

# CIGAR BOX BULLETIN

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



[www.greenwichrma.org](http://www.greenwichrma.org)

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**VOLUME 70 NUMBER 33 April 19, 2023**

**SCRIBE: JOHN REESE**

Next Week's Scribe: **JOHN KAVANAGH, [JJKCT176@GMAIL.COM](mailto:JJKCT176@GMAIL.COM)**

*"Don't walk in front of me, I may not follow. Don't walk behind me, I may not lead. Walk beside me and be my friend." – Albert Camus*

**JOE MANCINELLI** opened the early meeting at 9:30 am with **MIKE HAYDEN** leading us in the Pledge of Allegiance. Then, with **BOB MORGAN** at the piano, **MIKE HAYDEN** marched us on a trip from the Halls of Montezuma to the shores of Tripoli ("Marines' Hymn"), back to the 1920's with "Toot, Toot, Tootsie (Good Bye!)," and finally outdoors, with "You Are My Sunshine."

**MIKE HAYDEN** reminded us that he works at the Intrepid on Tuesdays and if you let him know when you're going to be there, he can make sure you get a good view of what's going on. He flew four of the aircraft actually on the ship.

**JOE MANCINELLI** said **JOHN KAVANAGH** was our greeter today, **TED LARRABEE** is our mentor and the refreshments have been provided by **JOHN KNIGHT**.

There's been a rash of email hacking using **JOE's** and probably some other names that he is unaware of, and this is something that's occurred in the past. If you receive an email, especially one that says he's *out of state* and asks to send him a credit card (or that RMA uses gift cards to make donations to a charitable cause and he asks for further information to help him out), do not respond. There's not a lot we can do to prevent these fraudulent emails. [Editor's note: I have received emails purporting to be from at least four different

RMA members, with the innocuous sounding but vague message, “I was wondering if you got my previous email?” If you weren’t expecting an email from a person don’t answer it, or call to confirm. These are called “phishing” emails.]

Other announcements from **JOE**:

- The first Elderhood luncheon was after the meeting Wednesday for those who signed up and *we also have another one scheduled for next Thursday*. There will be a signup sheet at the back of the room at the next meeting.
- Pancake Breakfast: There's going to be a pancake breakfast and a flagpole dedication Saturday, April 22<sup>nd</sup> at the American Legion Hall in Glenville from 8:30 to 11:30 am. For further information, contact **MIKE HAYDEN**.
- A ROMEO lunch is scheduled for Thursday April 20<sup>th</sup> at 1:00 pm at Cobber North at the Griff. That's always a lot of fun as well.
- Belmont Trip: **TOM HEALY** is sponsoring this outing for Thursday June 15<sup>th</sup> from 1:30 – 8:30 pm. We've got 20-plus signups already and just need 15 more to make the trip a go. **TOM** is available for further information.

*For 2023 Belmont trip details, [CLICK HERE](#)*

## **NEW MEMBER INDUCTION AND MEMBERSHIP REPORT**

**PETER STERN** introduced Alan Weyl, who was sponsored by **BOB MEANEY** and seconded by **DAVID MICHONSKI**. **BOB** delivered the following remarks.

“It is my pleasure to nominate Alan Weyl for membership in the Retired Men's Association. Alan and his wife Janie moved to Rockwood Lane Greenwich with their three children in 1991. They moved to River Oakes in Stamford in 2008. My wife Angenette and I met Alan and Janie in 2014, and we have been good friends ever since.

“Alan was raised in La Cañada, California, where he attended public schools and was a scout. He graduated from UCLA in 1967 after which he served as a naval officer in the Seventh Fleet for four years. After that he attended Harvard Business School where he graduated with high distinction and was a Baker Scholar.

“In his business career, Alan worked for many years for Boston Consulting Group where he rose to be managing partner and a member of the board of directors. He later held senior positions at Diamond Technology Partners, CSC Consulting and other firms. His not-for-profit activities have included chief operating officer of Inspirica in Stamford and president of the River Oakes Association.

“Alan's recreational interests include crossword puzzles, genealogy, card games including bridge and hearts, world travel, reading, and photography. In sports he favors UCLA, UConn, the Dodgers, the Yankees and the Giants.

