

The Reminder

September 2011

Senior Men's Club of Birmingham, Michigan



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Sherwin Vine—Super Senior

"The secret to longevity is being active, both physically and mentally. That's why the Senior Men's Club is such a great resource; it offers quality programs and activities for just about any area of interest - from golf to bridge, and from boat cruises to classic movies."

These words of advice come from an expert, 94 year old Sherwin (Sherm) Vine, a member since 1988, and a leader in a variety of club activities. For example, he has been on the Sergeant at Arms Committee for years (making sure we have coffee), he was a key member of the 50th Anniversary Committee, he has bowled and golfed forever, he received the Outstanding Service Award in 2007 and he rarely misses a Friday meeting.



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SEPTEMBER PROGRAMS

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OCTOBER DISCUSSIONS

OCTOBER CHAIRMAN: John Marsh

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New Members:



Jack D. Shea
1940 Graefield Road
Birmingham, MI 48009-5848
248-649-5325
Sponsor: Charles C. Kass



Robert H. Hammerle
32500 Susanne Drive
Franklin, MI 48025-1165
248-855-9231
E-mail: rhammerle@att.net
Sponsor: Joseph Pero



Daniel M. DeBoer
19661 Cherry Hill Lane
Southfield, MI 48076-5317
248-330-7838
E-mail: deboerd@consolidatedfinancial.com
Sponsor: Robert Parker



Michael W. Raleigh
2093 Eagle Pointe
Bloomfield Hills, MI 48304-3807
313-969-2228
E-mail: mike.raleigh2@gmail.com
Sponsor: William T. Reilly



Roger L. Clancey
32323 Sheridan
Beverly Hills, MI 48025-4252
248-540-4974
E-mail: rl.clancey@yahoo.com
Sponsor: Jack Corey



Richard L. Secrest
2161 St. Andrews Drive
Rochester Hills, MI 48309-1539
248-651-2054
Sponsor: Robert Hebert

Deaths:

Hunter E. Pickens (LOA), joined January 1997

William F. Gray (Life), joined April 2000

Robert W. Mattutat, joined May 2003

John F. Sullivan, joined March 2007

Walter Cornelius (Life), joined February 1988

Michael B. Belden, joined November 2009

Life Members:

Paul J. Pentecost

Byron R. Converse

Resigned:

Bruce A. Rowbottom

Bernard Arca

New Associates:

John J. Burke (Doris Richard-Burke)
642 Deauville Lane
Bloomfield, MI 48304-1450
248-808-2763
E-mail: jjburke35@att.net
Sponsor: Clarence Cheff

Robert K. Cambier (Penelope)
1547 Tannahill Lane
Bloomfield, MI 48304-1077
248-253-9380
E-mail: pencambier@aol.com
Sponsor: John Marsh

New Address/Phone/ Email:

Robert L. Munn---bobmunn@comcast.net

Carol Hollingshead---100 Old Bellerica Rd.,
Apt. 223, Bedford, MA 01730-1267

Ronald T. Denton---rtdenton@gmail.com

William R. Aikens---billa@whyco.com

Robert M. Freeburg---24381 Verdant Dr.,
Farmington Hills, MI 48335-2117

John R. Bateman---6952 W. Ida Dr., Apt.
625, Littleton, CO 80123-2613

Frank H. Meida---fhmeida@home.msn.com

—Pete Kass, Membership Chairman

—John M. Steele, Database Chairman

—Bill Shaffmaster and Tom Booth, Photography

Dress Code

President John Flintosh has announced that our normal dress code for Friday meetings —coat and tie, will be reinstated starting September 2. Our “fashion police” will be watching to ensure that we maintain our reputation as the best dressed men in Birmingham.

Groups



Classic Movie Group

Certainly in the top three of the seven "Road to..." films of Hollywood's Golden Age, this 1942 classic is a parody of *The Sheik*, *1001 Arabian Nights* and *The Thief of Baghdad*. Starring the well-known trio of Bing Crosby, Bob Hope and Dorothy Lamour, the *Road to Morocco* carries on the slapstick humor in the spirit of self-mockery, ad-libs and snappy one-liners. The plot takes second place to the laughs and many great songs such as "Moonlight Becomes You." Join impresario Fred Leydorf on Monday, September 12 at 1:00PM in the Hackett Room.



