

# CIGAR BOX BULLETIN

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*"Everyone complains of his memory, and no one complains of his judgment." (Francois Duc De La Rochefoucauld 1613-1680)*

President BOB PHILLIPS invited members and guests to stand for the pledge, at 10:04, led by DON CONWAY. With JIM SANTORA at the keyboard, BOB MORGAN led the singing of *Star Spangled Banner*, *When You're Smiling* and *There's No Business Like Show Business*. Corresponding Secretary BILL DYNAN read out the weekly moment of humor as supplied by STEVE MARINO.

**ANNOUNCEMENTS:** President PHILLIPS asked us all to be patient regarding returning to Fellowship Hall. The church is doing maintenance and we should be back to a better sound system shortly. RALPH VIGGIANO reminded us to sign up for winter tennis which starts in September, Fridays 1:30 to 3:00. Phone him for details or Email: [bid2clubs@optonline.net](mailto:bid2clubs@optonline.net). JOHN CRAINE invited all persons interested in rafting up on August 14 at noon to contact him at 203-869-1118. BYO food and drink with launch from Greenwich Point (OGYC). Finally, TOM HEALY wants all Melody Men to meet Tuesday, August 12 at 3:30PM at the Greenwich Country Day parking lot for busing to the METS game to sing the National Anthem. Tom- 203-661-2954.

**COMMITTEE REPORTS:** **Visiting:** WIN ADKINS reported BEN BENSON, STEVE PIERSON and BOB JOHNSON are working on their recovery. ED BURNS is recovering from an operation and MOREY LINDEN is going in for tests. **Returnees** are BILL DYNAN from Washington, DC, BILL CLEWORTH from Martha's Vineyard, MA and BILL SALTSMAN from Emerald Isle, NC. **Membership:** JIM FAHY told us there were 133 in attendance: 130 members plus 3 candidates - Burt Ehrlich, Don Herman and Tom Fong. **Birthdays:** PETER CRUMBINE 76, JIM DANIEL 83, and JOE RINDLER 71. **Volunteer Hours:** ROS CURTIS announced a respectable 590 hours for outside agencies by 74 RMA members and 84 hours for RMA activities by 27 RMA members. MICHAEL AMOROSO had the most - 60 hours. **Program:** JOHN de CSEPEL informed us that next week's speaker would be Robert Henrey, author of *Through Grown-up Eyes. Living with Childhood Fame*. (See below for today's program).

**FUN AND GAMES:** **Bridge:** KURT SCHAFFIR dealt with 17 players led by GRANT PERKINS with 5,770 points, DON DWORKEN with 4,460 and JOE ROE third with 3,520. **Golf:** NICKY ACHIWA reported 14 players with 4 shooting below 100. Closest to the pin on the 7th was GERRY LESSUK, and on the 15th hole PETER UHRY, and longest drive on the 17th hole was JIM MACKAY. NICKY scored lowest with a 94. He is also the golf host next week. 203-542-0636. **Summer Tennis:** TED SPOOL wants you to play tennis every Monday and Thursday morning, 9:00 to 11:00 at the Loughlin Avenue courts in Cos Cob. "Just do it."

**TODAY'S PROGRAM:** HOLLISTER STURGES introduced **Dr. Jerry Schulster**, Professor of Psychology at UCONN, after the coffee break. Dr. Schulster, using visuals, spoke about memory. There are many types of memory and, over the last 115 years, studies of numerous varieties have been initiated. Memory has many distinct aspects and what people remember varies widely among individuals. For older people, it is important to keep the brain active and practice memory exercises. One builds confidence by repetition (should I repeat that) and it helps to start learning something new (adding it to memory) with a risk free environment. A lively Q and A followed his informative remarks.

**PETE UHRY –Editor**

### **SPECIAL EVENTS**

*Trips are open to all members, their ladies, candidates and guests. Checks payable to "RMA".*

**Goodspeed Opera House, *Fiddler on the Roof*** Thursday August 7, \$112 p/p, lunch at Gelston House, leaves St. Catherine's 9:30 AM.

**9/11 Museum** Thursday October 2, \$104 p/p, lunch at Blue Waters Grill in Union Square. Departs 8:45 AM.

*For more information, contact RICH LIMBACHER 531-9515 or GERRY LESSUK 698-9451. Currently wait listed but try for a spot if you desire to go.*

### **NEXT WEEK's SPEAKER**

**Robert Henrey** - author of *Through Grown-up Eyes. Living with Childhood Fame.*

*Extensive information about the RMA, including photos, is on our website at [www.greenwichrma.org](http://www.greenwichrma.org). Speaker videos can be viewed at [www.Vimeo.com](http://www.Vimeo.com).*