

CIGAR BOX BULLETIN

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



www.greenwichrma.org

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SCRIBE: FRED WU

"I don't know how to act my age. I've never been this old before." – anon.

President **JOE MANCINELLI** opened the meeting at 9:45, and **BOB BISHOP** led the members in the Pledge of Allegiance. **DON CONWAY** led us in three songs: "You're a Grand Old Flag," "Everybody Loves Somebody," and "Danny Boy," with **BOB MORGAN** at the piano. **JOE** thanked today's projectionists **TONY COCCHI** and **LEN CARUSI**, the mentor **PETER UHRY**, A/V team **ED PARKER, MARK GEIMER, PETER DODGE**, and **HORST TEBBE**, and the scribe **FRED WU**.

JOE announced that the November 23, 2022, meeting will be on Zoom only, and that there will be no meeting on December 28, 2022.

Corresponding Secretary **ARNOLD GORDON** made the following announcements. The Greenwich Library has announced a new exhibition at the Flinn Gallery, "Forms of Nature," which looks very interesting. It includes an extensive range of paintings, photos, prints and ceramic sculptures by two artists and will be on view from October 27 to December 7. There will be an opening reception on Thursday, October 27, from 6 to 8 pm. Details here: <https://flinngallery.com>.

Always looking for useful health information for our members, **ARNOLD** mentioned that it has become established that one of the major unrecognized causes of impaired cognitive

function is dehydration. The older we get, the less water is retained by the body, which can have a profound effect on brain function. We are used to relying on thirst as a subjective indicator of hydration status, but it is far from reliable and can be misleading. Although there is no specific amount each of us should be drinking, it is recommended that we consume up to 15 cups of water or other healthy fluids per day. Here are two articles with lots more detail:

<https://drpaulrobinson.com/>
<https://www.alzdiscovery.org/>

Before introducing **PAUL CAMPION**, jokester for the day, **ARNOLD** told a true story about the recently departed Queen Elizabeth, who, contrary to appearances, had a very good sense of humor. She was next to the official Horse Guard of Honor that was to receive the King of Saudi Arabia. The Queen was in uniform on her horse flanked on the right by 100 Scots Guardsmen and on her left Colonel Gerald, commander of the Queen's Company Grenadier Guards, 100 in all, on his left. As they waited, the silence was broken by Colonel Gerald's charger erupting with horse farts at full volume. Embarrassed and staring straight ahead Colonel Gerald said, "Sorry about that your Majesty!" She replied, in a wonderful voice, "That's alright Gerald... I thought it was your horse!" The 200 guardsmen silently cried with laughter and tapped their rifle butts on the gravel. From that moment, every man there adored her!

PAUL CAMPION told three groaners and asked which should be best forgotten. However, his delivery more than made up for the quality of the jokes.

SPEAKERS PROGRAM

WILL MORRISON previewed the talk by Dr. Katie Takayasu, making the case for putting plants first in your diet. Dr. Katie Takayasu is an integrative medicine physician and author of *Plants First: A Physician's Guide to Wellness Through a Plant-Forward Diet*.

WILL reports that after Dr. Takayasu's talk, the Speakers Committee had lunch at the Riverside Yacht Club. The menu was made up of recipes from her book, which sold out at the back of the hall (a first, according to Diane's Books).

LUNCH MENU

Next week's speaker was previewed by **BOB PHILLIPS**. Thomas Graham will speak on "Putin's Gambit: Why He Chose the War and How It Will End." Upset about the war in Ukraine? Interested in the history leading up to Russia's invasion of the country and the motivation for the invasion? Then come hear Thomas Graham, a distinguished fellow at the Council on Foreign Relations, discuss these and other issues relevant to the war in Ukraine.

