

CIGAR BOX BULLETIN

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



www.greenwichrma.org

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SCRIBE: AV RIVEL

"I have come to the conclusion that politics is too serious a matter to be left to the politicians"
- Charles de Gaulle

Cutting short desultory but interesting pre-meeting discussions, President **MICHAEL AMBROSINO** banged his virtual gavel to start the meeting precisely at 9:44:58. **PAUL CAMPION** recited the pledge as **LEN CARUSI** caused the waving Old Glory to appear on the screen. The pledge was followed by a screening of the Melody Men singing the national anthem at Citi Field in 2014. This editor was saddened by the number of Melody Men that appeared in the video who are no longer with us.

PRESIDENTIAL PROCLAMATIONS

The board has elected to reinstate in-person meetings as of February 16th. Several important protocols will be in effect:

GUIDELINES FOR IN-PERSON MEETINGS STARTING ON FEBRUARY 16th

DISABILITY PARKING PASSES

It would be most appreciated if those using disability passes on their windshields would try, whenever possible without compromising their safety and health, to park on Lafayette Street as opposed to using the disability spaces in the FPC parking lot. All spaces on the street are free as long as you park in an authorized space and display your disability pass; you will not be ticketed if you display your pass.

ATTENDANCE RULES AT THE FPC

- Members (other than the Setup Committee) should not enter the church prior to 9:00.
- Setup Committee can enter the church no earlier than 8:30 using the side elevator entrance.

COVID RESTRICTIONS AT THE FPC

- You must show proof of being fully vaccinated and boosted (or have previously provided such proof to Peter Stern) to enter the church.
- You must wear a mask at all times everywhere in the church, including the fellowship hall. These rules apply for both the membership meeting and the speaker presentation.

You can pre-register your vaccination status by sending a scan or photo of your vaccinations card(s) to members@greenwichrma.org. For members who cannot scan or send photos there will be special Zoom session where you can sign in and show your credentials on screen. Saturday, February 5, between 2:00 and 3:00 pm. Questions? Email Lencarusi@gmail.com.

The RMA of Stamford is asking for volunteers to join “Wheel it Forward.” They have an inventory of donated medical devices (wheelchairs, crutches, walkers, etc.) they loan to needy patients. For more information, please visit their website: wheelitforwardusa.org.

MICHAEL is looking for someone to do a human interest story at the March 16 meeting, in honor of St. Patrick’s Day.

CORRESPONDING SECRETARY

ARNOLD GORDON reminded everyone that today is Groundhog Day. Punxsutawney Phil, the central figure in the Pennsylvania area he is named after, emerged from his borough and saw his shadow this morning. That means six more weeks of winter.

ARNOLD is still looking for someone to deliver a memorial for Charlie Marshall and asked the members if anyone knew him. He also made a renewed pitch for one or two members to join the corresponding secretary joke group. **ARNOLD** then described a generous benefit involving meeting rooms at Greenwich Library that **BOB RIMMER** called to his attention. One can reserve without charge the use of certain rooms for up to three hours. Masks are required. There are small, electronically equipped conference rooms for one to four people, or large,

electronically equipped meeting rooms with a capacity of 10 to 12 people. No food or beverages are allowed in the small study rooms. All the rooms can be used for anything as long as it is “in good decorum,” including card playing. Rooms can be booked online or by phone up to seven days in advance. Those without a library card will need to leave their driver’s license or other ID with the staff. For details, see <https://www.greenwichlibrary.org/room-rentals/>

The library will hold an interesting program on Wednesday, February 23rd at 7:00 pm, either in person or via live stream, to hear from Maryland Congressman Jamie Raskin on his new, provocative memoir, *Unthinkable: Trauma, Truth, and the Trials of American Democracy*. Details and registration information can be found at <https://greenwichlibrary.libcal.com/event/8779118>

ARNOLD ended his comments by wishing everyone a Happy Lunar New Year, aka Chinese New Year, the year of the tiger, which began on February 1st. He then introduced **AV RIVEL**, doing double duty as scribe and jokester. **AV** regaled the assembled with two knee-slappers about snow storms and the strange things people do during them.

MEMBERSHIP REPORT

PETER STERN unmuted himself to present the membership stats and to emcee the induction of **TOM DOODY** (he gets capitalized, because by the time you read this, he will be a member). Meeting attendance was 64, all via Zoom, with no guests. Birthdays were **BOB STRONG**, 73, **JACK WEIR**, 75, and **ED MILLER**, 79. Happy Natal Day to all three of you!

First time attending as a member was **GARY RIDDELL**, who therefore has a 100% attendance record. Snow birds via Zoom were **BILL O'DONNELL** and **TONY FITZPATRICK**.

