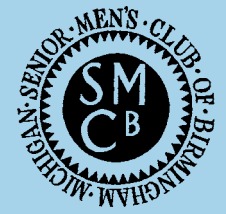


# The Reminder



April 2015

Senior Men's Club of Birmingham, Michigan

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## Joe Knollenberg: Three Decades in Insurance Business, Sixteen Years in Congress

Joe Knollenberg exemplifies the American dream in many ways. He is the grandson of immigrants, a successful businessman, and a member of the U.S. House of Representatives for eight terms.

Joe was born in 1933 in Mattoon, Illinois, the fifth of thirteen children. He graduated from Eastern Illinois University in 1955, majoring in Political Science. Following graduation he went on to serve in the U.S. Army from 1955 to 1957. He then spent more than three decades as an insurance agent and executive, initially for New York Life and Sears. He established his own agency in the late 1980's in Troy, Michigan.



During this period Joe became active in the Oakland County Republican Party, serving as chairman from 1978 to 1982. He was then selected to run in place of Congressman William Broomfield who was retiring from his seat in the 11<sup>th</sup> District. Joe won the Republican Party nomination for the U.S. House of Representatives in the August primary by 13 percentage points and then went on to win the general election in November 1992. This began an impressive run of election victories.

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## APRIL PROGRAMS

APRIL CHAIRMAN: John Reddy

- 3 NO MEETING (Good Friday)
- 10 Mariam Noland, President, Community Foundation for S.E. Michigan ....*Doing Good While Doing Well-Community Investments With Big Returns*
- 17 Dr. Justin Vitraz, Medical Director, Cardiovascular Performance Clinic, Beaumont Hospital .....  
*The Beneficial Effects of Exercise Related to Heart Health*
- 24 Lynn Henning, *Detroit News* Sports Columnist.....*Michigan Sports Scene*

## MAY PROGRAMS

MAY CHAIRMAN: Jim Bayson

- 3 John Carter, President, Chase Michigan.....*Chase \$100 Million - Detroit Investment Update*

## APRIL DISCUSSIONS

APRIL CHAIRMAN: Larry Imerman

- 3 NO MEETING (Good Friday)
- 10 Kate Long, Farm Project Manager, Gleaners Food Bank..... *Communities Growing Food to Feed the Hungry*
- 17 Lisa Kaplan, Counseling Head, Henry Ford Hospital System ..... *Drugs - Not in My Family*
- 24 Bill Winkler, Kavanaugh, Winkler & Associates ..... *Charitable Giving for Estate Planning*

## MAY DISCUSSIONS

MAY CHAIRMAN: Chuck Main

- 3 Dr. Warren Liu, Author.....*China: Key Success Factors*

## New Members:



**Matthew H. Johnson**  
235 Poppleton  
Birmingham, MI 48009-5725  
248-885-2611  
Matt1865cl@gmail.com  
Sponsor: Mel Zoschnick



**Arthur P. Kaye**  
1984 Hunters Ridge Dr.  
Bloomfield Hills, MI 48304-1036  
248-253-8916  
Apk1222@gmail.com  
Sponsor: Dick Bradley



**Ralph E. Muenchausen**  
18326 Riverside Dr.  
Beverly Hills, MI 48025-3122  
248-644-2636  
Gene1945@wowway.com  
Sponsor: Ed Burke

## To Life Member:

Robert L. Babcock  
Edward A. Proctor, Jr.  
James S. Slosberg

## Deaths:

Charles Amann (Life), joined July 1998  
William R. Denyes (Life), joined November 2002  
Clarke F. Thornton (Life), joined June 2001

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

## New Associates:

**Donald F. Kosch**  
9 West Lane Ct.  
Dearborn, MI 48124-1131  
313-319-1711  
DFKosch@hotmail.com  
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wseklar@gmail.com  
Sponsor: Bill Johnson

**Michael N. Speer**  
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Bloomfield Hills, MI 48304  
248-925-2346  
mikespeer@me.com  
Sponsor: Martin Rowell

**Robert K. Rauth**  
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Bloomfield Hills, MI 48302-4046  
248-540-7096  
rrauth@comcast.net  
Sponsor: Perry Driggs

**Gordon L. Rinschler**  
959 Oakland Ave.  
Birmingham, MI 48009-5760  
248-225-5590  
GLR101S@aol.com  
Sponsor: Tom Rowley





# Games



## Winter Golf

Winter golf practice at the Oakland Yard Dome will continue until the Lincoln Hills and Springdale courses open this spring.

