

CIGAR BOX BULLETIN

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



www.greenwichrma.org
Chair/Editor: **Tim Brooks**

Scribes: **Joe Angland, Paul Barbian, Jim Dean, Bob Giaquinto, Arnold Gordon, John Kavanagh, Michael LaGamma, David Michonski, John Reese, Av Rivel, Frank Scarpa, Bob Shullman, Fred Wu**
Archivist: **Tad Larrabee** Website: **Mark Geimer** Format: **Len Carusi, Mark Geimer**

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SCRIBE: BOB SHULLMAN

Next Week's Scribe: **AV RIVEL, AV@RIVELS.ORG**

"It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things." – Leonardo da Vinci

President **JOE MANCINELLI** opened the meeting with a warm welcome and then **DON CONWAY** came to the podium for the Pledge of Allegiance. **MICHAEL HAYDEN** and **JIM SANTORA** then took over and three songs were sung: "Yankee Doodle Dandy," "Goodnight Irene" and "When Irish Eyes are Smiling."

The scribe for the day was **BOB SHULLMAN** while the projectionists were **LEN CARUSI** and **TONY COCCHI**. **JOHN KAVANAGH** was the greeter of the day while **SPIKE LIPSCHUTZ** handled the refreshments. **JOE** then made the following announcements.

Next week the membership will be asked to vote on which members will be on the RMA Board, Standing Committees as well as the Nominating Committee as of May 1. **JOE** then called **MICHAEL AMBROSINO**, who headed up the Nominating Committee, to the podium to review the proposed list of nominees that includes the following RMA members:

Officers	2023 Proposed New Slate
President	Jack Weir
1 st Vice President	Arnold Gordon

2 nd Vice President	Will Morrison
3 rd Vice President	David Michonski
Secretary	Ed Farrell
Treasurer	Jeff Junker
Past President #1	Joseph Mancinelli
Past President #2	Michael Ambrosino
Member at Large	Bob Rimmer (exp 5/2024)
Member at Large	Andy Holmes (exp 5/2024)

Standing Committees (Only the chairmen are Board Members)

Membership chair	Peter Stern
Program chairman	Bob Meaney
Vice Chair	Bob Rimmer
Assistants	Hollister Sturges and Tim Brooks
Publicity chairman	Skip Auch
Assistants	Jack Weir, Len Carusi and Tim Brooks
Sp. Events co-chairs	Don Conway & Maurice Krohn

Standing Committees (NOT Board Members)

Cigar Box Bulletin	Tim Brooks
Volunteer Hours	Will Morrison
Financial Review	Steve Boies

Nominating Committee

Chairman	Joe Mancinelli	(exp 5/2025)
	Michael Ambrosino	(exp 5/2024)
	Jim Dean	(exp 5/2025)
	Tim Brooks	(exp 5/2025)
	Jay Schondorf	(exp 5/2026)

MICHAEL then mentioned that all members are eligible to be become an officer or board member and if anyone wishes to be added as a nominee, please let **MICHAEL** know before next week.

JOE then called to the podium **PAT MacCARTHY** who discussed the RMA's participation in the Greenwich St. Patty's Day Parade this coming Sunday. RMA members who plan to

march with the RMA should arrive no later than 1:15pm at the Island Beach parking lot (finish line) where they can get a shuttle to Town Hall (the starting point) and march with other RMA members.

JOE then took a few minutes to delight everyone with “An Irish Tale” short story that **DON CONWAY** created to celebrate St. Patty’s Day. **DON** also had some amusing slides.

[**CLICK HERE TO SEE DON’S SLIDES**](#)

Corresponding Secretary **ARNOLD GORDON** was not at the meeting but sent in the following for the amusement of attendees.

If you can. . .

If you can always be cheerful, ignoring aches and pains,

If you can resist complaining and boring people with your troubles,

If you can eat the same food every day and be grateful for it,

If you can understand when your loved ones are too busy to give you any time,

If you can take criticism and blame without resentment,

If you can conquer tension without medical help,

If you can relax without alcohol,

If you can sleep without the aid of drugs,

Then

You are probably the family dog!

[You probably thought I was going to get all spiritual....]

So....

Handle every stressful situation like a dog -

If you can't eat it, or play with it,

tinkle on it and walk away.

PETER STERN offered the following membership-related news. There are two individuals who are being inducted into the RMA today, Bill Grempe and Kevin Flaherty.

