

CIGAR BOX BULLETIN

Volume 64, No. 2

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Retired Men's Association of Greenwich, Inc.
60 Years of Fellowship and Community Service
Visit us on the web at www.greenwichrma.org

Here are the volunteers who publish this Bulletin each week for your enjoyment:

Editor: Chet Risio, Chair. Scribes: Gran Burgess, Av Rivel, Kurt Schaffir, Jim Butler, Arnold Gordon, Ed Farrell, George Stockbridge, Emeritus, Martin Grayson, Emeritus. Archivist: Harold Frost. Format and Layout: Gene Schwartz, Paul Levine, Jack Cuff. Reproduction/ Distribution: Chet Risio, Larry Schmitz.

Our newly-minted president, PETER UHRY, determined, as all good leaders are, to put his own stamp on the presidency, rang us to attention and then proposed that maybe he'd keep us on our toes by shaking up the order of presentation. We are excited to know where this might lead—could we actually start off with the bridge results some day?! Or sing “Happy Birthday” right off?! Exciting possibilities! But, for now, the pledge led the way, with JOHN CRAINE in charge, followed by JERRY SCHWENDEMAN singing away on “Battle Hymn of the Republic,” “O What A Beautiful Morning!,” and “Oklahoma,” ably assisted on the 88's by “DR. G”—GEORGE UBOGY. Speaking of 88's, we really should call them 268's for today, because we at the CBB left out recognizing the talents of BOB MORGAN and PETER RYAN in recent write-ups, so we applauded them forthwith—well, maybe fifthwith.

Did you know that “My Ol' Kentucky Home” was an anti-slavery song? Or that Stephen Foster died penniless and drunk, probably not in that order? It seems another Uhryfication of RMA will be the dispensing of delightful facts like these.

This just in! ARNOLD GORDON had an actual correspondence to read us! From BOB UNDERWOOD, who accompanied his letter with a check for his \$80 dues, which made HORST TEBBE smile. Horst later mentioned that some 100 of us might soon become inactive members if dues are not coming forth... dare we say coming fifth? Arnold then amused us with the tale of an Irishman who'd been stranded on a desert island so long he thought the wet-suited vixen who offered to “play around” was talking about golf! (You may write Bob Underwood at 1850 Bay Road, #2G, Vero Beach, FL 32963).

ANNOUNCEMENTS

ABBEY SMOLER asked for a show of hands for the chance to sail on a

3-masted schooner on July 14 on a Sound Water Cruise, complete with snacks and wine. Many hands went up. To sign up, call Abbey at 203-531-0236. BOB ROBBINS asked for a similar show of hands for the idea of making one of the Romeo luncheons into a Romeo and Juliet dinner. Not that many hands went skyward, perhaps illustrating we'd rather sail and drink than eat and romance. The regular Romeo luncheon will be June 8, immediately after the meeting, at the Stanwich Club, \$45/person. There will be a raffle to guess the number of electoral votes for Donald Trump. The winner gets the secret formula for his hair. Clearly missing his past role, RALPH VIGGIANO once again took stage to tell us about an upcoming lecture on aging, which he thought might somehow be of interest to our membership. It's in Cole Auditorium at the Library on May 19 at 7 pm and it's free. No promise on learning how to stop the process.

RETURNEES: ED PARKER from Cape Cod, MIKE SMITH (and golfers?) from Williamsburg, and LEN SAARI from Boca Grande. Thanks for bringing back the sunshine, fellas, and sorry about the rain, golfers.

COMMITTEE REPORTS

VISITING: Reports from CHUCK "BEAUTIFUL DAY" STANDARD: DICK RADCLIFFE is at home and you can visit him if you call first; JACK BAUSMAN is not doing well after surgery and is back in Stamford Hospital in Intensive Care; JOE MALARA is walking farther but has a wheelchair following him just in case; and HAVEN KNIGHT is in rehab through June.

MEMBERSHIP: HORST TEBBE reported 101 members, 3 candidates-- Walker Collins, Mark Mittler, and Bill O'Donnell-- and 3 guests: Joe Mancinelli, g/o BILL SALTSMAN, Rich Browning g/o PAUL SETTLEMEYER, and Tom Moroney g/o STEVE MARINO. The **Birthday Boys**: SERGE GABRIEL (87) and JOHN CUFF (68)./Joyeux Anniversaire /and Happy Birthday, respectively. And kudos to Carol and JOHN FEBLES who are celebrating 51 years of marriage!