—Augie Perrotta



Camera Group

The Camera Group will meet Tuesday, September 13 at 2:00PM. The speaker will be Jaap Delevie, who visited Poland in 2000 with his wife. They visited the present capital Warsaw, the former capital Cracow, and the nearby remains of Auschwitz, an old salt mine and the nearby Tatra Mountains between Poland and Slovakia. Come to hear about the tragic history of the country and its mostly agricultural folklore.

—Jaap B. Delevie



Computer Group

The Computer Group will meet on Wednesday, September 21 at 3:00PM. Jack Vanders will lead the discussion and answer your questions.

—Bob Chandler

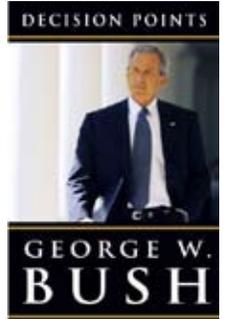
Save the Date

Saturday, November 12, for a trip to one of the world's premier auto restoration companies near Chatham, Ontario, where even Jay Leno gets his work done. They handle everything from Dusenbergs to Durangos. Details in next month's *Reminder*.

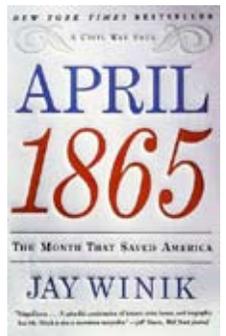


Book Reading Groups

On Wednesday, September 7 at 10:30AM, we will be discussing the book "Decision Points" a memoir by former U.S. President George W. Bush. The book surpassed sales of two million copies less than two months after its release. Bush, smartly dividing the book into themes rather than telling the story chronologically, offers readers a genuine (and highly readable) look at his thought processes as he made huge decisions that will affect the nation and the world for decades.



On Monday, September 19 at 3:00PM, we will be discussing the book "April 1865" by Jay Winik. Here Jay Winik offers a brilliant new look at the Civil War's final days that will forever change the way we see the war's end and the nation's new beginning. Uniquely set within the larger sweep of history, filled with rich profiles of outsize figures, and a gripping narrative, this is a masterful account of the 30 most pivotal days in the life of the United States. Provocative, bold, exquisitely rendered, and stunningly original, "April 1865" is the first major reassessment of the Civil War's close and is destined to become one of the great stories of American history.



—Ted Chapekis



Investment Group

On Wednesday, September 14 at 2:45PM, Shawn Burr (Mr. Hockey) and John Hogle, Senior VP Morgan Stanley will present "Investing in a Changing Reality." Hopefully they will again show us how to make money in this uncertain/volatile market.

The Stock Game starts on October 7, so get your stock picks ready.

—George Miller



Games



Golf

Now is the time for all golfers to sign up for the annual Stonycroft Scramble. The Scramble will be on Tuesday, September 13 at the Stonycroft Hills Golf Club in Bloomfield Hills. Al Roberts has negotiated hard and the cost remains at \$40 per golfer. The price includes a continental breakfast, gourmet lunch, green fees, and prizes. Power carts may be rented at the Pro Shop for \$10. Please indicate if you wish to rent a power cart at the time you sign up. The pro wants to be sure enough carts are available.

Foursomes will be determined by the Stonycroft pro based on individual averages with the goal of getting all teams within one stroke average. Every effort will be made to allow friends to play together but first consideration will be the balance of team averages.

Give your \$40 cash or check to any committee member or mail check, payable to SMC Golf to Chuck Travers, 21727 East Valley Woods Dr., Beverly Hills, MI 48025. Last day to sign up is Thursday, September 8 at 5:00PM.

Remember that we are invited guests of Stonycroft and must abide by their rules of dress and conduct, i.e., shirts with collars and no short shorts, cargos or denim, etc.

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

—The Golf Committees

Bowling

Let's get rolling! Yes, our bowling season is at hand, so get that dusty ball out of the closet and get ready to start on Monday, September 12. Once again, we will bowl at Thunderbird Lanes on Maple Road, east of Crooks. Practice starts at 9:00AM, and scoring at 9:15AM.

New bowlers are most welcome. So, even if you haven't bowled for years, or maybe never, why not give it a try. You will find that we bowl for fun and camaraderie, not for highly competitive scoring. About ten of us have averages under 125, so you will fit in. Please call Tom Venier (248-642-2386) or Less Lessentien (248-879-1127) if you have any questions, or just show up at Thunderbird Monday morning. You could start as a sub if you prefer. We guarantee a good time!