Bill was nominated by **RUSS HARDEN**. **RUSS'** introductory remarks included that he has known Bill and his wife Chrissy and their four children for over 34 years. “We first became friends as parents at Greenwich Country Day School where Bill served on the board and Chrissy taught Spanish for many years. We have continued as family friends to this day.

Bill was a successful investment banker with over 25 years of corporate finance from a diverse group of clients in a variety of industries. During his career, he was with Merrill Lynch Capital Markets, Chase Manhattan Corp. and First Union Corp. Today, Bill continues with his wide variety of interests including outdoor life, sailing, racquet sports and continuing education. Bill already has several RMA member friends and I am confident if elected, he will become an active member in RMA activities.”

JACK WEIR seconded the nomination. **PETER** then returned to the podium and asked for a show of hands vote for Bill; the ayes were unanimous. **BILL** graciously accepted his membership into the RMA.

PETER then turned to **DIETER BLENNEMANN**, who introduced Kevin Flaherty to the RMA as follows. “I have known Kevin for more than five years. At that time, he and his wife Paula moved into our neighborhood. They immediately reached out to the neighbors and Kevin and I became good friends. We talk about our families, the neighborhood and its beauty. I have seen Kevin gardening in his yard, one of his hobbies. The main subjects of our conversations are about local news and what’s happening in the US, and the worldwide economy and its historical development. Kevin was born in New York in 1949 and will be seventy-four years of age this coming October. Kevin and Paula have four daughters and six grandchildren. It is fun to see the young children around their house. After graduating from college, Kevin worked in retail sales for the Mack truck company in New York City. After rising through the ranks, Kevin ultimately became president of Mack Trucks Inc. Kevin moved around the United States for his company which has relations to several worldwide locations, in Europe, Asia and Australia. Kevin retired in 2013 in New York City before moving to Greenwich. He spends time with his family, enjoys travel, walking and hiking. His interest in pickle ball may be a bridge to the activities of the RMA. Kevin looks forward to learning more about the sports and social programs of the RMA, especially our volunteering activities. Kevin is a member of Knights of Columbus, Hibernian Association and St. Michael’s Parish. I’m sure that Kevin will become an active member of the RMA and I recommend that we accept his application for membership.”

JOHN TONER then came to the podium and seconded the nomination. **PETER** then asked for a show of hands vote for Kevin. The ayes were unanimous. **KEVIN** thanked the membership for accepting him into the RMA.



Weir, Grempe, Harden



Toner, Flaherty, Blennemann

PETER then moved on to his membership report.

- 97 individuals in total were at today's meeting (86 members in person and 11 on Zoom). There were four guests.
- There were six birthdays this week. **BILL HOWLAND** turned 82, **BO JARNSTEDT** is 80, **JOHN FEBLES** is 79, **LEE LUNDY** is 80, and **REINHARD AUGUSTIN** is 84 while **MICHAEL ROSS** turned 80.
- Pete Hamilton was the guest of **TOG PEARSON** and **PETE UHRY**, Enrico Viselli was the guest of **AK KASSABIAN**, Conrad Miller was the guest of **PETE UHRY**, and Steven Shapiro was the guest of **HENRY TISCHLER**.

SPIKE LIPSCHUTZ then came to the podium to preview today's speaker, Dr. Alexander DelVecchio, a cardiologist at Greenwich Hospital/Yale New Haven Hospital whose presentation later in the meeting will focus on heart health and the management of two of the most common heart conditions: atrial fibrillation and cardiac arrhythmia.

Next up to the podium was **HOLLISTER STURGES**, who introduced next week's speaker, Robert Doubek, who will be discussing the creation of the Vietnam Veterans Memorial as told in his memoir, *Creating the Vietnam Veterans Memorial - The Inside Story*. Creating the memorial was a grassroots effort launched by veterans with no funds and sparked an emotional debate about aesthetics and the interpretation of heroism, patriotism and history that nearly doomed the project. Doubek's account tells the complete story of the

memorial's creation amid Washington politics, a nationwide design competition and the heated controversy over the winning design and its creator.

