

CIGAR BOX BULLETIN



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

www.greenwichrma.org
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SCRIBE: JIM DEAN

Next Week's Scribe: **PAUL BARBIAN**, BARBIAN3015@GMAIL.COM

"A man given to pride is usually proud of the wrong things"- Henry Ford

President **JACK WEIR** opened the meeting promptly at 9:45 and introduced **LARRY DEVAN** who led us in the Pledge of Allegiance. Song Leader **GRAN BURGESS** and **BOB MORGAN** accompanying on piano led the group in singing "God Bless America," "Blowing in the Wind," and **GRAN's** own composition, "Listen to the Land."

JACK announced he is in discussion with the Greenwich Historical Society to coordinate several projects. **JACK** said **MARK GEIMER** is working on updating the RMA website and is looking for volunteers to assist. Anyone familiar with website design and maintenance please contact **MARK**. There is a trip to the Pepsico Sculpture Gardens in the planning stage; the date will be announced at a later meeting. **JACK** noted that October 29th is the Yale vs Columbia football game at the Yale Bowl, with a potential RMA tailgate party.

Corresponding Secretary **ARNOLD GORDON** reported the sad news that former member **REID MCINTYRE** died on May 23rd at the age of 91. He was a member from February 1999 until May 2020. A memorial service will be held on Saturday, June 17th at 11 am at the First Presbyterian Church in Stamford. His obituary can be found here:

https://www.legacy.com/us/obituaries/greenwichtime/name/reid-mcintyre-obituary?id=52048005&utm_source=facebook&utm_medium=feed&utm_campaign=GreenwichTim

[e&utm-content=204576092&fbclid=IwAR1PC_EX27H-p1Zw-5xuxew9SDCgFO2OqsufzDIqhFSwqyl7jnRYlaFhco](https://www.facebook.com/204576092/?fbclid=IwAR1PC_EX27H-p1Zw-5xuxew9SDCgFO2OqsufzDIqhFSwqyl7jnRYlaFhco).

ARNOLD reported that more than 20 RMA members walked proudly with our banner and music by **MIKE AMBROSINO** in the Old Greenwich Memorial Day Parade on Monday, the 29th. The throngs along the route cheered us heartily!



RMA on Parade



Michael's Boom Box



In reflecting on the meaning of Memorial Day, he reminded us that approximately 400,000 veterans and their eligible dependents are buried at Arlington National Cemetery; included are service members from every one of America's major wars, from the

Revolutionary War to today's conflicts. But perhaps unappreciated is the fact that the American Battle Monuments Commission operates and maintains 26 permanent American military cemeteries and 32 federal memorials, monuments, and markers, located in 17 foreign countries, the U.S. Commonwealth of the Northern Mariana Islands, and the British Dependency of Gibraltar. About 130,000 men and women are buried in those cemeteries in places such as France, Belgium, the United Kingdom, the Philippines, Panama, Italy, Luxembourg, Mexico, Netherlands, and Tunisia. More details can be found here: https://en.wikipedia.org/wiki/American_Battle_Monuments_Commission Another interesting statistic worth pondering is that about 16 million men and women served during WWII but less than 150,000 are thought to still be alive.

Closer to home, **ARNOLD** thought members would be interested in some statistics on how much money we spend for the 10 most common household bills, which include mortgage, rent, auto loan, utilities, insurance, cable/internet, mobile phone and home security. Trying to make ends meet, the average Connecticut household pays \$2,504 a month, 22.4 percent higher than the national average of \$2,046; that makes our state the 7th most expensive in the nation; Hawaii had first place honors at \$3,070 per month. Greenwich is the 6th most expensive town in CT (\$3,406). The top five are Wilton, Westport, New Canaan, Darien, and Ridgefield in that order. For details:

https://patch.com/connecticut/greenwich/s/ioxjs/town-by-town-how-much-the-average-ct-household-spends-per-month?utm_term=article-slot-1&utm_source=newsletter-daily&utm_medium=email&utm_campaign=newsletter&utm_content=email-test_E1:v1&user_email=38f6f21c5d0664291a034f97e85c0e5f77d67632ad41eda9a731604a198d2a0b



Steven Wright

and one- liners with contrived situations. Trying to emulate his delivery, **ARNOLD** offered examples of Wright's cerebral wit. The audience laughed heartily in response to **ARNOLD'S** wit and trademark groaners.

