

Five Star Singles Connection

November 2013

“Serving our Local Communities”

www.fivestarconnection.org 

Speaker Spotlight

“Whole Body Nutritional Approach to Chronic Health Issues”

Dr. Eric DeRusha

Owner/Operator of Paint Creek Chiropractic & Nutrition Wellness Center in downtown Rochester

Thursday, November 14th

7:30 to 8:30 pm

River Crest

900 W. Avon Road, Rochester Hills

FREE & Open to the Public
see page 2 for more information

President's Message

by David Kozlowski



Members and friends,

Thanks to all the members and guests who participated in our Halloween Dance on the 31st. Due to the time constraints, our articles and pictures from this event will be published in our December newsletter or on our website.

Last month I had the opportunity to meet and talk to psychics Shari and Marilyn, who were with us for private readings. They both had interesting stories to tell and how they got started. And No, I didn't have a reading! I've learned to enjoy life every day as if it were my last.

This month, Terry and I are looking for your help once again. We will need two workers per shift to sell poker chips at The River. The first shift will begin at 1pm, and the last shift will start at 10pm, with two shifts in between.

A special thank you to Jerry Maynard, Jim Blundo, Carol Miller, James Daniel, Mike Shaw, Pat Miller, Connie Roussin, Bill Fox, Barb Jackson, Jerry Magnotte, Tom Scott, Larry Jordan and Jimmy O'Connell for helping Terry & I at the Charity Poker room this past September. If it weren't for these members, many charities would not benefit from our donations to help the community.

This month's speakers are Dr. Eric DeRusha & Carolyn Uhl. Be sure to attend November 14th at 7:30pm. See our Speaker Event on sheet 2 for all the details.

Don't forget Thursday November 28th is Thanksgiving Day. We will not have a dance that night, so you can enjoy the day with your family.

Please remember, “The Greatest Service to Yourself is Service to Others.”



November Dance Schedule Quick Look

November 7 Casual Dress Dance

November 14 Speaker Dance

November 21 Birthday Dance

November 28 No Dance

Top 40 Music

8:30 pm-midnight • Cash Bar

see page 3 for more information or call Pattie at 248-652-0669

November Event Speakers

by Tess Craven, Program & Education Director

Thursday, November 12th

7:30 – 8:30 pm

Speaker: Dr. Eric DeRusha & Carolyn Uhl

Topic: "Whole Body Nutritional Approach to Chronic Health Issues"

Suffering from chronic health problems long enough? Wouldn't you prefer to correct the underlying causes of your ill or non-optimal health in a non-invasive way? This presentation will focus on the whole body nutritional approach to common chronic health issues. Learn how specific nutritional supplements & a proper diet rich in nutrients can reverse digestive, hormonal & other chronic health problems. We will also see a demonstratin on nutritional response testing.

Dr. Eric DeRusha is owner/operator of the Paint Creek Chiropractic & Nutrition Wellness Center on Main Street in downtown Rochester. He has been in practice for 17 years & was the first Michigan chiropractor to be certified in the "Biophysics Technique," & also the first to offer the cutting edge MLS Cold Laser Therapy. Carolyn Uhl is a nutritional response testing practitioner & expert at helping people with health conditions that just won't get better unless the source of the problem is found and corrected with NRT. Join us for facts about specific nutritional supplements & NRT and what they can do for you. For more info, call Tess at (248) 689-1390.



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Membership News

by David Kozlowski,
Membership Director

Did you notice? We have a great number of new guests. Not sure if it's word of mouth, great advertising or the every Thursday Night that we host here at River Crest. Please continue to welcome all the new faces, offering a dance, conversation or a friendly smile.

Congratulations to one of our alumni couples, Tom and Donna-Poole Grable, who are celebrating their 8th anniversary on November 3rd.

A special thank you to Larry Jordan for helping me with the Adopt-A-Highway campaign on October 26th.

Life may not be the party we hoped for, but while were here, we might as well dance.

Have a safe and blessed Thanksgiving.

November Birthdays

- 7 Glen Gregg
- 8 Shirley Hathaway
- 12 John Lanman
- 13 Sonia Sassin
- 15 Pat Borowski
- 18 John Gentilia
- 24 Teresa Poland
- 28 Fred Quinn



**"Happy Birthday" to this month's
birthday members!
Celebrate!**



Our mission is to provide support and enrichment necessary to promote a healthy, social and educational environment for single parents, families and single adults. We are structured to create an atmosphere where these needs can be addressed and individuals flourish. As a diverse organization, we strive to enrich the community where we live, work and play. Five Star Connection, Inc. is a non-profit Corporation that is exempted from Federal Income Tax under Section 501c4 of The Internal Revenue Code.