—Less Lessentien and Dick Harper

Monday Golf

After a rocky start, Monday weather has been very receptive to active seniors enjoying nine holes of golf and lots of great conversation. League activity has been averaging 40 golfers – about half “Regulars” and half “Walk-ons.” Consistent low scorers include: Ken Bugis, Ted Chapekis, Clarence Cheff, Jim Doyle, Bill Duncan, Don Foehr, Griff Griffin, John Kary, Pete Kass, Dave Key, Alan Nealley, John Perryman and Bob Smith. All the rest are close behind.

Lincoln Hills is in great shape and playing tough because every square inch is irrigated and the grass right up to the edge of the fairways is mowed to a 3 inch height. These conditions reduce roll and make accuracy a must.

We extend a special welcome to newcomers, encouragement to infrequent participants and a nudge to former players that we haven't seen for a while. The official sixteen week 2011 season runs through September 12 but we'll continue, weather permitting, until the course closes. Please join us.

—The Golf Committees

Improving the Senior Men's Club

Please join facilitator John Reddy at the Discussion Group on Friday, September 16 at 12:45PM in the Hackett Room to address the topic "Improving the Senior Men's Club." Your comments and constructive criticism of the way things are done will be graciously received. Innovations and ways to make our fine organization more popular will be most welcome. This session applies to all aspects of the SMC including the format, content and conduct of the business meetings, programs, groups, committees, games, special events and projects, and, yes, the lunches. Everything is fair game. Dick Harper will be presenting the results and analysis of exit polling and Augie Perrotta will be recording the minutes for submission to our President, John Flintosh, who commissioned this session.

—Augie Perrotta

New TCH Executive Director

The Senior Men's Club welcomed and congratulated Debbie Schrot who was recently named the new Executive Director at The Community House. We look forward to a continuing strong and mutually supportive relationship.



Free Lunch

Once again, we will offer a free lunch for guests who are prospective members at Friday meetings during September. Details as follows:

- Available for guests of Members or Associates.
- At September 9, 16, 23 and 30 meetings.
- Sponsors should register in advance with the Associates Committee by the Thursday preceding planned guest attendance date.
- Maximum of 25 free lunches per meeting.

Register with Associates Committee Chairman John Klein at 248-363-3020 or Klein60@yahoo.com.

Coming Attractions

In addition to the Stratford trip described elsewhere in this issue, the Special Events Committee is planning some exciting activities for this year, as follows:

- a multi-featured fall color tour in scenic northern Oakland County on October 12 which will include stops at the West Wynd Golf Club, the St. Benedict Monastery, lunch at the White Horse Inn plus the Paint Creek Cider Mill
- a trip to a premier auto restoration company in Chatham, Ontario on November 12
- our annual Christmas Party at San Marino on December 7

Watch for more details in future *Reminders*.

Hostess Help Wanted

For many years - in fact, from our earliest days, - the Senior Men's Club has benefitted so much from the loyal service of our wonderful and much respected hostess group. These lovely ladies make sure that our Friday lunches are served expeditiously, and most importantly, with warm smiles.

The inevitable turnover in the hostess group means that these ladies are looking for additional members. Maybe your wife would like to join (and to see what you really do on Friday mornings). Contact Eunice Orton (248-642-7812) with questions. Scheduling is flexible.

—Dick Harper

"Camelot" at Stratford

Join us on Thursday, September 29 for our annual pilgrimage to the Stratford Music Festival to enjoy the smash hit musical, "Camelot". Written by Alan Lerner with music by Frederick Loewe, "Camelot" opened in New York in 1960 to rave reviews.

Set in the realm of Camelot, King Arthur and the Knights of the Round Table have created a utopian land of chivalry and civil rule. But when his beloved Queen Guenevere and Sir Lancelot, his most trusted knight, succumb to their passion for each other, he faces a terrible dilemma that rocks the kingdom to its foundation.

We have arranged for one bus and expect a quick sellout of this event. Friends who have seen the Stratford production rate the cast, the music and the costumes outstanding. A full but memorable day has been arranged.

