



CIGAR BOX BULLETIN

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



www.greenwichrma.org

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"We do not have to become heroes overnight. Just a step at a time, meeting each thing that comes up, seeing it is not as dreadful as it appeared, discovering we have the strength to stare it down." – Eleanor Roosevelt

Our President **JERRY SCHWENDEMAN** began summoning the gathered throng to attention at 9:58 am, and with an awareness of the Coronavirus concern he implored everyone to "please come forward and please spread out." **ANDY HOLMES** led the pledge of allegiance and **JACK SWEGER** and **JIM SANTORA** teamed up to deliver the musical openings with "America The Beautiful", "Pennies from Heaven", and of course "When Irish Eyes are Smiling." in honor of St. Patrick's Day. **JERRY** then declared that the RMA shall cancel the weekly Membership Meetings for the remainder of March and consideration is being given to cancellation during the month of April, out of an abundance of concern related to COVID 19 disease.

Corresponding Secretary **Bob Luce** entertained us with a funny tale regarding a husband who fondly explained to his wife how he appreciated the deep meaning of their twentieth wedding anniversary, however his sentiment was not quite what his wife had in mind.

ANNOUNCEMENTS

TOM HEALY announced that due to concerns and restrictions at local nursing homes, the Melody Men are suspending activities through the end of March. They will follow the RMA lead regarding future activities during the month of April.

Returnees: **BRUNO SCHRAGE** from Milan, Italy and **HORST TEBBE** from Denver, CO and Oakland CA.

Visiting: **MICHAEL AMBROSINO** informed us that **ED FARRELL** is recovering from hip surgery.

DR. JOEL BLUMBERG presented us with an informative overview of the Coronavirus, where he emphasized the following:

- Wash, Wash, Wash!
- The virus is very contagious and New Rochelle, NY is a hotspot.
- Better to be Safe than Sorry!
- The elderly are at the highest risk, particularly those with underlying conditions.
- Avoid touching your face, the virus is introduced through the mucus membrane.
- Wash, Wash, Wash!

HOLLISTER STURGES said the day's speaker, Donna Spellman, the Executive Director of River house Adult Day Center, will speak on dementia and Dementia Friends a global movement dedicated to helping family, friends, and society to better understand dementia.

TAD LARRABEE informed us that the Superintendent of Greenwich Schools has suspended public performances and therefore the Beethoven 2020 Concert by the Greenwich Choral Society scheduled for March 14 has been cancelled.

Birthdays as reported by **HORST TEBBE** were **ROS CURTIS, 96, FRANK ZAVATTARO, 89, MIKE RYAN, 82, MILES McDONALD, 82, LOU TROVATO, 80, BILL HOWLAND, 79, DON BREISMEISTER, 78,** and **JOHN FEBLES ,76.** A jolly tune of "Happy Birthday to You," was sung to these Birthday Boys!

A total of 60 members were reported present this week, including one guest. The guest was Mike Healy, guest of **TOM MCGUIRE.**

GEOFFREY BURGE reminded us that volunteering is a foundation of the RMA. He will be developing the schedule for recording volunteer hours for the second quarter. He encouraged new members to get involved in this activity since it is a great way to say hello to a wider group of men as they enter the door each week. Please contact **GEOFFREY** at gburgesydney@gmail.com if you would like to be included on the roster for recording volunteer hours.

COMMITTEE REPORTS

GERRY LESSUK notified everyone that unfortunately the March 12th trip to an open rehearsal of the New York Philharmonic Orchestra, to hear works by Stravinsky and Rachmaninov has been cancelled out of concern for the Coronavirus. He had received eleven individual cancellations and in the interest of all he decided to cancel the entire trip. The bus company, the restaurant and the NY Philharmonic have all been notified and they have agreed to return deposits. **GERRY** and **JEFF JUNKER** will be working on the how and when refunds will be implemented.

DON CONWAY reminded everyone that as of right now, the full day excursion to the Goodspeed Opera House in East Haddam, CT, on May 21st for a performance of *South Pacific* is still planned. Transportation will leave from St. Catherine's Church at 8:00 a.m. and there will be a luncheon at Gelston House in East Haddam. Cost is \$130.

MICHAEL AMBROSINO also reminded all that he is still planning on the trip to the Baseball Hall of Fame on July 26 for its 2020 induction ceremony. One or two volunteers to help with the planning would be appreciated. Full details of the trip are posted on the bulletin board please contact **MICHAEL** if you are interested.

