

CIGAR BOX BULLETIN

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



www.greenwichrma.org

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VOLUME 70 NUMBER 42 June 21, 2023

SCRIBE: JOE ANGLAND

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

"Reality leaves a lot to the imagination." – John Lennon

President **JACK WEIR** opened the meeting, and **JIM BUTLER** led the members in the Pledge of Allegiance. With **JIM SANTORA** accompanying on the piano, **JERRY SCHWENDEMAN** led members in singing "Battle Hymn of the Republic," "Ain't She Sweet," and "Get Me to the Church."

JACK WEIR noted that there would be no meetings on August 2, September 13, November 8 or 22, or December 27. **JACK** commented that last week's trip to Belmont had been a success. He added that trips were being considered to the Intrepid Museum, the Goodspeed Opera House, the Pepsi Gardens, and the Yale/Columbia football game on October 28. An Octoberfest event is also under consideration.

JEFF JUNKER reminded those who had not yet paid that the annual dues of \$100 were due in late May. You can hand or mail your dues to **JEFF**.

DON CONWAY reported that **MICHAEL AMBROSINO** is recovering well from his knee surgery. He is not taking phone calls at this point, but he can be reached by e-mail.

Corresponding Secretary **ARNOLD GORDON** reported that Greenwich Parks and Recreation is sponsoring free concerts throughout the summer at Binney Park, Roger Sherman Baldwin Park, and on the Island Beach Ferry and Island Beach. The first one, on June 28th at Binney Park, will feature the Bob Button Orchestra. For details:

[Bob Button Orchestra at Binney Park](#)

Last week he had mentioned the free entrance to Beardsley Zoo on June 30th for AARP members. As he was finishing his remarks, however, he learned that all tickets for this event were now taken.

Volunteering as a sponsor of an RMA event, **ARNOLD** polled the audience on preferred dates and times for Goodspeed Opera House's presentation of "Summer Stock," the popular musical made famous by the movie starring Mickey Rooney and Judy Garland. He asked whether members might opt for a weekend day matinee, Saturday at 3:00 pm or Sunday at 2:00 pm. Not many members found those times convenient. The only other dates with enough tickets for a group would be a 2:00 pm matinee on Thursday, August 17 or 24. **ARNOLD** expects to propose one of those dates.

Closing with his usual word play, he offered more challenging questions to ponder before introducing **CARL WHITE**, the jokester for the day:

"What do you call cheese that is not yours? Nacho cheese."

"Where does virgin wool come from? Ugly sheep."

"Does anyone know what happened to Preparations A through G?"

"What kind of coffee was served on the Titanic? Sanka."

CARL treated us to a collection of groaners, including the need to shield children from orchestral music because it contains "sax and violins," and someone being opposed to nude beaches because she was "clothes minded." He ended with the five keys to a man's happiness: a woman who makes him laugh, a woman who spends time with him, a woman who takes care of him, a woman who loves him, and the assurance that these four women never meet.

PETER STERN reported that 111 members were in attendance, including seven by Zoom. **PETER** acknowledged the following birthdays, which **JIM SANTORA** celebrated with the traditional tune.

Bob	Carey	91
Tony	Cocchi	82
Hernando	Madero	84
Mark	Pruner	68
Mike	Amoroso	86
Bill	McKiegan	82

PETER welcomed five guests:

- Jim Buckley, guest of **JEROME COLEMAN** and **PAT MacCARTHY**
- Rusty Parker, guest of **DAVID MICHONSKI**
- Frank Hegeman, guest of **DAVID MICHONSKI**
- Jim Finn, guest of **PETER BERG**
- Ed Oppodisano, guest of **PETER BERG**

PETER reported that returnees this week were **PETER** himself from Colorado Springs, Salida, and Denver, Colorado, and **WAYNE DE VRIES** from Maine.

SPIKE LIPSCHUTZ announced that today’s speaker presentation would be a panel discussion on the detection and treatment of prostate cancer facilitated by Dr. Jeff Puglisi, internist at Greenwich Hospital, with three physicians from Yale School of Medicine/Greenwich Hospital as panelists: Bruce McGibbon, radiologist; Daniel Petrylak, oncologist; and Michael Karellas, urologist.

TAD LARRABEE announced that next week’s speaker would be **STEVE MESKERS**, state representative from the 150th District and Vice-Chair of the Assembly’s Finance, Revenue and Bonding Committee, who will speak on “Economic Growth and the Structure of the Connecticut Economy.”

DON ROTZIEN reported that the **ROMEO** Lunch will take place next Thursday, June 29th, at 1:00 pm at the first concession stand at Greenwich Point. Bring your lunch and your beach card. No beach card? No worries. Just tell the guard that you’re there for the RMA lunch.