Doubek grew up in an American family with Czech roots. They were bakers and confectioners for three generations, including his. In 1962, he enrolled at the University of Illinois, studying political science, German, and Russian. Soon after graduating from the university, Robert was commissioned in the Air Force. He served as an intelligence officer in Vietnam, focusing on the Ho Chi Minh Trail, among other projects. After his service, he earned a law degree at Georgetown University. In 1979 Doubek co-founded the Vietnam Veterans Memorial Fund and served as its executive director and project director until completing the memorial in mid-1983. Presently, as an employee of the U.S. State Department, Robert travels worldwide to purchase land for construction of new U.S. embassy and consulate compounds. He lives in Washington, D.C.

ADDITIONAL ANNOUNCEMENTS

JOE then called on **MAURICE KROHN** to update the members on the Red Cross Training and Certification Class scheduled for Sunday, April 30, from 9 am to noon at 99 Indian Field Road in Greenwich. The cost to attend this class is \$105 and is not tax deductible. Members who wish to attend (please note the class is limited to 12 seats) must bring their check payable to the RMA to the RMA registration desk no later than the April 3 meeting. If you have any questions about this class, contact **MAURICE** at Maurice142@optonline.net.

PETE UHRY discussed the need for more mentors, members who welcome visitors and tell them what the RMA is all about. He also mentioned the RMA's upcoming order for more RMA hats. Members interested in ordering an RMA hat should contact **PETE**.

TOM HEALY has announced four rehearsal dates and 14 performance dates for the Melody Men this Spring. See attached for details.

MELODY MEN SCHEDULE

VOLUNTEER PROGRAMS

JOE read the thank you letter the RMA received from New Covenant House regarding the Stamford food drive that **MICHAEL AMBROSINO** managed earlier this year.

WILL MORRISON then discussed volunteer opportunities that members can join, referring members to the list of organizations that RMA has assisted on the bulletin board in the back of the meeting room. He also asked members who assist non-profit or volunteer organizations that are not included on the list to let him know about them.

JIM BUTLER discussed The Nathaniel Witherell's need for volunteers to assist with arts & crafts, reading, sharing pets with those residents who enjoy interacting with pets, etc. Members interested in volunteering should contact Mary Tate at 203-618-4228 or mary.tate@witherell.org.

WILL thanked all those who advocate for the many organizations for whom members volunteer thousands of hours during the year. He ended this portion of the meeting by stating next week he will be showing members a video clip of Bio Diversity.

FUN AND GAMES

Pickleball: **PAT MACCARTHY** reminded members that pickleball is still being 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, contact **PAT** at Pmaccarthy415@gmail.com.

Bridge: **RON MURRAY** announced that bridge is being played after the meeting at the Greenwich Library at 12:30, downstairs in the cafeteria. The results from the bridge games on March 8 were as follows. Five members played. In first place was **ED MASTOLONI** with 2580 points, **RON** came in second with 2390 points and **TONY COCCHI** came in third with 2090 points.

Hearts: **BOB SHULLMAN** reported the results from the eight members who played at two tables. At Table 1, four games were completed with all four players (**JACK SWEGER, JOHN STANKUNAS, BILL FAKUNDINY, and BOB**) winning a game. **JOHN STANKUNAS** and **BOB SHULLMAN** each shot the moon once. At Table 2, four games were also played and **JIM**

DEAN won three of them while **TOM HEALY** won one of them. Five moon shots also occurred; **JIM DEAN** and **TOM MORONEY** shot the moon twice while **TOM HEALY** did it once.

Walkers and Talkers:

TAD LARRABEE reported that the walkers and talkers met at Crawford Park in Rye Brook, NY and enjoyed a nice neighborhood walk north of the park for a little over 3.5 miles. At one point, we saw a home with multiple Trump signs and then discovered a home around the corner with a sign urging “Love Your Neighbor.” As we walked in front of that home, the



owner walked over to greet us and we had an enjoyable neighborly talk. That doesn’t happen often, but it was very pleasant.

Tai Chi: WILL MORRISON reminded everyone that once a week he leads some members in Tai Chi in Old Greenwich. If any other members are interested in participating, please contact him for more details.

Tennis: ANDY HOLMES discussed the 2023/24 indoor tennis season that is still months away. For those of you participating in the current season, you should have received an email from me a week ago asking that you let me know if you will be playing again in the upcoming season and if so, to please send me a deposit to hold your spot. If there are any new RMA members who would like to join or if there are any existing members that have thought about joining, we would love to have you join our group.

