



# CIGAR BOX BULLETIN

Retired Men's Association of Greenwich, Inc.

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

This Bulletin is brought to you each week by these volunteers.

*Chair/Editor:* **Chet Risio**. *Scribes:* **Gran Burgess, Av Rivel, Kurt Schaffir, Arnold Gordon, Ed Farrell, Gerry Lessuk, Steve Elliott, George Stockbridge, Marshall Toppo**. *Archivist:* **Harold Frost**. *Format:* **Jack Cuff, Andrzej Mazurek, Gene Schwartz**. *Graphics:* **Av Rivel**. *Print/Distribution:* **Chet Risio**

**This edition also contains the Member Profile of Peter Arturi. Find it at the end of the CBB.**

**Volume 66, Number 1, May 2, 2018**  
**Scribe: Arnold Gordon**

"If you're going to do something tonight that you'll be sorry for tomorrow morning, sleep late."

Henny Youngman

Just back from conducting his first Board Meeting, our new President TAD LARRABEE rang the bell at 10:05. JACK CUFF led us in the Pledge and ERF PORTER conducted the "RMA choir" in the Star-Spangled Banner (traditional for first meeting of the month) followed by *Summertime* (love those Gershwins) and *The Band Played On*. GEORGE STOCKBRIDGE did the Steinway proud with his inimitable accompaniment. Corresponding Secretary BOB LUCE offered advice to the old folks on the advantages of walking, but they were not all healthy.

## ANNOUNCEMENTS

1. President TAD:
  - a. Reminded everyone that annual dues were now overdue; get your checks for \$100 to the treasurer ASAP (or else).
  - b. He called for one or more volunteers to assume the responsibility for organizing the traditional ROMEO lunches; contact him if you are interested.
  - c. Mentor of the day was JACK CUFF.
  - d. JOSEPH DEVITA was the sole returnee (from Florida).



- e. TAD mentioned that he has made some changes and additions to our web site (e.g., photos of officers and committee chairs, contact information).
2. CHET RISIO jumped to the mic to excitedly tell us that he and his wife celebrated their 59<sup>th</sup> wedding anniversary, and that she wore a special scent for the occasion: BenGay.
3. BOB LUCE urged everyone to consider attending the special Joyous Jazz performance of the Greenwich Choral Society on Saturday, May 5<sup>th</sup> at 4pm at the Norwalk Concert Hall. Sacred works by Duke Ellington will be featured. For more info and tickets, see [www.GreenwichChoralSociety.org](http://www.GreenwichChoralSociety.org).
4. TOM HEALY
  - a. Invited members to attend the next performance of the Melody Men at Edgehill on Monday, May 7<sup>th</sup> at 3pm.
  - b. Explained the new consolidated calendar for RMA scheduled events which is posted on the bulletin board every week. This 3-month moving calendar will help everyone avoid conflicts when scheduling functions and events.
5. On behalf of KLAUS JANDER, JEORG BLASER asked for volunteers to help direct parking at the Greenwich Women's Club Appraisal Mania event on May 19<sup>th</sup>. Two men are needed for each of the three time slots: 9:30am-11:30, 11:30-1:30, and 1:30-3:30. There will be a sign-up sheet on the bulletin board. Or contact JEORG at 203-844-5353, [blaser79@msn.com](mailto:blaser79@msn.com). FYI, for \$5 per item, you can have your old junk appraised at the event; proceeds will go to charities.
6. MIKE SMITH, acting as detective for RANDY MOTLAND, reported that someone on April 25<sup>th</sup> mistakenly took RANDY'S beige Brooks Brothers long trench coat with zip-in lining and left a beige London Fog regular length trench coat also with a lining. Will the culprit please bring back RANDY'S coat at the May 9<sup>th</sup> meeting? The police may be called in!

#### COMMITTEES

**VISITING:** WAYNE WRIGHT reported that NICK MECCA has been hospitalized in Stamford Hospital. No calls or visits are requested.

Editor's note; NICK passed away later that day at age 89. Family and friends will gather on Monday, April 9, 4-8pm at Coxe & Graziano Funeral Home, 134 Hamilton Ave.

**MEMBERSHIP:** HORST TEBBE reported 112 members and two candidates for induction in attendance. Those celebrating birthdays this past week were youngsters PETER TUNLEY (73) and RICK HOLZ (70).

Candidate Gerhardt Peter was introduced by his sponsor, STEVE BOIES, seconded by HORST. STEVE gave an excellent description of Gerhardt's bio. Born in Frankfurt, Germany in 1947, he spent most of his working life with Metalgesellschaft, first in Germany and then in New York City, where he married Sonia Calderon and settled in Riverside, where they raised a son and a daughter. GERHARDT is an active community volunteer.



