

CIGAR BOX BULLETIN

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



www.greenwichrma.org

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SCRIBE: JOE ANGLAND

"Is a dream a lie if it don't come true, or is it something worse?" - Bruce Springsteen



President **MICHAEL AMBROSINO** opened the meeting, which began with **JIM SANTORA'S** piano rendition of "America the Beautiful." **JEFF JUNKER** followed by leading members in the Pledge of Allegiance.

Our well-dressed president

Corresponding Secretary **ARNOLD GORDON** then noted the sad passing of Mary Fahy, widow of former member **JIM FAHY**, on July 10; she was 86 years old. **JIM** was an RMA member from May 2002 until his death in June 2020. **ARNOLD** also reported for the politically inclined that Congressman Jim Himes will be holding a Town Hall meeting at 3:00 p.m. this afternoon at the Ferguson Library in Stamford. He then introduced jokester of the week, **TOM HEALY**.

TOM regaled us with a story about a precocious first grader who adeptly dealt with a quiz featuring a series of questions whose apparent answers were off-color, to the amazement of the principal who administered the quiz.

MICHAEL AMBROSINO reported that **JOHN STANKUNAS** is rehabbing from hip surgery at Edgehill. **MICHAEL** reminded the members that we need additional volunteers to serve as projectionists, scribes, and pianists. He further reported that we are meeting with the First Presbyterian Church regarding the possible continued use of the current space, and that we are investigating possible “plan B’s” at Saint Catherine’s in Cos Cob and the First Congregational Church in Old Greenwich. Members are welcome to suggest other possible venues. He added that we would not be able to meet in our current space on August 4 because it was needed for a bible camp; our options include finding another venue, conducting a Zoom-only meeting, or canceling the meeting.

Membership: **PETER STERN** reported that there were 84 members present in person and five more attending by Zoom. Bob Samuels, a guest of **GEOFFREY BURGE**, was also present. **PETER** acknowledged the following birthdays:

TOM	CAHILL	90
GEORGE	DEY	78
BOB	LUCE	84
NORMAN	MASRI	90
BOB	BISHOP	87
JEFF	JUNKER	69

PETER reported that **HENRY** and Joan **BAKER** celebrated their 70th (yes 70th!) on July 4th. Most Happy Anniversary wishes to Joan and **HENRY**. **PETER** also noted that **PETE UHRY** had returned from Boothbay Harbor, ME.

ALAN GUNZBURG told the group about “Coffee for Good,” a coffee shop located at 48 Maple Street. The shop, which is run by a non-profit organization, employs young adults who face physical or mental challenges, endeavoring to give them experience that will permit them to later find employment in small establishments in Greenwich or nearby. Members who know of businesses that might want to hire these young people should contact **ALAN**. Further information about the shop can be found at <https://coffeeforgood.org/>.



At Coffee for Good

JOHN FEBLES reported that in June there were a total of 534 Outside Hours by 30 men and 385 Inside Hours by 21 men, with **BO JARSTEDT** accounting for 100 hours in a single week. John urged members to use the following convenient link to report their hours, but added that an alternative was reporting them at the sign-in desk.

<https://forms.gle/bsUUdVgzMk3GJrKAA>.

JOHN CRAINE reminded us that the RMA Raft-up will be held starting at noon on Thursday, August 12. The event welcomes sail and power boaters – members, spouses and crews – to “raft up” –i.e., tie-up side by side – at a designated Greenwich location. Non-boaters are also welcome. The boats will rendezvous at the anchorage off Great Captain’s Island. All participants must be vaccinated, and they should bring delectable edibles and frosty beverages. Those interested should contact **JOHN** (203-698-0118) or **BARRY RICHELSON** (203-637-5454).

MAURICE KROHN and **DON CONWAY** encouraged members to provide feedback on which special events they would like to see held. Members were cautioned that some realism was necessary, as with the passage of time some events may have become too challenging for many members – e.g., those that involve prolonged walks. They also asked that members who were interested in attending the Army-Air Force football game this fall notify them at maurice142@optonline.net or spider4@gmail.com.

TOM HEALY announced that we were contemplating a trip to Belmont Racetrack. Based on a show of hands he concluded that there was sufficient interest to make the trip practical.

ARNOLD GORDON reported that today's speaker will be Dana Gunders, Executive Director and founding board member of ReFED, a national nonprofit working to advance solutions to reduce loss and waste throughout our food system. **ARNOLD** also reported that The RMA has invited Waste Free Greenwich (www.wastefreegreenwich.org/), whose mission is to share relevant information and news to build awareness and educate residents toward a waste-free community, to attend.

PETER BERG announced that next week's speaker would be William Tong, the Attorney General of the State of Connecticut. General Tong, who has addressed the members before, will be speaking on "The Law and the Pandemic," discussing the legal challenges that we have faced and will face as we transition to the post-pandemic era.

