



# CIGAR BOX BULLETIN

Retired Men's Association of Greenwich, Inc.  
37 Lafayette Place, Greenwich, CT 06830



[www.greenwichrma.org](http://www.greenwichrma.org)

Chair/Editor: **Joe Mancinelli**

Scribes: **Av Rivel, Arnold Gordon, Ed Farrell, Gerry Lessuk, George Stockbridge, Joe Mancinelli, Chet Risio, Frank Scarpa, Tim Brooks**  
Archivist: **Tad Larrabee** Format: **Jack Cuff, Andrzej Mazurek, Len Carusi**  
Print/Distribution: **Joe Mancinelli**

**VOLUME 68 NUMBER 15 OCTOBER 21, 2020**

**SCRIBE: FRANK SCARPA**

"We read to know we are not alone."

C. S. Lewis

President **RUSS HARDEN** opened the Zoom meeting at 10:00am sharp with the recorded "We are the RMA" anthem. **RUSS** then personally led the Pledge.

**ARNOLD GORDON** then introduced **TOM HEALY**, who enriched us with a cautionary tale of an "older" golfer, torn between his instincts of honesty and monogamy

## ANNOUNCEMENTS

**JOE MANCINELLI**, our hard-working CBB editor, expressed the membership's gratitude for the work of the entire CBB Editorial Board over the past year. (All CBB Team members are listed above in the CBB Header.)

MEMBERSHIP: **PETER STERN** reports 71 members in attendance. Birthday boys this week are **JOEL BLUMBERG** (80), **KEITH ROE** (75), **DON HELLER** (91) and **ART WERNICKE** (78). They were serenaded by the assembled throng with the traditional song.

Treasurer: **JEFF JUNKER** reported that he and **MIKE AMBROSINO** had wrapped up their phone campaign. Paid membership will stand at 219. There is just over \$72,000 in the checking account.

VISITING: **MIKE AMBROSINO** reported that **GERRY LESSUK** is having some issues with pulmonary capacity and shortness of breath.

Food Drive: **MIKE AMBROSINO** is organizing a food drive for the benefit of Covenant House in Stamford. For those who wish to purchase food and drop it off, a location and details will be provided on Nov. 19. Alternatively, checks may be written for the purchase of food--perhaps a more practical alternative. (Checks should be made payable to **MICHAEL AMBROSINO** and mailed to him at 1 Knollwood Drive East, Greenwich, Ct. 06830.)

### **HUMAN INTEREST**

**ARNOLD GORDON** introduced **GEOFFREY BURGE** to speak to us on an issue of health and nutrition. **GEOFFREY** holds a Ph.D. in chemistry and steroid synthesis from Monash University in Melbourne. He also did research at Oxford and has an extensive resume in biotechnology research. Six years ago, he was informed that he was pre-diabetic. Even though he was "a bit overweight at 190 lbs.", **GEOFFREY** had been leading a very active lifestyle. He decided to reduce the sugar and carbs in his diet and adhere to a "ketogenic" regimen. We were then treated to a clear and thorough presentation of this healthy lifestyle by this unpretentious scientist in our midst. (For the full details, you may contact **GEOFFREY** at [gburgesydney@gmail.com](mailto:gburgesydney@gmail.com)) Think "Rainbow Diet", with minimal processed food.

### **THIS WEEK'S SPEAKER**

**HOLLISTER STURGIS** (who thanked the membership for the overwhelming response to the survey concerning our speaker program, and promised to report back within the next two weeks) previewed "Partners in Health: A Second Chance at Life"--a dialogue between Lesley King and Claudine Humure. The talk was stimulated by Greenwich Reads Together's choice of Tracy Kidder's 2003 book "Mountains Beyond Mountains".

### **NEXT WEEK'S SPEAKER**

**PETER UHREY** forecast a talk by Rev. Thomas Nins on "Diversity in Greenwich". Rev. Nins is Pastor of the First Baptist Church of Greenwich. His talk is tied into the other Greenwich Reads Together's choice: "Just Mercy" by Bryan Stevenson, published in 2017.

### **FUN AND GAMES**

GOLF: **PAUL CAMPION** lauded the 16 players, especially **MIKE AMBROSINO's** 20-foot putt on #18, and **BART BARTHOLOMEW's** 87 (with 9 pars). (We are all grateful to **PAUL** for shepherding us through a "therapeutic" season during this pandemic!)

TENNIS: **PETER DODGE's** report on the winning duos: **MAHONEY/BREITMEISTER, BREITMEISTER/DODGE** and **MAHONEY/DODGE**.

TAI CHI: **WILL MORRISON** is still at it every Monday and Wednesday at 3. The group has recently donated \$1,000 to Neighbor to Neighbor.

WALKERS: **TAD LARRABEE** reported that 10 walkers enjoyed Cranberry Lake Reserve last week. Tomorrow, the venue will be ROCKWOOD HALL.

