

# The Reminder



November 2020

Senior Men's Club, Birmingham, Michigan

## 2021 SMC OFFICERS

As stated in Article IV, Section 3, of the SMC Constitution: "The President shall appoint by July 1 a Nominating Committee consisting of five (5) persons, at least three (3) of whom shall be past presidents. The President, in making the appointment, shall designate the chairman of the Committee."

Accordingly, Dick Bradley, Dick Kamp, Maynard Timm, Swarn Rajpal and Tim McGee were appointed with Tim McGee as chairman. I am pleased to submit the following slate of officers for 2021, our 64th year of existence.

- President:..... Maynard Timm
- 1st Vice President: .....Swarn Rajpal
- 2nd Vice President:.....Paul Kovceses
- Recording Secretary:..... Larry Imerman
- Corresponding Secretary: .....John Maten
- Treasurer: ..... Jim Suhay
- Assistant Treasurer: .....John Skubik
- Officers At Large:.... Ras Desai, Dennis Winowiecki

*Tim McGee*

## SPECIAL EVENTS

to feature "Thomas of Arabia"

### The Trip of a Lifetime to Israel and Jordan

The Club's very own Tom December took a trip to the Middle East with Road Scholars in 2017 and he made a video of the trip. Special Events is pleased to make the video available to members of the Senior Men's Club as our November Event.

Press CTRL on your computer and click on this link:

<https://www.youtube.com/watch?v=QNeEGFWHOk0> to see Tom's trip. Also for those of you who have a smart television you can access youtube.com and search "The Trip of a Lifetime – Thomas of Arabia" and the video can be viewed on your television. Make sure to play in Landscape mode and it will display very well.

The video is interesting, especially for those of us who have never visited these ancient – and modern – sites in Israel and Jordan and who plan to take a trip there some day. It lasts 45 minutes and features Tom's adventures and his comments. You will find it interesting, informative and entertaining. Did I mention that it includes an authentic belly dancer?

As a special bonus, there will be a Zoom meeting on November 24th when we shall show the video and then have Tom discuss the trip and answer your questions. You will be sent the link to the Zoom meeting on November 20th. Hope you can join us.

*Mike Clement*

# Happy Thanksgiving!

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## NOVEMBER PROGRAMS

**CHAIR: MALCOLM HENDY**

- 6 .....Kumar Galhotra, President, Americas & International Markets Group, Ford Motor Co.  
"Ford: Today, Tomorrow & Beyond"
- 13 ..... Gus Mondalek, CEO Snap Terminal & SMC Member  
"Hacking at all Levels"
- 20..... Joe Valentine & Mark Clemence, Birmingham City Manager and Birmingham Chief of Police  
"What's happening in Birmingham"

Fellowship • Shared Activities • Community Service



## SMC LOGO LEISURE WEAR AVAILABLE FOR ON-LINE SHOPPING

October 23rd Through November 22nd

The SMC-Men on the Go-Leisure Wear will be available for online purchase October 23 through November 22. So, get your thinking caps on and start ordering now. You will want something to wear at SMC Group gatherings such as Walking, Bowling, Spinning, Computer, Bridge, or Investment, as well as our weekly Friday Meetings.

With the upcoming Holidays, a reminder to family and friends can be a good source, as well as an another gift opportunity.

The website log-in details are: <https://smcfall20.itemorder.com>

Note that The Varsity Shop is located at 623 S. Adams (Adams Square) where you can see and touch our Leisure Wear. Orders should be processed on-line (the only way).

Any enquiries should be directed to Malcolm Hendy.



## GOLF WRAP

After a delayed start, The Senior Men's Golf Leagues at Lincoln Hills and Springdale got their start the first week of May. It was cold...very cold...but over two dozen hardy men braved the elements and either carried or pulled their clubs around the courses. Over the next 5 months we trudged up and down the hills, avoided water and sand traps, kept an adequate social distance and managed to strike that small object with authority and purpose.

Eighty-one senior men experienced nine holes of golf at least once during the year...a new record for involvement...and three of them reached the climax of their golfing experience recording holes-in-one on the 6th hole at Springdale...congratulations to Geoff Morgenstern, Dave Zimmer and Pete Daly! Additionally, no less than eight new golfers joined the SMC as the golfing portion of the Games Committee continues to attract new members to the club.

After over 1,000 rounds of golf, the season wrapped up with the Second Annual SMC Scramble at Lincoln Hills on Tuesday, October 6th with 45 golfers comprising nine 5-man teams. In a closely contested battle, two teams tied at the top of the leader board with a team score of 32 (3 under par). After comparing the scores on specific handicap holes that took three holes to break the tie, the team of Tom DeCorte, John Brus, Dick Rappleye, and Ed Sharples won! Everyone enjoyed pizza afterwards as the awards were presented along with gift certificate cards from Carl's GolfLand.

