

CIGAR BOX BULLETIN

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



www.greenwichrma.org

Chair/Editor: **Tim Brooks**

Scribes: **Av Rivel, Arnold Gordon, Ed Farrell,
Frank Scarpa, Joe Angland, Jim Dean,
Bob Shullman, Fred Wu**

Archivist: **Tad Larrabee** Website: **Mark Geimer** Format: **Len Carusi, Mark Geimer**

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SCRIBE: BOB SHULLMAN

"The discipline of the written word punishes both stupidity and dishonesty"

- John Steinbeck

President **JOE MANCINELLI** opened the meeting with a warm welcome and then **BOB BISHOP** came to the podium for the Pledge of Allegiance. Song leader **Mike Hayden**, accompanied by pianist **BOB MORGAN**, then led the RMA in singing "God Bless America," "Deep in the Heart of Texas" and "On the Sunny Side of the Street." Mentor was **JOE DOWLING**. Scribe for the day was **BOB SHULLMAN** and projectionists were **TONY COCCHI and LEN CARUSI**. **JOE** then made the following announcements:

- We are into a new fiscal year and members need to pay **JEFF JUNKER** their annual dues of \$100. As of this meeting, 132 members have paid their dues.
- Volunteers are still needed to assist with audio, video and Zoom at our meetings. Please see **HORST TEBBE** or **MARK GEIMER** if you can assist in this critical need.
- RMA member **LOU RUPNIK** said he "will be performing at a free concert with The Bob Button Band at Binney Park on Wednesday, June 29. The concert will start at 7 pm with a rain date the next day. For more than 35 years, The Bob Button Big Band has entertained audiences in the New York Metropolitan area with music from the Big Band Era. Today, the 14-piece band, including two singers, has expanded its library to include tunes from The American Songbook and popular tunes."
- Father's Day is this coming Sunday. Let's enjoy the day!!

Corresponding Secretary **ARNOLD GORDON** then came to the podium and was sad to report that one of our former members passed away on May 22nd. David Kane joined in January 2018 and left RMA in May 2021 due to illness. Next week, **RANDY MOTLAND** will deliver a memorial for David. Until then, you can find his obituary here:

<https://www.legacy.com/us/obituaries/greenwichtime/name/david-kane-obituary?id=35106118>

In case you forgot, yesterday was Flag Day, always celebrated on June 14th. It is not a National Holiday but it commemorates the adoption of the flag of the United States on June 14, 1777, by resolution of the Second Continental Congress: "Resolved, That the flag of the thirteen United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation." In 1916, President Woodrow Wilson issued a proclamation that officially established June 14 as Flag Day, but it was not until August 3, 1949, that National Flag Day was established by an Act of Congress. Coincidentally, The United States Army also celebrates its birthday on this date; Congress adopted "the American continental army" on June 14, 1775.

You may recall that **JIM FISHBEIN** gave two talks on astronomy not too long ago. For those interested in the topic, there is an unusual astrophotography exhibit at the Stamford Jewish Community Center until August 19. Details here:

<https://www.stamfordjcc.org/events/2022/06/14/community/gallery-the-j-presents-how-beautiful-the-universe/>

ARNOLD then continued, "Time for some weekly wordplay. I usually refrain from using puns about the body since they are generally corny, but puns about the eyes are even cornea. Some new real signs seen on vendors' trucks or stores:"

Sign on a curtain and venetians truck: "Blind man driving."

Sign over a gynecologist's office: "Dr. Jones, at your cervix."

On a septic tank truck: "Yesterday's Meals on Wheels

On a plumber's truck: "Don't sleep with a drip. Call your plumber."

On an electrician's truck: "Let us remove your shorts."

On a maternity room door: "Push. Push. Push."

In a Chicago radiator shop: "Best place in town to take a leak."

Today's real joke teller is **PAUL CAMPION**. Let's all wish **PAUL** well for his knee surgery next week. He may give us a knee slapper today.

PAUL then came to the microphone and added some more merriment to the meeting with the following jokes about aging:

"It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller";

"Lately, you've noticed people your age are so much older than you";

"Growing old should have taken longer";

"Aging has slowed you down, but it hasn't shut you up";

"You still haven't learned to act your age, and hope you never will."

