your own” at Hell’s humorous Dam Site Inn, which offers a variety of tasty entrées including buffalo burgers.
- Circle bus tour of the Hell area, narrated by a local authority. Includes the unique TMZ buffalo ranch, outstanding Pinckney Recreation Area and historic Unadilla Store along an old Potawatomi Indian Trail.
- Screams Ice Cream and Halloween Store--a spooky shop where our group is to receive complimentary ice cream and favors as part of the “tour package.”
- Quaint Hell Country Store, complete with U.S. Post Office, where shoppers can send greeting cards to people bearing the Hell postmark.

By mid afternoon, the bus will leave Hell and follow a scenic route through Brighton arriving back in Birmingham by 5:00PM.

Ticket price for this fun-filled event---only \$25. Tickets will go on sale at our annual SMC picnic in August. A stand-by wait list will be maintained.

Don't miss out on this fun-filled trip to Hell. See you on the bus!

—Committee: Tony DiMarco, John Horiszny, Jack Howell, Stu Shuster and Don Upward

Senior Health Matters— Herbal Medicines and Dietary Supplements

Sixty percent of Americans use “alternative” medicines for a variety of treatment and preventative purposes even though no regulations by the Food and Drug Administration regarding their effectiveness, ingredients or quality exist for herbal medicines and dietary supplements.

Major concerns are the potential for adverse effects and prescription medication interaction. Dietary supplements have multiple pharmacologically active ingredients and the likelihood of interactions is increased when compared with the likelihood of interactions between two prescription medications that would readily be detected by a pharmacist. The most common prescription medication classes with a potential for interaction are anticoagulants, sedatives, antidepressants and anti-diabetic agents. The most common dietary supplements with a potential for interaction are garlic, valerian, kava, ginkgo biloba, St. John’s wort, glucosamine, ginger and ginseng.

Several factors have contributed to herbal medicine’s rising popularity in the US: cultural, especially among Asians and Latinos, the rising cost of prescription medication, the perception that the side effects of herbal medicines are mild compared to many prescription or non-prescription drugs and the continuation of the “green” and “natural” movements of the 60s as reaction against the products and pollution of an industrialized society.

Before you use any herbal “medicine”, dietary supplement or over-the-counter medication, consult your physician and pharmacist to prevent a potential clinically significant interaction especially if you are on warfarin (Coumadin) or anti-platelet agents such as Plavix or aspirin.

—Jaap B. Delevie, M.D.



Photo by Tom Booth

Our June 18 meeting featured a warm tribute to Ernie Harwell, presented by sportscaster Ray Lane (left), and member Al Eicher (right), who were introduced by program chairman Jack McCuen (middle).

Free Lunch for Guests

During the month of September (September 3, 10, 17 and 24), SMC will offer a free lunch to prospective members, i.e., your guests. Here are the details:

- Open to guests of Members or Associates
- A maximum of 25 free lunches offered at each September meeting
- Sponsors must register each guest in advance with the Associates Committee by Thursday preceding the meeting at which the guest will be present

Register with Associates Committee Chairman John Klein at 248-363-3020 or e-mail klein60@yahoo.com.

Annual Picnic at the Yacht Club

The Senior Men’s Club annual picnic will be at the Pontiac Yacht Club on Tuesday, August 17, moved forward from the end of August to accommodate the members who take vacations over the Labor Day holiday.

The festivities start at 10:30AM with a special interest car display and games including two golf challenges, bocce and lawn darts with prizes for the winners.

Lunch will be at 12:00PM noon, and as last year, we are having a pig roast prepared by D.J.’s Meats, one of the area’s premier picnic food vendors. Grilled chicken will also be available for those who prefer chicken. Sides will include baked beans, a variety of salads, bread, drinks, and of course, ice cream.

The Straw Hat Band will provide the entertainment starting at 1:00PM. They know the music we all like and they perform it well.

Following the entertainment there will be a drawing for prizes: discounts at local, upscale restaurants. All in all, the annual picnic is a great way to end the summer with good friends from the Senior Men’s Club.

Tickets will go on sale on July 9. The price is \$15, a real bargain for what you get!

Maps with directions to the Pontiac Yacht Club in Keego Harbor will be available. If possible, share a ride to conserve parking spaces. Bridge players are welcome to use the tables and chairs at the Yacht Club or you can provide your own.

—Picnic Committee: Mike Clement, Tony DiMarco, Bob Gualdoni, Riggs Miller, John Ellis, Don Upward, John Wargelin, John Horiszny

Mystery Lyrics

Last month's musical challenges proved to be the most difficult ever. We asked if you could identify the song where Ira Gershwin managed to rhyme the words "Yonkers" and "conquers."

Only one reader - Bill Sprague - recognized that this song is "Who Cares," with these lines:

*Who cares if banks fail in Yonkers
As long as you've got a kiss that conquers*
Maybe in those days, banks failing
wasn't as prevalent.

The second question was even more baffling - no one remembered that Johnny Long's signature tune and million seller was "In a Shanty in Old Shanty Town." Maybe these opening lines will jog your memory banks:

*It's only a shanty in old shanty town
The roof is so slanty it touches the ground
But my tumbled down shack
by an old railroad track
Like a millionaire's mansion
is calling me back*

OK, let's hope this month's challenges are somewhat easier. Here are the opening lines from an old Hoagy Carmichael song:

*It's not the pale moon that excites me
That thrills and delights me*

Can you name that tune?

For a second challenge, here's a question that Bob Seeley often uses with his audiences - who wrote that great swing classic "Sing Sing Sing?" Hint: he was married to and performed with song stylist Keely Smith (what - you never heard of her?)

—Dick Harper



CLUB DATES TO REMEMBER

Executive Board Meeting: Tuesday, July 13, 9:30AM

Reminder Deadline: Friday, August 20

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, 10:30AM

"To Hell and Back," Wednesday, September 22, 9:45AM

Group Meetings

Book Reading Groups: Group A: Wednesday, July 7, 10:30AM

Group B: Monday, July 19, 3:00PM

Classic Movie Group: Monday, July 12, 1:00PM

Camera Group: No August meeting

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

Computer Group: No August meeting

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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