Many of the guys will continue to chase the golf ball up and down Lincoln Hills until the snow stops them in their tracks, but hope springs eternal for that elusive score of even par or better as we welcome again the winter warm-ups at the Golf Dome in January!

*Tim McGee*



## MEMBERSHIP REPORT

### LIFE

Ralph Cowie  
Member since 9/17/2010

Charles Melekian  
Member since 9/24/2010

### NEW ASSOCIATE

David J. Knipper  
29506 Andover Blvd.  
Farmington Hills, MI  
48331-1911  
(248)914-0080  
Hills073x@gmail.com

### DROP

Robert C. Beach  
David Broner

# Groups



## Classic Movie Group

Detective Frank Bullitt's new assignment seems routine: protecting a star witness for an upcoming trial. But before the night is out, the witness is dead, and the cool no-nonsense Bullitt (Steve McQueen) won't rest until the killers and their boss are brought to justice. "Bullitt" (1968) (1 hour and 54 minutes) is one of Tom Booth's favorite films and he will be presenting it via Zoom on Monday, November 9, at 1:00 PM. From opening shot to final shootout, "Bullitt" crackles with authenticity, on-location San Francisco filming, crisp dialogue and to-the-letter police, hospital and morgue procedures. In addition, this razor-edged thriller features one of the best car chases ever filmed (no CGI here- all real cars and drivers roaring through downtown San Francisco). Tom recommends that you buckle up and brace yourself for unbeatable action. If outstanding police dramas combined with outstanding car chases appeal to you, then this is a must-see film for you to enjoy. Recent and continuing technical improvements now allow us to bring you a film with a crystal clear and steady picture with subtitles along with outstanding sound. All you need to do is mark your calendars now and bring your own popcorn and driving gloves on the ninth to make your movie going experience complete for you, your family and friends. Watch for our access information eBlast as we near the show date. Looking forward to seeing you then.

Fred Hansz

(More Groups listed on page 4)

## DUES REMINDER

It's that time of year again. The Executive Board has decided to keep dues at the current rate of \$50. Please make your \$50 check payable to The Senior Men's Club. Complete the coupon below, enclose your dues check and mail to:

The Senior Men's Club/Dues Committee  
P.O. Box 1149  
Birmingham, MI, 48012

### SMC 2021 DUES COUPON - \$50.00

2021 dues are payable *before* January 1, 2021. A \$10.00 late fee *must* be added for dues paid *after* January 1, 2021.

Make checks payable to SMC and pay by mail.

Contact info has changed from 2020 Handbook

Please use this coupon  
and mail to:

PLEASE PRINT

Senior Men's Club/Dues  
P.O. Box 1149  
Birmingham, MI 48012

Name \_\_\_\_\_  
Street \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

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

# Groups, continued



## Reading Groups

As the weather starts to change, the two reading groups will be reading books that are sure to generate lively discussions. The first is a critical view of the extraordinary power wielded by big tech and the other is a much-acclaimed novel by Salmon Rushdie. These discussions will be led by Paul Lieberman and Swarn Rajpal. Thankfully, Roger Timm will continue as Zoom master.

**Wednesday, November 4: at 10:30 AM:** *The Big Nine: How the Tech Giants and Their Thinking Machines Could Warp Humanity* by Amy Webb. (New York: Public Affairs Press, 2019)

The essence of this provocative book was captured in a review by Alec Ross. "The Big Nine is an important and intellectually crisp work that illustrates the promise and peril of AI. Will AI serve its three current masters in Washington, Silicon Valley and Wall Street or will it serve the interests of the broader public? Will it concentrate or disperse economic and geopolitical power? We can thank Amy Grant for helping us understand the questions and how to arrive at answers that will better serve humanity than our current path."

**Monday, November 16 at 3:00 PM:** *Quichotte* by Salmon Rushdie. (New York: Random House, 2019)

Inspired by Miguel de Cervantes' classic novel *Don Quixote*, *Quichotte* is a metafiction that tells the story of an addled Indian American man who travels across America in pursuit of a celebrity television host with whom he has become obsessed.

From the Washington Post Review: "... if *Quichotte* drives you nuts, that's fine. It's meant to. It's layered in such a way that you will lose yourself in the shifting reality of it..."

From the NY Journal of Books: "Combining satire, magical realism, and Salman Rushdie's signature vibrant prose, *Quichotte* has twists and turns that linger long after the final page ..."

Bob Maxfield



## Investment Study Group

The next meeting will be Wednesday November 11 at 2:45 PM. A new speaker, Rick Foytek, Managing Director, Creative Planning will present "Wealth Management Techniques for any Weather." Barrons rates Creative Planning as the #4 best Investment Advisor in the US.

