

# CIGAR BOX BULLETIN

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



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

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**SCRIBE: FRANK SCARPA**

*"Nothing is allowed to die in a society of storytelling people" - Harry Crews*

President **MICHAEL AMBROSINO** rang the meeting to order a few minutes earlier than usual (9:41). **BOB BISHOP** then led us in the Pledge. With **BOB MORGAN** on the piano, **MIKE HAYDEN** led the assemblage in singing "God Bless America," followed by the appropriate "April Showers" and "Do, Re, Mi." Today's Mentor is **RUSS HARDEN**.

President **AMBROSINO** alerted us to the fact that there will be no in-person meeting next week, on account of a Church event. The meeting will be held on Zoom. He also reminded members in attendance to be mindful of the \$2.00 contribution boxes. **MICHAEL** also made a point of recognizing the following members who have stepped up to volunteer in various capacities: **JIM SANTORA** and **TONY FITZPATRICK** in working on the clothing drive, **JIM DEAN** in joining the august ranks of Scribes, **JOHN FEBLES** in providing much needed help with the video programs, **MIKE RYAN** on reprising the golf leadership, and **MARK FOX** and **PAUL CAMPION** hosting the reception desk.

**Visiting: ED FARRELL** is recovering at Edgehill after his emergency knee surgery. He expects to be discharged Friday.

**Corresponding Secretary: ARNOLD GORDON**, back from Florida, provided a web address for people who are wondering how they might help our friends in Ukraine: <https://www.forbes.com/advisor/personal-finance/donate-relief-to-ukraine/>

**ARNOLD** recommended the recent John Oliver show on HBO concerning the nefarious aspects of personal data mining. He noted that his recent Florida sunset-gazing caused him to invent some new "groaners." For example: "Why is there no mouse-flavored cat food?" Or, "the cross-eyed teacher who could not keep track of her pupils." He then introduced **TIM BROOKS** as the field correspondent of GNN (the "Gordon News Network") to discuss one way to get a second covid booster shot.

**TIM** recounted his initial difficulty with logistics at the Riverside CVS. When he walked in he was first told he must fill out a long questionnaire online in order to make an appointment for one of the limited times available, despite the fact that there was hardly anyone waiting. But then a helpful CVS associate guided him to an in-store public terminal, which proved not only much quicker but offered far more available times, including one immediately. **TIM** suggested simply walking in rather than scheduling online, if that is convenient for you. (*Note: the Riverside CVS offers the Moderna vaccine.*)

**ARNOLD** hinted that Walgreen's was also a no-fuss walk-in possibility. **ARNOLD** also provided the Scribe with the following suggestions:

<https://www.ynhhs.org/patient-care/covid-19/Vaccine/get-your-covid-vaccine>

<https://www.familycenters.org/covid-resources>

[https://portal.ct.gov/vaccine-portal/DPH-van-clinics?language=en\\_US](https://portal.ct.gov/vaccine-portal/DPH-van-clinics?language=en_US)

**ARNOLD** then introduced today's jokester, **TOM HEALY**, who reminded us of two former Air Force pilots who got together every ten years at Hooters, and how their reasons for the choice of venue had morphed over the years

**Membership:** For birthdays, **PETER STERN** noted that **GEORGE UBOGY** has reached 84, **MARTY WAINE** is 89, **HENRY BAKER** is 91, and **GERRY GIBIAN** also joins the 84 crowd. The traditional musical encomium was showered upon these four. **PETER** counted 76 in-person attendees at the meeting and nine on Zoom, for a total of 85. There was one guest (Joe Coleman, guest of **PAT MACCARTHY**). **BO JARNSTEDT** and **JOE WATTS** were welcomed back from recovery. **ARNOLD GORDON** is our returnee from Punta Gorda, while Scribe **FRANK SCARPA** is still "wasting away" in Naples.

**HOLLISTER STURGIS** noted that our colleague **BOB WYLIE** is now 97, and leading an active life in Massachusetts.

**Publicity:** **JACK WEIR** noted that print media efforts (the *Greenwich Time* and *Sentinel* and other publications) are going very well. We are trying to submit articles about public service opportunities and our tax preparation program. We are in the final stages of sponsoring a hole at the Griff Golf Course, with an appropriate sign. **TIM BROOKS** (assisted by **TAD LARRABEE**, **BOB SHULLMAN** and **MARK GEIMER**) is working on refreshing our website with the idea of making it enticing to potential members. Finally, **ANDY HOLMES** has done a yeoman job as our unofficial photographer. He could use some backup--no fancy equipment required. Contact [JohnKWeir47@aol.com](mailto:JohnKWeir47@aol.com) if interested.

**ROMEO: DON ROTZIEN** noted that 14 members attended at Zody's on April 7. Special thanks to **TONY COCCHI** for filling in as greeter. The next luncheon may not take place until June 9.

