



# NEWSLETTER

January, 2012  
Vol. 37, No. 1

## Some Headlines from the Past Year (plus our reaction) (With thanks to Jack Murray)

- Something Went Wrong in Jet Crash, Expert Says (No, really?)
- Police Begin Campaign to Run Down Jaywalkers (Now that's taking things a bit far!)
- Panda Mating Fails; Veterinarian Takes Over (What a guy!)
- Miners Refuse to Work after Death (No-good-for-nothin' lazy so-and-sos!)
- Juvenile Court to Try Shooting Defendant (See if that works any better than a fair trial!)
- War Dims Hope for Peace (I can see where it might have that effect!)
- If Strike Isn't Settled Quickly, It May Last Awhile (You think?!)
- Enfield Couple Slain; Police Suspect Homicide (They may be on to something!)
- New Study of Obesity Looks for Larger Test Group (Weren't they fat enough?!)
- Kids Make Nutritious Snacks (Taste like chicken?)
- Hospitals are Sued by 7 Foot Doctors (Boy, are they tall!)

## JANUARY SPEAKERS (Meetings are at 10:00 a.m. in Morrill Hall, St. Mark's Church.)

- Jan 6 Patricia Brooks will be our speaker. Her subject will be "35 Years of Traveling by Tooth and Palate Throughout Connecticut." Ms. Brooks holds degrees from Vassar College and the University of Minnesota. She also did graduate studies at the University of London. Ms Brooks has been author or co-author of twenty-five books mostly in the fields of food and travel. She has written many articles for well known publications such as Bon Appetit, Vogue, Harper's Bazaar, Chicago Tribune, and L. A. Times. Ms. Brooks is perhaps best known locally as the Restaurant reviewer for the Connecticut Section of the New York Times.
- Jan 13 Dr. Scott Spector, the Founder and Medical Director of Spector Eye Care and New Vision Cataract and Laser Center in Connecticut will address eye diseases of the elderly. Dr. Spector is a Board Certified and Fellowship trained Connecticut ophthalmologist who specializes in cataract and refractive surgery as well as the medical, laser and surgical treatment of glaucoma. Dr. Spector received his Medical Degree through the combined 6-year medical program at the City College of New York and New York Medical College, with a residency in ophthalmology at New York Eye & Ear Infirmary.
- Jan 20 T. Michael Twomey, is Entergy's vice president of external affairs with responsibility for issues associated with the Indian Point Energy Center. He'll speak to us about "Safety & Security" and discuss the environmental consequences and probability of new nuclear construction. Indian Point delivers 2000 megawatts of power and closing it would entail the construction of several traditional plants which will take time (solar and wind are not in the equation in the foreseeable future.)
- Jan 27 Christine Tyrrell, RN, Nutraceutical Consultant with neutraMetrix, will join us for an educational natural health seminar. She'll discuss custom wellness solutions, isotonic nutraceuticals and weight management, including asthma, allergies, HBP, heartburn, digestive health, managing blood sugar, immune system building, prostate health and more. Ms. Tyrrell is a registered nurse with 17 years of experience. She previously was employed at Stamford Hospital, Visiting Nurse and Hospice Care, and Experienced Pediatrics. She received her nursing education at Norwalk Community College.

NEW MEMBERS - We have eleven new members since the last newsletter: John Emert, Rajan Govindan, Peter Hovey, J. James Lewis, Tom Monahan, Harry Rein, Bob Seelert, William Shields, Christopher Snyder, Jay Twombly, and Paul Weaver. Please welcome them when you see them at the meetings.

SMC DUES BULLETIN - The 2012 membership dues are due by January 1, 2012. Please make your check for \$40.00 payable to "SMCNC" and mail it to Senior Men's Club, c/o YMCA, 564 South Avenue, New Canaan, CT 06840 (Attn: Membership) or you may bring your check to the Membership table at a Friday meeting.

## COUTH

Feb 14 (Tue) Valentine's Day! We will go to the CIA and eat in the Italian restaurant, Caterina de Medici, this year. Plans have not yet been confirmed, but rather than taking the tour as we have done many times in the past we might take a short tour of a New York atomic power plant on the way. Details as to price and start time are yet to be finalized. Your host will be Bob Spence (203-966-6499).

Sept 2012 Plan ahead now for an extended trip from September 16<sup>th</sup> to the 27<sup>th</sup>, 2012. Based upon the very successful Canadian Rockies trip, join with SMC members for a grand tour of our most breathtaking national parks. Highlights include Lake Powell, Grand Canyon, Bryce, Zion, Grand Teton & Yellowstone National Parks. We will also see Old Faithful, Mount Rushmore, Crazy Horse and more. Overnight stays in rustic lodges. Coordinated by Collette Vacations. Double \$3,399 includes air and transfers to/from St. Mark's. Call Bob Witt, 203 966 2892 for brochure.

The Couth Committee is currently working on additional trips for 2012. Check the website and future newsletters for additional information.

## ACTIVITIES (Check the website at SMCNC.ORG for updates)

- Amateur Chefs** The chefs' next meeting will be January 19. Details will be announced at the Friday meetings.  
Bert Liebelt (203-966-3696), Nick Zaccagnino (203-966-7217)
- Bridge** Talk with your friends and organize your own games after the Friday meetings. You may play at Lapham or stay at St. Marks.  
Eric Musa (203-966-3125)
- Cycling** We're done for the season, and will resume next year.  
Les DeVilliers (203-966-9645), Roger Colson (203-966-9258)
- Investments** The newly formed investment group will meet at Lapham Center on the 3<sup>rd</sup> Monday of each month to discuss various investment topics.  
Harry Hitch (203-966-1947)
- Mystery Books** The Mystery Book Club will be involved in Anglican religious mysteries featuring P.D. James' Detective Inspector Adam Dalgleish, a poet and Scotland Yard homicide investigator. We are going to compare and contrast A Taste for Death and Death in Holy Orders. Date for the meeting will be announced at Friday meetings and on the website.  
Brian Hollstein (203-972-633)
- Paddle Tennis** Play on Monday, Tuesday and Thursday from 9:00 to 11:00 at Waveny. A Rec Department permit is required. \$10 ball fee.  
Steve Rowley (966-2376), John Ross (966-8339)
- Photo/Computer** We will meet at Lapham Community Center on Wednesday, January 4 from 1:30pm to 3:30pm. The subject will be Tablets, Nooks, Kindles and more with Pete Stair and Jack Messert. Bring Show and Tell-Android Tablets, Photos, etc.  
Jack Messert (203-966-8754)
- Sidewalks - NYC** We're done for the season, and will resume next year.  
Pete Stair (203-966-6497)
- Trailblazers** Stay tuned for the next walk – next spring.  
Jack Murray (203-966-1416)
- 4F Luncheon** Our informal, relaxing Dutch treat lunch is usually on the Fourth Friday. Details about future lunches will be announced at Friday meetings. All are invited to join in. Sign up at the Couth desk, either before 10 a.m. or during the coffee break.  
Don Tiefenthaler (203-966-5794)

**NEED A RIDE TO FRIDAY MEETINGS?** Members are reminded that Getabout van service is available to and from our Friday meetings. Just call Getabout at 203-972-7433 one day in advance and sign up to travel with the others enjoying this service. Getabout asks for a donation of \$3 each way but does not require it. This is a great way to travel!! You can even arrange to be driven from the meeting to lunch or shopping downtown and taken home after that.