GERRY MAYFIELD updated us on the volunteer hours for the week of March 11. There were 245 total outside hours by 26 members and 113 inside hours by 25 members. **JEFF JUNKER** was the outstanding volunteer of the week with 32 hours.

SCOREBOARD

Tennis: No Report.

Bridge: Tallying up the Bridge scores: **ED MASTOLONI** 3240, **RON FRIEDMAN** 2010, AND **ANDRE MAZUREK** 1640.

Paddle Tennis: **JAMES DEAN** informed us that they had a delightful outing with ten players who completed four sets. No injuries to report. Come on out.

Hearts: There were two tables with eight players. Each table completed three games in the allotted two-hour period. **MICHAEL AMBROSINO** demonstrated his card skills by winning all three games and shooting the moon once. The second table had **JACK SWEGER** winning two games and **GRANT PERKINS** winning one game. Moon shots were made by **PERKINS (2)**, **SWEGER** and **JOHN KNIGHT (1)**. One additional pick-up game was played in which **JOHN STANKUNAS** won coming from a losing position and shooting the moon in each of the last two hands. A fun session! Next week's captain is **PETER BERG**.

Tai Chi: **WILL MORRISON** informed us that Tai Chi shall continue, however since the Senior Center has been closed, he will be implementing on-line sessions. Stay tuned for further information.

Golf: **PAUL CAMPION** notified us that the "GRIFF" opens on March 15 and the RMA is tentatively scheduled to start our program on Tuesday, April 7, based solely on when the RMA returns to regularly Wednesday meetings. "Stay on the fairway!!!"

President **SCHWENDEMAN** closed the meeting, right on time at 10:28 am.

TODAY'S SPEAKER

Donna Spellman, the Executive Director of River House Adult Day Center, will speak on dementia and Dementia Friends a global movement dedicated to helping family, friends, and society to better understand dementia. Donna explained that Dementia is not a disease, but it is an umbrella term for a wide variety of symptoms. She then went on to list ten early signs of dementia, such as memory loss, challenges in planning or problem solving, difficulty in completing simple tasks at home, and confusion regarding time or place. However, she noted

that any one of these in and of itself does not indicate dementia. It is important to recognize that while dementia impacts the short-term memory, the emotional impact of day to day activities still does remain. Therefore, for those interacting with people suspected of dementia it is important to maximize daily interaction and while it may seem like these interactions are quickly forgotten, the happiness of the emotion does remain. River House deals with many dementia clients and they stress kindness and quality of life each and every day.

NEXT WEEK'S SPEAKER

The announcement for future speakers will be identified when RMA meetings are resumed.
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 Visit our website at www.greenwichrma.org

RMA 2020 Calendar

(Please note that while RMA meetings have been suspended, all activities listed below are not being conducted under the auspices of the RMA. They are simply independent activities under the responsibility of the individual participants.)

Weekly Repetitive Activities			
Date	Time	Activity	Location
Mondays	3:00 to 4:00	Tai Chi Beginner	Greenwich Sr. Center
Tuesdays	10:00 am	Platform Tennis	Loughlin Ave. Courts, Cos Cob
Wednesdays	10:00am to 11:00 am	RMA Weekly Meeting	First Presbyterian Church, One West Putnam Ave., Greenwich CT
Wednesdays	1:00 to 3:00 pm	Hearts	Greenwich Civic Ctr. 90 Harding Road, Old Greenwich
Wednesdays	3:00 to 4:00	Tai Chi Advanced	Greenwich Sr. Center
Wednesdays	1:00 to 3:00 pm	Bridge	Greenwich YMCA
Thursdays	9:00 AM	RMA Walking	Various TBD
Fridays	1:30pm to 3:00 pm	Indoor Tennis	Old Greenwich Tennis Academy
RMA Special Events			
March 12	8:00 am	Open Rehearsal NY Philharmonic	Lincoln Center, NYC
May 21	8:00 am	South Pacific	Goodspeed Opera House
June 11	To Be Announced	Day at the Races	Belmont Park, Elmont NY
July 26	To Be Announced	Baseball Hall of Fame Induction Trip	Cooperstown, NY
December 7	To Be Announced	West Point vs. Air Force	West Point, NY