

CIGAR BOX BULLETIN

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



www.greenwichrma.org

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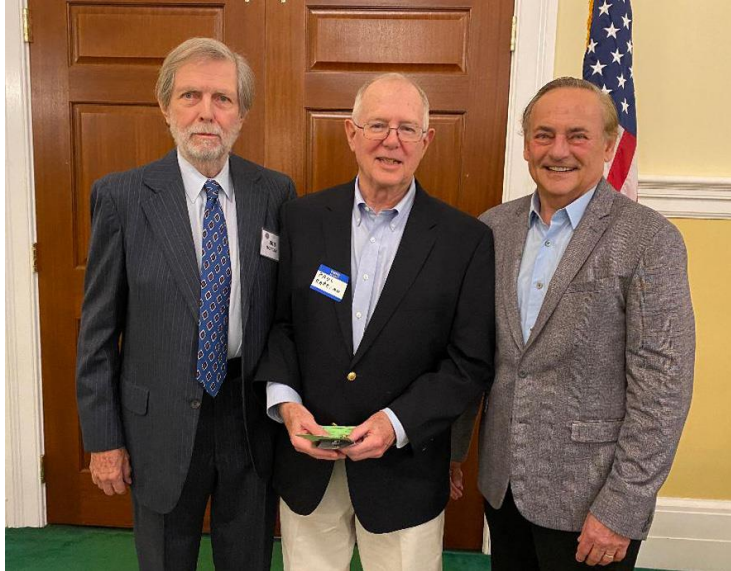
"When an old man dies, a library burns to the ground" - African proverb

President **JOE MANCINELLI** rang us to order just after 9:45. **JOE DOWLING** then led us in the Pledge. **DON CONWAY**, with **JIM SANTORA** accompanying on the piano, led some fine-tuned renderings of "This Land is Your Land," "In the Good Old Summertime" and "It Had to Be You." **TONY COCCHI** manned the projector, and **JOHN TONER** was the mentor.

Reminder: Annual dues collections have been admirable, but there are still some members outstanding.

Next week's meeting will be run by First Vice President **JACK WEIR**, filling in for President **MANCINELLI**.

Membership: **PETER STERN** kept us rolling along with the induction of **PAUL BARBIAN**, sponsored by **DAVID MICHONSKI** and seconded by **BOB MORGAN**. **PAUL** is a native of Milwaukee. A graduate of Georgetown, he devoted his early career to working in the foreign service (in Vietnam) and the State Department (in Kinshasa). In 1978, he entered the private sector, working in the energy area. **PAUL** and his wife are longtime residents of Greenwich. Acceptance by the membership was unanimous.



Paul Barbian flanked by sponsors Morgan and Michonski
(Photo by Andy Holmes)

Birthdays: This week's birthday boys are **TONY COCCHI** (81), **HERNANDO MADERO** (83), **MIKE AMOROSO** (85) and **BILL McKIEGAN** (81). The Birthday Song was heartily intoned by the membership.

Attendees: 75 members attended in person, plus 11 attending by Zoom. **PAUL CAMPION** was on Zoom, recovering from hip surgery. **RICK HOLZ** and **FRANK SCARPA** checked in from Florida. **WAYNE de VRIES** and **BRUNO SCHRAGE** made their first in-person appearances in a while. **JIM BUTLER** has returned from Sea Island, Georgia.

RANDY MOTLAND memorialized our late colleague **DAVID KANE**. **DAVID** was a member from 2018 to 2021, when ill health forced him to absent himself. A former Coast Guard officer, **DAVID** moved to Greenwich in 1957. He served as superintendent of secondary education until his retirement in 1987. He passed away five days before his 89th birthday. **DAVID** was predeceased by his wife Claire, and he leaves behind four children and 11 grandchildren. His full obituary may be accessed in the June 8 issue of *Greenwich Time*. A celebration of **DAVID's** life will be held at St. Michael's Church on July 6 at 10:30 am.

Recording Secretary **ARNOLD GORDON** noted that there will be a free concert by the Bob Button Band at Binney Park next Wednesday, June 29, at 7 pm with a rain date the next day. One of our own members, **LOU RUPNIK**, will be playing sax. The 14-piece ensemble has entertained audiences in the New York metro area with big band music for

35 years. With two vocalists, they will play tunes from the American songbook. BYO seating, food and drink. No pets, no grills.

ARNOLD has an HP Office Jet Model 4580 printer, which is a perfectly serviceable copy machine, free to anyone interested. (ajgordo@verizon.net; 203-340-9336).

ARNOLD then provided us with some "rules for young doctors" from a book *Doctors Malpractice Makes Perfect*—perhaps not a great gift idea for a recent medical grad! He also provided us with a Japanese electronics company's close call with a misbegotten Woody Woodpecker ad campaign. **ARNOLD** also provided some new calendars and some copies of a now out of print magazine *Mental Floss*, and some "Far Side" cartoons for the bulletin board.

ARNOLD then introduced jokester **JERRY SCHWENDEMAN**, who introduced us to a new meaning for the term "animal husbandry" as he spun a tale of veterinary ineptitude in a would-be pig farmer. A bit of an improvement was the story of a Scotsman's introduction to American baseball.

ARTHUR STAMPLEMAN announced that the Pepsico Sculpture Garden tour will still take place tomorrow (10:15) despite the iffy weather forecast.

DON CONWAY reminded us of the brewery tour of the Yonkers Brewery on July 14 at 11:30 am.

[CLICK HERE FOR INFORMATION ABOUT BREWERY TOUR](#)

Visiting: **MICHAEL AMBROSINO** noted that **PAUL CAMPION** is recovering from hip surgery at Stamford Hospital and would welcome e-mails.