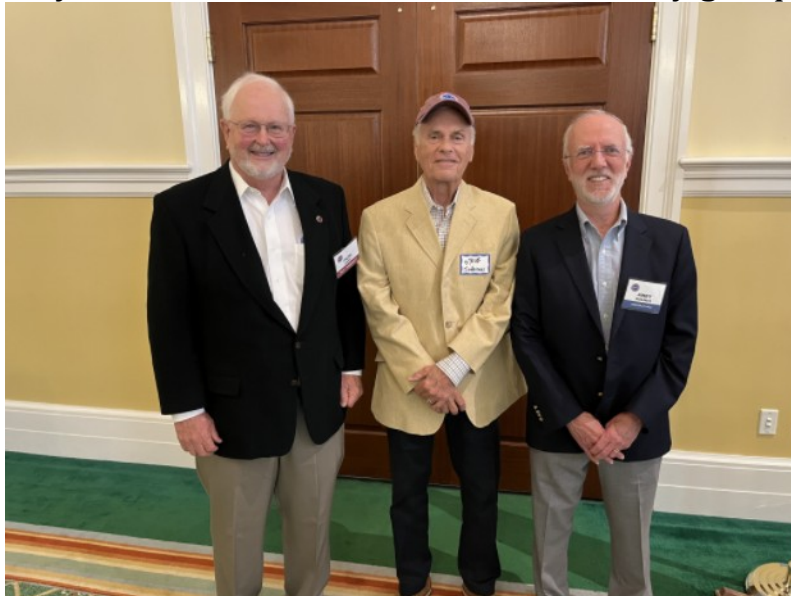
MEMBERSHIP REPORT by PETER STERN

CARL WHITE counted 83 attendees in person, plus six on Zoom, for a total of 89. Celebrating birthdays this week were **DICK BERGSTRESSER**, 89, and **ERF PORTER**, 87.

Steve Johnson was inducted into the RMA as our newest member. His sponsor was **PETE UHRY**, seconded by **ANDY HOLMES**. Steve has returned to Greenwich from Rhode Island and is at RMA with his son Troy, who is also interested in RMA membership. **PETE** offered the following about Steve. "It is always a pleasure to welcome back to Connecticut a person who lived here before, moved away, and then realized that the Nutmeg State and the RMA are important. So, it is fun to introduce Stephen Johnson who has lived and worked in East Greenwich, Rhode Island, for a number of years and has decided that our Greenwich is an alright place to live as well."

"Born in the Midwest, Steve and his wife Carol moved to the Stamford area in the 1970s. Steve worked for the Simmons mattress company but migrated his interest to a more sophisticated level of furniture sales, becoming a representative for a number of higher end domestic and international manufacturers. He and Carol had two children, Troy who currently resides in our Greenwich and a daughter and her family who live in Rhode Island.

"I believe anyone who returns to our Greenwich and has the guts to tolerate our way of government, handle our relatively high rents and is willing to pay taxes in our fair community is certainly a candidate for induction in our merry group."



Uhry, Johnson, Holmes

STEVE was approved for membership by a unanimous show of hands and given the RMA pin and badge. He offered acceptance remarks to the group.

Today's guests were Troy Johnson, guest of **PAT MACCARTHY** and **STEVE JOHNSON**. Sonny Chan attended as a guest of **FRANK SALEM** and **JOERG BLASER**. Returnees were **GRAN BURGESS** from Greece and Turkey, **JEROME COLEMAN** from Tuscany, **HAROLD KUPLESKY** from Boca Grande, FL, and **BOB PHILLIPS** from San Francisco. In-person welcomes were offered to **BOB PHILLIPS** – his first meeting since January, welcome back! - and to **GEORGE UBOGY**, not just a pickle ball player.

ANNOUNCEMENTS

Dr. SPIKE LIPSCHUTZ provided some comments on health issues of interest to all members. He reminded all members to view the April webinar presented by GEMS on CPR, either as a refresher or if not yet viewed. Spouses and families were also encouraged to view this important video. Another reminder was the upcoming program on June 21st, a panel discussion on prostate cancer. It should be of interest to all.

One of the strong contributors to health is **humor and laughter**. Members might enjoy the recently published book by Steven Wright, *Harold*, a view of the world through the eyes of a seven-year-old.