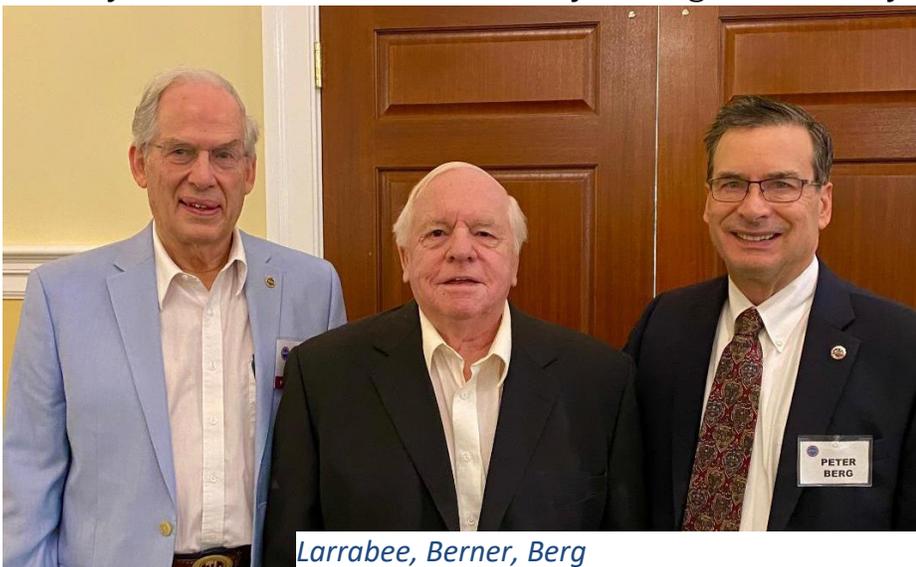
ANNOUNCEMENTS

JACK WEIR reported that the RMA Banquet plans are almost finalized. All reservations must be in by next Wednesday.

JIM DEAN reported on RMA support for the Salvation Army. **JIM** is looking for volunteers to spend a couple of hours collecting donations at various sites around town.

PETER STERN gave the membership report. There were 82 in-person attendees plus nine on Zoom, for a total of 91. Peter congratulated the birthday boys **BRUCE SOCKET** (67), **JOHN KNIGHT**, (82), **RON FRIEDMAN** (88), and **FRANK SCARPA** (81). There were two guests. John Murphy was the guest of **FRANK SALEM** and **LEE LUNDY**, and Spike Lipschutz was the guest of **GEORGE UBOGY**, **JOHN TONER**, **JIM FISHBEIN**, and **HOLLISTER STURGES**. **JAY SCHONDORF** has returned from Baltimore, and **TONY RIGGI** from Savannah and Hilton Head.

Induction: Gary Berner was nominated by **PETER BERG**. Gary has been **PETER's** neighbor for 43 years. **PETER** introduced Gary, telling us that Gary was born and raised in Toronto,



Canada. He played minor league hockey in Fort Wayne, Indiana and graduated from Indiana University. He later attended Columbia University Law School, where he met Debbie, who was attending Teachers' College. Gary worked for Grey Advertising in New York City. Later he founded International Sports Association, which sells

licensed sports products to football, baseball, hockey, and basketball stadiums worldwide. Products include pennants, caps, key chains, foam hands, and cheese heads. Gary has two sons, one of whom now runs the business. He has four grandchildren, two in Connecticut and two in California. Gary volunteered for Greenwich Youth Hockey.

Gary's nomination was seconded by **TAD LARRABEE**, who made a heartfelt statement on the value of the RMA to its members, especially in times of need. Rather than summarize how Gary would be an asset to the RMA, **TAD** remarked on how the RMA has already provided support and friendship to Gary shortly after his wife passed away. At loose ends after his loss, Gary found that the RMA was a wonderful way to get back involved with the community and make new friends, and he has attended every Wednesday meeting since being introduced to the RMA. As **TAD** said, "the RMA has provided a very welcome home for Gary that few of us think much about until we are in need ourselves. We're here to support each other. I can't think of another organization that so readily provides that support to its members. So, I welcome Gary to RMA not only because he needs us at this time in his life, but because he is ready to provide that support to other members when our lives throw us unwelcome curveballs and we need the shoulders of our friends to lean on in our own time of need."

The membership voted unanimously to welcome **GARY BERNER** as the newest member.

GAMES PEOPLE PLAY

Pickleball: **PAT MACCARTHY** reported that they were rained out on Monday but tomorrow should be nice.

Hearts: **JOHN KNIGHT** reported that Table 1 winners were **TOM HEALY**, **JOHN STANKUNAS**, and **MIKE AMBROSINO**, with one moonshot by **JOHN STANKUNAS**. Table 2 winners were **BOB SHULLMAN**, **JACK SWEGER**, and **JOHN KNIGHT**, with moonshots by **JACK SWEGER** and **JOHN KNIGHT**.



Hearts players concentrate

Bridge: **RON MURRAY** said that there were eight players; top scorers were **TONY COCCHI**, 5260, **RON MURRAY**, 3620, and **JOE WATTS**, 3170. New players are welcome!

Tennis: **ANDY HOLMES** reported that last Friday four matches were played at the Old Greenwich Tennis Academy. On Court 1, nonagenarian **BILL FAKUNDINY** and **ANDY HOLMES** won the opening round, and on Court 2 the winners were **JOHN REESE** and **ART DELMHORST**. In the final round, winners on Court 1 were **JOHN REESE** and **ANDY HOLMES**, and on Court 2, **RON FRIEDMAN** and **BILL HOWLAND**. This week's captain will be **ANDRE MAZUREK**.

