

# CIGAR BOX BULLETIN

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January 6, 2016

Here are the volunteers who publish this Bulletin each week for your enjoyment: **Editor:** George Stockbridge, Chair; **Scribes:** Gran Burgess, Av Rivel, Kurt Schaffir, Peter Uhry, Jim Butler, Arnold Gordon, Ed Farrell; Chet Risio, Martin Grayson, Emeritus; **Format and Layout:** Gene Schwartz, Paul Levine and Jack Cuff; **Archivist:** Harold Frost; **Printing:** Chet Risio and Larry Schmitz.

**“Anyone who has never made a mistake has never tried anything new.”**

*Albert Einstein*

Promptly at 10:00am President RALPH VIGGIANO called the meeting to order. (Always accurate, he used his I-phone to be sure of the time). GEORGE DIPPY, quickly stepping in for an absent HENRY BAKER, led us in the pledge. Song leader DON CONWAY opened the new year with the *Star Spangled Banner*, then *The Whiffenpoof Song* and finished with *Oh, You Beautiful Doll*. GEORGE STOCKBRIDGE attacked the Steinway with gusto both before and during the songfest. CHUCK STANDARD told of a boomerang that is a stick when it is not, and a Tickle Me Toy that did not pass the test ...ikle. Many groans greeted this tale. Prez RALPH announced there were special cookies for the coffee break.

**ANNOUNCEMENTS:** RALPH also announced the Cancer Wellness Program would be held the next three Thursdays, Jan. 14, 21 and 28 at the Garden Café in Greenwich Hospital from 5:30pm to 7:30pm. The program is free and is limited to 10 individuals. Participants are required to attend all three sessions and wear comfortable clothing. The program will consist of exercise, food display and a talk on medicine. A meal will be served at all three sessions. Contact Diane DeMain, Nurse Educator, at 203 863-3786. BOB ROBINS gave LARRY SCHMITZ the award for the closest guess at the last R.O.M.E.O lunch. The next lunch will be at Innis Arden CC on January 27, 2016 immediately after the RMA meeting. RMA member PETER TUNLEY helped arrange the connection to Innis Arden. Cost is \$45 for a three course meal. Cash bar, jacket required, ties encouraged.

PETER UHRY informed us that The Riverside Association will hold its annual meeting on Thursday, January 14 at St. Paul's Church in Riverside at 7:30pm. Speakers will be Peter Tesei, Joe Siciliano and the new assessor whose first name is Loren. Coffee and cookies will be served.

JOHN DECSEPEL proclaimed his personally split firewood is still available.

**RETURNEES:** SAM MARASSO from Providence, RI and ARTO SZABO from California.

**MEMORIALS:** BOB ROBINS announced the death of BURTT EHRICH on December 21<sup>st</sup> after a long illness. He was 76. BURTT served on the Carnegie Council on Ethics

and International Affairs and volunteered for Puppies Behind Bars and Meals On Wheels. He leaves his wife, three children and a grandchild.

RALPH told us the wake for NICK TOURNILLON's son, Brady, is at Leo P. Gallagher in Stamford Jan. 6, 2016. Funeral Mass is at St. Leo's church in Stamford Jan. 7 at 11:00am.

JEFF PARKER's funeral will be Saturday Jan. 9 at 11:00am at St. Paul's Episcopal Church, Riverside.

**COMMITTEE REPORTS: VISITING:** CHUCK STANDARD said ROBERT WHITBY was in Greenwich Hospital and can be reached at 203 561-3566. HAVEN KNIGHT is also in GH with a staph infection. JOE MALARA has suffered a stroke. CHUCK also said he had 2016 calendars only six days old and advised everyone to "stay well and be happy."

**PROGRAMS:** BOB ROBINS said today's speaker is **Cora Ragaini** addressing diet and nutrition. JIM FISHBEIN told us next week's speaker is **Janeen Bjork** on the Evolution of Newspapers from Colonial Times through the Industrial Age to today's Print Media.

**MEMBERSHIP:** HORST TEBBE said there were 103 members present and two guests. They were Larry Chiaramonte, guest of MICHAEL AMBROSINO and Jack Weir, guest of RUSS HARDEN. There were five birthday boys: BOB ALDEN, 87, JAN MEYER, 80, MIKE HAYDEN, 83, HAVEN KNIGHT, 86 and GRIFF GRIFFIN, 85. **VOLUNTEERS:** MIKE AMBROSINO reported 310 hours for Outside Agencies by 38 members and 73 hours for RMA activities by 19 members. The person reporting the most hours was MIKE RYAN with 56 hours. **SPECIAL EVENTS:** GERRY LESSUK informed us of the two upcoming events. Details are below.

**FUN AND GAMES: BRIDGE:** KURT SCHAFFIR said the December 30, 2015 game had nine players. WAYNE DEVRIES scored 3,520, MARTIN WAINE, 2,860 and RALPH VIGGIANO WITH 2,630. **TENNIS** will resume this Friday, Jan. 8<sup>th</sup>. The captain is MIKE SMITH.

**TODAY'S PROGRAM:** BOB ROBINS introduced **Cora Ragaini**, a Registered Dietician-Nutritionist, who spoke on "Better Nutrition for Better Bodies and Minds". Ms. Ragaini holds a Bachelor of Science degree in Nutritional Sciences. She offers counseling at Grade A ShopRite and teaches wellness programming at Norwalk Public Library. The thrust of her talk, aimed at the purchase of food, was "Read The Label." Many supposedly healthy foods are not. Labels such as "veggie" and "gluten free" do not mean healthy. All testimonials are suspect. Terms such as "Natural Product" and "Organic" can be misleading. Skip supplements and avoid fad diets. Her emphasis on healthy eating is to eat food in its natural state and stay away from packaged foods. She advised Mindful Eating and eating when you are hungry and stopping when you are full should be a daily mantra. During the well-voiced Q & A she noted the great interest in diet and nutrition from the RMA.

**CHET RISIO** – Scribe of the Week

## SPECIAL EVENTS

**January 14: NY Philharmonic Open Rehearsal.** Lunch at the Atlantic Grill. \$98. Departure by bus from St. Catherine's at 8:00am. Wait list.

**February 11: Bruce Museum: Docent led tour of two exhibits.** One is "The Secrets of Fossil Lake", a prehistoric site in Wyoming, and an exhibit of paintings by European and American artists of the 19<sup>th</sup> & 20<sup>th</sup> centuries. No charge. Arrival at the museum is 9:45am. Lunch at the Field Club. \$38. Provide your own transportation.

Open to members, spouses, candidates and guests. Checks made payable to the RMA.

For details and to sign up contact GERRY LESSUK ([gerrless@att.net](mailto:gerrless@att.net)) or ABBEY SMOLER ([abbeysmoler@gmail.net](mailto:abbeysmoler@gmail.net))

## NEXT WEEK

**Janeen Bjork**, TV researcher, will give an address titled "The Evolution of American Newspapers: Style, Philosophy and Role in Society". The presentation will also seek to explain the role of print media in today's instantaneous electronic age.

Visit the RMA website at [www.greenwichrma.org](http://www.greenwichrma.org)