Sunscreen protection is important all year, especially in summer months. UV radiation contributes to skin cancers, including malignant melanoma. Especially susceptible are blond or red hair (or formerly blond or red hair), fair complexion, freckles, tendency to burn vs. tan, many or unusual moles, or a compromised immune system.

We're in the middle of **tick season**, with deer ticks carrying bacteria that can cause Lyme, Babesiosis, Anaplasmosis, Ehrlichiosis, and a relatively recent arrival from our Canadian friends - Powasson disease. Symptoms are often non-specific, including muscle or joint aches, fever, headache. Rash may or may not be present. If you know you were in areas that can have ticks (woods, high grass, park trails) and have persistent or unusual symptoms, connect with your physician and be sure to remind them of where you've been that might have ticks. Remember the "**ABCs**" for ticks: **A**void woods, high grass, known deer traveled areas; use **B**ug spray/repellent, e.g., DEET (20-25%), oil of eucalyptus, etc. - may only last 4-6 hours, so reapply when appropriate; and **C**over up - long pants, long sleeve shirts, tuck pant bottoms into socks. After hikes or walks, you can put clothes in the dryer for 10 minutes to kill ticks.

LIPSCHUTZ was asked about **COVID**. Hospitalizations and deaths have been the lowest since the pandemic began. US total hospitalizations have been 6,161,377, and total deaths, 1,129,838. Deaths peaked the week of January 2021 at 26,000. Most recent, as of May 2023 they were 247. Present variants appear to be less virulent. In addition, there is likely herd immunity due to many vaccinated and many with prior infections. It makes sense to practice safe awareness, e.g., masking in certain situations. Some are more comfortable doing this at crowd events or during air travel. Yearly immunizations are likely into the future. Symptoms of COVID are runny nose, congestion, cough, fever, diarrhea, headache, muscle aches, fatigue - like many viral illnesses. Loss of taste and smell senses is more common than earlier.

BILL FEATHERSTON reminded us that the next ROMEO lunch will be held on Thursday, June 8 at Greenwich Point at 1:00 pm. The venue will be near the first concession stand as you enter the park. Use your new EveryPass. But if you don't have one or you are not a Greenwich resident just tell the guard that you are with the RMA and there for the ROMEO lunch; he will let you through. Remember to bring your own lunch.

The indoor tennis group held their end-of-season luncheon on May 25 at the Riverside Yacht Club. A fine time was had by all!



ARTHUR STAMPLEMAN is congratulated on a most interesting tour of exhibits at the New Bruce Museum, which he conducted on May 30.



JEFF JUNKER reminded the membership that annual dues must be paid. Please get your checks to **JEFF** in person or by mail to 9 Tree Top Terrace, Greenwich CT 06831. One hundred of 240 members have paid their dues on time; dues are now past due.

VOLUNTEER PROGRAMS AND OPPORTUNITIES

FRED WU, who is an active volunteer with the Greenwich Symphony and the Audubon Society, gave a detailed view of the rich variety of opportunities both organizations offer. Reach out to **FRED** to find out how to get involved.

WILL MORRISON asks that anyone who has an experience to share about his volunteer activities to get in touch. We all want to know what is happening and the positive impacts we are having.

It is easy to log your volunteer hours at greenwichrma.org/log

SPEAKERS PROGRAM

BOB MEANEY announced that today's speaker would be Howard Husock on *The Poor Side of Town: And Why We Need It*. **BOB PHILLIPS** followed, adding that next week's speaker will be economist Larry Kantor, an old friend of the RMA, who has offered seven prior sessions to our members. The topic this year is "Inflation Changes Everything; Implications for the Economy and Financial Markets." Larry was a managing director and global head of research at Barclays; he is currently an operating partner at Atlas Merchant Capital, a private equity firm. Larry's previous presentations have provided an annual appraisal of the economy and have been very well received. Please make a point to attend next week's program—you will be glad you did.

GAMES MEMBERS PLAY

Bridge report was provided by **RON MURRAY**. There were five players last week with **ED MASTOLONI** leading the group with 2,300 points followed by **JOHN FEBLES** with 2,300 and **ALEX KOSSEIM** with 2,100 points. Bridge is played Wednesday afternoons at 1 pm on the ground floor of the Greenwich Library. Lunch is available at the library café. Members and guests are welcome, whether beginner or expert. For those who are new to the game or have not played for a while there are expert players glad to provide advice.