Rick will walk us through several wealth management techniques that can be utilized for optimal results, regardless of the market environment. These will begin with a variety of macro topics such as Common Pitfalls to Avoid, Setting Priorities, Effective Portfolio Management, and Estate Planning. The first Stock Game report will be available. Who will be leading? What is the market outlook after the election? GREED can be good!

George Miller



## Genealogy Group

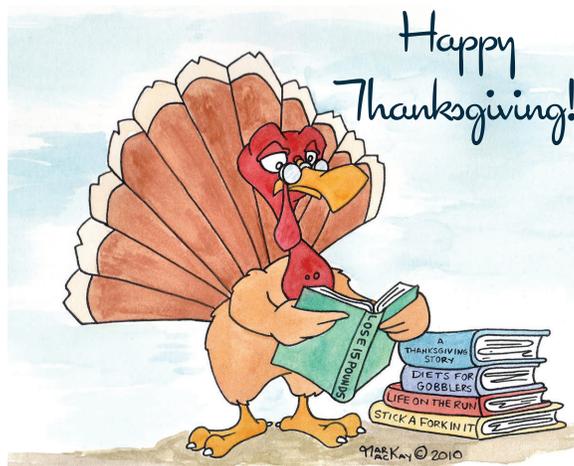
The Genealogy Group will have a Zoom meeting on Monday, November 2 at 2:00 PM.

As Veteran's Day falls in the month of November, we will have a discussion regarding our military and genealogy.

As a note, the United States has been at war 226 out of 244 years since 1776. Our history is dominated with American Families who have relatives who served our country from its beginning. As many of our SMC members are veterans, their personal history was affected by these conflicts. They are welcome to share their personal history of their time when serving.

John Maten will lead the group.

Dave Bakos



# FALLS IN THE ELDERLY: FACTS AND FIGURES!

## Be Aware, Assess Your Risk and Prevent!!

### PART ONE

Who has not stepped on a magazine, slipped on ice, stepped off an unseen curb, worn slick slippers/socks on the wooden stairs, tripped from a ladder or over your own dishwasher or cat?

A year ago, when I missed the last shiny wooden stair step (which my eyes did not recognize over my bifocals), I found myself on the floor face down with my eyeglasses 20 feet away! Lots of scratches and bruises (on parts I need not mention here!) and blood on the floor! My physician daughter sent me to a physical therapist, who assessed me to be a "Moderate Risk for Fall". 25 % of such falls result in serious fractures or head injuries. And life is never the same. How lucky I had a narrow escape!

In Part One, I cover certain demoralizing hard facts as well as assessment of risk to fall as ascribed by National Council on Aging.

### What Can Happen After a Fall?

These injuries can make it hard for a person to get around, do everyday activities, or be independent.

Falls can cause broken bones, like wrist, arm, ankle, hip and pelvis fractures.

Falls can cause head injuries which can be very serious, especially if the person is taking certain medicines (like blood thinners). An older person who falls and hits their head should see their doctor right away to make sure they don't have a brain injury.

Many people who fall, even if they're not injured, become afraid of falling and curtail their activities.

### Check Risk of "Falling" by your answers, Yes or No, to the following 12 Questions:

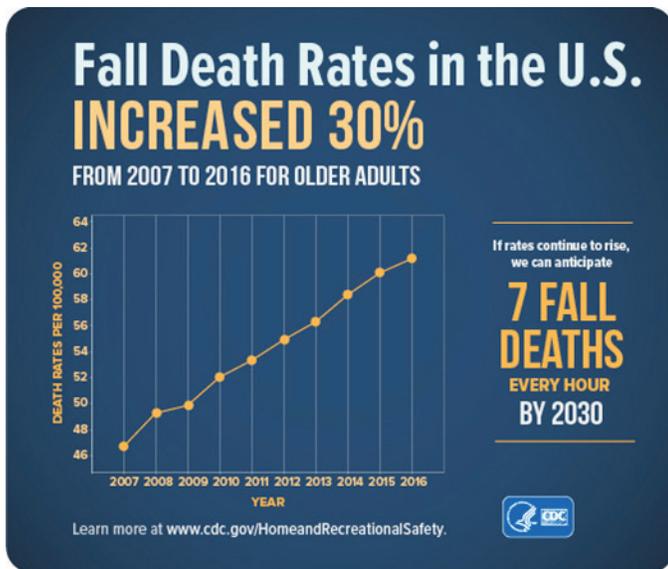
1. I have fallen in the past year
2. I use or have been advised to use cane or walker to get around safely
3. Sometimes I feel unsteady when I am walking.
4. I steady myself by holding onto furniture when walking in the room.
5. I am worried about falling.
6. I need to push with my hands to stand up from a chair.
7. I have some trouble stepping on to a curb.
8. I often have to rush to the toilet.
9. I have lost some feeling in my feet.
10. I take medicine that sometimes makes me feel light-headed or more tired than usual.
11. I take medicine to sleep or improve my mood.
12. I often feel sad or depressed.