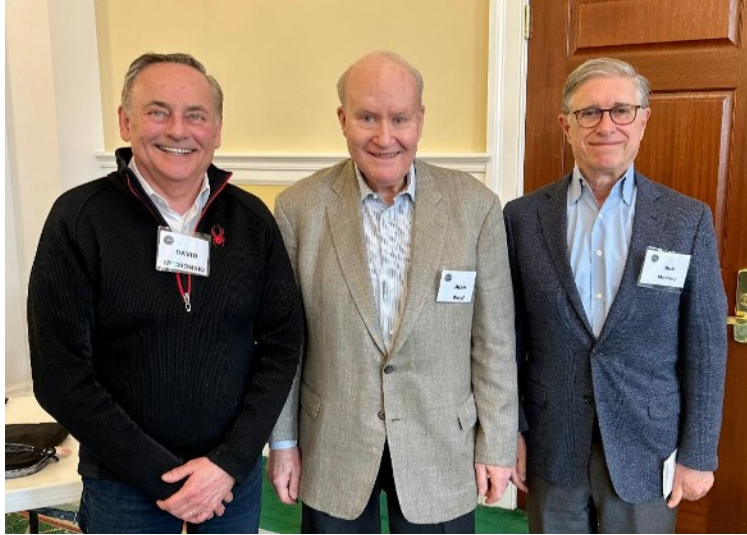
“Alan and Janie are celebrating their 50th wedding anniversary next month, in May. As a person, I have found Alan to be a loyal friend with a positive attitude who is always willing to contribute to the cause at hand. I enthusiastically nominate Alan for membership in the RMA.”

**DAVID** added “There are many reasons to second Alan but most importantly is that Alan was the COO of Inspirica, Stamford, which for those of you who don't know takes the homeless and gives them a home, it's as simple as that. And for all you bridge players and heart players, you have now have a new member.”

**ALAN** was approved by unanimous vote. In his acceptance remarks, he said, “I stand here today humbly, and humility is one of the Seven Virtues, which I find challenging to abide by all the time. That's from someone who has been in the heights and been in the depths. The second thing I'd like to say, I'm going to do in four quick bullets.

- “I yam what I yam.” Who said that? Popeye. In what cartoon? *I Yam What I Yam*. And he also said “I keep my strength because I eats me spinach.” I'm a Navy officer; I've sailed the Seven Seas. That's the most recent bullet point.
- The next bullet point goes back a lot further than that. It is that life is fleeting. Life is fleeting because things change all the time. Some people hate change, some people seek it. I'm a change seeker. If you want to know the history of change seekers and the derivation of it, come talk to me and I'll give you a lesson in Greek mythology.
- No man is an island. I'm not. You're not. We all need companionship and conviviality to reach our full potential in life.
- You need to be an associator. I am an associator because it is the only way that I can share and learn faster and more completely than I would if I didn't have membership in places like this.

“Thank you very much for your support.”



Michonski, Weyl, Meaney

**PETER** also separately informed me that the attendance at today’s meeting was 89 in person and 13 on Zoom for a total of 102.

This week’s birthdays:

Pat	MacCarthy	74
Av	Rivel	87
Brian	Maher	82
Joe	Dowling	84
Tim	Brooks	81

Our guests this week were:

Enrico Viselli, guest of **SAM MARASSO** and **AK KASSABIAN**

Bill Grad, guest of **RUSS HARDEN** and **TOM NACINOVICH**

Steve Johnson, guest of **DON ROTZIEN**

Tory Johnson, guest of **DON ROTZIEN** and **PETE UHRY**

Pete Hamilton, guest of **TOG PEARSON**

In-person welcome: **JOE HAVRANEK**. “First time in a long time.”

**PETER** previously requested that you let him know when you are a returnee (that is, you were away for one or more weeks), and when you are celebrating a significant event or milestone, such as a new grandchild or great grandchild or having an anniversary past 50 years. Email **PETER** at [pmstern@optonline.net](mailto:pmstern@optonline.net) .

Returnees: **BOB MEANEY**, from Germany, **JIM BUTLER**, from Crooked Island, Bahamas.

## **SPEAKERS**

**JOE** announced that representatives of the Greenwich EMS were going to be speaking at the business meeting today, and following that, there would be our normal speaker at 11 am. The latter will be **FLEMMING HEILMANN** who's going to be speaking on the men in Denmark's Freedom Council, the story of the Danish resistance movement during World War II. Next week, we have Robert Wolterstorff, Ph.D , the executive director of the Bruce Museum on "The New Bruce Museum: a World-Class Destination for Art, Culture and Science Education."

