

# The Chronicle



A monthly newsletter published by The Men's Club of Sun City Center for its members

August 2017

Established in 1963

Volume 25, Number 8

## The GAVEL

A report from your President



Greetings!

There was a vast improvement on the actual number of meals we paid for vs. the final count this month. We still have people who make a reservation and fail to cancel when they can't make it (no show), who forget to book and turn up anyway (go show) and who claim our system is not working because they signed up and we don't have no record of it.

We want everyone to come who can come and we realize that age works against our doing everything we intend to do. Please do your best to cooperate and I believe it will all work itself out. We cannot blame individuals, systems and computers for our slip ups. We can all have the right attitude. I don't believe we should ever turn anyone away without doing our absolute best to correct the situation.

Thanks to Lynne Sells for that informative and inspirational presentation. There were a lot of positive accolades I have heard during and since the meeting. Several members including myself were at the first Yoga Chair Class and I for one was really impressed. I am hooked and I can tell you that I moved parts of my body that had not moved in years! I was amazed how my breathing is starting to improve.

We are honoring those Vietnam Veterans who could not attend in June in November. The latest list of individuals to be honored is located elsewhere in the newsletter. If your name does not appear and it should have been, send me an email [dmurphy5@tampabay.rr.com](mailto:dmurphy5@tampabay.rr.com) or call (813) 633-0527 and leave me a message if I am not at home.

## Consumer Protection Fair Highlights October 13 Open House

The Men's Club of Sun City Center is joining with the Florida Department of Agriculture and Consumer Services to sponsor a Consumer Protection Fair on October 13 in the Sun City Center Community Hall. The Consumer Protection Fair coincides with the Open House sponsored annually each year by the Men's Club to thank the Sun City Center community for its support.

The event will begin at 1 p.m. on Friday, October 13 and will continue until 4:30 p.m. It is open to all Sun City Center area residents.

Nearly a dozen consumer protection agencies will be on hand at the event to answer your questions and provide guidance on consumer protection issues.

Expected exhibitors include the Hillsborough County Sheriff's Office, Seniors vs. Crime, Senior Medicare Patrol, Florida Public Service Commission, Florida

*Great Door Prizes  
See Page 3*

Department of Business and Professional Regulation as well as numerous other groups. Representatives of the Men's Club's Lifeline Personal Emergency Alert System will also be on hand at the event. There will be several presentations throughout the afternoon relating to hot topics in consumer protection. The event will close with a performance by the extremely popular singer, Kevin Brooks.

In addition, the Men's Club will continue its tradition of offering free ice cream, brownies and coffee to residents who attend the event. SunTowers Retirement Community is underwriting the ice cream distribution.

There is no charge to attend the event. Invite your friends and neighbors and plan to stay for the day.

**Medicare Update from Dr. Pat Crow at  
October 18 Meeting. Details on Page 2**

The purpose of The Men's Club of Sun City Center is to provide and promote charitable community service, cultural, social and civic interest, and to cooperate with other clubs and organizations in the best interest of Sun City Center.

## Men's Club LifeCare Programs

The Men's Club is committed to improving the health and welfare of our community through sponsorship of LifeCare programs.

### Health Care Support Groups

Male Call for Prostate Health: Meets the 2nd Monday of the month 2 p.m. Room 3, SCC Community Hall. Bob Sullivan (813-215-7050) for schedule and information.

Low Vision Support Group: Meets the 3rd Wednesday of the month 1:30 p.m. at Sun Towers. Contact Debbie Caneen (813-634-3347) for schedule and information.

Hearing Loss Support Group: Meets the 3rd Tuesday of the month 10 a.m. at St. Andrew Presbyterian Church. Contact Richard Herring for schedule and information.

Pain Management and Neuropathy: Meets the 2nd Thursday of the month 1:30 p.m. at Sun Towers.. Contact Debbie Caneen (813-634-3347) for schedule and information.

Parkinson's Support Group: Meets the 3rd Monday of the month except June, July and August at 1:30 p.m. at Sun Towers. Contact Debbie Caneen (813-634-3347) for schedule and information.

Diabetes Support Group: Meets the 2nd Wednesday of the month 2:00 p.m. at Sun Towers. Contact Debbie Caneen (813-634-3347) for schedule and information.

