



CIGAR BOX BULLETIN

Retired Men's Association of Greenwich, Inc.

37 Lafayette Place, Greenwich, CT 06830

www.greenwichrma.org

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"Let your roots grow down into Him and let your lives be built on Him."

Colossians 2:7

President JERRY SCHWENDEMAN rang the bell promptly at 10 am. GEORGE DIPPY led the Pledge of Allegiance. The song leader was MIKE HAYDEN, accompanied by GEORGE UBOGY on the Steinway. The songs were *America the Beautiful*, *Enjoy Yourself*, and *You'll Never Walk Alone*.

Joke teller BOB LUCE narrated a tale about a Grandma who had a revealing tale to tell about several prominent members of her community.

RETURNEES: JOHN CRAINE from Williamsburg, Virginia, WAYNE DEVRIES from Maine and JOE COLEMAN from Palm Beach, Florida.

ANNOUNCEMENTS

1. ERF PORTER reported that VIN MASI will again lead American Legion's placement of flags on veterans' graves on May 22, with help from scouts and veterans'

groups. Volunteers are welcome. They meet at 4:30 pm to 5:00 pm at the St. Mary's Cemetery by their flagpole.

2. This week's speaker was announced by the guest speaker's husband, ARTHUR STAMPLEMAN. She is Cynthia J MacKay, a Board-Certified Ophthalmologist, Retina Specialist, and Eye Surgeon. As Clinical Professor of Ophthalmology at Columbia University, she retired in August 2018 after 40 years practice in Manhattan.

3. Next week's speaker was announced by TOM HEALY. His "Melody Men" will entertain those in attendance for about 45 minutes.

4. HOLLISTER STURGES informed us that on May 29, our speaker/author will discuss Fredrick Douglas.

COMMITTEES.

MEMBERSHIP: HORST TEBBE reported 115 men in attendance, plus two guests Lou Rupnik g/o MICHAEL AMBROSINO and Earle Cote g/o TOM HEALY and GEORGE UBOGY. The candidate presented for induction was BARRY RICHELSON. His sponsors were MIKE HAYDEN and PETER UHRY. BARRY moved to Greenwich in 1995. He was principal of a middle school in Bronxville NY for 8 years. He likes golf, motorcycling and sailing. After a hearty AYE was heard from the members, BARRY was inducted into the RMA.

Birthdays were being celebrated by PAUL CAMPION, 82, SERGE GABRIEL, 90, JOHN CUFF, 71, BOB PHILLIPS, 78, JAY SCHONDORF, 82, JIM FISHBEIN, 73, DICK FRANCK, 83, and MAURICE KROHN, 70.

VOLUNTEER HOURS: Volunteer hours were given by JIM FISHBEIN. For the week ending May 15, total outside hours were 491 hours by 43 RMA members and total inside hours were 198 hours by 35 members. Top RMA member for the week was MIKE AMOROSO.

GAMES OF THE RMA

BRIDGE: RON FRIEDMAN announced the Bridge scores for May 8. There were 6 players and we played as teams. First place winners were RON MURRAY and TONY COCCHI with 2230 points, including a slam. Second place were RON FRIEDMAN and FRANK LEE with 2170 points. In 3rd place was RALPH VIGGIANO and JOHN FEBLES.

HEARTS: Table 1 played 3 games. The winners were CHARLIE GRAVES, GRANT PERKINS, MICHAEL AMBROSINO. Table 2 winner was LOU TROVATO. Table 3 winners were JOHN KAVANAGH and GEORGE DIPPY.

GOLF: Golf was rained out.

TAI CHI: WILL MORRISON advised us that he will give a personal presentation of Tai Chi at the RMA meeting May 22.

OUTDOOR TENNIS AND PICKLEBALL: JOHN KNIGHT reported that there were only 4 pickleball players. We need more! JOHN also reported that summer tennis was rained out. He reminded us that tennis is 9 am to 11 am on Mondays; pickleball is 9 am to 11 am on Thursdays. Both activities are held at the Loughlin Ave. Courts in Cos Cob.

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.

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: Wait Listed. 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

The speaker, **Cynthia MacKay**, was introduced by her husband ARTHUR STAMPLEMAN. She gave an excellent exposition on macular degeneration. It is the number one cause of blindness in people 65 and over, and that it passes from one generation to the next. We oldsters have a 1 in 3 risk of getting MD, she said. MD literally obliterates the center of what the eye sees. She explained that the macula is at the extreme rear of the retina. She warned us that we should avoid certain activities or behaviors, such as, smoking, which multiplies your vulnerability to MD by 3 to 5 times, large doses of Lipitor, the use of Lasik drugs, saturated fats, e.g. fat meats and being overweight. She counseled us to see our ophthalmologist yearly. A lively Q and A followed.

NEXT WEEK'S SPEAKER

The RMA's own Melody Men will be performing next week, at 11 am, following the regularly schedule RMA meeting.

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