- Depart the First Presbyterian Church at 8:15AM via luxury coach. Time permitting; we will include a drive around the unique town of St. Mary's, Ontario.
- Lunch will be at the Stratford Country Club. This year we will dine in the "Curling Lounge". Prior to lunch we will have a club curling expert give us the lowdown on the history and fine points of the sport. Lunch will be buffet style. A cash bar is available.
- Camelot will begin at 2:00PM at the Stratford Festival Theatre.
- Following the play, we will make a quick stop at the Stratford Rheo Thompson Candy Shop. A sandwich snack and donuts will be served on the return trip. We should arrive back home about 8:30PM.

The price for this special event is \$115. The price includes transportation, lunch, the play, post theatre snacks and all gratuities. This is a \$5 increase from last year due mainly to the Canadian exchange rate. Tickets will go on sale at 9:00AM on Friday, September 9.

Remember, travel to Canada requires a valid passport or Enhanced Drivers License. ID will be checked prior to boarding the bus.

—Bob Gualdoni, Riggs Miller and
John Horiszny Event Co-chairs

Senior Health Matters— PSA (Prostate Specific Antigen)

Although PSA testing was originally introduced as a marker of prostate cancer to detect recurrences or disease progression, it is also useful for determining the extent of the disease and assessing response to treatment. It has become widely adopted for prostate cancer screening since the early 1990s. The exact value that is considered “abnormal” is highly controversial and the best cutoff to separate cancer from benign causes of an elevated PSA remains hotly debated.

Among the many factors that can affect PSA measurement are several classes of medications:

Finasteride (Proscar) and dutasteride (Avodart) are used to treat benign enlargement of the prostate that causes difficulty in voiding (benign prostatic hyperplasia, BPH). They produce a 50% or greater decrease in serum PSA during the first 3-6 months of therapy that persists as long as the drug is continued. A rising PSA after 6 months is associated with a high risk of prostate cancer.

NSAIDs (non-steroidal anti-inflammatory drugs) such as ibuprofen (Advil, Motrin, etc.) or naproxen (Aleve, Naprosyn, etc.) lower PSA levels that decrease with longer duration of use.

Statins (Crestor, Lescol, Lipitor, Mevacor, Pravachol, Simcor, Vytorin, Zocor, etc.) drop PSA levels by 4.1% over a year after starting the medication compared to the expected rise of 3.2% per year as we age. The decline correlates with the drop in LDL-cholesterol (LDL-C) with greater declines associated with greater PSA declines.

Thiazide diuretics (Diuril, Hydodiuril, Esidrix, Hygroton, Lozol, Renese, Diucardin, etc.) lower PSA values, which decrease further with long-term use. After five years, there is a 26% reduction in PSA levels.

If you are taking any of the above, the appropriate reference range needs to be adjusted since there will be a false sense of security that your PSA level is “in the normal range.”

—Augustine L. Perrotta, DO



Cliff and Kym Worthy

Kym Worthy

Kym Worthy, Wayne County Prosecutor, shown here with her father, SMC Member Cliff Worthy, recently addressed the SMC.

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Sherwin Vine - Super Senior

But Sherm does more than participate in activities - he is always coming up with ideas to improve the club. He motivated us to celebrate Veterans Day with a color guard presentation and the wearing of service hats. He suggested we add an OSA attachment to our lapel pins.

He is a native Detroit and attended Northern High School. His undergrad work was at Wayne State, where he earned a law degree in 1942, just before being drafted in the US Army. He joined General Patton's 3rd Army in the Battle of the Bulge. During his tour of duty, he received a Bronze Star, a Purple Heart as well as a Combat Infantry Badge.

Following the war, Sherm resumed his legal career in Detroit, then moved to Birmingham in 1980. He is a 50 year member of the Michigan Bar Association, and served for ten years as an Assistant Attorney General for the State of Michigan, attached to the Criminal Division.

His wife Goldie passed away in 2003 after a 50 plus year marriage. His son Bill is an Associate Professor at Madonna College. Sherm vacations with son and daughter-in-law, often on cruises.

Looking to the future, Sherm intends to continue to be active in the Club. "I want to help build our membership," he says. "The best way to do that is to continue our tradition of quality programs and events. I'm fortunate to have the perspective of more than 20 years, and I don't think we have ever been better positioned to grow our ranks."

—Chuck Ragains

Go Blue!

How would you like to:

- win two tickets to the Michigan/Purdue football game at the newly renovated stadium
- attend a fabulous pre-game indoor tailgate party featuring U of M President Mary Sue Coleman
- get a ride to and from Ann Arbor on game day

The next Endowment Fund Lottery will take place in October.

