



CIGAR BOX BULLETIN

Retired Men's Association of Greenwich, Inc.

www.greenwichrma.org

Chair/Editor: **Chet Risio** Graphics: **Av Rivel**

This Bulletin is brought to you each week by these volunteers:

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President TAD LARRABEE rang the opening bell at 10:00 am.

PETER UHRY lead us in the pledge. GRAN BURGESS was the song leader. Selections were *Grand Old Flag*, *Carolina in the Morning* and *Side by Side*. GEORGE STOCKBRIDGE was the able pianist.

BOB CAREY then told two jokes - one about the lucky delivery man from Dominos, and one about Doug's last wishes.

TAD introduced Gabby Rattner, Executive Director of Community Centers, Inc. (CCI) of Greenwich. (TIM NOLAN's wife, Barbara, was Exec. Dir. for over 50 years.) CCI serves the approximately 20 % of Greenwich residents who survive on low or poverty-level income. Services include school-age educational programs and summer camp, services for the elderly and for people with developmental disabilities - all provided without charge. To carry out its program, CCI needs volunteers with financial, social services and (sometimes) legal skills; and also for its school-age homework clubs and youth mentoring. Contact Gabby at Gabby.Rattner@ccigreenwich.org / (203)869-6479.

ANNOUNCEMENTS:

WAYNE WRIGHT announced the memorial service for BOB ALDEN will be at the First Congregational Church of Old Greenwich on September 8. In lieu of flowers, memorial gifts can be made to First Congregational Church. BOB died on June 25.

PETER UHRY announced that 2 hats had been found after the last meeting. Orders for RMA hats or car emblems can be given to PETER, uhry@sbcglobal.net.

COMMITTEES

VISITING: GRANT PERKINS announced that HARRY TWITCHELL would welcome visitors. Call first. (203) 661-6290.

RETURNEES: PETER STERN from Newport Beach and Lake Arrowhead, and FRANK SCARPA from Vermont.

PROGRAM: GEORGE UBOGY announced that this week's program is a panel of 4 doctors: himself, Spike Lipschutz, FRANK SCARPA and John Crowe. JOEL BLUMBERG told us that next week we will hear Dennis Corcoran talk about Induction into the Baseball Hall of Fame.

MEMBERSHIP: HORST TEBBE informed us that 100 men were in attendance, including one guest and one inductee.

There were 14 birthday boys (over 2 weeks). HOWARD RICHMAN at 64 is the baby of the group, and JACK RILEY at 97 the elder statesman. In between, CRO MARTIN 65, JOHN CARON 94, ALEX GOSPODINOFF 91, HOLLISTER STURGES 79, DAN FREDLAND (your scribe) 84, BOB KURTZMAN 86, BUD SPANN 88, WAYNE WRIGHT 85, GEORGE DEY 75, TOM CAHILL 87, DAN GRIMSICH 87, and BOB LUCE 81.

INDUCTEES ROBERT (BOB) FRISHMAN was sponsored by MIKE WARNER. His application was approved by unanimous voice vote. BOB spent most of his life in Greenwich, then retired to Florida, but recently moved back here.

VOLUNTEER HOURS: PETER STERN announced that 353 outside hours were racked up by 32 men, and 145 inside hours by 25, for a total (for 2 weeks) of 498 hours.

GAMES RMA'ers Play

HEARTS: JACK SWEGER: There were 2 tables. Number 1 completed 3 games - winner TOM HEALY for all 3. Table 2 played 2 games, winners JACK WEIR and JACK SWEGER. There were 8 moonshots: TOM HEALY 3 times, MIKE AMBROSINO and JACK SWEGER 2 times each, and ANDY HOLMES once.

BRIDGE: GRANT PERKINS announced that KURT SHAFFIR was first with 3790 points, ANDRZEJ MAZUREK 2nd with 2990 and RON FRIEDMAN 3rd with 2950

TENNIS: JOHN KNIGHT; No report.

GOLF: MIKE RYAN reported that on July 3, 24 "iron men" showed up, despite the heat and humidity. Closest to pin on #7, RUSS HARDEN; closest on #5, ROS CURTIS; longest drive on # 17, ANDRZEJ MAZUREK. 10 players broke 100, and the low score of 86 was achieved by both RUSS HARDEN and PETER TUNLEY.

On July 10, there were 22 golfers. Low score of 87 by RALPH VIGGIANO, closest to pin on #7, JOE MANCINELLI, and on #15, RALPH VIGGIANO. Longest drive on #17, RALPH VIGGIANO.

PICKLEBALL: TONY COCCHI announced that on July 5 there were 7 players at the Platform Tennis Court. There was a notice on a new surface - "Closed until further notice".

TODAY'S SPEAKER

GEORGE UBOGY introduced the "The Doctor Is In", which he moderated. It included himself and Drs. Spike Lipschutz, FRANK SCARPA, and John Crowe.

Dr. SCARPA talked about the history of surgery, from when it was the province of barbers. He is a retired general and vascular surgeon.

Dr. Crowe, a co-founder of ONS, told us that 80-90 percent of orthopedic patients do not need surgery. The decision to have surgery or not should be shared by the doctor and patient. Patients need to ask about the risks of surgery and also of not doing surgery.

On the question of how to choose a doctor if you do not have a recommendation from your primary doctor, GEORGE UBOGY recommends looking for Board certification in the doctor's area of expertise.

Dr. Lipschutz, the physician-in-chief of Greenwich Hospital, recommends that patients ask, "What is important for me to know?" Patients should bring all medications to doctor's appointments. He favors family involvement and support for patients, but not to the point of interfering with care.

GEORGE UBOGY discussed new developments in the provision of medical care. They are Concierge, or "retainer", medicine, and the growing use of hospitalists, i.e. primary care physicians who only take care of patients in the hospital. He also defined "evidence-based medicine", and closed by urging discussing your philosophy for end-of-life care with family members and getting your thoughts into the medical record.

These presentations were followed by a Q & A session. It was made clear at the beginning that this was not for treating individuals' medical issues from the podium.

SPECIAL EVENTS

Open to all members, guests, candidates, and spouses. Checks to be made out to RMA, and must be received within two weeks or the reservation will be canceled. Contact MIKE FERRARESE (myagentmike@yahoo.com / 203-554-0678) or ABBEY SMOLER (abbeymoler@gmail.com / 203-531-0236).

Raft Up. Boaters, sailors and stink potters (motor), will rendezvous in the anchorage off Great Captain's Island. **Thursday, July 26, noon to about 2:30.** JOHN CRAINE, (203) 698-0118.

Sound Waters Cruise. Thursday, August 30, 2:00-4:00 pm. \$35.00. self-drive. Status: 15 places available.

NEXT WEEK'S SPEAKER

Dennis Corcoran, Author of "Induction Day at Cooperstown: A History of the Baseball Hall of Fame Ceremony".