DAVID MICHONSKI announced that the RMA Annual Picnic at Greenwich Point will be held on September 13. For the benefit of the many new members and those who have not attended before, he explained how the picnic works:

1. **General:** The picnic is open to all RMA members, their partners, wives, or significant others. BUT... you must sign up so we can plan.
2. **Timing:** The picnic starts at 10:30 am, with fun games until about noon. Lunch is a buffet that starts at 12:30 pm with entertainment at 1:00 pm. (see below). The picnic ends between 2:00 and 2:30 pm.
3. **Raffle:** To help defray the cost we sell raffle tickets at the event. This year the prizes will all be cash prizes.
4. **Sign Up:** To attend, use the sign-up sheet found at the concierge table in the entry area at the back of the room.
 - a. When signing up, please indicate the number of people coming and provide your email and cell phone.
 - b. Guests who may be prospective RMA members are invited but the member who invites them should sign them up and provide an email address and cell phone so we can confirm with them their attendance several days before.
5. **Menu:** Southern fried chicken, ham and cheese roll ups, croissant sandwiches, coleslaw, potato salad, baked beans, corn bread, and assorted desserts. Wine and beer are included.
6. **Entertainment:** The program will involve a sing-along for all (much like at our meetings), jokesters, and members of RMA's own Melody Men performing. A fun time is guaranteed for all.
7. **Volunteers Needed:** Like everything at RMA, "many hands make light work" and the event requires about 10 volunteers. We have some wonderful "seasoned" members who have done this before, but we also ask new RMA members to volunteer. We will try to pair you with a mentor. Sign up at the concierge table and we will then reach out to you.
8. **Location:** The clambake area at Greenwich Point. Directions to follow closer to the date.

JOHN REESE gave a presentation on ChatGPT, an artificial intelligence engine that has become the rage in recent months. **JOHN** commented that he has never seen a technology explode this quickly – not even the iPhone or the web browser. He explained that the technology is virtually indistinguishable from human intelligence. It can solve complex mathematical equations, write a poem on a topic you pick, or prepare an essay on quantum computing. It has already passed the bar exam and medical exams, outperforming the average human test-taker. It derives its answers to your inquiries by drawing upon billions of documents to which it has access and, through complicated

algorithms involving millions of calculations, repeatedly predicting the next word in its answer. Anyone can use the product by going to <https://chat.openai.com> and registering. A few RMA members have expressed their interest to **JOHN** in forming an AI, ChatGPT, and Technology discussion group. The meeting would probably be just once a month to start, held in the hour before the RMA meeting in the third week each month. The first proposed date would be Wednesday, July 19. If you would prefer it meet at a different date or time, please let **JOHN** know. If you're interested, send **JOHN** an email at jreese@validea.com, or find a signup sheet on the bulletin board next week.

FUN AND GAMES

Pickleball: Although pickleball was not played last week, **PAT MacCARTHY** reminded members that it is played, weather permitting, from 9:00 to 11:00 am on Mondays and 10:00 am to noon on Thursdays at Christiano Field. If you want to participate, please email **PAT** at pmacCarthy415@gmail.com.

Golf: **MIKE RYAN** reported that we had 19 golfers this week, a high for the season. The weather was near perfect. The winners were **JIM BOARDMAN** on Hole 5, **JAY SCHONDORF** on Hole 7, **JOE MANCINELLI** on Hole 8, and **TOM HEALY** on Hole 15. **TONY FitzPATRICK** had the lowest score with an 89, followed by **CHARLIE ADAMS** (90), **BART BARTHOLOMEW** (92), **JAY SCHONDORF** and **TOM HEALY** (96), and **PHIL SCIBONA** (97). **MIKE** is looking for volunteers to serve as captains on August 1, 8, 15, and 22.

Walkers and Talkers: **TAD LARRABEE** reported that seven members met near the Knapp House in Rye, NY and walked through the Rye Nature Center and downtown Rye and back through a non-traditional path guided by Rye native, **BOB GIAQUINTO**. They walked about 4.5 miles, but it was a relaxed stroll with very limited hilly terrain. It was a very nice day for a walk.

Hearts: **JOHN KNIGHT** reported that at Table 1 the winners were **JACK SWEGER**, **JOHN STANKUNAS**, and **TOM HEALY**. **JOHN STANKUNAS** and **TOM** had moonshots. At Table 2, **BOB SHULLMAN** won two games and **JOE DOWLING** won one; there were no moonshots. The group plays on Wednesdays at 1:00 pm at the Library.

TODAY'S SPEAKER

SPIKE LIPSCHUTZ introduced today's panelists, who addressed the diagnosis and treatment of prostate cancer. Dr. Jeff Puglisi, internist at Greenwich Hospital, served as facilitator, with three physicians from Yale School of Medicine/Greenwich Hospital serving as panelists: Bruce McGibbon, radiologist, Daniel Petrylak, oncologist, and Michael Karellas, urologist.