Tai Chi: To develop balance and prevent falls, join **WILL MORRISON** 9:30 Mondays for a relaxing yet effective workout. Contact him at wdmorrison@gmail.com to find out more and get on the mailing list.

Golf: **MIKE RYAN**. Due to the rainy and foggy weather, there were only six players yesterday. Since there were so few players, we dispensed with the competitions on holes 5, 7, 8, and 15. Yesterday was the last session of the season; golf will start up again in April. It was a good year. There was one notable score: **TONY FITZPATRICK** shot an 89.

Walkers: **TAD LARRABEE**. A beautiful but cool Fall day greeted us as we walked in the wooded ravine south of Bedford, NY in the Mianus River Gorge. We anticipated peak Fall foliage, but it was already past its peak with a lot of leaves covering the trails. We will soon begin walking in more urban areas as we move into the winter walking season in order to avoid icy conditions. However, this Thursday we plan to walk the 13 Bridges Trail at Rockefeller State Park not far from the Hudson River. That's long been a favorite! If you want to join the walkers, please give me your email address so I can send you my weekly announcements. tadlarra@optonline.net, 203-637-4023

Platform Tennis: **JIM DEAN** reported that **FRED WU**, **MARK GEIMER**, **JIM DEAN**, and Copper showed up at the Loughlin courts. We played Canadian for 45 minutes and had a good workout.

TODAY'S SPEAKER

WILL MORRISON introduced the speaker, Dr. Katie Takayasu. Dr. Takayasu is an integrative medicine physician and author of *Plants First: A Physician's Guide to Wellness*

Through a Plant-Forward Diet. She practices holistic health, bridging the gap between traditional Western medicine and the evidenced-based health tools of nutrition, acupuncture, meditation, botanicals and lifestyle. She works one-on-one helping patients to recognize their own balance in mind, body, and spirit as well as in group settings with the gentle but effective jumpstart to reclaiming wellness and lifestyle balance by harnessing the body's natural propensity for detoxification.



Dr. Takayasu attended the University of Michigan and Wright State University where she graduated with an M.D. and M.B.A. She completed her residency in family medicine at Columbia University/New York Presbyterian where she became chief resident. Dr. Takayasu is married with two sons and resides in Darien, but she was born in the cornfields of northwest Ohio. Her father was the town's family doctor, delivering the old-fashioned full spectrum of

healthcare. Katie often had opportunities to assist her father, and that is how she decided to become a doctor. But she was very stressed out during her time in medical school at Wright State University, and by the time she arrived at Columbia University, she realized that her lifestyle was harmful to her health. Her primary care doctor at Columbia advised her to pay attention to her lifestyle, change her diet, get more sleep, and try meditation. This was her introduction to integrative medicine.

Dr. Takayasu advocates paying attention to the four pillars: 1) how am I eating, 2) how am I sleeping, 3) how am I moving, 4) how is my spiritual self? Starting with fitness, people tend to either under-exercise, or over-exercise. Over-exercising can drive up your stress hormones. She believes in 20-40 minutes of gentle exercise every day. On sleep, people's sleep patterns tend to change as they age. After having children, it is very rare for an adult to get eight hours of uninterrupted sleep. For longevity, it is best to get at least 7.5 hours of sleep a day, even it is not continuous. Naps are fine and welcomed, as long as they do not disrupt your nighttime sleep. Short 20-30 minute naps, not too late in the afternoon, are best. It is also good to wake up at the same time every day. Then you are naturally tired at the same time every night. Recovering from social jet lag (staying up late on weekends) is just as difficult as recovering from actual jet lag. Sleep is the body's natural way of pruning unimportant memories. As for spirituality, if religion is important in your

life, you should tap into it. Yoga or mindfulness is also good. Dr. Takayasu meditates for nine minutes as soon as she wakes up. Focusing your mind by meditation can improve cognition throughout the day and improve your spirits. It is also important to maintain hydration – most people should consume 1-2 liters of water a day before 4 or 5 pm. Try not to drink much late in the day because it can disrupt your sleep. Drinking half a glass of water frequently is better than larger amounts at one time. Avoid drinking a lot of water with meals.

