

# 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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Next Meeting Scribe (7/26): MICHAEL LAGAMMA, [mdlagma@optonline.net](mailto:mdlagma@optonline.net)

*"Do not go where the path leads you; instead go where there is no path and leave a trail."*  
- Ralph Waldo Emerson

President **JACK WEIR** commenced the meeting, followed by the Pledge of Allegiance led by **JEFF JUNKER**. Song leader **MIKE HAYDEN** led us in a robust sing along of "God Bless America," "Oh, What a Beautiful Morning" and "For Me and My Gal," accompanied by **BOB MORGAN** on piano.

President **WEIR** thanked all those who make our meetings happen: CBB Editor **TIM BROOKS**, Scribe **DAVID MICHONSKI**, Projectionists **LEN CARUSI/TONY COCCHI**, Volunteer Advocate **FRED WU**, Greeter **JOHN KAVANAGH**, Mentor **PETER UHRY**, Audio/Video **ED PARKER, MARK GEIMER, PETER DODGE, HORST TEBBE, BARRY RICHELSON** and **STEVE MARINO**, Set Up **BOB BISHOP, JIM BUTLER, and JOHN CRAINE**.

President's Comments:

1. There is no meeting next week (July 19) due to unavailability of the hall.
2. Today's business meeting will conclude at 10:20 am to provide a reasonable coffee hour before Celeste Mancinelli's presentation starting at 10:45 am and running until 12:15 pm.
3. The Yale golf outing can accommodate 20, and nine have signed up so far. Please deliver checks for \$75 payable to RMA to **JEFF JUNKER** before the end of the meeting on July 26.

Please also let me know if you are willing to volunteer to drive to/from the course, as I will try to make foursomes correspond to members of each carpool.

4. **ED FARRELL** writes, "I left the hospital on Friday and doing well at home. I have a few challenges remaining. Please give my best to the guys on Wednesday."

5. **JEFF JUNKER** delivered the dues report, saying that 195 had paid their 2023-24 dues so far, with 57 remaining. Get with it, guys!

Corresponding Secretary **ARNOLD GORDON** reported the sad news that member **ABBEY SMOLER** died last week at the age of 92. He joined RMA in March 2006, and was a long-time member. **ARNOLD** asked for a volunteer who knew him well to deliver a eulogy at a future meeting ([ajgordo@verizon.net](mailto:ajgordo@verizon.net)).

**ARNOLD** added more information to what he had previously reported on how to avoid the increasingly growing serious computer and telephone scams and fraud, which especially affect seniors. A very good article in the recent issue of *Consumer Reports* is recommended reading:

<https://www.consumerreports.org/money/scams-fraud/how-to-protect-yourself-from-scams-and-fraud-a6839928990/>

In a previous report, **ARNOLD** mentioned free entry to Beardsley Zoo in Bridgeport in June for AARP members. Unfortunately, tickets "sold" out quickly. You have another opportunity on Friday, July 28<sup>th</sup>, for AARP CT Day at the zoo. It's a great place to take the grandchildren (and yourself). Details here:

<https://local.aarp.org/aarp-event/rescheduled-aarp-ct-day-connecticuts-beardsley-zoo-bridgeport-ct-72823-xsngy9jxwfl.html>

As today's jokester, **ARNOLD** thanked members who have fed him interesting material that he often shared at meetings. These include **ED MASTOLONI, PETER ORBANOWSKI, MAURICE KROHN, TIM BROOKS, FRANK SCARPA, BOB GIAQUINTO** and others. New material is always welcome. He then regaled us with a wicked story about a woman who needed a surrogate father to conceive but had a big surprise when he supposedly came.

Membership Chairman **PETER STERN** presided over two inductions. First, **PETER BERG** nominated Jim Finn for membership. He was seconded by **JOHN BLANKLEY**.

Jim Finn grew up on the Jersey Shore near Asbury Park where Bruce Springsteen got his start. Jim also sang and played guitar in a rock n roll band. Jim still plays guitar and sings in his garage studio, but unlike Bruce he did not make a career of rock 'n roll. Instead, he went to Roanoke College in Virginia where he joined Sigma Chi Fraternity and went on to a corporate communications career at Chase Bank, Oracle, IBM, General Motors, and others. His wife, Irene Cunanan, is a familiar face at both the Chase Bank and the Greenwich Library. Together, they are 27-year residents of Cos Cob and have two sons, James and Sam. Jim is also a rower on the Mianus River and walks Greenwich Point together with buddies including **WILL MORRISON**. Jim was voted into membership by acclamation.

**ANDY HOLMES** then nominated Charlie Shapiro for membership. He was seconded by **BOB SHULLMAN**.

Charlie was born in Brooklyn. He received his bachelor's degree from the State University of New York at Binghamton. From there, Charlie went on to the State University of New York at Buffalo, where he received his medical degree. He then did an internship and residency at Temple University, and a fellowship in medical oncology at the Dana-Farber Cancer Institute in Boston. After working at Dana-Farber, he moved to the James Cancer Institute and Hospital at The Ohio State University in Columbus, Ohio.