## **ANNOUNCEMENTS**

**HENRY TISCHLER** is forming an RMA Poker Interest Group of otherwise solid citizens looking to score a modest jackpot at a friendly game once a month, or perhaps more frequently. He needs three more players to express interest in order to launch a regular group. If you are interested or have questions, please reach him at (978) 460-1128 or [txtbks@gmail.com](mailto:txtbks@gmail.com), or signup on the bulletin board at the next meeting.

**ARNOLD GORDON** recommends to all members some very useful recent articles dealing with issues germane to our demographic group. In the April 2023 issue of the *AARP Bulletin*, there is detailed coverage of the many old and new scams, especially targeting seniors ("Your 2023 Fraud Survival Guide"). In the same issue, there is an informative article on "Waging War on Prostate Cancer." Mark your calendars for a panel discussion on this subject at the June 21<sup>st</sup> RMA meeting. If you are not an AARP member, you can obtain the *Bulletin* in print, or access a digital version, by downloading the AARP publications app from the Apple or Google Play stores. **ARNOLD** also recommends "Medical Myths on Aging," which corrects lots of misinformation on such things as physical deterioration, exercise, sleep, brain health, and other important topics. See <https://www.medicalnewstoday.com/articles/medical-myths-all-about-aging>.

**MIKE AMBROSINO** asked that the non-profit Greenwich Emergency Medical Service, the sponsor of today's special EMS presentation, be considered for donations. Checks can be mailed to 1111 East Putnam Ave., Riverside, CT 06878, c/o Patrick O'Connor Deputy Director (203-637-7505 x217).

**ANDY HOLMES** asked that we include the following. As mentioned by **ARNOLD** in last week's CBB, in cooperation with Temple Sholom in Greenwich, the Anti-Defamation

League will be holding a presentation with subject experts on “The Fight Against Extremism and For Democracy” on Thursday, April 27<sup>th</sup> from 7:30-9:30 at Temple Shalom. For details and to register, see <https://www.templesholom.com/event/the-fight-against-extremism-and-for-democracy.html>. Additional information may be found at <https://connecticut.adl.org/>.

## GAMES

While the results were not presented at our meeting today, in order to allow time for the Greenwich EMS, the captains provided the following updates.

**Indoor Tennis:** **ANDY HOLMES** reported that this past Friday, eight players played four tennis matches at the Old Greenwich Tennis Academy. In the opening round, the winners on Court 1 were **JOHN REESE** and **STEVE STEIN**. On Court 2 the winners were **PETER DODGE** and **MARK PRUNER**. In the finals round, the winners on Court 1 were **MARK** and **STEVE**, and over on Court 2 the winners were **RALPH NEWITTER** and **MICHAEL AMBROSINO**. This week’s captain is **PAT MacCARTHY**.

**Pickleball:** **PAT MacCARTHY** reported that there were very competitive games last Thursday. Playing were **BOB GIAQUINTO**, **JOE DOWLING**, **PETER CRUIKSHANK**, **ANDRE MAZUREK**, **BILL FAKUNDINY**, and **PAT MacCARTHY**. Pickleball is played, weather permitting, normally from 10 am until 12 pm on Mondays and Thursdays at Christiano Field. On Monday, April 24, as an experiment, the start time will be 9 am. If you want to join the pickleball contact list, please email **PAT** at [pmaccarthy415@gmail.com](mailto:pmaccarthy415@gmail.com).

**Bridge:** **RON MURRAY** gave the scores for Wednesday, Apr 12. Five players gathered with **STEVE SHAPIRO** earning 2800 points, **ED MASTOLONI** earning 2475 points and **BRUNO SCHRAGE** earning 2360. Special congratulations to **STEVE SHAPIRO**, who was inducted into the RMA on Wednesday morning and won the bridge event Wednesday afternoon! We play Wednesday afternoon at 1 pm at the Cafe on the ground floor of the Greenwich Library. Lunch is available. We welcome all club members and guests who are interested in bridge, whether beginners (clearly not **STEVE**) or experts, to join us. We are a friendly group and are happy to offer advice to newcomers when requested.

