



CIGAR BOX BULLETIN

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



www.greenwichrma.org

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SCRIBE: ARNOLD J. GORDON

"I was the first person to burn my bra - it took the fire department four days to put it out." Dolly Parton

President **RUSS HARDEN** escaped the 9am Program Committee Zoom Meeting to open the Zoom business meeting at 10:02am. **LEN CARUSI** proudly broadcast the RMA song, followed by recitation of the Pledge of Allegiance by **JOE DOWLING**. Welcome back **JOE**; we hardly seen ya! Corresponding Secretary **ARNOLD GORDON** bemoaned the increasing COVID-19 misery and urged everyone to be extra careful. Pitching in for the elusive **BOB LUCE, WAYNE DeVRIES** told us about an overly fertile pastor who was asked by one of his congregants to curtail his growing brood. **TOM HEALY**, not to be outlaughed, told a story about muscular contractions in a certain backside part of the anatomy, whose punch line is off-limits for this staid, antiseptic publication.

ANNOUNCEMENTS AND COMMITTEE REPORTS

1. **PETER STERN**, Membership, noted that there were 69 in attendance, with 1 guest: Art Delmhorst, g/o **MIKE SMITH** and **TOM HEALY**. The birthday celebrants for the week were: **DAVE HARDMAN 71, PAT YUEN 68, TOM MORRISON 85, PETER STERN** himself at a young 76, and **STEVE STEIN 81**.
2. Treasurer **JEFF JUNKER** noted that he had received a donation from a non-member who wished to remain anonymous, who was thankful for the speaker programs we ran. **RUSS** has sent him a thank you note. FYI, as a 501(c)7 organization, the RMA is tax exempt; however, that classification does not make us a charitable organization, so individuals are not

permitted to take an income tax deduction for donations they make to the RMA.

3. **MICHAEL AMBROSINO** happily had no reports for Visiting but reminded everyone to let him know if any of our members are ill or hospitalized (brooklynoil@yahoo.com). Everyone was pleased to hear **MICHAEL** tell us that he seems to have recovered without major problems from his recently acquired COVID-19 infection. Stay well, **MICHAEL**.
4. **TOM McGUIRE** updated us on the appeal he made previously for greeting cards and donations to Nathaniel Witherell to boost the spirits of the occupants. Lots of cards are arriving and will be distributed. Colorful socks for the men and shawls for the women will be given as gifts, using the cash donations that have been made. "Keep 'em coming" says **TOM**.
5. **HOLLISTER STURGES** *urgess* everyone to watch today's speaker, a joint program with Greenwich Library. David Michaelis, who recently published the book "Eleanor," will talk about the life of one of the most famous and admired women in America of any time, Eleanor Roosevelt. Details below.
6. **PETER UHRY** announced next week's 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. Actively engaged in forest management, they have set aside 74,000 acres of woodlands for conservation purposes. Among other great services for the public, they maintain backcountry huts for hikers as well as equipment for use by boaters. Not to compete with **TAD LARRABEE'S** walking group, but **PETER** suggests that if you care to go for a local hike and need a companion, give RMAer **ANDY HOLMES** (203-661-9182) a call. He is an AMC member who has summited over 67 northeastern peaks over 4,000 feet in height, making him a member of the Four Thousand Footer Club. Way to go **ANDY**.
7. **HORST TEBBE** delivered some good news. He has been able to arrange for our 11am speaker programs to be shown live on our local public TV stations 24 (Verizon) and 79 (Cablevision). [Post-meeting report: it worked beautifully for today's speaker.] Thanks **HORST**.

FUN AND GAMES

1. INDOOR TENNIS: **BILL FAKUNDINY** said that they played but kept the results a secret.
2. 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.
3. TAI CHI: **WILL MORRISON** reminded us that there is NO pain, BIG gains! Lower your risk of falling by as much as 43% and your risk of injury by half! Lift your mood: in 82% of studies, Tai Chi greatly improved mood and lowered anxiety. Plus, it's effective for treating depression drug-free. Mondays and Wednesdays 3:00pm via Zoom. Spouses are welcome. Several are regulars. Contact: wdmorrison@gmail.com; Zoom <https://zoom.us/j/99622029436>, Meeting ID: 996 2202 9436, Passcode: raisehands
4. PICKLE BALL: Believe it or not, 4 brave RMAers played on sunny Monday at Christiano Park with temperatures in the high 30s. **GEOFF BURGE, TONI COCCHI, WILL MORRISON,** and **ARNOLD GORDON** had a great time. But GEOFF dominated by winning in every one of the 6 games we played. Bloody Aussie! **PETER UHRY** came by to watch and took a great photo. Play will continue as long as the weather is "reasonable." If interested, contact **GEOFF** (gburgesydney@gmail.com).