Charlie finished his career at the Mount Sinai Hospital and the Dubin Breast Center in New York, retiring in June 2022. He specialized in breast cancer and has over 200 peer-reviewed papers, and another 100 book chapters, editorials, and abstracts. Charlie is in the top 5% of papers cited. Two areas of special emphasis for Charlie have been cancer survivorship, and bone health in breast cancer.

Charlie met his wife, Priscilla, at SUNY Buffalo and she is also a physician. They have two sons, both of whom are married, and three granddaughters ages 5, 3, and 7 months. Charlie's interests aside from babysitting for his three granddaughters include playing drums, especially jazz. He is taking weekly lessons and plays two nights a week at the 92<sup>nd</sup> Street Y in New York City. His other active pursuits include yoga, meditation, exercise, and a recent desire to play pickleball. Charlie was also accepted unanimously.



Berg, Finn, Blankley



Shullman, Shapiro, Holmes

**PETER** announced that there were 103 members in attendance, including seven on Zoom. He welcomed three guests, Frank Hegeman, guest of **DAVID MICHONSKI** and **RUSTY PARKER**, Don DeAngelo, guest of **SAL DEANGELO**, and Ron Lazar, guest of **PETER CRUIKSHANK**.

Birthdays were as follows.

Dave	Scheraga	91
Tom	Cahill	92
Bob	Luce	86
Chick	Donohue	82
George	Dey	80
Mike	Catalano	70
Norman	Masri	92

**DAVID MICHONSKI** noted that the RMA Picnic is just months away on September 13 and plans are well on their way. Sign up on the bulletin board and please write legibly.

**MAURICE KROHN** asked members interested in going to the Goodspeed Opera House on August 24 to register with him no later than Thursday, July 26. Cost is \$125 pp. Attendees will meet at St. Paul's Riverside Church, 200 Riverside Avenue (park in rear lot) at 9:00 am. Full transportation, ticket to the show *Summer Stock* and lunch at the Gelston House is included. Make checks payable to RMA. Seating is limited. Reach out to **MAURICE** at [KrohnMaurice142@gmail.com](mailto:KrohnMaurice142@gmail.com) ASAP.

For today's speaker presentation, **JOE MANCINELLI** announced that his younger sister Celeste Mancinelli would perform a one-woman show about her journey from Portugal to Spain on the Camino to Santiago del Compostela. The show, *Crying on the Camino*, appeared on Broadway and she was the Broadway World Winner for "Best New Play" and for "Best Performer in a Play."

Next week there will be no speaker (or meeting), however **TIM BROOKS** announced that on July 26 **DAVID RICHARDS** would speak about his new book *I Give These Books: The History of Yale University Library 1656-2022*.

### **VOLUNTEERISM**

**WILL MORRISON** asked all RMA members to record their volunteer hours at [greenwichrma.org/log](http://greenwichrma.org/log). He then introduced **FRED WU** to speak about the Connecticut Institute for Refugees and Immigrants, which provides support to refugees re-settling in CT. As an example of the kind of help RMA members can provide **FRED** helped a refugee from Eretria to drive, do shopping and acclimatize themselves to life in Connecticut.

#### **RMA Member Recommendation**

"Call My Agent" - the original French version, better than the American remake. A dramatic comedy about theatrical agents for people in the performing arts, mostly movies. The actors and actresses are genuine French stars playing themselves, but the agents are the prime characters. Scathing and delicious. [2015 French series. Available on Netflix]

"Scott & Bailey" A British female police procedural. Two highly likable women cops and what they're up against with bad guys but also their colleagues. [2011 British series. Available on Britbox, Amazon Prime]  
- George Ubogy, 7/12/23

Note: A useful site for finding out which streaming service is running a given show is <https://www.justwatch.com>.

### **GAMES MEMBERS PLAY**

**Tai Chi:** **WILL MORRISON** reported that there will be no class Monday, July 17. **WILL** will be participating in a Tai Chi Camp in upstate New York on the campus of Hobart and Smith College. Yes, there is a retreat for everything! This is a terrific opportunity to

practice and study with other advanced tai chi players for a full week.

**Pickleball** is played on Mondays from 9-11 and Thursdays from 10-12 at Christiano field. Reserving courts at Christiano has become problematic and at times we reserve them at Byram Park.