In addition, the RMA Team, walked at Greenwich Pint to raise funds for Abilis on October 18<sup>th</sup>. The RMA members included **DAN FRANCK, JOHN DENNE, WILL MORRISON** and **TAD LARRABEE**.



HEARTS: **DON CONWAY** reported on two tables. At Table #1, **ANDY HOLMES** won 3 games and **GRANT PERKINS** won 2. At Table #2, **GRANT PERKINS** won 4 of 5 games and **DON CONWAY** won 1. **GRANT** also won kudos for 3 moon shots.

BRIDGE: **ANDRZEK MAZUREK** reported that **RON FRIEDMAN, 4,960** won top honors, followed by **ED MASTOLONI 4,480** and **TONY COCCHI, 4,310**. **ANDRE** and **ED** bid and won slam for 1010 points. Additional players are always welcome. Please contact **ANDRE** or **TONY**.

## MORE ANNOUNCEMENTS

**TOM HEALY** reported that the initial Zoom meeting of the Melody Men will take place tomorrow.

**GEOFFREY BURGE** on volunteer hours: We cut off our recording date for Volunteer Hours on September 30th each year. We last recorded them on March 11 at our last meeting. There have been 29 weeks since then to the end of September. If members could send their inside and / or outside hours to Geoffrey Burge at [gburgesydney@gmail.com](mailto:gburgesydney@gmail.com). We will be able to close the recording season.

**STEVE MYERS** announced that the Lamont-Doherty Earth Observatory, part of Columbia U. will be holding a virtual four-day Open House. See <https://openhouse.ideo.columbia.edu/> for free registration and a schedule. Especially note "The Most Important Climate Tipping Point is Us " by Radley Horton.

**HOWARD RICHMAN:** Reminded us that early votes and absentee ballots will be counted on Monday and Tuesday of election week. 12,000 absentee ballots are expected in Greenwich. The results should be compiled by Tuesday night.

## TODAY'S SPEAKER

**HOLLISTER STURGIS** introduced today's topic "Partners in Health--A Second Chance in Life".

Tied into Greenwich Reads Together's selection "Mountains Beyond Mountains " by Tracy Kidder (2003), **HOLLISTER** introduced Lesley King (long time board member of Partners in Health and former Managing Director at JPMorgan). Partners in Health was founded by Dr. Paul Farmer, of Boston, 30 years ago. Partners original missions were in Haiti, as detailed in Kidder's book, but they have since expanded globally (working in 12 countries) in their efforts to alleviate health care related needs. With no endowment, and a budget much smaller than many other well-known NGO's , Partners has continued to make a timely impact in health care issues around the world--e.g. AIDs (Haiti and elsewhere), tuberculosis (former Soviet Union) and Ebola (Liberia). PIH defines itself as a "non-profit social justice organization" whose purpose is to "make health care a human right". PIH has even expended efforts in the United States, helping contact tracing in the COVID pandemic.

As an example of PIC's outreach, Ms. King interacted with Claudine Humure of Rwanda in today's live interview. PIH first met Claudine in 2005 at an orphanage in Rwanda, a country that suffered a million casualties in the 1994 genocide. Claudine was suffering from a malignant tumor in her right lower extremity and had undergone an above-knee amputation. PIH brought her to the U.S and Massachusetts General Hospital for chemotherapy and revision of her amputation. She applied to high school in Greenwich, and attended Greenwich High School, then Dana Hill School and ultimately Wheaton College in Massachusetts, where she

graduated in 2017. Claudine was involved with the opening of a new Cancer Center in Rwanda in 2012. In 2016, she interned with "Next Step Bionics and Prosthetics" in Newton, Mass. She is now employed at PIH's University of Global Health Equity (est'd 2005) in Rwanda, dedicated to the training of the future generation of global health equity. (More than 100 alumni are currently working in the field.) Claudine's interest in prosthetics has continued, and she is involved with educating students in this field, hoping to open her own clinic in Rwanda.

### **NEXT WEEK'S SPEAKER**

Thomas Nins on "Diversity in Greenwich". Rev. Nins is Pastor of the First Baptist Church of Greenwich. His talk is tied into the other Greenwich Reads Together's choice: "Just Mercy" by Bryan Stevenson, published in 2017.

**NOTE TO CBB CONTRIBUTORS:** next week's CBB scribe will be **ED FARRELL**. Please send a copy of any remarks you want included in the CBB to **ED** at [ejf1038r@gmail.com](mailto:ejf1038r@gmail.com).

**NOTE TO RMA Members:** The CBB Team works every week to write and publish an informative and concise bulletin for our members enjoyment. We can truly use new members to join the CBB Team. Please contact **JOE MANCINELLI** at [jlmanc@optonline.net](mailto:jlmanc@optonline.net) if you are interested in supporting this continuing effort.

Retired Men's Association of Greenwich, Inc. · 37 Lafayette Place · Greenwich, CT 06830 · USA  
Visit our website at [www.greenwichrma.org](http://www.greenwichrma.org).