Next came the induction of **TOM DOODY**, who was nominated by **ED MASTOLONI** and seconded by **PETER STERN**. **TOM** is a graduate of Brooklyn Tech and CCNY. After military service in Viet Nam, he went to work at the Mad Hatter Restaurant on the upper West Side, which he later bought and owned for 30 years. He was active in U.S. and International Rugby Clubs. He has been married to Eileen for 51 years and has two sons and four grandchildren. He was welcomed into the RMA by unanimous vote. Welcome aboard, **TOM!**



Tom Doody

DON ROTZIEN announced that our first ROMEO lunch of the new year will take place on Thursday, February 24th at noon (or 1:00 depending on attendee votes) at Tengda Restaurant on Field Point Road across from the library. It's an Asian restaurant and the lunch entrees are mostly in the \$12-\$15 range. **PETE UHRY** scouted it out and found that they have a section for private parties but it can only hold a maximum of 20 people so reservations will be strictly first come first served. If you are interested in attending, please email dsrotzien@gmail.com. An update will be provided next week.

PROGRAM ANNOUNCEMENTS

BOB RIMMER gave the heads' up on today's speaker, Steven B. Katz, JD, MBA, LLM, MPH, CPA, CDP, FACHE, SHRM-SCP, who will speak on "Successfully Aging at Home and in Our Community." Dr. Katz is well credentialed and is active in supporting Greenwich's community of older citizens. He also runs a health care agency in the private sector. His talk should resonate with the RMA community.

BOB PHILLIPS prepared us for next week's speaker, Basil Hero, whose talk is titled "The Mission of a Lifetime: Lessons from the Men Who Went to the Moon." Hero, an award winning former investigative reporter with NBC News, shares stirring reflections from nine of the 12 surviving astronauts, out of 24 in all, who walked on or orbited the moon. His critically acclaimed book, *The Mission of a Lifetime: Lessons from The Men Who Went to the Moon*, was selected by the *Financial Times* as one of its top ten reads of the summer and is considered one of the best books on the leadership skills and spirituality of the Apollo astronauts. Don't miss this talk, it promises to be out of this world!

THE SPORTS PAGE

Pickleball: **PAT MACCARTHY** reminded members that pickleball is played, weather permitting, from 11 am until 1 pm on Mondays and Thursdays at Christiano Field. If you would like to be put on the "play/no play" email list, please contact **MARK GEIMER** (mark.geimer@gmail.com).

Walkers: **TAD LARRABEE** reported that last Thursday, eight hearty RMA Walkers met at Byram Park all bundled up for a nice walk on a crisp, cold day. Thankfully, there was no wind. We walked along Byram Shore Road out to Hawthorne Beach, the furthest southwest land in CT. Yes, we were trespassing, but nobody bothered us because the beach was abandoned! We then walked north paralleling the Byram River and back to Byram Park. We had an enjoyable winter outing.

Indoor Tennis & Hearts: **ANDY HOLMES** doubly reported that this past Friday four tennis matches were played over at the Old Greenwich Tennis Academy. In the opening round, the winners on court one were **JIM FISHBEIN** and **RALPH NEWITTER** and the winners on court two were **BILL FAKUNDINY** and **ANDRE MAZUREK**. In the finals round, the winners on court one were **JIM FISHBEIN** and **ANDRE MAZUREK**, and over on court two the winners were **DON BREISMEISTER** and **ANDY HOLMES**. This week's captain will be **MICHAEL AMBROSINO**.

Hearts: The foursome of **JIM DEAN**, **JACK SWEGER**, **BOB SHULLMAN** and **ANDY HOLMES** got together via the Trickster website and played four games of hearts. **JIM DEAN** won three games and **ANDY HOLMES** won one game. There were three moonshots, two by **JIM DEAN** and one by **ANDY HOLMES**.

Tai Chi: **WILL MORRISON** suggested "Enjoy a change of pace. Tai Chi specializes in SLOW. We do slow and slower like no other. Why? The slow movements allow for detailed and deep focus on the accuracy and internal dynamic of the movement. So, if the world is moving too fast, practicing tai chi just might be the world for you." Participation is free, although contributions are welcome. Mondays, 9:30 am in Old Greenwich and on Zoom. Sign-up with **WILL** required, wdmorrison@gmail.com or through experiencetaichi.org.

Bridge: **ANDRE MAZUREK** dealt the scores: **ED MASTOLONI**, 3,430, **ANDRE MAZUREK**, 2,280, **CHARLIE LAND**, 1,910, **RON MURRAY**, 1,600.

Paddle Tennis: **JIM DEAN** served up the following report. The RMA paddle team met on Wednesday, February 2nd, under bright blue skies with a temperature of 28 degrees. Play on both courts by **AMBROSINO, DEAN, GREIMER, HOMES, HARDEN, MANCINELLI, MORRISON, MAZUREK** and **WU** was brisk with **MAZUREK** (aka SLASH) and **WU** (STRETCH) demonstrating their formattable paddle skills.