PETER STERN then came to the podium to focus on the following membership-related news:

- 79 individuals in total were at today's meeting (78 members and one guest), 11 attendees were on Zoom.
- There were two birthdays this week: **PAUL KEELER**, 78 and **BOB CAREY**, 90.
- Paul Barbian was the guest of **DAVID MICHONSKI** and **BOB MORGAN**.
- **PETER** then welcomed two in-person attendees: **RANDY MOTLAND** and **STEVE MEYERS**.
- Local ZOOM attendees were **PETE ARTURI**, **ED FARRELL**, **GERRY MAYFIELD**, **GRANT PERKINS**, **PETER SCHIEFERDECKER**, and **DOUG TAYLOR**. From Florida, **RICK HOLZ** and **FRANK SCARPA** also joined the meeting.
- **PETER** then noted there were two returnees this week: **RON MURRAY** from Bethlehem, PA and **JERRY SCHWENDEMAN** from Houston, TX.
- Finally, **PETER** announced a special occasion, **RON MURRAY's** celebrating his 65th reunion from Lehigh University.

ARNOLD GORDON returned to the podium to introduce today's two speakers who would be coming to the podium at 11 am to present "Zoonotic Diseases: What We Need to Know to Keep Ourselves and Our Animals Safe." Presenters will be Jim Knox, Curator of Education at Connecticut's Beardsley Zoo, and his colleague, Carolyn Rinaldi, Associate

Curator of Education. Jim Knox directs educational programming and conducts field conservation for this AZA-accredited institution. Jim is a graduate of Cornell University where he studied animal science and applied economics. He has conducted field research on Alaskan grizzly bears, field conservation for Atlantic salmon and written for the U.S. Fish and Wildlife Service and for *Natural History* magazine. A member of The Explorers Club, Jim has served as an on-camera wildlife expert for *The Today Show*, as well as *The CBS Early Show*, and lectured for The Yale School of The Environment and The Harvard College Conservation Society. Jim has been featured in *The New York Times*, served as a TEDx presenter and as a guest host for Connoisseur Media's Star 99.9 FM *Anna & Raven Show*. Jim also writes a column, "Wildly Successful," for the *Greenwich Sentinel* and is proud to serve as a science advisor to The Bruce Museum. Carolyn Rinaldi, the zoo's associate curator of education, graduated from UConn, Magna Cum Laude Phi Beta Kappa, with a degree in cultural anthropology and archaeology. She joined the zoo's education group last year.

Next up was **RUSS HARDEN** who told the members about next week's presentation to be given by Frank McGinnis who will present "Resistance Training and the Critical Role of Muscle in Healthy Aging." McGinnis is a NASM certified personal fitness trainer with the Greenwich, CT YMCA. While he works with clients of all ages, in recent years his primary focus has been with older adults ages 60-90. While working with clients and researching the aging process, Frank has found that improving strength is critical to maintaining our quality of life as we age. Prior to his work as a personal trainer Frank was a senior management consultant for over 25 years. With McKinsey and Company and later with the global firm, A.T. Kearney, Frank worked with corporate clients on key strategy and operational issues. Frank holds an MBA from Yale and an undergraduate degree from Duke University.

Next up was **DAVID MICHONSKI** who briefly focused on volunteer hours for the prior week which totaled 256 hours. Outside hours totaled 142 while inside hours totaled 114. The member with the highest total for the week was **MAURICE KROHN** who spent 29 hours on RMA efforts.

ANNOUNCEMENTS

DON ROTZIEN reported that the ROMEO Lunch for tomorrow is a "GO!" Members should bring themselves and their lunch to the knoll behind the main concession stand at

Greenwich Point. Lunch time is 1:00 pm. Bring your beach card if you have one. If not, just tell the guard that you are there for the ROMEO Lunch and he will let you through. Don ended his announcement with “I look forward to seeing you there.”

MAURICE KROHN then came to the podium to discuss a special event that is being planned for July assuming 15 members sign up. It is a tour of the Yonkers Brewery and Beer Garden. Those who sign up will drive themselves to the brewery where the parking is free as is the beer tasting. The brewery features an open pub menu that is attached. Those interested can sign up at the special events table or by contacting **MAURICE** at Maurice142@optonline.net.

For pub menu [CLICK HERE](#)

ARTHUR STAMPLEMAN was next and discussed the upcoming tour of the Pepsico Sculpture Garden on Thursday, June 23, starting around 10:15 am. There are 30 individuals who are planning to go on the tour. Everyone must sign and bring with them the Pepsi waiver form provided. The tour will take about one-and-a-half hours. If you bring your own lunch, you will have the option to access the picnic tables on the property.