The annual Chipping Contest was held on February 19 and was very competitive. This is not an easy contest and definitely is not for the party-waist golfer. It takes a lot of gumption to stand alone on the tee attempting to hit the ball into the bucket while being heckled by other golfers waiting their turn. The winners were:



First Place: Tim McGee with 17 points

Second Place: Tom Venier with 11 points

Third Place: Tie Frank Mei & Chuck Tholen with 9 points (Frank Mei won the playoff)

Noted teaching pro Dave Van Loozen made his second and final visit on March 12 for a final tidy up of our swings before the fierce competition of the Monday and Thursday Leagues begins. His visits and tips have been welcomed and very helpful. Tom Venier was voted by the judges to have the most improved swing.

The annual Putting Contest was held on March 19<sup>th</sup>. The results were not available at press time for the April *Reminder*.

—The Golf Committee

## Duplicate Bridge Refresher Course

The Duplicate Bridge Group will be conducting a "Bridge Refresher Course" designed to introduce past players to the 5-card major system. It will include the weak twos and strong 2-club bidding. The class will be held every Tuesday morning prior to the 9:00AM games. Participants may stay and play or not. Schedule your time for Tuesday mornings from 8:30 to 9:00AM. Classes will begin on April 17.



—Kirby Callam

## Monday Golf

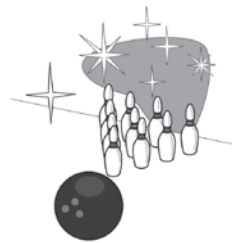
The crocuses are peeking up almost two inches. With the quickening of the loss of snow the grass is green(ing.) It's amazing what the sun does for life and its enjoyment. Monday Golf WILL begin on April 20 at Lincoln Hills. Sign-up sheets are posted on the bulletin board at the regular Friday Club Meetings. To reserve your tee time on a REGULAR basis (*for sixteen weeks*), we need your name and a check for \$224 by April 7. If you wish to play as a WALK-ON all that is needed is your name on the sign-up sheet. The available tee times run from 7:30 to 9:00AM. Questions may be directed to Bill Spreitzer at 248-647-5140.



—The Golf Committee

## Bowling

With two weeks left in our second half, the Sierra's (Chuck Frederick, Ken Beres, Bob Klein and Pete Kass) have already clinched the second half championship. They have a total of 78 points, well above the second place teams with 56 points. As Pete Kass noted, their magic number is now zero. The Sierra's will bowl against the Chargers (Chuck Ragains, Tom Venier, Nick Marinelli and Bob Jordan) for the league championship on April 6. Spectators are welcome.



We have had some good individual bowling in recent weeks - Nick Marinelli had 232 and 225 games, Phil Owen had 240 and 200. Ken Beres had his best game and series of the year at 200 and 535.

Our annual bowling banquet will be held Wednesday, April 15, at 6:00PM at The Community House. We expect to hear outlandish tales of past bowling accomplishments as well as sharing the great camaraderie of our diehard bowlers.

—Dick Harper





## New Life Members

**Bernard Arca** became one of our newest Life Members in a recent Friday morning ceremony. He was brought up and spent his early life in Europe, including earning a B.Sc. degree in Electrical Engineering in England. He started a career with Ford Motor Company in Dearborn in 1955. Being fluent in five languages resulted in Bernard having many overseas assignments with Ford.