**Hearts:** **BOB SHULLMAN** reported there were two tables with eight players. A total of six games were played as follows. At table 1 three games were played with **BOB** winning two games and **DON CONWAY** winning one game, and **JOHN KNIGHT** shooting the moon two times. At table 2 three games were also played with **MICHAEL AMBROSINO** winning two games and **JACK WEIR** winning one. **TOM HEALY** and **MICHAEL AMBROSINO** each shot

the moon once. Hearts is played at 1 pm after the RMA meeting on Wednesdays, at the library, and we are always looking for more players to shoot the breeze, er...I mean shoot the moon.

**Walkers:** **TAD LARRABEE** reported that 13 of us met at **MARK PRUNER'S** home in north Greenwich. He took us on a delightful 2.3-mile stroll, introducing us to his neighborhood and serving as our well-informed guide. The weather was perfect for a Spring walk, but I found that my announcement last week was somewhat misleading because I anticipated more flowering trees and gardens. It seems that four-acre minimum lot sizes cause many of these delights to be more apparent from the homes than from the street. But it was a beautiful early-Spring countryside nonetheless. If anyone wants to be a guide for the Walkers in your own neighborhood, showing us the highlights of your area, please let me know so we can organize a walk with you as our guide. Or even be our guide for any other reasonably nearby area that you know well where you think it might be an interesting or fun place to walk.



RMA Walkers, in front of the former Leona Helmsley estate

**Tai Chi:** No report this week. They meet Monday at 9:30 am. Contact **WILL MORRISON** for the location and to attend.

### **SPECIAL PRESENTATION**

**JOE** turned the meeting over to Colin Basset, a senior paramedic with the Greenwich Emergency Medical Service (EMS). He was accompanied by Executive Director Tracy

Schietinger, Deputy Director Patrick O'Connor, and Administrative Technician Jason Wein. Greenwich EMS has been around for about 36 years and they are the sole provider of 911 services for the town of Greenwich. They operate four ambulances 24/7 and all of them are staffed at the *paramedic* level.

Colin asked: "Who here knows the difference between an EMT and a paramedic?" Only a few people raised their hand. (Your scribe thought they were different names for the same thing.) It turns out that an EMT is an emergency medical technician-- that's how most paramedics get their start in EMS. Colin started as an EMT. To get certified as an EMT, one takes a four-to-six-month class where one learns a lot of what is called basic life support, basic wound care, CPR, and how to deal with fractures. Then, there's a step up, which generally requires two years of additional training--that's a paramedic. Colin likes to tell people that as a paramedic there is no emergency that he is not able to handle. He can give all sorts of medications for heart conditions, seizures, asthma, COPD, strokes; he can intubate people and can breathe for them. Probably the biggest thing that he does is provide life-saving CPR in the case of a cardiac arrest. Colin mentioned a fun fact that every high school student in Greenwich is required to learn CPR before they are allowed to graduate high school.

Colin said by the end of his presentation, everybody's going to know what an AED (automated external defibrillator) is, and everybody's going to know how to use one. He will also go over CPR, to show how CPR is done and more importantly, why it is done.

EMS encourages teaching CPR to everybody at all ages because it is *proven* to save lives. The quicker somebody gets CPR the more likely their chance of survival. He knows this because people do studies on this and he also knows this because he monitors that data for the town of Greenwich for every call that they go on. He can tell us with 100 percent certainty if somebody has cardiac arrest in the town of Greenwich, and if somebody from the public starts CPR, the chances of survival are much greater than if somebody doesn't. CPR and early access to an AED is what saves lives.

Before going to a demonstration Colin took questions. The audience interest in this subject was unprecedented – the audience asked over 56 questions before letting Colin do a demo.

Some of the questions and answers were:

"How many calls a year do you handle?"

"We typically respond to around 6,000 calls a year and transport anywhere from 3,800 to 4,100 patients depending on the year, so it averages about to 21 calls a day split amongst



the four ambulances. Nights are usually generally slower but emergencies are highly unpredictable when they occur.”

“How do we financially support you?”

“The Greenwich EMS is a not-for-profit agency that is contracted through the town. The town does give it an amount of money that helps the operating budget, so that helps pay for insurance, and it helps pay for the people that ride in the ambulances. BUT, every ambulance and every piece of equipment in that ambulance has been donated by the citizens of Greenwich. So, it is truly the community that sustains EMS and it's truly the community that supports it.” (Note: see the announcement section if you wish to make a donation.)