DON CONWAY was next up and briefly discussed the Greenwich Avenue design issue the Planning and Zoning Commission is now pondering and exhorted members to contact the P&Z and let it know whether you agree or disagree with the changes it is considering.

FUN AND GAMES

Pickleball: **PAT MACCARTHY** reminded members that pickleball is played, weather permitting, from 10 am until 12 pm on Mondays and Thursdays at Christiano Field. If you would like to be put on the email list confirming play or have a free pickleball lesson, please contact **PAT** at Pmaccarthy415@gmail.com.

Golf: **MIKE RYAN** announced that we had the biggest turnout of the season so far with 22 members playing. The competition winners were:

- Hole 5 – **JIM SANTORA**
- Hole 7 – **RUSS HARDEN**
- Hole 8 – **RUSS HARDEN**
- Hole 15- **PETER TUNLEY**

There were nine scores below 100:

- 98 – **BOB SHULLMAN** and **MARK FOX**
- 97 - **TONY COCCHI**
- 96 – **JAY SCHONDORF**
- 94 – **TOM HEALY/JIM SANTORA**
- 92 – **RICHARD BARTHOLEMEW**
- 91 - **CHARLIE ADAMS**
- 90 – **RUSS HARDEN**
- 89 - **GRAN BURGESS**
- 88 – **PETER HANLEY**

JIM SANTORA will be the captain for golf for the next two weeks.

Bridge: **TONY COCCHI** then announced the bridge results. The bridge scores for June 8 were 5,590 for **ANDRE MAZUREK** at Table 3; 3,540 for **JOE WATTS** at Table 2; 3,060 for **TONY COCCHI** at Table 1; 3,010 for **ALEX KOSSEIM**; 2,210 for **RON FRIEDMAN**; 1,930 for **JOHN FEBLES**; 1,740 for **RON MURRAY**; 1,720 for **FRANK LEE**, 1,690 for **ED MASTOLONI** and 1,380 for **CHARLEY LAND**.

Tennis: **ANDY HOLMES** then reviewed the tennis results. The outdoor tennis season began last Friday at the Bruce Park tennis court with eight players showing up to play. If you are interested in playing during the summer, the RMA has two courts reserved in Bruce Park every Friday morning from 10 am until noon. The indoor tennis season will start back up at the beginning of September at the Old Greenwich Tennis Academy on Friday afternoons. Twenty-three members have already signed up for the upcoming season and we have room for more. Those interested in joining the tennis group should contact **ANDY** at andyholmes56@gmail.com.

Hearts: **TOM HEALY** reported the results from the eight members who played at two tables. At Table 1, three games were completed with **BOB SHULLMAN** winning two and **TOM HEALY** winning one. **BOB SHULLMAN** and **TOM HEALY** each had one moonshot. At Table 2, three games were also completed with **JOHN STANKUNAS** winning all of them. **JOHN** and **PETER BERG** each had one moonshot.

Walkers and Talkers: TAD LARRABEE then announced that last week’s walk was canceled due to rain.

Human Interest Story: JOE MANCINELLI then came back to the podium and recounted a very stressful challenge he had to handle back in 1975 when he had just started to work in the nuclear power industry as a cadet engineer and was assigned his very first project, handling a refueling outage in a nuclear power plant. Managing a nuclear refueling outage is a massive activity with thousands of tasks, all interconnected through an integrated schedule that allows for system outages, equipment availability, reactor building access, etc. Hundreds of staff were on site for **JOE’S** dealing with this challenge. **JOE** then described all the details of what refueling involved and his assignment as part of the refueling effort. **JOE’S** boss assured him that what he was to get done had been thoroughly verified and that the modification he was to manage “would fit like a glove.” Well, the modification unfortunately did not “fit like a glove” as **JOE** found out and then described in detail with a very informative slide presentation. After many hiccups over a number of days, the modification was finally installed and **JOE** learned many lessons that he then used working for more than 40 years in the nuclear power industry.

Joe then adjourned the meeting for the coffee break while asking that if any other members have a human interest story they believe would be of interest to the membership to let him know.