If your answers are in the affirmative to 4 of these questions, you are at high risk for a fall! Seek help with your physician, physical therapist and make your home or external environment fall safe.

The topic of prevention will be the subject of next month's Part Two article. In the meanwhile, friends, I urge you not to be a Fall Guy yourself and become part of these statistics in 2020-2021!

*Subhash Posh Gulati, MD, FRCPC*

*This is a validated fall risk self-assessment tool. (Rubenstein et al. J Safety Res; 2011: 42(6)493-499).*



### Falls Are Serious and Costly

- + One out of five falls causes a serious injury such as broken bones or a head injury,
- + Each year, 3 million older people are treated in emergency departments for fall injuries.
- + Over 800,000 hospitalization as a result of falls.
- + Each year at least 300,000 are hospitalized for hip fractures.
- + More than 95% of hip fractures are caused by falling, usually by falling sideways.
- + Falls are the most common cause of traumatic brain injuries (TBI).
- + In 2015, the total medical costs for falls totaled more than \$50 billion.11 Medicare and Medicaid shouldered 75% of these costs. Anticipated cost in 2020 is \$67.7 billion.



## MYSTERY LYRICS

Jay Kafarski recently reported that on line readership of the REMINDER is lower than might be expected. Possibly this translates into fewer responses to the monthly Mystery Lyrics and Sports Trivia challenges. Only four readers solved these challenges last month.

We asked you to identify the song with these mystery lyrics:

“I only live for your love and your kiss. It’s paradise to be near you like this”

We did tell you the singer was an old timer, but only Ray Buratto, Tom DeCorte, Joel Adelman, and Larry Imerman recognized “Because of You”. The singer we had in mind was Tony Bennett, who recorded this song in 1981. Larry told me the song was performed by many and sent me a long list of singers and the years of the recordings!

This month we have an old singalong tune for you which includes these lines:

“If I had Aladdin’s lamp for only a day, I’d make a wish and here’s what I’d say”

Can you name that tune?

## SPORTS TRIVIA

Last month, we asked if you could name the “significant other” of golfer Dustin Johnson.

She was greenside when Johnson won a major golf tournament recently and got some camera time. The answer is Wayne Gretsky’s daughter, Paulina. And some familiar Club members got this one – Ray Buratto, Tom DeCorte and Joel Adelman along with past president Dick Kamp. Congratulations! We tried to give you a vague hint, suggesting you “think number 99”, Of course this was Gretsky’s number - supposedly this was to honor Gordie Howe, who of course wore number 9.

This month we have an unusual sports trivia challenge for you. *Only one major league baseball team doesn’t carry player names on uniforms for both their home and away games.* Can you name that team?

Dick Harper

# The Reminder

A monthly publication of the Senior Men’s Club, which meets Fridays at 10:30am via ZOOM during the stay-at-home orders.

Officers for 2020 are: Jerry Stribbell, President; Maynard Timm, First Vice President; Swarn Rajpal, Second Vice President; Paul Kovceses, Recording Secretary; Larry Imerman, Corresponding Secretary; Leonard Borman, Treasurer; Posh Gulati and Martin Rowell, Officers at Large.

THE REMINDER includes: Dick Harper, Editor Emeritus; Jay Kafarski, Publisher; Maynard Timm, Co-Editor; Tim McGee, Co-Editor; Tom Booth, Gene Markel and Roger Timm, Photography.

## NOTICE OF CHANGE OF MAILING ADDRESS

Effective July 1, the Senior Men’s Club’s mailing address has changed from The Community House, 380 South Bates St., Birmingham, MI, 48009, to:

Senior Men’s Club  
P.O. Box 1149  
Birmingham, MI 48012-1149

*All mail should be sent to the new address.*

## Club Dates to Remember

### ALL MEETINGS VIA ZOOM

**Executive Board Meeting:** Tuesday, Nov. 10 at 9:30 AM

**Reminder Deadline:** Friday, Nov. 20

**Genealogy Group:** Monday, Nov. 2 at 2:00 PM

**Reading Group A:** Wednesday, Nov. 4 at 10:30 AM

**Classic Movie Group:** Monday, Nov. 9 at 1:00 PM

**Investment Group:** Wednesday, Nov. 11 at 2:45 PM

**Reading Group B:** Monday, Nov. 16 at 3:00 PM

### MEETING RESPONSIBLY IN PERSON:

**Walking Group:** 8:00 AM, Tuesdays - Shain Park  
Thursdays - Barnum Park

Visit SMC at

<https://www.seniormensclubbirmingham.com/>