He was first posted in Alexandria, Egypt. After two years, he was appointed District Manager in Athens, Greece. Next he was transferred to Bangkok, Thailand as District Manager for Southeast markets. He then moved to Lagos, Nigeria covering West Africa.

After 12 years of overseas assignments, Bernard requested posting in the U.S. to ensure a proper education for his son. He had assignments in South America and the Middle East before joining Ford Corporate Strategy, principally covering China, Japan and Korea. Bernard retired in November, 1989 after 35 years with Ford. His wife, Julie, passed away last August. His son is an attorney, living in Greenwich, Connecticut. He joined the SMC in 2005 and has been most active. Congratulations, Bernard!

Life Membership, our most prestigious category, was recently awarded to **Edward Proctor Jr.**, a Club member since 2001. Ed was born in Pittsburgh, but moved as a child to Birmingham. He entered third grade at Wing Lake School – a one room, one teacher school in early days. He then went on to Vaughn School and Cornell University.



After discharge from the U.S. Army in 1953, he went to work for his father in mortgage banking, intending this as a summer job, but he never quit. He spent a career in banking, representing Life Insurance Companies and financing commercial real estate such as Oakland Mall and Somerset Apartments. Ed retired in 1995, but continued to be active in organizations related to his business, community and church. He served as Chairman of the Birmingham Planning Board and on The Community House Board.

Ed says that the most important and lucky thing he has done in life was meeting Carrie and marrying her in 1954. They have been blessed with wonderful children and grandchildren, traveled extensively and lived in four homes in Birmingham, before moving to the Heathers. He is active with the Senior Men's Club and recently displayed and discussed pictures taken for the Camera Group. Welcome Ed, to Life Membership.

—Gene Jacoby

## Senior Health Matters Mediterranean Diet May Help Slow Aging

Fruits, vegetables, nuts, legumes, unrefined grains, olive oil and fish with a moderate intake of alcohol and low intake of dairy products and poultry are the key



components of the Mediterranean diet. The diet has well known antioxidant and anti-inflammatory effects that could balance out the bad effects of smoking and obesity.

The health benefits of the Mediterranean diet are:

- Reduction in overall mortality
- Cardiovascular disease prevention
- Reversal of Metabolic Syndrome (reduces blood glucose, blood pressure, triglycerides and waist circumference and raises HDL cholesterol)
- Reverses genetic risk for stroke
- Reduces cognitive decline
- Lower risk of peripheral artery disease
- Regresses plaque volume in the carotid arteries

Whether the Mediterranean diet is better than a healthy low-fat diet like the Ornish or Pritikin diet has not yet been demonstrated. We cannot say "Nuts to the low-fat diet."

—Augustine L. Perrotta, DO  
Chairman, Visitation-Health Committee

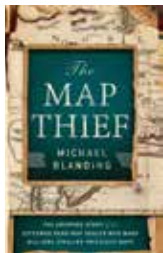


# Groups



## Book Reading Groups

On Wednesday, April 1 at 10:30AM, we will discuss Michael Blanding's *The Map Thief*—the gripping story of an esteemed rare-map dealer who made millions stealing precious maps. This book includes a report of an interview with the thief, E. Forbes Smiley III, before he went quiet, as well as interviews with dealers Smiley worked with and librarians he stole from. Smiley was arrested in 2005, right after he had delicately torn maps out of rare books in Yale University's Beinecke Library reading room. Last October 8 the author of this book—Michael Blanding—gave a lecture at Yale to talk about what he had learned about Smiley and the rare-map world while researching and writing *The Map Thief*.



On Monday, April 20 at 3:00PM we will discuss Mirta Ojito's *Hunting Season: Immigration and Murder in an All-American Town*, on. In November of 2008, Marcelo Lucero, a 37 year-old Ecuadorean immigrant, was brutally attacked and murdered by a group of teenagers as he walked the streets of Patchogue, a quiet Long Island town. The teenage attackers were out hunting for "beaners"—their slur for Latinos—and Lucero became another victim of the anti-immigration fever spreading in the United States. This violent act rocked the community while transforming a fairly typical teenage boy into a convicted killer.



