



CIGAR BOX BULLETIN

Retired Men's Association of Greenwich, Inc.

37 Lafayette Place, Greenwich, CT 06830

www.greenwichrma.org

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"The Lord is my shepherd; I shall not want"

Psalm 23

President JERRY SCHWENDEMAN opened the meeting promptly at 10am by bringing us to order. MIKE HAYDEN led us in singing *The Star-Spangled Banner*, *Over the River and Through the Woods* and *For Me and My Gal*. BOB MORGAN very ably accompanied on the Steinway.

Joke teller TOM HEALY related a droll account about a husband who had misplaced his wife.

ANNOUNCEMENTS

1. ED FARRELL announced that we had one guest, David Watkins g/o GRANVILLE BURGESS and five birthdays: GERRY FOX, 85, ROBERT WHITBY, 79, GEORGE CHELWICK, 94, FRED BROOKS, 84, and TED SPOOL, 89.

2. GERRY GIBIAN told us that today's speaker would be **John Hamilton**. ARNOLD GORDON said that next week's speaker will be Richard Hayman.

3. GEORGE STOCKBRIDGE announced that the next meeting of the RMA Shakespeare Group will be December 4 and the home of KEITH SMITH, 37 Jones Park Drive, Riverside, to view the bard's comedy *The Taming of the Shrew* at 1pm.

FUN AND GAMES

ROMEO: TONY COCCHI told us there is interest in restarting an RMA Romeo (Retired Old Men Eating Out) Group. He asked for anyone interested to see him or email him at anthony.cocchi@lehman.cony.edu.

Indoor Tennis: ANDY HOLMES reported on indoor tennis: Winners on court one: GEOFFREY BURGE and TOM HEALY; Winner on court two: GERRY GIBIAN and ANDY HOLMES. Next week's captain will be RALPH NEWITTER.

Hearts: JACK SWEGER advised us that the group had 4 tables and 16 players. 10 games were completed. Winners were LOU TROVATO (3), JIM DEAN (2). TOM HEALY, ANDY HOLMES, GEORGE DIPPY, TONY GRAHAM and JACK SWEGER each won one game. Moon shooters were LOU TROVATO (3), MICHAEL AMBROSINO, JIM DEAN, JOHN KAVANAGH and JACK SWEGER each shot the moon once. Captain for next week is LOU TROVATO.

WILL MORRISON reported that the next tai chi class will be December 2.

TODAY'S SPEAKER

John Hamilton introduced by GERRY GIBIAN. His subject was *How to Strengthen Resiliency in Families*. He said that opioid problems have become a crisis of national proportion. John is CEO of Liberation Programs and is nationally recognized as an expert in the field of addiction treatment and prevention.

John reported that the number one addiction, as early as the 7th grade, is cigarette smoking. Number two among students is heroin and number three is cocaine, followed by alcohol, sedatives and marijuana. He said that kids as early as junior high school students know where to go in school to buy drugs.

He provided colored slides indicating that the brain registers "rewards" for certain drugs, this occurs the earlier an individual begins using the drug. He finished with his assertion that "the greatest gift a mother can give her child is to love their father" alternatively, "the greatest gift a father can give his child is to love their mother." He said that it is very important that the family eat dinner together each day. A spirited question and answer session followed.

NEXT WEEK'S SPEAKER

On December 4th, the RMA will welcome **Richard E. Hyman**

Subject: *Journeys with Cousteau and the Crew of the Calypso*

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