



CIGAR BOX BULLETIN

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



www.greenwichrma.org
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“Never argue with stupid people, they will drag you down to their level and then beat you with experience.”
Mark Twain

Following some premeeting cordial chit chat among members, President **HARDEN** called the meeting to order with the *We Are the RMA* theme song. He then turned to **PETER STERN** for the Pledge of Allegiance.

Next up Corresponding Secretary **ARNOLD GORDON** mentioned that his birthday was this week and took the opportunity to tell the crowd that he liked aged single malt scotch, Tullamore Dew Irish Whiskey, and Lindt chocolate, and that he would pick them up if necessary. In a more serious vein (pun intended), he summarized the latest information on the Pfizer/BionTech corona-19 vaccine. The State of Connecticut expects to receive approximately 180,000 doses of the Pfizer COVID-19 vaccine by the end of this month; their distribution plans are on the following website: <https://portal.ct.gov/Coronavirus/COVID-19-Vaccinations>. Due to the extremely cold storage conditions, do not expect your personal healthcare providers to have the vaccine, so no point in asking. Hospitals, CVS, Walmart, and Walgreens are preparing for vaccinations. That might change with the forthcoming Moderna vaccine, assuming it will be approved fairly soon, given its less stringent storage requirements. As has been reported, healthcare workers and patients in nursing home/elder care facilities will be the first to receive the vaccine.

AV RIVEL the joke teller for this week, treated everyone to a video clip of a women who told of her adventure aboard a depressurized airplane and its effect on her inflatable bra.

Membership Chairman: **PETER STERN** reported the Zoom attendance at 70, along with the following birthdays.

CHARLIE	ADAMS	77
ARNOLD	GORDON	83
GEORGE	STOCKBRIDGE	89
JOHN	STANKUNAS	80

MIKE SMITH and **TOM HEALY** sponsored inductee **ART DELMHORST!** **ART** graduated from Columbia College in 1960 and Columbia Business School in 1964. He worked in real estate consulting and formed Delmhorst and Sheehan, Inc. He has served as Sr. Deacon and Chairman of the First Congregational Church of Greenwich. He has been married for 55 years and has two sons and two grandchildren. He has owned a 32-foot sailboat for 39 years and has chartered sailboats in the Virgin Islands. Welcome aboard **ART!**

Treasurer **JEFF JUNKER**: No activity to report at this time.

Visiting **MICHAEL AMBROSINO**: No visiting updates on any of our members. However, it was pointed out that throughout the entire duration of the pandemic, with the RMA membership of over 200, there has only been one report of COVID infection, which happened to be **MICHAEL** himself.

ANNOUNCEMENTS

Next week's post-meeting program: **ARNOLD GORDON** reminded everyone that on December 23rd, in place of a speaker we will have an end-of-year RMA celebration featuring a great program of skits, songs, poetry and lots of humor to entertain you and your family. Free admission! Look for the flier announcement later today with details. Feel free to invite friends and family, including kids and grandkids; just send them the link. Please support your fellow RMAers who have put a lot of effort into the program and join in at 10:45am, just after the regular business meeting.

ALAN GUNZBURG noted that the Greenwich Library New Café is now open for *Grab & Go* service. So be sure to check it out on your next visit to the Library!

ANDY HOLMES has informed us that the 2nd half of the indoor tennis season will be starting back up on Friday, January 8th and will run through Friday, May 7th. If you are interested in joining and have not signed up, please contact **ANDY HOLMES** immediately. He may be reached either by email at andyholmes56@gmail.com or by phone at 203-615-3351.

PETER UHRY previewed today's speaker program which will involve three speakers from the Application Mountain Club, America's oldest outdoor conservation group, whose core mission is to explore and preserve the White Mountains of New Hampshire. The organization has developed strategies and techniques for outdoor camps and recreational opportunities in the northeast and as far south as Virginia.

BOB RIMMER highlighted our speaker for January 6th, Michael Mason, Chairman of the Greenwich Board of Estimate and Taxation, the BET. He will discuss the role of the BET in our community and the budget challenges our Town faces for the fiscal year, 2022. Of particular interest will be the budget issues related to Greenwich's recovery from the COVID 19 pandemic. The BET, as many of you know, is responsible for, "the administration of the

financial affairs of the Town including the issuance of the annual recommended Budget and setting the Town tax mill rate. His presentation should be relevant to us all.

FUN AND GAMES

Tennis: Served up by **TOM HEALY**, the first round was won by **STEVEN STEIN** and **SAM MORASSO**. Second round was a tie (unusual), between **STEVE STEIN & TOM HEALY** vs. **SAM MORASSO & BILL HOWLAND**. Next week's captain, **JOE MANCINELLI**.

Tennis (From Last Week): Provided by **BILL FAKUNDINY**. First Round – **ANDRE MAZUREK & BRIAN MAHONEY**. Second Round – **ANDRE MAZUREK & BILL FAKUNDINY**. Third Round – **ANDRE MAZUREK & MIKE SMITH**. A Hat Trick for **ANDRE!**

TAI CHI: Improving Your Balance to Prevent Falls: Jane Brody in Tuesday's "At Home" section of the New York Times wrote an [article with the same title](#). Here are some quotes:

"Between 2000 and 2016, the [mortality rate from falls among those over 75 more than doubled](#). Mr. Locker calls this "a medical problem without a medical solution." Rare is the doctor who prescribes postures and movements that enhance balance and stability. Yet, these are health- and life-saving abilities that can be improved regardless of a person's age by strengthening the body's postural muscles."

"In tai chi," Mr. Locker noted, "we don't move to achieve balance; first we balance, then we move." Balance is not subject to conscious control, but it can be enhanced by use and diminished by disuse, he explained."