—Frank Auld



## Computer Group

The Computer Group will meet on Wednesday, April 15 at 3:00PM. Our guest speaker will be Tom Allen who will discuss Google Drive and Google Apps. Google Drive allows the user to view all personal files at a glance, store up to 15GB of files for free and share files with others without ever having to use an e-mail attachment. He will also discuss some of the more useful free Google Apps as well as his experience with Google Technical Support.

—Ron Denton



## Classic Movie Group

The Yellow Rolls-Royce (1964) is Joe Murphy's pick for our Classic Movie for April. In this sweeping drama, we follow the lives of a trio of owners of the Rolls, focusing on how romance and the vehicle both play a major role in each of their lives. Featuring a large international cast, including Rex Harrison, Shirley MacLaine, Ingrid Bergman and Jean Moreau, this ever-so-smoothly crafted film will keep the viewer fully engaged from start to finish. To find out more about this movie, plan to visit our web page where you can watch the official trailer as well as two additional film clips. Then join us, on Monday, April 13, at 1:00PM to enjoy this great mid 60's film classic.



—Fred Hansz



## Investment Group

On Wednesday, April 8 at 2:45PM, we will benefit from some expert comments about investing from Mike Dzialo, President of Managed Assets Portfolios. He will address the challenging subject of "With interest rates at historically low levels and stock valuations above historic norms --- Where in the world to invest?" In these uncertain times, we can certainly benefit from his experience and perspective.

Stock Game - Mike Clement, with an all Fiat Chrysler portfolio has moved to first place with a 67.2% gain. He is followed closely by Bob Rossi - up 63.5% and also with a one stock entry, Rite Aid. (So much for the importance of diversification.) Former leader Jerry Peck has slipped to third place with a 58.8% gain. Stay tuned - the market keeps changing and so do our leaders.

—Dick Harper



## Camera Group

Travel Italy's Amalfi Coast by bus on Tuesday, April 14 at 2:00PM. John Reddy, SMC member, will present a tour from Sorrento, through the seaside villages of Positano, Amalfi, Ravello and back. This 30 minute, 371 picture, presentation will be most enjoyable.

—John Slocum

# Special Events

## Diego Rivera & Frida Kahlo Exhibit at DIA

Inform your significant other and mark your calendar now! On Tuesday, April 21, 2015 we will experience a "blockbuster, once in a lifetime" special exhibit at the Detroit Institute of Arts. The exhibit features Diego Rivera and Frida Kahlo works created during the highly productive year of April 1931 through March 1932 they spent in Detroit.



This is a must see opportunity for everyone interested in the major contributions of the Detroit art community to the development of the arts. You may have seen the Diego Rivera mural "Detroit Industry" on the four walls of the DIA gathering space. During the same period Frida Kahlo developed her now renowned artistic identity.

Tickets are just \$20 per person, which includes motor coach transportation, exhibit fee, an instructional lecture prior to the exhibit and an audio guide for each attendee. Cafeteria style lunch is on your own in the DIA Café.

The bus will arrive in the First Presbyterian Church parking lot at 9:00AM and leave at 9:30AM. Arrive at DIA John R. St. entrance at 10:15AM for a meet and greet and instructional lecture by DIA staff, tour exhibit at 11:00AM, lunch in Café at 12:30PM, depart DIA at 3:00PM, arrive in Birmingham 3:45PM. The DIA gift shop is located at the Farnsworth St. entrance.

Some ticket buyers have a DIA Family Membership which may entitle them to special consideration on ticket price. Verify with the DIA that your membership is current and bring your Family Membership card when purchasing tickets. DIA requires verification before the exhibit tour date.

Tickets went on sale Friday, March 20, 2015. This event is expected to be a sellout, so purchase your tickets as soon as possible.