“What about our police officers as first responders – what is their role?”

“The Greenwich police role in the community as medical providers is pretty unique -- doesn't happen in a lot of other places; there's none that Colin knows of in Connecticut. Greenwich police officers are all trained in CPR and they are all trained at a minimum of emergency medical responder with most of them being EMTs as well. They have an AED in every car and a medical bag. Being our first responders, the EMS does a lot of their training; they cross train and they work together, for example, new police officers that come out of the academy, come to Greenwich EMS and usually sit with Colin for about four hours and they go over sort of the expectations and what their role is in the community as medical providers.”

**JIM BUTLER** asked about our locations around the town and the equipment they use and how often they replace them.

“We have four locations in the town of Greenwich – a new station that just got built up on King Street right near the Cobber North; a station at the Greenwich hospital; a station across from the J house in Riverside; and a station off of lower Cross Road next to Parkway School. We have four full-time ambulances 24/7/365 and they rotate around depending on calls. The idea behind the way we move the ambulances is to kind of keep a triangle around the town of Greenwich so if there's a call here, we try to move everybody so that an ambulance will always be close to the next call. The standard for response time is less than eight minutes and they achieve a five-minute response time for about 90 percent of their calls.”

“As far as equipment there is a cardiac monitor/ defibrillator that costs about thirty-five thousand dollars that can do EKGs, monitor heart rhythms, and provide electrical therapy. Those are replaced every seven years; our ambulances get replaced every seven years. There are eight total ambulances in the fleet, seven that are full duty ambulances. So,

every year we replace one. Most medical equipment we tend not to keep over seven years-- best practices. That's all donated."

"How do you know what medication the emergency victim is on?"

"There is a standardized form for medications—called Files of Life-- you can find them online and yes, the fridge is generally the place to leave it. Some people have Files of Life; others just have their med list and important phone numbers on the refrigerator and that's something we look for. Also, it's 2023 --everybody's got a phone and a lot of people put their information on it."

"How far does patient follow-up go if you bring somebody to the hospital?"

"If we bring somebody to the hospital, we do go further than just the emergency room doors. In my position very often I am contacted by patients' doctors asking for updated information. We write a patient care report that becomes part of the patient's medical record and will accompany them all the way through their care and especially in serious situations like let's say a car accident or a cardiac arrest where we get somebody's heart back, that information is critical and doctors very often come to me looking for that information because oftentimes we're the first one that has recorded anything that can help lead them to figuring out what they need to work on. So yeah, our treatment, our care is permanently part of a patient's medical record."

"Do you have medications on board the ambulance?"

"Yes, we have medications for pretty much anything you could think of. I have Tylenol all the way up to medication that can paralyze your entire body and put you to sleep so that I can breathe for you. I have medication that can speed your heart up; I have medication that can slow your heart down; I have medication that can ease your pain, yeah, for pretty much anything you can think of, we have some form of medication."

"What is the liability for a citizen acting as a Good Samaritan?"

"Every citizen is covered under the Good Samaritan law so you are legally protected from being sued if you try to give help, or when you give CPR or use AEDs. If you happen to do that in public, you cannot be sued for that; you are protected. It's called the Good Samaritan law just for that situation because nobody wants to discourage people from helping because they're afraid of litigation."

Colin then proceeded to tell us about AEDs and performing CPR. Key points were:

- If a person collapses in front of you and *is not breathing*, they need CPR. Don't look for a pulse; are they breathing?

