



CIGAR BOX BULLETIN

Retired Men's Association of Greenwich, Inc.
37 Lafayette Place, Greenwich, CT 06830

www.greenwichrma.org

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Spring is sprung, the grass is riz, I wonder where the birdies is.



JERRY SCHWENDEMAN (with a J) opened his maiden meeting as president by vigorously ringing the bell at exactly 10:00 am. He had no better results than his predecessors. **MICHAEL AMBROSINO** briskly led the pledge followed by the dynamic duo of **GRAN BURGESS** and **BOB MORGAN** who led the assembled in the *National Anthem, Raindrops Keep Falling and For Me and My Gal*. This week's jokester (isn't it time we stopped calling them Corresponding Secretaries?) **BOB CAREY** delivered a very interesting history lesson with a slam-bang ending (pun intended).

The following events did not happen in exactly the order presented. They are grouped in what the Scribe hopes are logical groups.

ANNOUNCEMENTS

There were no returnees, but two wonderful celebrations were recorded at the welcome desk. **JOHN** and Carol **FEBLES** celebrated 54 years of marriage and **CHET** and Ginny **RISIO** will celebrate 60 years of wedded bliss on May 2. Heartiest congratulations and wishes for many more years together!

STEVE MARINO announced that the Mianus Chapter of Trout Unlimited will hold a fly-fishing clinic and kids trout stocking at Merwin Meadows Park in Wilton on May 11, starting at 9:00 am. Free lunch is included, and **STEVE** says it's a great event for kids.

BOB RIMMER reminded all of the tour of Greenwich High School on May 13th. Please arrive by 8:45 and carpool if possible. He will announce the meeting place soon. Questions? **BOB** can be reached at 203-223-1159

WAYNE DEVRIES shared an intriguing personal experience about exploring his wife's roots in Alexandria, Egypt.

Steve Schmidt from the Greenwich Library invited all to an evening with baseball writers Tyler Kepner and Wayne Coffey to be held at the Library, Wednesday, May 8th at 7:00 pm

REGULAR REPORTS

MEMBERSHIP- **HORST TEBBE** read the demographics: 117 members, 1 candidate, 3 guests -Total 121. Barry Richelsoph guest of **MIKE HAYDEN**, Don Rotzien guest of **ROS CURTIS** and Earle Cote a walk-in. Candle blower-outers this week were the young **ANDY DOMMERICH**, 78, **MIKE WARNER**, 76, **PETER TUNLEY**, 74 and **RICK HOLZ**, 71. Many Happy Returns of the Day to all. Inductee - **JAMES CLEMENTS** was sponsored by **STEVE BOIES** and **PETER STERN**.

JIM, a lawyer, spent many years with DeForest & Duer, a very old-line New York City firm which once represented Buffalo Bill Cody. He is an active runner, car buff and volunteers at Greenwich Hospital. His application for membership was unanimously approved.

PROGRAM - **GEORGE UBOGY** delivered a head's up on this day's speaker, Dr. Saul A. Rothenberg, a clinical psychologist at the Greenwich Hospital Sleep Disorder Center. More info at the end of this report. **STEVE MYERS** announced that next week Dr. Robin Bell from the Lamont-Doherty Earth Observatory will speak on *Changing Ice, Changing Coastlines*.

SPECIAL EVENTS - **ABBEY SMOLER** and **HOLLISTER STURGES** discussed details of upcoming trips. The information appears at the end of this report.

VOLUNTEER HOURS - **GRANT PERKINS** ran the numbers: 407 Outside hours by 45 men. 166 RMA hours by 30 men. High man for the week, **MIKE AMOROSO** with 40 accumulated hours.

GAMES OF THE RMA

BRIDGE- **RON MURRAY** dealt the scores: #1 **ANDRZEJ MAZUREK** 3130, #2 **JOHN FEBLES** 3030, #3 **TONY COCCHI** 1610

HEARTS- **ANDY HOLMES** shuffled to the podium to announce:

Winners: **JIM DEAN, ANDY HOLMES, MIKE AMBROSINO (2), LOU TROVATO** and **JACK WEIR (2)** Moon Shooters: **JIM DEAN, JACK WEIR, TOM HEALY (2) LOU TROVATO (2)** Next Week's Captain: **CHARLES GRAVES**

INDOOR TENNIS: Reported by **RICH BISK**

Winners: **ANDY HOLMES & RICH BISK, TOM HEALY & BILL FAKUNDINY**
BILL FAKUNDINY & ANDY HOLMES, PETER STREICH & BOB GRAYSON

Tennis Dinner: May 10 at Riverside YC

OUTDOOR TENNIS AND PICKLEBALL: JOHN KNIGHT

Tennis – Monday 9-11

Pickleball – Thursday 9-11

WEATHER PERMITTING!

SPECIAL EVENTS

Open to all members, spouses, candidates and guests. Checks should be made out to RMA and must be received within two weeks of the reservation or the reservation will be canceled. Buses depart from the St. Catherine Church parking lot on Riverside Avenue opposite the church. Contact persons are listed with each event.

The Cloisters: May 2, 2019, lunch at the New Leaf Café, cost \$105. Bus departs at 9:00 am. Status: wait listed. Contact **HOLLISTER STURGES** Sat 203-861-2279.

Belmont Race Track: June 13, 2019, lunch at the Belmont Room where there is a DRESS CODE requiring coats and ties and suitable attire for women. Cost \$85, bus departs at 1:00 pm. Status: 6 places open. Contact **TOM HEALY** 203-661-2954

Botanical Gardens: A Robert Marx exhibit, July 1, 2019, lunch at Mario's on Arthur Ave., \$115, bus departs at 8:45 am. Status: 26 places open.

Contact **MIKE FERRARESE** at 203-554-0678.

TODAY'S SPEAKER

GEROGE UBOGY introduced his colleague, Dr. Saul A Rothenberg, a clinical psychologist serving at the Greenwich Hospital Sleep Disorder Center, speaking on *Sleep Well, Age Well; Tips on getting the sleep you need.*

Dr. Rothenberg started by making the point that good sleep was as important as a good diet and exercise for aging well. He went on to describe what defines "normal" sleep and the factors that prevent us from experiencing "normal" sleep and providing some tips for achieving the sleep we all need. Although aging may affect our ability to experience "sound sleep", our need for sleep does not diminish with age. It is a constant for each individual.

A spirited Q&A followed this most informative talk.

NEXT WEEK'S SPEAKER

Robin Bell, PhD – a polar scientist from the Lamont-Doherty Earth Observatory, will talk about *Climate Change and Glaciers "Changing Ice, Changing Coastlines*

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