Man to Man Support Group: Meets weekly in the Marie LeBlanc Room each Wednesday starting at 10:00 a.m. Call Dr. Ken Barringer at 633-8490 or Bill Spedding at 938-3126

### Lifeline Personal Alert System

We have teamed with Phillips, a leading provider of personal alert systems, to facilitate enrolling seniors in our community with the Phillips Lifeline system. For more information, call our Lifeline Office at 633-7091.

### Hearing Aid Recycling

The Men's Club has formed a partnership with Sertoma to facilitate recycling of used hearing aids and distribution of the refurbished hearing aids to need children around the world. Look for our drop boxes at many locations around the community.

## October 18 Program

## What You Need to Know About Coming Medicare Changes

The annual Medicare deadline is rolling around presenting us with a new opportunity to choose among the variety of Medicare supplements and Alternative available in the Marketplace.

Long time member Dr. Harold "Pat" Crow, a retired family practitioner and medical consultant, has been studying the changes made to the Medicare program this year and will educate us on the most important of those changes during our October meeting.

You won't want to miss this very important presentation.

## October 18 Menu

**Chicken Parmesan**  
**Eggplant Parmesan**  
**Vegetables**  
**Salad Bar**  
**Desserts**

## New Officer Slate to be Revealed

During the October meeting, the nominating committee will present its proposed officers for 2018. At that time, nominations will be accepted from the floor. Nominations made be made for any position on the board except President and Past President.

The election will take place at the November meeting of the club and the officers will assume their positions on January 1, 2018.

## Reservations Required

To make your reservation for lunch on October 18 send an email to:

Mens.Club.Lunch.Reservations@gmail.com

or telephone our office at 633-7091. Remember, the deadline for reservations is 6 p.m. on Sunday, October 15.



*President Don Murphy, left, welcomes speaker Lynn Sells and her guest, Utley Smith, to the September meeting.*

**Yoga Presentation Gets Positive Response**

Members enthusiastically received the presentation by Yoga Instructor Lynn Sells at our September meeting. Many expressed an interested in learning more about Yoga and its health benefits.

Here is the schedule for classes (all of which take place in Studio 2 in the new auxiliary building on the north end of the SCC main campus:

- M/W/F: 8:00 AM. Experienced Class
- M/W/F: 9:30 AM. Slow Flow
- M/W/F: 10:45-11:45 AM. Chair & Barre Class
- Tues: 12:30-1:45PM. Yoga Basics
- Thurs: 6:00-7:30 PM. Somatics + Meditation

Lynn says, “The first class is free. Try it to see if you like it. Other classes are \$3. We have a few loaner mats. Mats can be found at Walmart.. Wear non-bending comfortable clothes. No shoes or socks in class. Drink 2 glasses of water first thing in the morning and do not eat 2 hours before your class.”

**Lightning Excursion Set for December 5**

The hockey game is Tuesday evening, December 5th at Amalie Arena featuring the Tampa Bay Lightning vs the New York Islanders. The game is at 7:30pm and our exclusive bus will depart the Community Hall at 5:50pm.

The cost to members and guests is \$75.00 each. Our seats are in Section 123 at the top of the lower level which is an improvement over the seats we had last winter.



Reservations may be made with a check to the Men’s Club starting in September sent to Jim Rottman at 2307 Emerald Lake Drive, or by dropping off at the Men’s Club Lifeline office. The Lightning is positioned for a great season according to all predictions...sign up early to take part in the excitement!

**Andre Rieu Concert Update**

Some members who made reservations for the November 1st Andre Rieu concert have expressed concerns because The Men’s Club has not yet cashed their checks. Not to worry. The club’s practice is to hold all checks until the actual date of the event; that makes it easier to issue refunds in case of cancellations.

Jim Rottman, VP Special Projects, reports that tickets for the event will be distributed to members and their guests upon boarding the bus for the trip to the Straz Center.



Remember, for this event only, the bus will be waiting in the parking lot near the Security Patrol and the temporary offices of the Community Association. The bus will depart at 6:30 p.m. sharp and return shortly after the conclusion of the concert.