**ERF PORTER** invited members and guests to the American Legion pancake breakfast at the Lions Club on Saturday, April 23, from 8:30 to 12:30. Sponsored by Post 29, the venue is located in Glenville. The fee is \$10 pp, and the funds will go to such charities as Boys State and the Oratorical Contest.

**TAD LARRABEE** noted that the Greenwich Choral Society will be presenting an unusual concert at 4:00 pm on Saturday, April 30, at Christ Church: "Missa Latina," a South American piece with some interesting syncopation. The accompanying musicians are a small "tango" jazz band, including a bandoneon (a type of accordion).

### **SPEAKERS**

**CHARLIE ADAMS** previewed today's speaker, Dr. Jun Xu, respected practitioner of acupuncture and physical medicine in Riverside, who will speak to us about the "Africa Cries Out" program in Senegal. Dr. Xu has been actively serving and directing this mission for over ten years. He will discuss the medical and social needs of this African country, with illustrations of the progress this organization has effected over the years.

**HOLLISTER STURGIS** noted that next week's lecture will be only on Zoom. **DAVID ALAN RICHARDS**, an RMA member who has addressed this group twice in the past, will speak on "Kipling's KIM, the Great Game, and Anglo-American Spies and Spy Novelists." If past is prologue, we should expect a stimulating and well-illustrated lecture.

### **GAMES PEOPLE PLAY**

**Tennis:** **ANDY HOLMES** reported on last Friday's results. Four matches were played at the Old Greenwich Tennis Academy. On court 1, winners were **RALPH NEWITTER** and **RON FRIEDMAN**. On court 2, winners were **RANDY MOTLAND** and **MICHAEL AMBROSINO**. Finals: on court 1, **RANDY MOTLAND** and **MICHAEL AMBROSINO** won. On court 2, **BRUCE SOCKET** and **BILL HOWLAND** teamed up to win. The new tennis season will begin in September. Sessions are from 1:30 to 3:00 pm on Fridays at the Old Greenwich Tennis Academy. Anyone wishing to join should see **ANDY HOLMES** or email him at [andyholmes56@gmail.com](mailto:andyholmes56@gmail.com).

**Walkers and Talkers:** **TAD LARRABEE** noted that another Thursday rain cancellation led to a Friday walk at Pear Tree Point in Darien. The day was beautiful, and there was a lot of new construction and renovation for the sidewalk engineers to enjoy. If interested in joining send your email address to **TAD** at [tadlarra@optonline.net](mailto:tadlarra@optonline.net).

**Pickle ball:** **PAT MACCARTHY** reminded us that pickle ball is from 11:00 to 1:00 each Monday and Thursday at Christiano Field. New players are welcome.

**Hearts:** **MICHAEL AMBROSINO** reported that the winners on table 1 were **TOM HEALY**, **GRANT PERKINS** and **BOB SHULLMAN** (one game each). Winners on table 2 were **JOE DOWLING** and **JACK WEIR** (two games each). Moon shots by **GRANT PERKINS** (one) and **TOM HEALY** (two). Hearts is played on Wednesday afternoons at the Greenwich Library.

**Golf:** **MIKE RYAN** reported on a cold and rainy opening day. Eighteen players had signed up, and 15 came to play. Closest to the pin on hole #7 was **TONY COCCHI**. Closest to the pin on hole #15 was **MICHAEL AMBROSINO**, and longest drive on #17 was **CHARLIE ADAMS**. Next week, all three competitions will be held on the front nine. Sign-up sheets are on the bulletin board. **MIKE** is still looking for captains and dues.

### **SPECIAL PRESENTATION**

Rick Perez, director of membership operations at the YMCA of Greenwich, 50 E. Putnam Ave., made us aware of the many activities available at the Greenwich YMCA. There is a full fitness facility, spinning, yoga, indoor pickle ball, swimming and weight training. There is a "Mind and Body" program and a "Live Strong" program for people recovering from cancer (a 12-week program). A 14-day trial membership is on offer. If you have United Health Care insurance through AARP, membership is free. RMA members are invited to visit on Monday, April 25, at 10:00 am, for "Coffee and Conversations," a special open house including guided tours and more. RSVP to [membership@gwymca.org](mailto:membership@gwymca.org) or call us at 203 869 1630.

### TODAY'S SPEAKER



**CHARLIE ADAMS** introduced Dr. Jun Xu, who has been practicing acupuncture and rehabilitation medicine in Riverside since 2000, and is the founder and president of Africa Cries Out, a 501C3 nonprofit organization devoted to providing medical and humanitarian aid to Senegal in West Africa. Dr. Xu first became interested in the needs of Senegal, where the average life expectancy is 50, during a photography trip in 2013. Xu and his team have returned there almost every year since then as "medical missionaries" and providers of educational and humanitarian aid. His annual group of volunteers has grown to 40 people. Since 2019, Dr. Xu has made a point of including American teenagers

(including his own children) in order to expose them to this sort of volunteer work. This effort has morphed into ACO's Youth Leadership Program.