—Dick Harper

Two Members Honored



Harold Stanton

Two club members were recently recognized for significant accomplishments. Harold Stanton became our newest Life Member, while John Villa was named Senior Citizen of the Year for his very extensive volunteering activities. Congratulations, Harold and John!



John Villa

Attendance Requirements

Our by-laws specify that active members are required to attend a minimum of 10 meetings each calendar year or be subject to termination. The Executive Board may overrule this requirement based on extenuating circumstances. Members admitted during a year are to attend the equivalent of one meeting per month for the remainder of a year.

Attendance requirements for Associate members are established by the Executive Board.

The Attendance Committee recommends that all members review their attendance status to ensure they have the opportunity of meeting these requirements for 2011.

—Dale Parker
Attendance Committee
Chairman

Carol Hollingshead

We recently learned that Carol Hollingshead, the former head of our Hostess Group, is in poor health - recovering from a fall. Carol was the first recipient of the Hostess Outstanding Service Award. In addition, she was so much admired and respected that she was named an honorary member of our club in 2001. Please remember her in your thoughts.

Endowment Fund Raffle

A 50/50 raffle for the benefit of the SMC Endowment Fund was held at our annual picnic. John Zabriskie won the first prize of \$150, while Roger Struck won \$50. A fantastic investment return for a great cause!

—George Miller

Nominating Committee

President John Flintosh has appointed the following to the SMC Nominating Committee with the vitally important responsibility of selecting Club Officer candidates for 2012.

Committee members are Past President Irv Poston, Chairman, Past Presidents Bill Johnson and Frank Barnes, plus members John Marsh and Jack Ledingham.

The committee will initiate deliberations in September. Per our constitution, nomination and election of officers for 2012 will take place during the first two weeks in November.

—Dick Harper

SMC 2012 Dues Coupon

2012 Dues are payable before January 1, 2012. A \$10 late fee **must** be added for dues paid after January 1, 2012. Make checks payable to SMC and pay at the 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
- \$20 Member on Leave

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

Mystery Lyrics

Our mystery lyric challenges for July proved to be somewhat easier than anticipated. We asked if readers could identify the song containing these lyric lines:

*Brother you can't go to jail for
what you're thinking
Or for the woo - look in your eye*

We also asked if you could remember the big band known as "The Band of Renown," that used Leap Frog as a theme and featured a gal singer whose initials were D.D.

Too easy! Many of you got both answers, recognizing the song was the Four Lads hit "Standing on the Corner (Watching All the Girls Go by)" and that the big band was Les Brown with Doris Day. Do you remember "Sentimental Journey"? So hearty congratulations to Bill Sprague, Jack Howell, Dick and Norma Secrest, Merrill and Jeanne Miller, plus Mark and Donna Kelly. In addition, Dale Parker, Tom McNally, and Frank Meida knew the Four Lads song, while Ben Ewing, John Flintosh, Tom Venier, Dick Hameister, Bob Seeley plus Russ and Nancy Frye remembered Les Brown/Doris Day.

Let's hope this month's challenges are more difficult. Here are some lines from an old barbershop quartet and sing-along song:

*There's none so classy as this fair lassie
Holy Moses, what a chassis*

Can you name that tune?

Lastly, here's a non-musical change of pace for readers. A popular TV detective show in the late 50's-early 60's always closed with this line:

*There are eight million stories in -----
-----, this has been one of them*

Can you name that TV show?

—Dick Harper



CLUB DATES TO REMEMBER

Executive Board Meeting: Tuesday, September 6, 9:30AM

Reminder Deadline: Friday, September 23

Games

Bowling: Monday, 9:00AM at Thunderbird Lane (beg. Sept. 12)

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

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

Special Events

"Camelot", Thursday, September 29, 8:15AM

Fall Color Tour, Wednesday, October 12, 8:30AM

Group Meetings

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

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

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

Camera Group: Tuesday, September 13, 2:00PM

Investment Group: Wednesday, September 14, 2:45PM

Computer Group: Wednesday, September 21, 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 2011 are: John S. Flintosh, president; Charles B. Kirkpatrick, first vice president; David A. Schwartz, second vice president; George L. Stern, recording secretary; Stuart B. Shuster, corresponding secretary; William L. Sprague, treasurer; Richard E. Shirley, assistant treasurer; David H. Dinger and John F. McCleary, officers at large; George A. Grove, parliamentarian.

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

Senior Men's Club of Birmingham
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