Last week's ROMEO luncheon went off on schedule on Thursday, June 16th. The weather was not as nice as we would have liked but not as bad as feared. It was cloudy, dry and a nice breeze. Nine RMAers showed up, **MICHAEL AMBROSINO, DON CONWAY, JOHN CRAINE, TONY COCCHI, PAUL CAMPION, BILL FEATHERSTON, PETER STERN, LEE LUNDY** and **DON ROTZIEN**. An enjoyable lunch and scintillating conversation was had by all.



UPCOMING SPEAKERS

RUSS HARDEN previewed today's speaker, Frank McGinnis, who will speak about "Resistance Training." We will learn about the concept of avoiding "sarcopenia" and maintaining and even re-acquiring a level of fitness that will help us to avoid frailty and maintain mobility. **HOLLISTER STURGES** then previewed next week's speaker, Stephen Heintz, President and CEO of the Rockefeller Brothers Fund. He will speak on "The Practice of Democratic Citizenship: Update and Prescriptions for the Future." The talk will present six strategies to achieve equality of voice and representation. This should be a very timely topic. (A side note from **HOLLISTER**: Members who might like to join speakers for lunch are welcome to put in their requests with the Program Committee. Tomorrow our speaker of two weeks ago, Ted Aldrich, will be joining interested members at Versailles at 4:15.)

FUN and GAMES

Tai Chi: **WILL MORRISON** welcomes us to the "joint oil factory" on Mondays at 9:30 in Old Greenwich. Contact Will for details, wdmorrison@gmail.com.

Pickle Ball and Walkers & Talkers: Rained out.

Bridge: **RON MURRAY** reported eight players. The top score was 3170, by **ANDRE MAZUREK**. Second was **ED MASTOLONI** at 2950. **TONY COCCHI** and **RON FRIEDMAN** tied for third at 2180. (Players welcome on Wednesday afternoons at the Greenwich Library.)

Hearts: **TOM HEALY** reported four players at one table. Of three games played, **GRANT PERKINS**, **BOB SHULLMAN** and **TOM HEALY** won one each. Of two moon shots, both were attained by **TOM HEALY**.

Golf: **JIM SANTORA** reported on a virtual festival of golf excellence. 19 men played 18 holes and another six played nine. Of special note is **MICHAEL AMBROSINO's** hole in one on #15. (The last one recorded by the RMA may have been in 2014--by **JIM SANTORA**.) Closest to the pin on #5 was **PETER TUNLEY**. **DAVID WEISBROD** was closest to the pin on #7, and he also had the longest drive on #8. Fifteen players broke 100, three of them breaking 90 (**TONY COCCHI**, 89, **TONY FITZPATRICK**, 85, and **PETER TUNLEY**, 84.) Next week will be an 8 am start. (The schedule goes in at 8 am Friday, so any cancellations must be made with the Griff by that time.)



"Hole-in-One" Ambrosino

Tennis: **JOHN KNIGHT** reported on six players. Courts at the Bruce are reserved from 10 to noon on Fridays. **JOHN** then introduced **JOE DOWLING**, who described the relatively new game of "Pop Tennis," played with a depressurized ball and an underhand serve. He will try to drum up some interest in this new wrinkle.

TODAY'S SPEAKER

RUSS HARDEN introduced Frank McGinnis, a nationally certified fitness trainer, who spoke on "Resistance Training and the Critical Role of Muscle in Healthy Aging." McGinnis is currently working with the YMCAs of Greenwich and New Canaan, mainly with adults between 60 and 90 years of age. With an MBA from Yale and an undergraduate

degree from Duke, Frank turned to fitness training later in life. He recounted to us his childhood experiences with his father, playing golf and his early use of weight training to improve his distance. Over time, the speaker came to realize that we can avoid many symptoms associated with old age by maintaining muscle mass. He noted that the onset of muscle mass loss can occur as early as our mid-30s.

In a comprehensive and articulate lecture, Mr. McGinnis drew upon human anthropology to point out that movement became the key to survival both for foraging homo sapiens, but also for the hunter-gatherer. Without intervention, muscle mass may decline as much as 10% per year past age 35, and aerobic capacity may fall 5% per decade. He then made a strong and science-based case for "age reversal" by maintenance of muscle mass with resistance training. Reversal of sarcopenia (loss of muscle mass) and reducing the risk of falls are but some of the benefits to be accrued. The highest occupancy of trauma centers is claimed by elderly patients suffering ground-level falls. Lower muscle mass in these patients correlates closely with complications.

In describing his goal of "bending the aging curve" Mr. McGinnis explained that muscle is an "exocrine organ," responsible for the production of "myokines" (peptides) which have a systemic effect on well-being. He explained myokines' ability to decrease fat and inflammation, increase bone density, support neovascularization, increase insulin sensitivity and improve cognitive activity.

He then outlined his own program, based upon principles of "overload," intensity (usually 8--12 reps), form, volume, adequate recovery time (3-7 days between workouts) and progressive increases. He documented the benefits of his program with actual case histories. His clients have shown objective improvement in mobility, confidence and independence, in concordance with measurable increase in muscle mass.

A lively Q and A followed, addressing such issues as anabolic steroids, testosterone, gender differences, the keto diet and COVID risks. From this physician Scribe's perspective, Mr. McGinnis' lecture was based upon sound scientific principles and was perfectly suited for the RMA audience.

[CLICK HERE TO SEE MCGINNIS' PRESENTATION](#)

IMPORTANT REMINDERS

TO CBB CONTRIBUTORS: Scribe for the next meeting, on June 29, will be →**FRED WU**←. Please send a copy of any remarks you want included in the CBB to fywu.wu@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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 Visit our website at <https://greenwichrma.org>

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