VOLUNTEERS: JOHN FEBLES reported 487 hours for outside organizations by 45 men and 92 hours for RMA activities by 22 men, with TAD LARRABEE leading the way with 43 accumulated hours. John set us a goal of attaining 500 hours a week and reminded us that many activities count towards volunteer hours, such as religious programs, choirs or other singing groups, cleanups—ask John if you are unsure if an activity counts, but let's get to that goal!

PROGRAM: DR. G (GEORGE UBOGY) invited us to stay for an unusual program by fitness trainer Carolyn Cole (see below). JOHN DESCEPEL called us to listen to songs next week from the Great American Songbook by noted vocalist Maria Tiscia and her pianist David Oliver. Another fun

program from our incredible programming committee.

SPECIAL EVENTS: According to ABBEY SMOLER, there are no places available for the Goodspeed's "Anything Goes" on May 26 at \$105, and you can't lose your shirt at Belmont (also fully booked) on June 16 for \$75. Coat and no tie for Belmont. ABBEY urged people to sign up none the less as there always last minute cancellations. (ABBIEY: 203-531-0236; GERRY LUSSUK: 203-698-9451.)

GAMES PEOPLE PLAY

BRIDGE: KURT SCHAFFIR reported 12 players shuffled and dealt, with WAYNE DEVRIES totaling 4590, DAVID DOWNS 4030, and FRANK CROCKER 3830. **TENNIS:** MIKE AMBROSINO lobbed the report of PETER UHRY/RON FRIEDMAN as Court #1 winners and BILL FAKUNDINY/PETER STRICH volleying to victory on Court #2. **SUMMER TENNIS:** TED SPOOL offered Monday and Thursdays from 9-11 am at the Town Tennis courts off Loughlin Avenue in Cos Cob. **GOLF:** Sun at last brought out 15 players. Closest to the pin on #7 was PETER TUNLEY and on #15 was NICKY ACHIWA. Longest drive was GRAN "THE MAN" BURGESS. PETER UHRY told us how he'd carted with PETER TUNLEY whom he'd never met, even though PETER (guess which one) had been a member since 2015. In another Uhryfication, he instructed us to turn to our neighbor and, if we didn't know him, introduce ourselves.

TODAY'S PROGRAM

Carolyn Cole is a Corrective Exercise fitness Trainer. She presented us with some sobering facts about falls for people over 65 years of age: 1 out of 3 seniors will fall, 1 out of 5 will have a head injury from the fall, every 20 minutes a senior will die from a fall, and 35% of traumatic brain injuries are from falls. Falling down will also hit your pocketbook to the tune of some \$35,000 in hospital care, of which Medicare pays only 78%. Why so many serious injuries? Stubbornness is a chief cause: "Oh, I don't need your help," etc. Good lighting and rails on the stairs in the home helps, and drinking lots of water keeps your mind clear and your muscles loose so you can avoid falling down even when you stumble. She recommends getting rid of clutter, sleeping eight hours (acknowledging most won't/can't) naps, eating berries and veggies, and nourishing the soul with walks, books, swimming, or meditation. She had us all stand on one foot for 10 seconds and, miraculously, nobody fell!

Gran Burgess, Your Humble Scribe (YHS)

SPECIAL EVENTS

Open to all members, spouses, candidates, and guests. Checks made out to RMA.

Goodspeed Opera House. The musical “Anything Goes” on Thursday, May 26, 2016. Lunch is at the Gelston House. Cost: \$105.00pp. The bus departs St. Catherine’s at 8:30am. Status: Wait listed

Belmont Race Track. Thursday, June 16, 2016. Buffet lunch at the Belmont Room. Cost: \$75.00pp. Bus departs St. Catherine’s at 10:30am. Status: Wait listed

NEXT WEEK’S SPEAKER

Next week’s speaker is actually a singer: **Maria Tiscia**, accompanied by David Oliver on piano, doing songs from the Great American Songbook.

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