5. WALKERS: **TAD LARRABEE** told us that last Thursday morning **JEFF JUNKER** took the walkers on a very educational tour of the White Plains Battle in October of 1776 after George Washington and his army were forced off Long Island and then pushed out of New York City. The three-day battle was basically a draw, but Washington was outnumbered and he retreated across New Jersey to settle for the winter at Valley Forge. **JEFF** grew up in the battlefield area; he brought along his detailed fifth grade drawing of the battlefield area and the positions of the forces at the start of the battle. Jeff knew exactly where to trespass so that we could see a long segment of trenches that were dug in 1776, and because they are on the protected hills near the White Plains reservoir, they have not been disturbed in 244 years except by nature. It was a fun day! The group normally walks at 9 AM every Thursday. If interested, please e-mail **TAD** at tadlarra@optonline.net.
6. BRIDGE: In **ANDRZEJ MAZUREK's** absence, **TONY COCCHI** mentioned that a few people played but did not have the details.
7. HEARTS: **DON CONWAY** said that he, **TOM HEALY, JACK SWEGER and MICHAEL AMBROSINO** played 5 games. **DON** was almost in tears when he reported that **MICHAEL** won all five games. **TOM** and **MIKE** shot the moon twice and **DON** and **JACK** once.
8. COOKING: Huh? A new RMA Fun and Games category? Not exactly. During the post-meeting Zoom chat, **DON CONWAY**, chef extraordinaire (ho, ho, ho) shared a secret recipe his son-in-law gave him that some members requested. So - make a marinade out of red pepper paste (? don't ask me), fish sauce, rice wine vinegar and sesame oil. Soak the chicken in it for about 2 hours in the refrigerator (Hint from **AJG**: use a zip lock bag instead of a bowl to maximize contact of the chicken with the marinade and for ease of mashing it around). Then put the chicken on a very hot grill for about 2 minutes for each side; turn down the temperature to medium high for about 10 minutes. Take off the grill and let sit for about 5 minutes before serving. Bon appetit!

SPECIAL EVENTS

No events are currently scheduled and any for the future will depend on the pandemic situation.

SPEAKER PROGRAM

Moderator and presenter **HOLLISTER STURGES** welcomed everyone and described next week's program. He introduced the award winning, bestselling author David Michaelis, who proceeded to deliver a captivating talk about the life of Eleanor Roosevelt. David had spent several years compiling information and photographs of Eleanor, her family and friends that led to new revelations about her personality and achievements. They were encapsulated in his newly published book, "Eleanor" (Simon & Schuster, 2020, 720 pages). With many fascinating slides, he was able to explain why America's longest-serving First Lady was an avatar of democracy, whose expansive efforts as diplomat, activist, and humanitarian made her one of the world's most widely admired and influential women. An orphaned niece of President Theodore Roosevelt, she grew into an independent woman of high ideals. She had a strained marriage with her ambitious fifth cousin Franklin. Despite their less than harmonious marriage, she was a formidable partner in New York's most important power couple in a generation.

When Eleanor discovered Franklin's betrayal with her younger, prettier social secretary, Lucy Mercer, she offered a divorce which was not pursued. She also came to accept FDR's bond with his executive assistant, Missy LeHand. She even explored her sexual attraction to women, including a female reporter on FDR's first presidential campaign, as well as to younger men.

She stood by FDR as he struggled to recover from polio while also seeking the Presidency. She eventually would become a strong and active champion of women's right to vote, was the architect of the declaration of international human rights, and a world citizen of the Atomic Age. Above all, she insisted that we cannot live for ourselves alone but must learn to serve humanity.

Eleanor was a model of a noble American character, something we need today more than ever.

NEXT WEEK'S SPEAKERS

December 16, three members of the Appalachian Mountain Club will describe the "AMC's Maine Woods Initiative: A Model for Conservation in the 21st Century."

NOTE TO CBB CONTRIBUTORS: next week's CBB scribe will be **JOE MANCINELLI** Please send a copy of any remarks you want included in the CBB to **JOE** at jlmanc@optonline.net.

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Greenwich, CT 06830 · USA Visit our website at
<http://greenwichrma.org/>.

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 @ tadlarra@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
	As Weather Permits	Pickle Ball	Geoffrey Burge @ gburgesidney@gmail.com
	Various Times TBD	On-Line Hearts	Don Conway @ spiderduck4@gmail.com