TODAY'S SPEAKER

Dr. Steven Katz is the Chairman of the Commission on Aging for the Town of Greenwich and is co-spearheading Greenwich's Age and Dementia Friendly certification initiative with the AARP, World Health Organization, and Dementia Friendly America. He is the Ambassador of the Aging 2.0 Greenwich Chapter. Dr. Katz is also the President of Sterling Care, a certified home health agency, a non-medical companion and homemaker agency, a certified geriatric care management practice, and a senior living placement service based in Greenwich. He is an adjunct professor of Health Care Policy and Management at the Columbia University School of Public Health. Dr. Katz has an MPH from Columbia University, an LLM in taxation from NYU School of Law, MBAs in finance and accounting and a JD from Fordham University, and a BA in psychology from Brandeis University. He is a New York Certified Public Accountant and has been admitted to the bars in New York and Connecticut.

Dr. Katz's talk was up-close and personal for RMA members and addressed ways of defining "Successful aging and how to achieve it." In one line: "How to modify your environment to meet the reality of aging." This is something that all of us should be seriously thinking about, especially after this talk.

Some of the highlights Steven elaborated on dealt with how to successfully age at home:

- Stay healthy and take care of your body
- Stay cognitively active
- Stay socially engaged
- Stay spiritually engaged
- Be resilient

Roadblocks to successful aging include:

- Ignoring warning signs
- Being slow to, or refusing to, adapt the home environment to developing needs
- Not asking for help
- Not realistically planning for ongoing changes
- Self-isolation
- Not seeking medical help or support

One of the highlights of Dr. Katz's talk was using a Zoom feature to poll attendees as to their opinions on certain topics. The responses were instantly aggregated and presented. Dr. Katz was then able to use that data as talking points for his presentation

Dr. Katz offered to send RMAers copies of his slides and answer questions after his talk. He can be reached at Steve.Katz@sterlingcare.com

NEXT WEEK'S SPEAKER

Next week's talk will be "The Mission of a Lifetime: Lessons from the Men Who Went to the Moon," by Basil Hero, an award winning former investigative reporter with NBC News. He will share stirring reflections from nine of the 12 surviving astronauts, out of 24 in all, who walked on or orbited the moon.

SPECIAL FEATURE

Past President **PETE UHRY** has asked that we include a few "historical" RMA pictures, with a question of the week. How many of these past presidents could you identify in this 2014 picture?



From left to right they are **Leon Freeman, Pete Uhry, Chuck Standard, Sam Marasso, Rich Limbacher, Mike Ryan, Ralph Viggiano, John Craine, Rich Bartholomew, Tom Healy, Mike Smith, Bob Phillips and Don Conway.**

Do you have any pictures of past RMA activities?

IMPORTANT REMINDERS

TO CBB CONTRIBUTORS: Scribe for the next meeting, on February 9, will be →**FRANK SCARPA**←. Please send a copy of any remarks you want included in the CBB to frankjscarpa@gmail.com.

ALL MEMBERS: Do not forget to report all your inside and outside volunteer hours to **JOHN FEBLES** at jfebles13@gmail.com.

ALL MEMBERS: The CBB Team works every week to write and publish an informative and concise bulletin for our members' enjoyment. We welcome new members to join the CBB Team. Please contact **TIM BROOKS** at tbroo@aol.com if you are interested.

ALL MEMBERS are reminded that in addition to streaming on the Internet, RMA speakers are normally shown on the local public access TV channels, Verizon FIOS channel 24 and Optimum (Cablevision) channel 79.

Retired Men's Association of Greenwich, Inc. · 37 Lafayette Place · Greenwich, CT 06830 · USA.
 Visit our website at <https://greenwichtma.org>.

RMA 2022 CALENDAR

Weekly Repetitive Activities*			
Day	Time	Activity	Contact
Mondays	9:30 am	Tai Chi Workout	Will Morrison - wdmorrison@gmail.com
Mondays	11:00 am to 1:00 pm	Pickleball at Christiano Park	Pat MacCarthy – pmacCarthy415@gmail.com Mark Geimer – mark.geimer@gmail.com
Tuesdays	10:00 to 11:00 am	Platform (paddle) tennis at Loughlin Field, Cos Cob	John Dean - jhdeanco@gmail.com
Wednesdays	9:45 to 10:30 am	RMA Weekly Meeting	Horst Tebbe - onehorst@optimum.net or Len Carusi at lencarusi@gmail.com
Wednesdays	12:45 to 3:30 pm	Hearts at the Women's Club	John Kavanagh - jjkct176@gmail.com
Wednesdays	12:30 pm	Bridge at The Women's Club	Andre Mazurek - mazurek.a.j@gmail.com
Thursdays	8:00 am	"Tai Chi Fundamentals" – First Congregational Church, Old Greenwich	Will Morrison - wdmorrison@gmail.com
Thursdays	9:00 am	RMA Walking	Tad Larrabee - tadlarra@optonline.net
Thursdays	11:00 am to 1:00 pm	Pickleball at Christiano Park	Pat MacCarthy – pmacCarthy415@gmail.com Mark Geimer – mark.geimer@gmail.com

Friday	1:30-3:00 pm	Tennis	Andy Holmes - andyholmes56@gmail.com)
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*Day & time of some events may vary; check with contact