—Wenzel Koch

## Take Note: Don't Miss These Experiences

On Wednesday, May 20, we will take our annual trip to Toledo and beautiful Fifth Third Stadium for a baseball battle between our Mud Hens and the Gwinnett Braves. After the game we will enjoy a late lunch (location TBD), followed by a brief visit to the Toledo Museum of Art Glass Pavilion. Tickets will go on sale on Friday, April 24 for \$35 (*lunch not included.*)



Then join us on Wednesday, June 17, for an educational experience when we visit the Holocaust Memorial Center in Farmington Hills.

...continued from page 1

## Joe Knollenberg

In 2004 Joe was re-elected with 58 percent of the vote. In 2006 he faced a tough campaign, ultimately winning by six percentage points. Two years later, in a difficult election cycle for Republican candidates, Joe lost his re-election bid to Gary Peters.

While in Congress, Joe was a member of the Appropriations Committee. He served on two subcommittees, one in charge of State, Foreign Operations, and Related Programs, and the other in charge of Transportation, Housing, and Urban Development and related agencies.

Returning to private life, Joe served on the Board of Directors of Nuclear Energy Institute (NEI). He was very familiar with the Senior Men's Club, having been an annual speaker during his time in Congress.

When asked about the Senior Men's Club, Joe said "I have a high regard for the Club. I like the people. Through their speakers and other activities, they play an important role in the community."

The feeling is mutual according to John Flintosh, a member since 2003. "Joe Knollenberg is a popular, well known, and highly respected member of the community," he said. "He is well connected in Oakland County, Lansing and Washington."

Joe and his wife Sandie are residents of Bloomfield Hills. They have two sons.

—Chuck Ragains



## Sign-in Please at Friday Meetings

For many years, the Senior Men's Club required members to attend at least 10 Friday meetings a year to continue membership. This proved to be a hardship for some members, particularly those encountering health problems. Hence, this requirement was dropped. The Executive Board did decide that members should be expected and encouraged to sign-in with the Attendance Committee on arrival at Friday meetings.



The reasons for this are two-fold:

1. We certainly want to keep in touch with our members. Knowing you attend meetings is important to your Club. Non-attendance can alert us to the potential need for member support or help.
2. Strong attendance at meetings contributes importantly to our ability to attract good speakers.

The adverse weather of recent weeks clearly has affected attendance at our meetings. We have experienced turnouts in the 100-125 range – the lowest levels in our experience. However, we are aware that not all attending members actually sign-in. Chairman John Perryman of the Attendance Committee has conducted a simple head count compared to sign-in totals which clearly evidences this shortfall.

Hence, members are strongly encouraged to take a few moments to let us know you are here on Friday mornings. Thanks for your support.



**April Fool!**

## 2015 SMC Handbook

The 2015 Handbook was made available to members at the January and February Friday meetings. Members can still request a copy from Jack Burns of the Handbook Committee at 248-644-7619 or JackBurns1@comcast.net.

—John Zarek  
Handbook Committee

## Reminder Mailings

One of our continuing efforts has been directed at convincing members with listed emailed addresses to drop the receipt of a mailed *Reminder*. We point out that dropping postal delivery saves us about \$1.00 per copy in printing and mailing expense. Perhaps more importantly, email delivery beats the postman by a week.

March Mailing Count		
Year	No.	% Change
2010	513	—
2011	416	-19%
2012	368	-12%
2013	316	-14%
2014	263	-17%
2015	235	-11%

Who Received March 2015 Mailings?	
Members with Email	143
Members w/o Email	87
Misc. ( <i>hostesses etc.</i> )	15
<b>Total</b>	<b>235</b>

As shown above, we have made continual progress in this regard. *Reminder* mailing counts have declined steadily and are now down to 235 for our March issue – less than half the 513 mailed in 2010. And who are these recipients? 87 are members without email, 133 have email, with 15 miscellaneous (mainly hostesses). Our target is the 133 with email addresses – do you really need two copies of *The Reminder*? Why not tell Bob Beach (RCBeacher@wowway.com) we can drop your mailed copy?