November 6, Wednesday: 7 pm. Calendar planning and Board of Directors meeting at Terry & David's home. Call David 810-990-4598.

November 7, Thursday: Casual Dance. Lessons at 8 pm. Dancing at 8:30 pm.

November 12, Tuesday, Somerset Dance at the Elks: 7:30 pm. 25950 Schoenherr, Warren. Elks is located on the southeast corner of Schoenherr and Frazho. Members \$6, Non Members \$10. Call Bobbie Mathie 586-781-4056.

November 14-17, Five Star will be sponsoring Charity Poker from 1:30 pm- 2 am. We need workers for all shifts. Call Terry 248-650-3739 or David 810- 990-4598.

November 14, Thursday Monthly Speaker Dance: 7:30 – 8:30 pm. Dr. Eric DeRusha and Carolyn Uhl. See page 2 for details. Dance to follow speaker.

November 15, Friday, 7 pm - 10 pm: Bethany East Cards & Games Night. St. Martin DePorres Social Hall, 31555 Hoover Road (north of 13 Mile Rd.) Warren. Pizza, dessert, snacks and soft drinks will be provided. Cost is \$6. Contact Pat 586-739-6885 or Connie 586-232-3485.

November 16, Saturday: Five Star Dinner and Theater: 6:30 pm at Kim's Restaurant and 8 pm show at Ridgedale Players, 205 W. Long Lake Rd., Troy, 248-689-6240 for the play "November". Play is about President Charles Smith and what he will do to remain in office. For more information call Dan 248-882-7700.

November 17, Sunday: Somerset 9 Pin – No tap bowling, 3 pm – 6 pm. Members \$20, Non Members \$23. Call Bobbie for more information 586-781-4056.

November 10 and 24, Sunday: Bethany East Singles join the Fall Bowling league. Sterling Lanes, 33200 Schoenherr, Sterling Heights, 6:15 pm. Regular bowlers \$12, subs \$9. If you have questions or want to sign up contact Karen 586-925-1082, Dennis 586-295-3277 or Linda 586-291-4623.

November 20, Wednesday: Somerset Meet & Greet at Peabody's. 34965 Woodward, Birmingham. Happy Hour begins at 3 pm and drinks are \$4. Call Suzanne 586-781-6939 or Sandy 586-438-7773.

November 21 Thursday: Birthday Dance. Lessons at 8 pm. Dancing at 8:30 pm. Complimentary Cake provided.

November 23, Saturday, 8 pm-midnight: Bethany East "Turkey Trot Dance." Sterling Chateau Hall. Holy Ghost Orthodox Church, 38500 Ryan Rd. (just South of 17 Mile Rd.). TJ is the DJ for the night. Cost for the dance is \$13, which includes beer, wine, pop, snacks and coffee. Contact Loretta at 586-264-0284 or Connie at 586-232-3485.

November 28, Thursday: No Dance. Happy Thanksgiving!

November 29, Friday: Five Star Dinner and Theater. Dinner at Golden Eagle 6:30 pm. Avon Players, 1185 Washington Rd, Rochester Hills 48306 for 8 pm showing, "It's a Wonderful Life." For more information call Dan 248-882-7700.

Notice: The Board of Directors will not tolerate any misconduct at our dances and individuals will not be allowed to return. No admittance will be made after 11:15 pm.

*Photographs
from
October Events:*



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Board of Directors:

President	David Kozlowski	810-990-4598
President Elect	<i>position available</i>	
Past President	Jerry Maynard	248-979-1010
Secretary	Larry Jordan	586-286-7078
Treasurer	Brenda Gagnon	248-628-9667

Directors:

Administrative	Dan Platz	248-882-7700
Membership	David Kozlowski	810-990-4598
Program & Education	Tess Craven	248-689-1390
Dance	Pattie Suhr	248-652-0669
Friendship	Mary Jane Harrison	248-872-3900
Marketing	Tom Scott	586-739-5199

Advisors:

Divorce Recovery	Jim Blundo	248-930-0644
Family Law	Bill Reisdorf	248-766-4484
Financial	Terry Mike-Kozlowski	248-650-3739

Future Events

- Dec. 2 Lagniappe: Downtown Rochester
- Dec. 3 Somerset Meet & Greet: Ike's Restaurant
- Dec. 6 Somerset: Christmas Party/Dance: Club Venetian
- Dec. 8 Christmas Parade: Downtown Rochester
- Dec. 8 Sailing Singles: Meadowbrook Christmas Walk
- Dec. 10 Somerset Singles Dance
- Dec. 14 Sailing Singles Christmas Gala
- Dec. 17 Sailing Singles Happy Hour: Masters
- Dec. 31, New Year's Eve Party: DeCarlo's
- Jan. 1 Detroit Boat Club New Year's Toast

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