**Golf:** **MIKE RYAN** said that 20 players showed up this past week. Winners were **JIM BOARDMAN** on Hole 7, **TONY FITZPATRICK** on Hole 8, **RUSS HARDEN** on Hole 11, and **JIM SANTORA** on Hole 15. Notable Scores were **MIKE SMITH** and **BOB SHULLMAN** (99), **JIM SANTORA** (98), **JOE MANCINELLI** (97), **PETER TUNLEY** (96), **RUSS HARDEN** (92), **TONY FITZPATRICK** (91) and, atop the leaderboard, **CHARLIE ADAMS** (88). Sign-up sheets for the next two weeks are on the bulletin board.

**Bridge:** **RON MURRAY** gave the bridge results for Wednesday, July 5. There were eight players, led by **FRANK LEE** (4,080), **TONY COCCHI** (3,630) and **CHARLEY LAND** (1,900). We play Wednesday afternoon at the Cafe on the ground floor of the Greenwich Library. Lunch is available. We welcome all members and guests who are interested in bridge, whether beginners or experts, to join our group. If you don't have confidence in your game, not to worry. We are a friendly group and have a number of very good players who would be happy to answer any questions you may have.

**Hearts:** **BOB SHULLMAN** related that on July 5, eight RMA members played hearts at two tables of four players. At Table 1 two games were played and the winners were **BILL FAKUNDINY** and **GRANT PERKINS**. At Table 2 three games were played and the winners were **JACK SWEGER**, who won two games, and **TOM HEALY**, who won one game. Also, **HEALY** shot the moon three times while **SWEGER** shot the moon once.



**Walkers and Talkers:** **JEFF JUNKER** reported that last Thursday the walkers met at the Glenville Shopping Center and looked at historic buildings and one of the remaining Rockefeller properties in that area.

## TODAY'S SPEAKER

For today's presentation **JOE MANCINELLI** introduced his younger sister Celeste Mancinelli who performed a fascinating one-woman show called *Crying on the Camino*, about her journey from Portugal to Spain on the Camino to Santiago del Compostela. Her show has appeared on Broadway and Celeste was the Broadway World Winner for "Best New Play" and for "Best Performer in a Play." Information is on her website <https://crycamino.com>.

Stage performer Celeste Mancinelli reenacted a unique true story in this one woman show. Dressed in hiking gear, she recounted her 200-mile walk on the Portuguese route to the Cathedral Santiago de Compostela, relating in sometimes moving, sometimes hilarious fashion the sights, sounds and even the smells of the unusual journey (unusual, at least, for a comfortable New Jersey housewife). She described in vivid fashion the people she met, the places she stayed, and the events she witnessed as she made the long trek with minimal creature comforts.



Her desire to share her experience brought her to the legendary teacher/director Wynn Handman, who helped her develop the show at his New York City studio. This led Celeste to embark on a new "Camino," bringing this true account of her walk to the stage. "This

piece is about minimalism and simplicity, self-reflection and honesty,” says Mancinelli, a veteran stage actress. “In sharing this piece my goal is to inspire others to take their own journey – to fully live their own Caminos”

Celeste Mancinelli has been performing professionally since the early 80’s. Her New York City credits include the hit show *Nunsense* at the Douglas Fairbanks Theater, Cynthia Heimel’s long-running play *A Girl’s Guide to Chaos* at the American Place Theater (originating the character of Lurene) and Larry Gelbart’s *1-2-3-4-5* at the Manhattan Theater Club. She has appeared as Mama in *My Big Fat Gay Italian Wedding* and its sequel (*Funeral*) at the St Luke’s Theatre. She has worked in numerous Off-Broadway, cabaret, stock, regional and national touring productions throughout the United States. Her most recent appearance was as Edith Frank in *The Diary of Anne Frank* at the Greenbrier Valley Theatre in West Virginia.

Celeste has proudly enjoyed a second career as an ASHA certified Speech/Language Pathologist and earned the NJSHA Distinguished Clinical Achievement Award. In that capacity, she developed a unique speech/theatrical program at Spectra Academy in Montclair, New Jersey. During the COVID outbreak Celeste began writing/developing and performing her original, one-woman show, *Crying on the Camino*, based on her 200 mile hike through Spain. Celeste is thrilled to share this experience with all.

The performance was live and, unlike most RMA presentations, is not available for later viewing.

### 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 190 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, on July 26, will be →**MICHAEL LAGAMMA**←. 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](http://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](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.

Pictures by **ANDY HOLMES, TIM BROOKS** and **JEFF JUNKER** 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 – <a href="mailto:wdmorrison@gmail.com">wdmorrison@gmail.com</a>
Mondays	9:00 am	Pickleball	Pat MacCarthy – <a href="mailto:pmacCarthy415@gmail.com">pmacCarthy415@gmail.com</a> Michael LaGamma– <a href="mailto:mdlgamma@optonline.net">mdlgamma@optonline.net</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	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 Fall	Indoor Tennis	Andy Holmes - <a href="mailto:Andyholmes56@gmail.com">Andyholmes56@gmail.com</a>

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