BOB LUCE then endorsed John Denne for membership, with a second by HORST, whose comments included this memorable praise: "He is the kind of man I hope my sons become." JOHN is a 75 year resident of Greenwich and now lives in Riverside. He spent most of his career as a law-firm attorney in New York City but more recently was employed by the Stryker Corporation, a medical device company; he retired last year. Both candidates were heartily voted into the fold. WELCOME!

**VOLUNTEER HOURS:** JOE MANCINELLI provided the statistics: An impressive 513 outside hours by 47 men and 154 RMA hours by 23 men; ace for the week was PETER BERG with 40 hours.

**PROGRAM:** BOB ROBINS cast a spell on the crowd when he urged everyone to stay for Meg Tocantin's talk on "How Medical Hypnosis Can Serve Patients." Details below. JERRY SCHWENDEMAN announced that next week we will hear from a CNN anchor, Alisyn Camerota, who will cover "A Television Journalist's Struggle for Truth," a topic that could not be more timely.

**SPECIAL EVENTS:** ABBEY SMOLER brought us up to date on two pending events. Details below.

## FUN AND GAMES

**BRIDGE:** FRANK LEE told us he did not have high score (4550), which was earned by BRUNO SCHRAGE, followed by ANDRZEJ MAZUREK (3940) and TONY COCCHI (2700).

**TENNIS:** SAM MARASSO reported the winners. On Court 1, Mike McDonagh (a candidate) and RON FRIEDMAN; Court 2, SAM-THE-MAN and ANDRZEJ MAZUREK. ANDY HOLMES is Captain next week.

**HEARTS:** There were 12 players at 3 tables as related by LOU TROVATO. Table 1 completed two games (LOU TROVATO won both); Table 2, three games (PETER BERG, MICHAEL AMBROSINO and JOHN STANKUNAS); Table 3, three games (JACK SWEGER twice and TOM HEALY). Moon Shots were launched by LOU TROVATO, RALPH VIGGIANO, TOM HEALY and PETER BERG (twice).

**GOLF:** MIKE RYAN drove home the details. There were 12 players on beautiful Tuesday. Closest to the pin on 7, MIKE SMITH, on 15 was GRAN BURGESS. Six players shot below 100; lowest was GRAN BURGESS, second week in a row, with 92. MIKE SMITH will host the next two weeks.

**PICKLE BALL:** The dynamite team of JOE DOWLING and ARNOLD GORDON routed the opposition at Loughlin Avenue Courts last Thursday in 4 out of 5 sets. Not announced at the meeting, but I could not resist! GEORGE UBOGY reminded members the Loughlin Courts are the place to be on Thursdays from 9 to 11am.

## SPECIAL EVENTS

Open to all members, guests, candidates and spouses. Checks to be made out to RMA, and must be received within two weeks or the reservation will be cancelled. Contact MIKE FERRARESE ([myagentmike@yahoo.com](mailto:myagentmike@yahoo.com) / 203-554-0678) or



ABBEY SMOLER ([abbeysmoler@gmail.com](mailto:abbeysmoler@gmail.com) / 203-531-0235).

**Botanical Gardens**, lunch at **Mario's Restaurant** on Arthur Ave., May 24, \$105pp. Bus departs St. Catherine's at 8:45am. Status: 18 places open.

**Belmont Race Track**. **Thursday, June 14, 2018**. Lunch: Buffet in Belmont Room. Cost: \$85.00. Bus leaves St. Catherine's at 10:30 AM. Status: Wait listed

### TODAY'S SPEAKER

BOB ROBINS introduced **Meg Tocantins** who is a hypnotist certified by the American Institute of Hypnotherapy. She has had advanced training in, and covered the use of hypnosis, in stress and pain management, surgery preparation, childbirth preparation, and other interventions, including non-disease related situations, such as cigarette smoking cessation, hot flashes, and tinnitus.

She explained that for most applications of hypnosis, from 3 to 5 sessions bring success for a variety of conditions or situations (e.g., coping with pain in natural childbirth). Sessions involve relaxation techniques using talk and recordings. The swinging watch technique to hypnotize is for the movies only!

Although anyone can claim to be a hypnotist, without certification malpractice insurance cannot be obtained. There is evidence that hypnosis prior to surgery results in the use of less anesthesia and less bleeding. It also has been successful with dental patients. Although psychotherapists might use hypnosis, they are not trained or certified in the techniques.

### NEXT WEEK'S SPEAKER

**Alisyn Camerota**, "A Television Journalist's Struggle for Truth"

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37 Lafayette Place Greenwich CT 06830 · USA