Want to know more? Contact **WILL MORRISON**: wdmorrison@gmail.com

Walkers: **TAD LARRABEE** updated us they had eleven walkers on a nice morning in Pomerance Park & Montgomery Pinetum, although one stream crossing gave us a challenge. This Thursday's walk is cancelled due to snow, but we plan on walking on Thursday, December 24. If you want to join the walkers, please send me your email address to add to our list (tadlarra@optonline.net).

PLATFORM TENNIS: **RUSS HARDEN** mentioned that there were 7 players at the Loughlin Courts on Tuesday morning at 9:30, the regular RMA play time. All welcome.

Hearts: **DON CONWAY** reported, two tables this past week. Table 1 consisting of **GRANT PERKINS, TOM HEALY, MICHAEL AMBROSINO** and **JOHN STANKUNAS**. **TOM** won 2 games, **GRANT** won 2 games and **JOHN** won 1 game. Moon shots were by **TOM** with 1, **GRANT** had 2 and **MICHAEL** had 1. Table 2 included **ANDY HOLMES, JACK SWAEGER, TOM MORONEY** and **DON CONWAY**. **ANDY** won 3 games; **DON** won 1 1/2 games with **TOM** winning the other half. Moon shots were by **DON** and **ANDY** with 2 each, with **JACK** getting in 1 shot.

Bridge: **TONY COCCHI** informed us that they had 5 players and rotated people in and out. The top three scorers were: **TONY COCCHI** – 6070, **RON FREIDMAN** – 4810, **ED MASTOLONI** – using the Trickstercard app, it's like Zoom with cards, so you can play from your home. Email **ANDRE MAZUREK** at (mazurek.a.j@gmail.com) or **TONY COCCHI** at (Anthony.Cocchi@lehman.cuny.edu) if you would like to join our group.

SPEAKER PROGRAM

Today's presentation featured three experts representing the Appalachian Mountain Club, AMC, and their Maine Woods Initiative. A special thank you to **ANDY HOLMES**, who is an active AMC member and recommended them to the RMA. The AMC was founded in 1876 and is the nation's oldest conservation and recreation organization. Their mission is to foster the protection, enjoyment, and understanding of the outdoors. They are rooted in science with a full research staff working on areas that include climate change impacts, air and water quality, and forest ecosystems. In addition, they work on at the state, local and federal levels advocating on energy policies, climate change and land protection. The Main Woods Initiative concentrates on ten million acres of forest in Maine, which is the largest forest east of the Mississippi. Their strategy includes landscape scale conservation, new outdoor recreation destination, responsible forestry and economic development, community partnerships and local environmental education.

The AMC is well known for their attention to trails, they maintain the Appalachian Trail in five states for a total of 340 miles. However, they also attend to over 1800 miles of trails outside their direct region.

Regarding forestry, AMC's long-term vision is based on the following elements: Ecological and economic sustainability, development of mature, multi-aged, high value forest stands, late successional structures- restorative forestry, 6,000-7,000 wood cords annually cut by local crews sent to local mills, and the Pleasant River Headwaters Forest opportunity. Marketing efforts include 16 mills within 100 miles of AMC land, plus 15 more in Maine and Canada. The high-quality log utilization system ensures high revenues for AMC and reduces waste.

AMC is also involved with Fish Habitat Restoration, with focus on preserving brook trout, where 90% of the trout in the US habitat in the state of Maine as well as facilitating the migration of wild Atlantic salmon. They have completed work to modify 62 road stream crossings, opening 64 miles for improved fish passage.

Ultimately, AMC provides an opportunity to connect people and nature and elevate local communities to join in on active conservation. They are changing the environmental management paradigm. **PETER UHRY** facilitated an educational question and answer session.

NOTE: The RMA weekly speaker program is rerun on GCTV cable on the following Sunday, Monday, Wednesday, and Friday at 5:30pm and the week following that on Monday and Friday at 11:00am.

NEXT WEEK'S SPEAKER

Michael Mason, Chairman of the Greenwich Board of Estimate and Taxation, the BET, will discuss the role of the BET in our community and the budget challenges our Town faces for the fiscal year, 2022.

NOTE TO CBB CONTRIBUTORS: next week's CBB scribe will be **TIM BROOKS**. Please send a copy of any remarks you want included in the CBB to **TIM** at tbroo@aol.com.

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RMA 2020 CALENDAR

Weekly Repetitive Activities			
Date	Time	Activity	Contact
Mondays	3:00 to 4:00	Zoom: Better Balance through Tai Chi	Will Morrison @ wdmorrison@gmail.com
Tuesdays	9:30 to 11:00	Platform Tennis, Loughlin Ave. Cos Cob	James Dean @ jhdeanco@gmail.com
Wednesdays	10:00to 11:00	RMA Weekly Zoom Meeting	Horst Tebbe @ onehorst@optimum.net or Len Carusi @ lencarusi@gmail.com
Wednesdays	1:00 to 3:00	On-Line Bridge	Andre Mazurek @ mazurek.a.g@gmail.com
Wednesdays	3:00 to 4:00	Zoom: Better Balance through Tai Chi	Will Morrison @ wdmorrison@gmail.com
Thursdays	9:00 AM	RMA Walking	Tad Larrabee @ tadarra@optonline.net
Fridays	1:00 PM	On-Line Hearts	Don Conway @ spiderduck4@gmail.com
Fridays	1:30pm to 3:00pm	Indoor Tennis	Andy Holmes @ andyholmes56@gmail.com
	Various Times TBD	On-Line Hearts	Don Conway @ spiderduck4@gmail.com