**Free 4-Day Cruise for Two Among Open House Door Prizes**

The Men’s Club of Sun City Center has several terrific door prizes to be given away at its annual Open House to be held Friday, October 13th, 2017 at the Community Hall on South Pebble Beach from 1:00 until 4:30pm. The main prize is a four-day Caribbean cruise for two in an ocean view cabin on Royal Caribbean Cruise Lines from Tampa! This cruise is valued at up to \$1000.00 and is valid for up to two years. This fantastic prize is sponsored by Sun City Center Travelworld and the Men’s Club. This cruise prize will be available at a drawing at the Open House. Participants must be present to win. Several other prizes will be also given out in the drawing including two tickets to see the Tampa Bay Lightning on December 5th, 2017 with bus transportation included.

## Remaining Vietnam Vets to Be Honored at November Meeting

Not all of our members who served in the military during the Vietnam conflict were able to attend our June special event. As promised we will be offering a free lunch to those remaining vets during our November meeting.

A special presentation regarding the Honor Flight program is planned. Listed below are the names of those members we show as vets who missed the summer program. If you belong to the list and are not there...or if you are there and don't belong, let Don Murphy know right away.

- |                |                     |
|----------------|---------------------|
| Barnett Alpert | Bill Kilmain        |
| Harry Bender   | David Kruger        |
| Mike Brock     | Peter Mathieu       |
| Frank Burns    | Jim McClure         |
| Jim Casper     | Ray Mordell         |
| Ronald Dickey  | Andrew Nicks        |
| Gary Dinda     | Joe Reig            |
| Bill Eades     | Arthur Rousseau     |
| Mike Fracher   | Carmine Sarapigelia |
| Bob Harris     | Sam Smith           |
| Allen Heimbold | Ken Wagner          |
| Dennis Horne   | Gary Waldren        |
| Jim Kehoe      | Paul Wheat          |
| Greg Keil      |                     |

## LIFELINE UPDATE

Installer of the  
Month

Bruce

Fraser



Year to date through 9/29/17:

*Subscribers - 615*

*YTD Installer home visits - 722*

*YTD Responder assists - 382*

*YTD Hospital transports - 77*



THINK HAPPY  
THOUGHTS AND  
GOOD THINGS  
WILL HAPPEN

### MEN'S CLUB EXECUTIVE BOARD (2017)

President	Don Murphy	633-0527	<a href="mailto:dmurphy5@tampabay.rr.com">dmurphy5@tampabay.rr.com</a>
President-elect	Joe DeFelice	922-6232	<a href="mailto:rdr303@aol.com">rdr303@aol.com</a> ;
Treasurer	Mike Brock	365-0003	<a href="mailto:michaelmbrock@msn.com">michaelmbrock@msn.com</a>
Secretary	Bill Cox	634-3936	<a href="mailto:bidocj@gmail.com">bidocj@gmail.com</a>
Steward	Bruce Fraser	419-4013	<a href="mailto:dbruce.fraser@gmail.com">dbruce.fraser@gmail.com</a>
VP-District Operations	Mike Albanese	634-5512	<a href="mailto:albanesemj@aol.com">albanesemj@aol.com</a>
VP-Healthcare	Bob Sullivan	215-7050	<a href="mailto:rsvlakes@gmail.com">rsvlakes@gmail.com</a>
VP-Lifeline	David Floyd	634-2970	<a href="mailto:davidfloyd2012@yahoo.com">davidfloyd2012@yahoo.com</a>
VP-Programs	Steve Lucas	210-1311	<a href="mailto:luca7735g@gmail.com">luca7735g@gmail.com</a>
VP-Membership	Jon Lehr	260-3058	<a href="mailto:jonlehrscc@aol.com">jonlehrscc@aol.com</a>
VP-Special Projects	Jim Rottman	634-8122	<a href="mailto:jrottman@tampabay.rr.com">jrottman@tampabay.rr.com</a>
Chaplain	Dr. Bob Schmeiser	380-8238	<a href="mailto:drrobertschmeiser@gmail.com">drrobertschmeiser@gmail.com</a>
Past President	Art Smith	634-2576	<a href="mailto:artsc@verizon.net">artsc@verizon.net</a>