- If there are other people nearby, while you start CPR, direct one *specific person* to call 911 (as contrasted to yelling “Hey anybody, please call 911.”) Then direct a specific person to see if an AED is around and bring it to you. Colin told us that there was an AED nearby us in the meeting hall – hanging just outside the bathroom door in the hall.
- We don’t give mouth to mouth any more as part of CPR.
- The science behind CPR is that if somebody goes into cardiac arrest, a body has about six to eight minutes of oxygenated blood still available, and CPR is going to help move that around. Mouth to mouth isn’t needed and research shows that it is not the part that saves a person’s life – compressions do and an AED, if available, does.
- AED stands for automated external defibrillator. It defibrillates the heart. Defibrillation means that when your heart is in a certain rhythm-- we call it ventricular fibrillation -- your heart is still beating, it's just not beating well enough to detect a pulse or to push blood filled with oxygen to your brain or other organs. We call that cardiac arrest. The AED’s sole purpose is to identify that somebody is in ventricular fibrillation or ventricular tachycardia-- both rhythms that can be converted with electricity.
- Everybody in this room can operate an AED—it’s all automated and speaks to you when you open it or press the start button, giving you directions step by step and even diagnosing if the person lying on the floor needs defibrillation. Even children eight years old can operate an AED.
- In the next five to ten years most homes will probably have an AED.
- With CPR, how fast are you supposed to do CPR? How many compressions per minute? About 100 to 120 compressions per minute. That’s about two compressions per second so if you can count “one Mississippi” in your head, in one Mississippi you should give two compressions. Or, if you are musically inclined, compress to the beat of the Bee Gees song “Stayin’ Alive,” which is 100 beats per minute.
- You want to be compressing about two inches deep right in the center of the chest. “Every single person in this room has a big bony bone in the middle of their chest called your sternum; that’s where you want to put the palm (the heel) of your hand when you do compressions and you want to push down about two inches or as close to two inches as you can get (for an adult – for a baby, just 1/3 of their body depth.)
- When you do compressions, “lock my elbows --I’m going to put my shoulders square up over them because I want to use my body weight to do compressions.” You don’t want to be energetically pumping your arms up and down to generate compression - that's pretty hard to do and you will be tired very quickly.
- The other emergency moves for everybody to know is for when someone is choking – The Heimlich Maneuver. What you want to do is, standing behind them, to take your hand, make a fist, put your fist’s thumb in their belly button and pull up from their belly button *toward your chin*. (This is in contrast to pressing at the belly button and pulling directly

backwards rather than upwards). You want to be pushing that diaphragm muscle up and hopefully expelling out whatever's in there.

- Colin reiterated a key point – the most important thing you can do if somebody collapses in front of you is to start CPR – compressing that sternum twice a second – *immediately*, to give them the best chance for life.



Holding an AED



Performing CPR

**JOE** thanked our EMS representative for an excellent presentation and adjourned the meeting at 10:45 am.

### **TODAY'S SPEAKER**

**BOB MEANEY** introduced today's speaker, **FLEMMING HEILMANN**, discussing his recent translation of Halfdan Lefevre's book *The Men in Denmark's Freedom Council*, which tells the story of Denmark's resistance to Nazi occupation during WWII. **FLEMMING** is an RMA member who last spoke to us in 2018 about his autobiography *Odyssey Uncharted: A World War II Childhood Adventure from Malaya to Australia to Cambridge*. After receiving his education at Cambridge in economics and law, he had a long and successful career as a business executive in South Africa, Europe, Canada and the United States. He also served as a director and for six years as chairman of the Jacob Riis neighborhood settlement in New York City's inner city and he has been knighted by the Queen of Denmark. He lives with his wife Judy in Rowayton.

**FLEMMING**, who was born to Danish parents living in Malaya, began by sharing thoughts on the lessons he believes that the West should have learned from WWII and the importance of defending democracy and avoiding complacency. "I'm taking the liberty of introducing some personal thoughts because 82 years ago the Japanese invaded Singapore and British colonial Malaya. I think there's some lessons that we didn't learn and that is

that appeasement doesn't work very well when democracy is threatened. Our democracy has to be defended and what works even worse is complacency. I think that the West's response to Putin and what he has done in Eastern Europe to Ukraine is an illustration of what happens if you have too much respect for the appeasement gospel and an overdose of complacency despite what we had clearly seen in Crimea, Georgia, Chechen and, you know, that list goes on. The excuse has always been fear of escalation. Well, the first step in any kind of escalation is to start the damn thing in the first place, and bear that in mind. I think we have blood on our hands. I think we should learn from history. We spend an awful lot of time these days trying to rewrite it."



So, with that cheerful introduction, **FLEMMING** continued, first describing his personal story. His family spent seven years in Malaya leading up to the invasion of that country in 1941, then evacuated, and then spent five years in Australia as refugees, "which was very easy and very pleasant. Australians were immensely generous, welcoming, helpful, so being a refugee with the Aussies was pretty easy living compared with thousands of others who had who had less luck." His family returned home to

Denmark literally within two months of its liberation in 1945.