TONY FITZPATRICK reported that the golf group had another beautiful day on the Griff Golf Course with 17 members participating. All 17 missed the green on Hole #5 so no one earned closest to the pin on that hole although **PETER TUNLEY** had the closest shot on #7 and **JOE MANCINELLI** hit closest on #15. **JOE** also won the longest drive contest with his drive on #8. Those who scored under 100 were **PHIL SCIBONA**, 99, **JIM BOARDMAN**, 99, **TOM HEALY**, 99, **PETER TUNLEY**, 94, **RUSS HARDEN**, 91, **TONY COCCHI**, 90, **TONY FITZPATRICK**, 89, and **STEVE SMALL**, 88. Next week the first tee will be at 8:30; the captain will be **JOHN CRAINE**.

DON CONWAY reported that the outstanding hearts players were **BOB SHULLMAN**, **ANDY HOLMES**, and **JACK WEIR**. **ANDY**, **JACK** and **JOE DOWLING** shot the moon for an enjoyable afternoon of cards.

PAT MacCARTHY reminded the group that pickleball is played, weather permitting, from 9 am until 11 am on Mondays and from 10 am until 12 pm on Thursdays at Christiano Field. If you want to join the pickleball contact list, please email **PAT** at pmaccarthy415@gmail.com.

Tai Chi. **WILL MORRISON** announced that he has come down from the mountain top and will be using a set of fundamental tai chi movements, created by a number of tai chi masters, to increase the level of focus and intensity during the Monday morning 9:30 class. Touch base with **WILL** for more info and to get on the mailing list.

TODAY'S SPEAKER

The speaker for this week's program was Howard Husock, Senior Fellow, and contributing editor for the *City Journal* of the Manhattan Institute. At today's meeting he spoke about his new book, *The Poor Side of Town: And Why We Need It*.



In his new book Husock combines a critique of more than a century of housing reform policies, including public and other subsidized housing, as well as exclusionary zoning. His idea is that simple, low-cost housing—a “poor side of town”—helps those of modest means build personal assets and join in the local democratic process. His is more a historical narrative than a straight policy book; he tells stories of Jacob Riis, zoning reformer Lawrence Veiller, anti-reformer Jane Jacobs, housing developer William Levitt and African American small homes advocate Rev. Johnny Ray Youngblood, in addition to first person accounts of one-time residents of neighborhoods such as Detroit’s Black Bottom

who lost their homes and businesses to housing reform and urban development.

However, this is a book with important policy implications based on personal stories. The book discusses individuals and institutions and the most effective ways to address poverty and narrowing the widening gap between rich and poor in America. This is a gap that Husock feels is a grave threat to American democracy, although he would focus more on raising the lower end than bringing down the high end. He presented preventive strategies that he believes will be more effective than spending billions of American tax dollars for the vast array of government programs targeting various social issues.

The talk was followed by lively Q&A session.

Husock is the author of *Who Killed Civil Society? The Rise of Big Government and the Decline of Bourgeois Norms* and *Philanthropy Under Fire*. As a longtime print and television journalist and documentary filmmaker, his work for WGBH, Boston, won three Emmys. In 1987–2006 he served as director of case studies in public policy and management at the Harvard Kennedy School. He was a member of the board of directors of the Corporation for Public Broadcasting (2013–2018). He is a graduate of the Boston University College of Communication and was a mid-career fellow at Princeton University Woodrow Wilson School of Public and International Affairs.

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

IMPORTANT REMINDERS

TO CBB CONTRIBUTORS: Scribe for the next meeting will be →**PAUL BARBIAN**←. 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.greenwichrma.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 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 **TIM BROOKS, ANDY HOLMES, PETE UHRY** and **JOE MANCINELLI** for pictures this time.

Retired Men’s Association of Greenwich, Inc. • 37 Lafayette Place • Greenwich, CT 06830 • USA. 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	9:00 am	Pickleball at Christiano Park	Pat MacCarthy – pmacCarthy415@gmail.com Michael LaGamma – mdlgamma@optonline.net
Tuesdays	9:30 am	RMA Golf, the Griff Golf Course, Greenwich	Mike Ryan – ryantomac@netscape.net
Tuesdays	Resumes in fall	Platform (paddle) tennis at Loughlin Field, Cos Cob	James 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	1:00 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 Fall	Indoor Tennis	Andy Holmes - Andyholmes56@gmail.com

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