

CIGAR BOX BULLETIN

Retired Men's Association of Greenwich, Inc.

www.greenwichrma.org

This Bulletin is brought to you each week by these volunteers: Chair/Editor: **Chet Risio** Graphics: **Av Rivel**, Scribes: **Av Rivel, Kurt Schaffir, Arnold Gordon, Ed Farrell, Gerry Lessuk, George Stockbridge, Dan Fredland, Joe Mancinelli, Frank Scarpa, Marshall Toppo**. On leave: **Steve Elliott**, Archivist: **Harold Frost**. Format: **Jack Cuff, Andrzej Mazurek, Gene Schwartz**. Print/Dist: **Chet Risio**.

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August 1, 2018 Scribe: FRANK SCARPA

"Brush up your Shakespeare and they'll all kowtow." Cole Porter (from Kiss Me, Kate)

TAD LARRABEE rang the meeting to order at 10:a.m., and he also led us in the Pledge. TOM HEALY led a rousing Star Spangled Banner (with a bow to our beloved CHUCK STANDARD), followed by Mame and Do-Re-Mi, with JIM SANTORA at the piano. This week's returnees were DOUG FRANCEFORT from Manchester, Vt., JIM BUTLER from Martha's Vineyard, GERRY BOYLE from Southern California and ED BLOOM from Cape Cod.

BOB LUCE provided a humorous and human assessment of Roman Catholic Hierarchical Stratification in five easily remembered steps from the parish priest to the incarnation of God Himself.

ANNOUNCEMENTS

TAD LARRABEE once again cautioned us about spurious e-mails—some using his name—soliciting money. He advised against opening attachments in any emails whose message is not patently clear. TAD also reminded us about parking regulations in the adjacent lot: Cars must only be parked in spaces with white lines. Others may be ticketed. (Town Highways Dept is storing building materials in the lot as a staging area for nearby construction, so they have taken away some of the designated parking spaces. This situation will prevail at least through the fall.)

ARNOLD GORDON reported that August 16 is "National Tell a Joke Day". A "Joke-a-Thon" will be held at our August 15 meeting. He also reminded us of the Second RMA Limerick Contest will be held on Sept.5th, sponsored by PETER UHRY and himself. (A similar event was held on June 15, 2016.) Prizes will be awarded for the best ones as judged by a three member panel and the members in attendance. Hopeful participants should contact ARNOLD via email at ajgordo@verizon.net.

- RULES: 1) The entry may cover any subject.
2) Although usually humorous, more serious topics are acceptable.
3) Since some entries may be published in the CBB, scurrilous or scatological material should be avoided (though some off color or racy content might be acceptable or appropriate, given the nature of the medium).
4) All entries must be submitted to ARNOLD on or before August 29. He and PETER UHRY will screen the entries for "suitability".

GEORGE STOCKBRIDGE noted that the Shakespeare Group will meet on Tuesday afternoon August 21 at the home of Reynold Burrowes, 65 Long Meadow Road (off Sheephill Road.) Kenneth Branagh's production of "As You Like It" will be shown at 2 p.m. E-mail George at grspersonal@aol.com if you wish to attend.

JOHN CRAINE updated us on the Annual Raftup at noon , Thursday, August 9. This traditional event will include both sail and power boats. The rendezvous is the anchorage off Great Captain's Island. Folks are invited to bring along edibles and beverages. There is an optional concluding sightseeing cruise around Captain Harbor and its surroundings. The raft should conclude about 2:30 p.m. A sign-up sheet is on the bulletin board. Contact JOHN CRAINE at 203 698 0118.

DON CONWAY noted that the new Medicare cards are "in the mail".

GEORGE UBOGY announced today's speaker, **Kathleen Connor**, transcendental meditation instructor, is to discuss the use of this program to achieve a state of relaxed awareness in our everyday lives.

ROBERT WHITBY will speak next week on his personal efforts in climbing the highest mountains in each of six continents, and his near conquest of one other.

In two weeks, GEORGE UBOGY will speak on "Musical Plagiarism". He will also re-visit the Cornell Chimes and their relation to international politics. He will round that up with a discussion of the art of making musical arrangements.

COMMITTEE REPORTS

MEMBERSHIP: HORST TEBBE announced that 105 members and one guest were in attendance. Ron Murray was a guest of RUSS HARDEN.

BIRTHDAYS: TOM MORONEY turned 79. WALLY BENEVILLE hit 87. SAM YORK and JOHN HOFFMAN are both now 89. And SAL DeANGELO celebrates 95.