FUN AND GAMES

Bridge: **JOHN FEBLES** reported the week's bridge scores: (1) **TONY COCCHI**, 4880; (2) **ED MASTOLONI**, 3850; (3) **RON FRIEDMAN**, 1660. He also noted that there was a claim of foul play because **TONY** had a small slam in his total and it was bid by his software partner (the dummy). This claim was rejected by the referee in charge (i.e., **TONY**) as being "irresponsible, immaterial and in bad taste!"

MICHAEL AMBROSINO stated that he anticipated that we would be able to play both bridge and hearts at the Women's Club by early August, but that the arrangement had not yet been finalized.

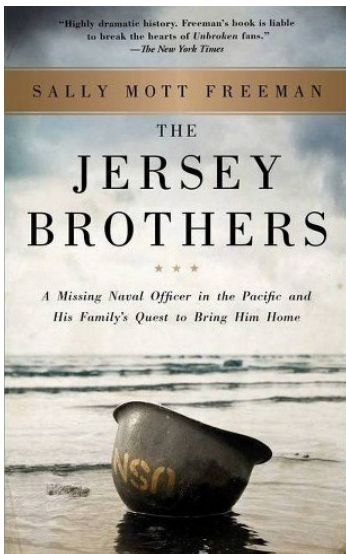
Walkers and Talkers: **TAD LARRABEE** reported that the group walked on several roads in the North Mianus area of Cos Cob along Valley Road and the Mianus River Nature Park under the guidance of **JEFF JUNKER**. When walking, we see a number of things that we have passed many times, but not even seen, so it is interesting to see those hidden areas that you can only see while walking. The Mianus River in the Colonial Era was a hub of small manufacturers using the power of the river. If you wish to join the Walkers' email list, please email **TAD** at tadlarra@optonline.net asking to be added to the announcements that he sends on Wednesday afternoons.

Indoor Tennis: **ANDY HOLMES** reported that the indoor tennis season will run from early September to early May, with matches from 1:30 to 3:00 p.m. on Fridays at the Old

Greenwich Tennis Academy. Twenty-four people have already signed up (compared to 18 last season), and more are welcome. If you want to participate or have any questions about the program, contact **ANDY** at andyholmes56@gmail.com.

Golf: **PAUL CAMPION** started with a bit of trivia, asking the derivation of the term “caddy.” It turns out that it comes from the French “le cadet,” meaning boy or the youngest of a family. He reported that on July 13 only a dozen braved the misty weather, which **FRANK SCARPA** noted kept the ball from carrying far and stopped it from rolling. **KIP SCHULZE** summed up the dismal day by observing that no one “looked particularly handsome” that misty morning. Nevertheless, **JAY SCHONDORF** birdied #7; **PAT YUEN** birdied #8, a difficult par five; and **MICHAEL AMBROSINO** had a spectacular chip-in birdie on #13, a true up-and-downer. Those wishing to play next week were urged to sign up in the back or email **PAUL**.

Book review: **JOE MANCINELLI** gave a glowing review of *The Jersey Brothers* by Sally Mott



Freeman. The book tells the story of three brothers who were involved in very different ways in the South Pacific theater of World War II: one as a gunner on the U.S.S. Enterprise, one in the White House war room, and one as a Japanese prisoner-of-war after being captured in Manila. **JOE** describes the book as a true-life tale that reads like a novel, noting that it provides a front row seat to, among other things, the attack on Pearl Harbor, the gathering of intelligence leading up to the battle of Midway, the Doolittle raid on Japan, and the horror experienced by POWs in the Philippines. For those who enjoy U.S. history or are looking for a great summer read, **JOE** highly recommends this book.

Lapel Pins: **PETER STERN** noted that several new members had been inducted at virtual meetings and had thus not been presented with their lapel pins. He said that the situation would be rectified, and he presented a pin to **JOE ANGLAND**.

TODAY'S SPEAKER

ARNOLD GORDON introduced today's speaker, Dana Gunders, a national expert on food systems who was one of the first people to raise the alarm about how much food is wasted across the country and the subsequent effects on our environment, on food security, and

the economy. Dana is the Executive Director – and was a founding board member – of ReFED, a national nonprofit working to advance solutions to reduce loss and waste throughout our food system. Prior to that, she served as a senior scientist at the Natural Resources Defense Council, where she authored a landmark report about food waste and testified before Congress on the topic. And best of all, she was born and raised in Greenwich and is a proud graduate of Greenwich High School.

Ms. Gunders began by providing data that underscored the magnitude and significance of the wasted food problem in the United States, and worldwide. Thirty-five percent of all food in the United States goes unsold or uneaten (although the good news is that the situation has improved a little in recent years). The production of food uses essential environmental resources (e.g., water) and generates negative environmental consequences (e.g., greenhouse gas emissions), and so the unnecessary production of food – i.e., producing food that is wasted – has environmental costs without offsetting benefits. For example, just the turkey discarded each Thanksgiving generates about as much greenhouse gas emissions as 800,000 automobile trips between New York and San Francisco. And every discarded hamburger results in the waste of the amount of water used in a 90-minute shower. If wasted food were treated as a country, it would rank third (behind only China and the United States) in the amount of greenhouse gases emitted.