Dr. Xu's work in Africa was inspired by many of the "heroes" that he encountered there. Through a vivid slide presentation, the RMA audience learned about Ana Paul, a woman who saved a whole village of women from genital mutilation. They heard the story of a Brazilian fashion model who visited a Senegalese village and remained there to serve others. One couple adopted twin children and started an orphanage. A French-trained physician devoted his career to the people of Senegal from 1995 until his recent death.

Africa Cries Out purchased 11 acres of land and built a 10,000 square foot school and a 12,000 square foot dormitory. Students are taught the French language as well as skills such as carpentry, organic farming, sewing, baking and gas cooking. ACO now has two hospitals (one of them in a leprosy village) staffed by local physicians. Basic subsistence aid is provided to the leprosy village.

ACO's motto is "Helping others is an affirmation of one's existence in this world."

According to the organization's website,

1. We serve the students and the patients, including leprosy in the poorest area in Africa.
2. We don't have any administrative cost, we have no paid secretary, or any paid staff. All donations will go directly to African people.
3. We focus on the principle of "Teaching them fishing, instead of giving them a fish." We teach our students the skills to be useful workers.

Financial aid is obtained from individual contributions and organizations such as Americares (in Stamford) and Direct Relief (in California). Contact information for ACO:

Website: [www.africacriesout.net](http://www.africacriesout.net)

Phone 203 637 7720

Whatsapp: 19174343767

Address: Jun Xu, M.D., 1171 E. Putnam Ave., Riverside, CT 06878

To view the full presentation, visit <https://vimeo.com/user9053619/videos>.

## SPECIAL FEATURE

Past President **PETE UHRY** has asked that we include a few historical RMA pictures, with a question of the week. This week we present a somewhat grainy newspaper clipping. Who is the man on the left in this picture, and what is he doing at the RMA?

Do you have any pictures of past RMA activities to share?



## IMPORTANT REMINDERS

**TO CBB CONTRIBUTORS:** Scribe for the next meeting, on April 20, will be →**AV RIVEL**←. Please send a copy of any remarks you want included in the CBB to [av@rivels.org](mailto:av@rivels.org).

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

**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.

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Visit our website at <https://greenwichrma.org>.

## RMA 2022 CALENDAR

Weekly Repetitive Activities*			
Day	Time	Activity	Contact
Mondays	9:30 am	Tai Chi Workout	Will Morrison - <a href="mailto:wdmorrison@gmail.com">wdmorrison@gmail.com</a>
Mondays	11:00 am to 1:00 pm	Pickleball at Christiano Park	Pat MacCarthy – <a href="mailto:pmacCarthy415@gmail.com">pmacCarthy415@gmail.com</a> Mark Geimer – <a href="mailto:mark.geimer@gmail.com">mark.geimer@gmail.com</a>
Tuesdays	10:00 to 11:00 am	Platform (paddle) tennis at Loughlin Field, Cos Cob	John Dean - <a href="mailto:jhdeanco@gmail.com">jhdeanco@gmail.com</a>
Wednesdays	9:45 to 10:30 am	RMA Weekly Meeting	Horst Tebbe - <a href="mailto:onehorst@optimum.net">onehorst@optimum.net</a> or Len Carusi at <a href="mailto:lencarusi@gmail.com">lencarusi@gmail.com</a>
Wednesdays	1:00 pm	Hearts	John Kavanagh - <a href="mailto:jjkct176@gmail.com">jjkct176@gmail.com</a>
Wednesdays	12:30 pm	Bridge	Andre Mazurek - <a href="mailto:mazurek.a.j@gmail.com">mazurek.a.j@gmail.com</a>
Thursdays	8:00 am	“Tai Chi Fundamentals” – First Congregational Church, Old Greenwich	Will Morrison - <a href="mailto:wdmorrison@gmail.com">wdmorrison@gmail.com</a>
Thursdays	9:00 am	RMA Walking	Tad Larrabee - <a href="mailto:tadlarra@optonline.net">tadlarra@optonline.net</a>
Thursdays	11:00 am to 1:00 pm	Pickleball at Christiano Park	Pat MacCarthy – <a href="mailto:pmacCarthy415@gmail.com">pmacCarthy415@gmail.com</a> Mark Geimer – <a href="mailto:mark.geimer@gmail.com">mark.geimer@gmail.com</a>
Friday	1:30-3:00 pm	Tennis	Andy Holmes - <a href="mailto:andyholmes56@gmail.com">andyholmes56@gmail.com</a> )

\*Day & time of some events may vary; check with contact