VOLUNTEERS: RICH BISK reported 326 total outside hours by 30 members and 129 total inside hours by 22 members. Mike Ambrosino and Peter Berg co-led the field with 40 hours each this past week.

INDUCTION

ARNOLD GORDON and JOEL BLUMBERG sponsored ARTHUR WERNICKE for membership. Mr. WERNICKE was born in Chicago and received his B.S. from

MacMurray College. He has an MBA from Washington University in St. Louis. His first major employer was the Boeing Corporation in 1967, where he worked as a computer programmer. He then moved on to New York to work for Pfizer. After marrying, he moved to Norwalk. He was later employed by Citibank as Senior Credit Officer. ARTHUR has travelled widely, both in his professional capacities and also as an avocation. He has been very involved with the American Israel Public Affairs Committee, and has visited Israel 22 times. Gardening, jogging and reading are among his active hobbies. The membership warmly and unanimously welcomed ARTHUR to our ranks.

GAMES PEOPLE PLAY

BRIDGE: PETER STERN reported on 11 players on July 25 The three highest were ANDRE MAZUREK with 5,010; KURT SCHAFFIR with 4, 610; and WAYNE DeVRIES with 3,300.

PICKLEBALL: JOHN KNIGHT announced that there were 8 players on July 26. (Pickle ball is on Thursday 9-11 at the Loughlin Courts and tennis is on Mondays 9—11 at the Loughlin Courts.)

HEARTS: TONY COCCHI reported on two tables and 8 players. At Table #1, JACK SWEGER, LOU TROVATO and DON CONWAY each won a game. At table #2, ANDY HOLMES won two games and PETER BERG won one. “Moon Shooters” were LOU TROVATO, TOM HEALY and PETER BERG. Next week’s captain will be ANDY HOLMES.

GOLF: JIM SANTORA reported on 25 players (8 groups). 21 played 18 holes. Seven players scored in the nineties. GRANVILLE BURGESS was low man for the day, with an 88. KEATING HAGMAN was closest to the pin on #7. MIKE AMBROSINO was closest on #15. Longest drive on #17 was GEOFFREY BURGE.

WALKING: TAD LARRABEE reported that last week had been cancelled. Tomorrow’s plans are weather- dependent.

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 cancelled. *Contact MIKE FERRARESE myagentmike@yahoo.com 203 554 0676 or ABBEY SMOLER abbeysmoler@gmail.com 203 5310236.*

Sound water Cruise, August 30th, 2-4 pm., \$35 pp. Meet at the boat at 1:30 p.m. Status: 8 places open.

Goodspeed Theater “The Drowsy Chaperone” October 25th. \$125 pp includes lunch at the Gelatin House. The bus departs at 9:15 AM from St. Catherine’s Church parking lot. Status: 24 places open.

TODAY’S SPEAKER

GEORGE UBOGY introduced **Kathleen Connor**, who is Director of the Fairfield County Transcendental Meditation Program, Administrator for Operation Warrior Wellness, a

division of the David Lynch Foundation (offering relief from symptoms of PTSD for veterans).

Ms. Connor also has a radio show on WPKN —89.5—in Norwalk on the third Wednesday of the month. Her lecture was on improving brain functioning and reducing stress through the transcendental meditation technique. She provided a simple definition of TM:

“A simple, natural method for the mind to settle down.” “Simple” emphasizes that this is not a CONCENTRATION experience. It does not aim at a single goal. “Natural” implies physiologic wellness, a settled state. This is a “program for the mind”, and may be performed almost anywhere or at any time.

The mind has subtle “levels”. TM is a practice that encourages the development of “consciousness”. The mind is “taken inward”, allowing it to “settle”. TM is a technique of giving access to inner peace. It should not be “forced” or artificial. Twenty minutes twice a day of successful TM will evince itself throughout the day. And, when the mind settles, so does the body. Ms. Connor reported on scientific studies that suggest a resultant increased blood flow to the prefrontal cortex and a calming of the amygdala. The amygdala has been shown to enlarge (!) after periods of hyper vigilance. This undesirable condition may be mollified by TM.

Meditation is not a goal. It is a process toward a goal. And it may relieve a lot of stress-related illnesses—e.g. anxiety, cardiac stress, immune system dysfunction, elevated cortisol levels. The David Lynch Foundation (founded by the Hollywood director) has, in its work with veterans, demonstrated a 44% reduction of levels of depression and post traumatic symptomatology within one month. Successful practitioners commonly report improvement in the quality of sleep. Kathy Connor may be reached at TM.org/fairfield-county.

NEXT WEEK'S SPEAKER

ROBERT WHITBY, Mountain Climber. “Six and a Half of the Seven Summits”