Dr. Puglisi began by providing some data regarding prostate cancer. About 13% of men will develop prostate cancer. It is expected that in 2023 there will be about 288,000 new cases of prostate cancer diagnosed in the United States, and about 35,000 men will die of the disease. Early detection has a large impact on the outcome of prostate cancer, with cases that are caught late having about triple the fatality rate of those caught early.

A fundamental issue regarding the diagnosis and treatment of prostate cancer is balancing the harm of the disease against the harm of the cure. While some prostate cancers are aggressive and life-threatening, others are slow-developing and unlikely to be fatal. Simply put, the concern should be with cancers that you will die from, not those that you will die with. Given that some prostate cancer treatments can have serious adverse side

effects such as erectile dysfunction and urinary problems, the panelists are wary of treating cancers that are unlikely to pose a mortality threat before the patient will have died from an unrelated cause.

For several decades, PSA (prostate-specific antigen) levels have been the principal diagnostic tool for prostate cancer, with annual PSA tests being routinely used for men over about the age of 50. The panelists noted, however, that while PSA is specific to the prostate, it is not specific to cancer. Thus, a high PSA level might not prove the existence of cancer. Because of this, several years ago a federal study cautioned against overreliance on PSA as a diagnostic tool, fearing the adverse side effects of treatment for cancer-free men with elevated PSA levels. The panelists believe, however, that PSA remains a valuable indicator when looked at in conjunction with other factors, including family history, race, genetic data, and physiological symptoms. The panelists mentioned that while digital rectal examinations can provide useful information, they are limited because only one side of the prostate can be examined.

While the most reliable test for prostate cancer is a biopsy, biopsies carry risks and thus are typically not recommended before other options are exhausted. Thus, a man with a high PSA level and some other indicators associated with prostate cancer may undergo an ultrasound or MRI to provide more diagnostic information before resorting to a biopsy.

If prostate cancer is diagnosed, the next question becomes how aggressive it is. The Gleason score is the traditional metric used to characterize the aggressiveness of the cancer. The score is derived by assigning a value from one to five to each of the two most common cell patterns in the cancerous tissue, with one meaning the cells are almost normal and five meaning that the cancer is extremely severe. The maximum possible score is thus 10 (i.e., each cell pattern being assigned a score of five). In general, cancers with a Gleason score of six or lower are viewed as those one dies with, not dies from, and thus do not justify serious treatment. Cancers with a Gleason score of eight or higher are viewed as those that one can die from, and they typically warrant treatment. A Gleason score of seven is on the borderline, and the decision about whether and how to treat it is more complicated.

The principal methods of treating prostate cancer are surgery, radiation, and drugs. Surgery remains the most common form of treatment, although the alternatives have been gaining ground. If surgery is chosen, the panelists emphasized the virtue of using a

surgeon who handles a lot of cases, as the data show that such surgeons have both higher success rates and fewer adverse side effects. They also mentioned that if one is seeking a second opinion as to whether to have surgery, it is worth getting a second opinion from a pathologist about the Gleason score, as there can be differences of opinion in determining that score.

As for radiation treatment, the most common form is about 28 sessions (typically five days a week) of about 15 minutes. The treatment has improved significantly in recent years, with the radiation being better targeted to the cancerous cells and thus avoiding negative effects on nearby cells and organs. For a very large prostate, perhaps 44 sessions would be required, with a smaller dose in each session. Conversely, in some situations a very large radiation dose is used for perhaps five sessions (commonly referred to as the CyberKnife). Radiation treatment typically is complemented by hormone therapy, which may last for four to 18 months after the radiation treatment.

Treatment of prostate cancer by drugs is relatively new, but a lot of progress is being made in that area, some of it at Yale/New Haven.

The panelists emphasized the importance of a team approach to help a patient make diagnostic and especially treatment decisions. The team might consist of the disciplines reflected on the panel: internal medicine, urology, oncology, and radiology.

In response to a question from the audience, Dr. Puglisi expressed the hope that in about 15 years there will be a newspaper headline stating that “Covid cured cancer!” His reasoning is that the intensive work on vaccines spurred by Covid may enable researchers to find a way of weaponizing the body’s immune system to fight cancer.

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 speakers. They are not intended to represent the views of the RMA or its members.

IMPORTANT REMINDERS

JEFF JUNKER reminded the membership that annual dues are now past due. Please get your checks to **JEFF** in person or by mail to 9 Tree Top Terrace, Greenwich CT 06831. More than one hundred members have paid their dues on time. Please don't burden our leaders with having to make individual calls to delinquents. Thanks.

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: 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 **BOB RIMMER** for pictures this time.

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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