

The Chronicle



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

September 2017

Established in 1963

Volume 25, Number 9

The GAVEL

A report from your President



By Don Murphy

I want to begin by thanking Vern Hendricks and his lovely wife Elysa and the whole team from Sun Radio for their presentation. I can tell you that it did not happen overnight but I am hooked as a listener. I began to drift over from the "Duv" and the two University of South Florida stations who broadcast NPR and classical music and now it is my go to station.

I don't have all the details but our last meeting



DISASTER

was a disaster in terms of who signed up to attend but did not and those who no showed or came without



registering. We can do better and once I have all the details I will pass them on. The last I heard we had 155 sign up and only 127 were present! I hope everyone realizes that we must pay for those nearly 30 meals!

I want to ask every one of you to consider what you can do to improve your Men's Club. We are currently asking for volunteers to fill our officer positions for next year and I know there are many of you who could help. You don't have to be an expert but only be willing to learn. Please call me or any member of our Nominating Committee listed below:

(Continued on page 3)

Learn The Benefits of Yoga At September 20 Meeting

Joining us for our September 20 meeting will be Lynne Sells, Senior Yoga instruction for the Sun City Center Yoga Club.

Lynne moved to Sun City Center in Nov, 2016 from Washington DC. In 2008 she retired from Georgetown University where she



managed the medical research technology for regulatory compliance. In retirement she was delighted to find the yoga classes offered at the Renaissance Club and then, when the instructor left, the SCC Yoga Club.

When the Yoga Club instructor left, Lynne suggested that everyone in class could keep the club going by offering to lead classes themselves. Most people had studied for

years. Soon Lynne, tapping into her background in dance, became the instructor. Following the yogic dictate to "First do no harm", Lynne studied with a Kripalu affiliate in St. Augustine to become certified and registered with Yoga Alliance. She now holds ERYT designation for being an Experienced Registered Yoga Teacher and a YACEP, Yoga Alliance Continuing Education Provider. She offers private sessions and has done sessions for our local Stroke Support program and for the Peripheral Neuropathy Support Program at Morsani Center at USF. Her advanced training is with nationally recognized integrative health figures including classes in Yoga for Chronic Pain, and Yoga for Cancer as well as other health related fields.

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. There is a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. It is often practiced for health and relaxation. Lynne will tell us more during her presentation.



Italian sausage with peppers, tilapia piccata,
"build-your-own-salad" bar and great desserts



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.

To Make Your Reservation for Lunch on September 20 send an email to Mens.Club.Lunch.Reservations@gmail.com or telephone our office at 633-7091 before 6 p.m. on Sunday, September 17

Welcome! NEW MEMBERS!

Ray Shaw, Gene Peterzak, Carm Serapiglia
Bill Dauber, Jimmy Genovese, Gregg Newton
Bill Hurley, Mike Bardell, Dave Graves
and Jim Forsythe

Lifeline Update

As Installer of the Month we honor Don Renwick Long-time installer who passed away late in August



Year to date through 8/25/17:

Subscribers - 619

YTD Installer home visits - 650

YTD Responder assists - 323

YTD Hospital transports - 66

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!

The GAVEL

(Continued from page 1)

Joe Defelice – President (813) 922-6232 ; Jon Lehr – VP Membership (813) 260-3058; Ron Pelton – Past President (813) 633-0190; Art Smith Past President (813) 634-2576

We also need more installers for Lifeline and we can train you! Take care and I will see you in September. **Don**

SAVE THE DATE: OCTOBER 13

The Men’s Club of Sun City Center

says “Thank You” to the community and joins with
**The Florida Department of
 Agriculture and Consumer Affairs**
 to present a

CONSUMER PROTECTION FAIR and OPEN HOUSE

- ◆ JOIN US TO LEARN ABOUT THE LATEST IN CONSUMER FRAUD AND SCAMS
- ◆ LEARN WAYS TO KEEP YOU AND YOUR FAMILY SAFE
- ◆ VISIT OUR EXHIBITORS AND GET ANSWERS TO YOUR CONSUMER PROTECTION QUESTIONS
- ◆ MEET AND MINGLE WITH FRIENDS AND NEIGHBORS

*Enjoy free ice cream compliments of SunTowers
 and come for an exciting musical performance by
 the always popular Kevin Brooks*

WHEN: FRIDAY, October 13, 2017

TIME: 1 p.m. to 4:30 p.m.

WHERE: Sun City Center Community Hall
 1910 South Pebble Beach Blvd.



MEN’S CLUB EXECUTIVE BOARD (2017)

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