—Dick Harper

## Visit the SMC Website Often



Our SMC website has a wealth of information for members and prospective members including:

- Activity/Group Meeting Information
- Special Events Schedule and Details
- Current and Past Issues of *The Reminder*
- And much more

Point and click on this link on electronic (email) versions of *The Reminder* or enter it into your web browser:

<http://www.seniormensclubbirmingham.com>

Be sure to bookmark it as a "Favorite"!

—Irv Poston

## Mystery Lyrics

We almost “stumped the panel” with last month’s college drinking song lyrics. Only five readers could identify these lyrics:



*Then drink to all the happy hours  
Drink to the careless days  
Drink to \_\_\_\_\_ our alma mater  
The college of our hearts always.*

Congratulations to Chuck Basch, Roger Timm, Dave Schwartz, Tim McGee and Bill Burnie who identified the Maine Stein Song recorded by Rudy Vallee.

Believe it or not, this is the 10<sup>th</sup> anniversary of the Mystery Lyrics column – approved and started under Editor Chuck Kirkpatrick. To mark this occasion, we will ask you to identify the song containing this lyric line – this was the very first reader challenge 10 years ago.

*A trip to the moon on gossamer wings*  
Can you name that tune?

## Sports Trivia

The baseball trivia challenge also proved difficult. We asked you to remember two announcers who had trademark calls – one sang “Take Me Out to the Ballgame” at the 7<sup>th</sup> inning break, and the other would say “and this one belongs to the Reds” if his team won.

The answers are Harry Caray of the Chicago Cubs and Marty Brennaman of the Cincinnati Reds. Only Ed Pustelak and Lynn Evans got both of these, while Pete Kass, Jack McLaughlin and Dave Schwartz remembered the late Harry Caray. (*The Cubs continue the song tradition with guest singers at every home game.*)

Can you remember who was the shortest major league player ever and who was the youngest player ever? (*Tiger fans should remember the shortest.*)

—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 2015 are: George L. Stern, president; Eugene P. Jacoby, first vice president; Richard A. Kamp, second vice president; Robert I. Hayes, recording secretary; Charles R. (Dick) Bradley, corresponding secretary; John P. Groves, treasurer; James A. Bayson, assistant treasurer; Charles J. Blank and Pradeep (Pete) Mehra, 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](http://www.tchserves.org)

## CLUB DATES TO REMEMBER

**Executive Board Meeting:** Tuesday, April 14 at 9:30AM

**Reminder Deadline:** Friday, April 17

### Games

**Bowling:** Mondays at 9:00AM at Thunderbird Lanes

**Bridge:** Tuesdays at 9:00AM and Friday after lunch

**Thursday Golf:** Oakland Yard Dome at 9:30AM

**Monday Golf:** Begins at Lincoln Hills on April 20 at 7:30 - 9:30AM

### Special Events

**DIA Rivera & Kahlo Exhibit:** Tuesday, April 21 at 9:30AM

**Toledo Mud Hens Baseball:** Wednesday, May 20

### Group Meetings

**Book Reading Groups:** Group A: Wednesday, April 1 at 10:30AM

Group B: Monday, April 20 at 3:00PM

**Classic Movie Group:** Monday, April 13 at 1:00PM

**Camera Group:** Tuesday, April 14 at 2:00PM

**Computer Group:** Wednesday, April 15 at 3:00PM

**Investment Group:** Wednesday, April 8 at 2:45PM

*All events at The Community House unless otherwise stated.*

### SMC ON THE WEB:

[www.seniormensclubbirmingham.com](http://www.seniormensclubbirmingham.com)

[www.tchserves.org/outreach-and-clubs/clubs/senior-mens-club-of-birmingham](http://www.tchserves.org/outreach-and-clubs/clubs/senior-mens-club-of-birmingham)