TODAY’S SPEAKER



After the coffee break, **ARNOLD GORDON** introduced Jim Fox and Carolyn Rinaldi from Connecticut's Beardsley Zoo who spent the next hour giving a very informative presentation entitled "Zoonotic Diseases: What We Need to Know to Keep Ourselves and Our Animals Safe." Jim started the presentation, which included 27 well-designed slides, by discussing what caused the 1347 black plague that killed about 50% to 60% of those alive at the time. Just as has occurred with today's Covid pandemic, an animal, in this instance a rat, transferred some bacteria into some humans who unfortunately were also sickened by a lung ailment. The Black Death plague then spread all over Europe and Asia. Today the source of the Covid 19 pandemic that has killed millions of people in the past two years again is believed to have been an animal. This time it is believed to have been horseshoe bats.

Jim discussed how about 75% of all new diseases that humans encounter have originated with animals. Many experts in many fields are working on discovering the antidotes to diseases that animals develop to prevent them from getting sick so humans can then also avoid contracting the very harmful diseases that many animals carry. Jim also discussed in some detail what experts at Georgetown University, Stanford and UConn are currently doing to explore ways to combat diseases and predict what new diseases may emerge that will affect us in the future. A major system that the United States Centers for Disease Control and Prevention has established to assist the scientific community coordinate, communicate and collaborate is ZOHU Call, a digital system that provides those in the scientific and health communities involved in addressing animal and wildlife diseases with a way to share what they are doing, learning and achieving.

The big factor that is unfortunately helping to spread diseases around the world so quickly is the same thing that provides so much enjoyment to consumers, the travel industry and today's globally connected air and sea transport system. Jim went on to discuss how humans, animals/wildlife and the environment in which we live are all linked together. He then discussed the five different ways animal and wildlife diseases spread to humans: direct contact, indirect contact, vector-borne, foodborne and waterborne.

Before moving on to answering some questions from the members at the meeting, Jim ended their presentation by summarizing what we can do to address zoonotic diseases, animal and wildlife diseases that are currently impacting humans and may potentially do so in the future:

- Educate people; i.e., focus on what people can do to protect themselves such as washing their hands frequently, especially after interacting with animals and wildlife.
- Develop vaccines, a vital tool that must be made available.
- We need enhanced surveillance; we need to obtain tracking data to better understand diseases.
- We need to focus on establishing realistic, achievable plans that bring everyone together.
- We need to share data and knowledge so that effective strategies can be more widely adopted.
- We need to share successes that will inspire people to do more.

For those interested in seeing the full presentation, go to the RMA website and click on the video at <https://vimeo.com/user9053619/videos>.

IMPORTANT REMINDERS

TO CBB CONTRIBUTORS: Scribe for the next meeting, on June 15, will be →**FRANK SCARPA**←. Please send a copy of any remarks you want included in the CBB to frankjscarpa@gmail.com.

ALL MEMBERS: Do not forget to report all your inside and outside volunteer hours to **JOHN FEBLES** at 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.



ALL MEMBERS: Volunteers are needed to assist with audio, video and Zoom at our meetings. Please see **HORST TEBBE** if you can assist in this critical need.

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RMA 2022 CALENDAR

Weekly Repetitive Activities*			
Day	Time	Activity	Contact
Mondays	8:45 am	QiGong and Tai Chi Workout	Will Morrison – wdmorrison@gmail.com
Mondays	10:00 am	Pickleball at Christiano Park	Pat MacCarthy – pmacCarthy415@gmail.com Mark Geimer – mark.geimer@gmail.com
Tuesdays	Various tee times	RMA Golf, the Griff Golf Course, Greenwich	Mike Ryan – ryantomac@netscape.net
Tuesdays	10:00 to 11:00 am	Platform (paddle) tennis at Loughlin Field, Cos Cob	John Dean - Jhdeanco@gmail.com
Wednesdays	9:45 to 10:30 am	RMA Weekly Meeting	Horst Tebbe – onehorst@optimum.net or Len Carusi at lencarusi@gmail.com
Wednesdays	1:00 pm	Hearts	Bob Shullman – bob.shullman@gmail.com
Wednesdays	12:30 pm	Bridge	Andre Mazurek - Mazurek.a.j@gmail.com
Thursdays	9:00 am	RMA Walking	Tad Larrabee - tadlarra@optonline.net
Thursdays	10:00 am	Pickleball at Christiano Park	Pat MacCarthy – pmacCarthy415@gmail.com Mark Geimer – mark.geimer@gmail.com
Friday	11:00	Outdoor Tennis, Bruce Park	John Knight - johnknight7@gmail.com
Friday	1:30-3:00 pm	Indoor Tennis (resumes in fall)	Andy Holmes - Andyholmes56@gmail.com

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