Now we come to nutrition. Dr. Takayasu recommends that we look at a meal as veggies with a side of meat. Use smaller plates, and dedicate half the plate to non-starchy vegetables, dividing the rest of the plate among protein, fat, and starches. Try to minimize man-made food products. Fiber is great for your digestion because it acts like a squeegee, keeping things moving. Consider butternut squash versus Skittles; both have sweet flavor but the squash includes fiber which reduces the insulin rush. Our meals are generally structured around meat protein. Fish like salmon, halibut, or other wild fish provides omega-3 fatty acids. That is the only animal protein Dr. Takayasu prioritizes in her diet. Omega-3s are also good to avoid cognitive decline as we age.

What about fats? Plant fat is good, but animal fat is bad, mainly because of their different balance between saturated and non-saturated fats. Cooked, wild mushrooms like oyster mushrooms, shiitake, etc. are turning out to be especially good for you.

Fermented foods like yogurt, kimchee, miso, have probiotics and are good for your microbiome. We have about a kilogram of bacteria in our gut, and probiotics feed them. Green tea is recommended too, either caffeinated or decaffeinated. Dark chocolate (80-95% cacao) semi-sweet has more protein and less saturated fat and sugars. And the kick of caffeine is good to perk you up in the afternoon. One or two cups of coffee a day in the morning is fine. People in Fairfield County tend to drink too much alcohol. Men should have no more than two drinks a day, and women no more than one drink a day, to avoid damage to the liver.

Dr. Takayasu says that we should try to make good choices 80% of the time, but allow ourselves the freedom to make other choices 20% of the time. Fruits and vegetables are often lumped together in dietary recommendations, but the vegetable to fruit ratio should be 4:1 because that lowers sugar and raises fiber consumption. Supplements are not as satisfying as whole foods, and should not be the foundation of a healthy diet.

At the conclusion of her talk, Dr. Takayasu fielded a large number of questions from the audience.

On glycemia: Glycemic load measures how quickly a food is converted to sugars in your digestive system. Processed foods have higher glycemic load than whole foods. Try to balance fiber, fat, and protein to avoid high glycemic load. Non-starchy vegetables are best for slowing down conversion to sugars.

On decaffeinated beverages: Decaffeination is a chemical process that can be objectionable to some people, but it's fine if it doesn't bother you. You can reduce caffeine in your own tea by steeping it more.

What about cruciferous vegetables? These have specific compounds that are good for longevity and cancer avoidance. They include Brussels sprouts and cabbage, arugula, broccoli. Broccoli sprouts are a great way to consume lots of cruciferous vegetables.

What do you think of plant-based eggs and cheeses? Americans are always looking for new technologies but she recommends natural foods. The same goes for plant-based meat substitutes; they have a large number of chemical additives that you don't need. Just as with meats, they are fine on occasion, but should not be staples of your diet.

What if you love sweet desserts? Change your taste buds over time. Set yourself up for success; choose desserts that are naturally less sweet.

Organic foods tend to taste better. The Environmental Working Group lists the "dirty dozen" and "clean fifteen," a catalog of conventionally grown fruits and vegetables with the highest and lowest amounts of pesticide residue.

Can we lower cholesterol with wine at dinner? As we age, we cannot tolerate as much alcohol. Also, we cannot save up abstinence to over-imbibe on special occasions.

To avoid excess salt, just avoid processed foods. Processed foods include eating out at a restaurant, because you cannot control what is in your meal. Restaurants add lots of salt to make their food taste better so you will come back often.

The audience was very appreciative of Dr. Takayasu's information and advice.

Note: The views expressed in this presentation are those of the speaker, and not those of the RMA.

To see the full presentation, go to <https://greenwichrma.org/> and click on "Speakers."

IMPORTANT REMINDERS

TO CBB CONTRIBUTORS: Scribe for the next meeting, on November 2, will be →**JIM DEAN**←. Please send a copy of any remarks you want included in the CBB to jhdeanco@gmail.com.

ALL MEMBERS: The CBB team works every week to write and publish an informative and concise bulletin for our members' enjoyment. We can always use new members to join the Scribe Tribe. Please contact **TIM BROOKS** at tbroo@aol.com if you can support this effort.

ALL MEMBERS: Do not forget to report all your inside and outside volunteer hours to **WILL MORRISON** at wdmorrison@gmail.com or at <https://forms.gle/ZrhmEFvYapsh1Kas9>.

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.

Editor's note: Thanks to **ANDY HOLMES** for photos this time.

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Visit our website at <https://greenwichrma.org>

RMA 2022 CALENDAR

Weekly Repetitive Activities*			
Day	Time	Activity	Contact
Mondays	9:30 am	QiGong and Tai Chi Workout	Register in advance with 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	Resumes in Spring	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	Andy Holmes - Andyholmes56@gmail.com

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