In addition to environmental costs, the waste of food compounds the food insecurity problem which afflicts one in every six Americans. That concern will only become more pronounced given that the world will need 50% more food by 2050, but agricultural productivity is declining because of global warming.

The problem of food waste needs to be addressed at many levels. At the farm, improved growing techniques, the use of artificial intelligence, and the use of a better distribution system can help reduce the amount of crops left unharvested because they are the wrong size, because the market price makes harvesting them uneconomical, or because they could not be delivered to the market while still fresh.

At restaurants, artificial intelligence can lead to more efficient ordering, reducing the over-purchasing of some items. About 70% of restaurant waste, however, occurs in the dining room rather than in the kitchen, as diners leave lots of food on their plates. More modest portion sizes would go a long way to solving that problem.

Households also waste an enormous amount of food – much more than restaurants. Steps to remedy the problem include better planning of shopping (i.e., planning meals and then buying what is needed for the meals, rather than buying on impulse), the use of smaller plates (which research has shown leads to smaller servings and less waste), better storage of food (so it is not discarded because of spoilage), and better use of leftovers.

There are seven main action areas to remedy the problem: (1) optimize harvest, (2) enhance product distribution, (3) refine product management (i.e., better match supply and demand), (4) maximize product utilization (i.e., “nose-to-tail” and “root-to-stalk” utilization), (5) alter consumer behavior (which would require a major “Smokey the Bear”-type education program), (6) strengthen food rescue, and (7) recycle the remainder (e.g., as animal feed or plastics)

For more information, go to SAVETHEFOOD.COM.

The video of Ms. Gunders’ talk may be accessed through the RMA website, www.greenwichrma.org.

SPECIAL FEATURE

Past President **PETE UHRY** has asked that we include a few “historical” RMA pictures, with a question of the week. The first one is not very long ago. Who is driving this car in the May 2021 Old Greenwich Memorial Day Parade? (Francesca Gordon is holding the sign.) Answer, hopefully, next week.



IMPORTANT REMINDERS

TO CBB CONTRIBUTORS: next week's CBB scribe will be →**AV RIVEL**←. Please send a copy of any remarks you want included in the CBB promptly to **AV** at av@rivels.org.

TO ALL RMA MEMBERS: 2021-2022 dues are now due – deliver a check for \$100, made out to RMA, to **JEFF JUNKER**. Now! As of July 14th, 139 members (out of 225) had paid their membership dues of \$100 for the new fiscal year which started May 1. **This is the same number reported last week, so we will have to send out reminders to those not yet paid.** You can deliver your check to **JEFF** at the next meeting you attend, or mail it to him at 9 Tree Top Terrace, Greenwich, CT 06831.

We are again collecting \$2 per member attending our live meetings. Rather than disrupting the meeting by passing the "Cigar Boxes" around to members, we are leaving them on tables in the foyer area of the meeting room. We are depending on the honor system for members contributing to the cigar box when they attend.

TO ALL RMA MEMBERS: Don't forget to report your inside and outside volunteer hours to **JOHN FEBLES**: <https://forms.gle/bsUUdVgzMk3GJrKAA>.

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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RMA 2021 CALENDAR

Weekly Repetitive Activities*			
Day	Time	Activity	Contact
Mondays	9:00 am	Outdoor Pickle Ball at Christiano Park	Tony Cocchi - anthony.cocchi@lehman.cuny.edu
Mondays	2:00 pm	Hearts	Andy Holmes – andyholmes56@gmail.com Don Conway – spiderduck4@gmail.com
Various	various	Hearts	Michael Ambrosino – brooklynoil@yahoo.com
Tuesdays	Various tee times	RMA Golf, “The Griff Golf Course,” Greenwich	Paul Campion – paulcampion1@optonline.net
Wednesdays	9:45 to 10:30 am	RMA Weekly Zoom Meeting	Horst Tebbe - onehorst@optimum.net or Len Carusi @ lencarusi@gmail.com
Wednesdays	1:00 to 3:00 pm	On-Line Bridge	Andre Mazurek - mazurek.a.j@gmail.com
Wednesdays	4:00 to 5:00 pm	“Tai Chi New Joiners” – Greenwich Commons	Will Morrison - wdmorrison@gmail.com
Thursdays	9:00 am	RMA Walking	Tad Larrabee - tadlarra@optonline.net
Thursdays	9:00 am	Pickleball and/or Tennis at Christiano Park	Tony Cocchi - anthony.cocchi@lehman.cuny.edu

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