The season will run from early September 2023 to early May 2024. We play on Friday afternoons from 1:30 – 3:00 at the Old Greenwich Tennis Academy. Should you have any

questions about our indoor tennis program, please send me an email (andyholmes56@gmail.com)

As for last Friday's results, eight players played four matches. In the opening round, the winners on Court 1 were **ANDRE MAZUREK** and **JIM FISHBEIN** and over on Court 2 the winners were **RANDY MOTLAND** and **ANDY HOLMES**. In the finals round, the winners on Court 1 were **ANDRE** and **ANDY** and on Court 2 the winners were **RALPH NEWITTER** and **JOE MANCINELLI**. This week's captain will be **BRIAN MAHONEY**.

TODAY'S SPEAKER

After the coffee break, **SPIKE LIPSCHUTZ** introduced today's speaker, Dr. Alexander DelVecchio, a cardiologist at Greenwich Hospital whose presentation focused on heart



health and two of the most common heart conditions: atrial fibrillation and cardiac arrhythmia. During his discussion he presented 33 slides that provided an informative overview of arrhythmia, and issues as how to recognize arrhythmia symptoms and what treatments and interventions are available. Dr. DelVecchio also focused on atrial fibrillation, a cardiac rhythmic disturbance, especially prominent in older adults similar to many of the members and guests in

today's audience. Its treatment often involves medications that have serious potential side effects, and treatment options depend on many factors, particularly the prevention of life-altering disease if not treated effectively.

[CLICK HERE TO VIEW DR. DELVECCHIO'S PRESENTATION](#)

Following are very brief summaries of the doctor's thoughts regarding heart health, arrhythmia and atrial fibrillation. Recounting his presentation in detail would take many pages and medical terminology, but they can be viewed on the video of the talk on the RMA website.

- **HEART HEALTH.** In this very brief portion of his presentation, the doctor reviewed how the heart functions using very clear visuals and the heart's similarity to how an

auto engine and auto transmission work together to power an auto. He then focused on how EKG's that are typically part of an annual physical exam are used by doctors to assess how well the hearts is functioning and many times indicate that a person has arrhythmia.

- **ARRHYTHMIA.** What exactly is it? It is a condition in which the heart beats with an irregular or abnormal rhythm. The doctor then discussed the two types of arrhythmias: Brady arrhythmias when the heart beats too slowly and Tachy arrhythmias when the heart beats too fast.
- **ATRIAL FIBRILLATION.** What is it? It is the most commonly treated arrhythmia that is usually identified by an EKG. Symptoms that an individual may notice of having this condition that should lead them to see a doctor include: palpitations, shortness of breath, chest pain, dizziness and sometimes no symptoms. Why should an individual deal with these symptoms when they experience one or more of them? Atrial fibrillation many times is the forerunner of an individual then experiencing a stroke. The typical ways that are used to treat these conditions include: prescription drugs, electric cardioversion (shock therapy) and the implantation of a pacemaker. The doctor then briefly how each of these potential treatments works.

The doctor then asked if there were any questions from the audience and, as expected, a number of hands went up. Those interested in the questions asked and the responses are urged to go to the RMA website and click on the video of the discussion.

Dr. DelVecchio is a cardiology specialist and has been affiliated with Greenwich Hospital since 2004 and Yale New Haven Hospital since the two medical facilities entered into a partnership. He has extensive experience in heart conditions, cardiac electrical system procedures, and adult congenital heart conditions. He earned his medical degree from Albert Einstein College of Medicine, 1996, did his residency in internal medicine at Montefiore Medical Center from 1997-1999, and completed his training with two fellowships at Montefiore Medical Center, one in cardiovascular disease, 2000 - 2003, and one in cardiac electrophysiology, 2003 - 2004. He is board certified and has been selected one of the top doctors in the Metro Area since 2017 and accorded other honors.

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

Note: The views expressed in this presentation are those of the speaker. They are not intended to represent the views of the RMA or its members.

IMPORTANT REMINDERS

TO CBB CONTRIBUTORS: Scribe for the next meeting will be →**AV RIVEL**←. Please make sure you give a copy of any remarks you want included in the CBB to him, preferably via email.

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 at www.greenwichrma.org/log.

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.

Thanks to **ANDY HOLMES** and **TIM BROOKS** for pictures this time.

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

RMA 2023 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 Michael LaGamma – mdlgamma@optonline.net
Friday	Resumes in Spring	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