April 9, 1940, was the day when the Germans had rolled in to Denmark. There was absolute shock in Denmark that this could happen. He said, "Did I mention complacency earlier on? We have, they said, a non-aggression pact with Hitler, how can this happen? What happened in Poland, what happened in Sudetenland, you know that's there, that couldn't possibly happen to us!" That was the attitude and that was the line taken by a compromising Danish government as the Germans took over. The Germans pretended that they wanted to collaborate and make Denmark better through the Nazi system.

Danes generally did not accept that approach and the resistance was spawned almost immediately across the country, resulting in the formation of an underground "freedom council." **FLEMMING** highlighted the Danish resistance's activities, including snipers targeting key Nazis, sabotage, establishing links with the Allies, setting up illegal underground press to spread true news, and procurement of supplies. He also mentioned the resistance's propaganda and communication efforts. He noted that the Danish

government's compromising approach and the world's appeasement and complacency contributed to the rise of the Nazis and the grave consequences of WWII.

To see the full presentation, go to <https://greenwichtma.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 →**JOHN KAVANAGH** ←. Please make sure you give a copy of any remarks you want included in the CBB to him, preferably via email.

**ALL MEMBERS:** Do not forget to report all your inside and outside volunteer hours at [www.greenwichtma.org/log](http://www.greenwichtma.org/log).

**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](mailto:tbroo@aol.com) if you can support this effort.

**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.

Retired Men's Association of Greenwich, Inc. · 37 Lafayette Place · Greenwich, CT 06830 · USA. Visit our website at <https://greenwichtma.org>

## RMA 2023 CALENDAR

<b>Weekly Repetitive Activities*</b>			
<b>Day</b>	<b>Time</b>	<b>Activity</b>	<b>Contact</b>
Mondays	9:30 am	QiGong and Tai Chi Workout	Register in advance with Will Morrison – <a href="mailto:wdmorrison@gmail.com">wdmorrison@gmail.com</a>
Mondays	10:00 am (9 am on April 24)	Pickleball at Christiano Park	Pat MacCarthy – <a href="mailto:pmacCarthy415@gmail.com">pmacCarthy415@gmail.com</a> Mark Geimer – <a href="mailto:mark.geimer@gmail.com">mark.geimer@gmail.com</a>
Tuesdays	9:30 am	RMA Golf, the Griff Golf Course, Greenwich	Mike Ryan – <a href="mailto:ryantomac@netscape.net">ryantomac@netscape.net</a>
Tuesdays	Resumes in fall	Platform (paddle) tennis at Loughlin Field, Cos Cob	James Dean - <a href="mailto:Jhdeanco@gmail.com">Jhdeanco@gmail.com</a>
Wednesdays	9:45 to 10:30 am	RMA Weekly Meeting	Horst Tebbe – <a href="mailto:onehorst@optimum.net">onehorst@optimum.net</a> or Len Carusi at <a href="mailto:lencarusi@gmail.com">lencarusi@gmail.com</a>
Wednesdays	1:00 pm	Hearts	Bob Shullman – <a href="mailto:bob.shullman@gmail.com">bob.shullman@gmail.com</a>
Wednesdays	1:00 pm	Bridge	Andre Mazurek - <a href="mailto:Mazurek.a.j@gmail.com">Mazurek.a.j@gmail.com</a>
Thursdays	9:00 am	RMA Walking	Tad Larrabee - <a href="mailto:tadlarra@optonline.net">tadlarra@optonline.net</a>
Thursdays	10:00 am	Pickleball at Christiano Park	Pat MacCarthy – <a href="mailto:pmacCarthy415@gmail.com">pmacCarthy415@gmail.com</a> Michael LaGamma – <a href="mailto:mdlgamma@optonline.net">mdlgamma@optonline.net</a>
Friday	Resumes in Spring	Outdoor Tennis, Bruce Park	John Knight - <a href="mailto:johnknight7@gmail.com">johnknight7@gmail.com</a>
Friday	1:30-3:00 pm	Indoor Tennis	Andy Holmes - <a href="mailto:Andyholmes56@gmail.com">Andyholmes56@gmail.com</a>

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