

The Cat in the Hat, on Aging



I cannot see - I cannot pee
I cannot chew - I cannot screw
Oh, my God, what can I do?

My memory shrinks - my hearing stinks
No sense of smell - I look like hell
My mood is bad - can you tell?

My body's drooping - have trouble pooping
The golden years have come at last
The golden years can kiss my ass.

MAY SPEAKERS (Meetings are at 10:00 a.m. in Morrill Hall, St. Mark's Church, except May 9th will be at the First Presbyterian Church instead.)

- May 2** Annual Meeting at 12:00 noon at the New Canaan Country Club. \$40 in advance to Charlie Morris, or \$45 at the door. There will be no morning meeting.
- May 9** At First Presbyterian Church. John Kovach, Editor of the New Canaan Advertiser since September 1997 will dialog with the group in his highly interactive manner. He has addressed the Senior Men several times in the past and provides thoughtful insight and perspective on New Canaan's happenings and issues. The Advertiser is part of the Hersam-Acorn Group, which publishes eight papers in the surrounding communities. Each newspaper has its own independent editorial section.
- May 16** In his 23 years as head of Environmental Defense Fund, Fred Krupp has overseen the growth of EDF from a small nonprofit with budget of \$3 million into a recognized worldwide leader in the environmental movement. Krupp is coauthor, with Miriam Horn, of *Earth: The Sequel – The Race to Reinvent Energy and Stop Global Warming*, published in March 2008 by W.W. Norton. Educated at Yale and the University of Michigan Law School, Fred Krupp lives with his family in Connecticut.
- May 23** Our speaker will be physics professor and astronomer Michael De Leonardis. He will speak on the NEO's (near earth objects) and the possibility of an earth impact; the new techniques in modern astronomy (not just looking through a telescope) and the Webb Telescope which will replace the Hubble telescope currently in use. Mr. DeLeonardis is a retired astronomer and currently on the faculty as a Professor of Science at Norwalk Community College.
- May 30** Jinger Berry is the Executive Director of the Tully Center, Stamford Hospital's Health & Fitness Institute. Her subject will be Life Style Change, creating a healthy lifestyle "you" can live with. Her talk will help you look at your lifestyles and changes you can make to make daily activities easier and to live a healthier life, including 10 things you can do to look and feel younger in 60 days, fall prevention, and how to get the most out of any exercise or diet program.

ENCOURAGE FRIENDS TO JOIN -- The more members the Club has, the more fun you have. Traditionally, at this time of year we ask present members to help us add to the membership roll by encouraging friends, neighbors and acquaintances to join the Senior Men's Club. Please take a few minutes to think of Senior Men in the community who would make good members. If you are unsure whether they are presently members, just look in your copy of the SMC Directory or call Membership Chairman, Paul Stein, 203 966 1252.

We are enclosing a Membership Application that you can give to others to fill out and return. All instructions on how to formally apply are on the form – it just needs to be given to one of your friends along with encouragement by you. *We need your help on this effort.* More forms are available by calling Paul Stein or stopping at the Membership Desk at Friday meetings.

COUTH

- May 13 (Tue)** What better way to celebrate the month of May than with a Couth trip to the newly expanded New Britain Museum of American Art. In addition to its permanent collection of works ranging from colonial portraiture to Hudson River School, American Impressionism and more modern creations, we will be fortunate to see a guest exhibit of "All Things Beautiful: California Impressionist Paintings from the Irvine Museum", which hold the largest collection of California Impressionist works in America. We will be guided through the exhibits in small groups by docents. The museum visit will be followed by a luncheon in the renowned Hawthorn Inn in Berlin, CT. Cost per person will be \$75. Check in at 9:15 am, departure at 9:30 am, estimated return about 4 pm. Your hosts Ladd Seton (972-8786) and Stan Stanziale (966-2862).
- June** We're planning a boat ride on Long Island Sound. The boat will leave from Greenwich harbor and you'll see the sights of Long Island. Lunch will be on board. The exact date and further details are yet to be sorted out. Listen for announcements at the Friday meetings and on the website. Bob Wosahla (353-9610) and Jack Murray (966-1416) will be your hosts.

Please note: As a reminder, the Couth policy is as follows: The sign-up sheet is to be used as an indication of interest and intent to participate, but not to establish a reservation. The date of the check receipt by the Couth Committee will be the control of a confirmed reservation.

ACTIVITIES

- Amateur Chefs** The chefs will meet at Lapham Community Center on Thursday, May 15. There's a limit of 12 chefs. The menu will be announced at a Friday meeting. Check with Nick or Bert for more details.
Bert Liebelt (966-3696), Nick Zaccagnino (966-7217)
- Bridge** Bridge follows weekly meetings. Games last until about 2:00 p.m. Sign up before the meeting or at start of the break at the Couth Desk. A post-meeting drawing establishes who'll go to Lapham Center for play.
Eric Musa (966-3125)
- Golf** The next outing will be Monday, May 12th at Sterling Farms in Stamford (directions: www.sterlingfarmsgc.com), with the first tee time of 11:03. Cost is \$37, including cart. Then on Wed. May 28 we'll be at Whitney Farms in Monroe (directions: www.whitneyfarmsgc.com). First tee time is 9:30, cost is \$45, including cart. Harvey Place (966-1821), Bill Kapp (966-4043)
- Paddle Tennis** Play (until tennis begins) on Monday, Tuesday, and Thursday from 9 to 11 a.m. A Rec Department permit is required. \$10 ball fee.
George Perkins (972-6852)
- Photography** Stay tuned at the Friday meetings and on the website for announcements regarding the next meeting, likely to be sometime in May.
Jack Messert (966-8754)
- Racquetball** Players wanted. Mon, Wed, Fri 8:00 a.m. at the YMCA.
Bill Patton (966-4849)
- Skyblazers** The next meeting will be May 12 at 9:00 at Lapham Community Center.
Jack Murray (966-1416)
- Tennis** Play will begin at Mead Park when the nets go up, likely in late May or early June. Play on Monday, Tuesday, and Thursday from 8 to 10 a.m. A Rec Department permit is required.
Craig Wright (966-4399)
- Trailblazers** The next hike will be Wed. May 7th, to Prospect Park in Brooklyn, with Pete Stair leading. We'll take the 8:57 train. Bring lunch or plan to buy something in the city. And hold Thur. May 22 for the next hike after that. Details will be announced at the Friday meetings, and on the website.
Ray Davis (940-3013)
- 4F Luncheon** Our informal, relaxing Dutch treat lunch is the Fourth Friday, May 23. The site will be announced at Friday meetings. All are invited to join in, especially newer members who will find the group always hospitable. Sign up at the Couth desk, either before 10 a.m. or during the coffee break.
Don Tiefenthaler (966-5794)

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