



CIGAR BOX BULLETIN

Retired Men's Association of Greenwich, Inc.
1 West Putnam Avenue, 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, Frank Scarpa, Charlie Shapiro, Fred Wu**
Archivist: **Tad Larrabee** Website: **Mark Geimer** Format: **Len Carusi, Mark Geimer**

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SCRIBE: CHARLIE SHAPIRO

Next Meeting Scribe: **FRED WU**, fywu.wu@gmail.com

"Our greatest glory is not in never falling, but in rising every time we fall."— Confucius

President **JACK WEIR** began the business meeting at 9:45 am. **STEVE MARINO** led us in the pledge. **TOM HEALY**, song leader, along with **JIM SANTORA** at the Steinway, led us in singing "Yankee Doodle Boy," "Enjoy Yourself" and "Marianne."

JACK thanked all the many men who do yeomen's jobs in organizing and supporting our meetings: CBB Editor **TIM BROOKS**, formatter **MARK GEIMER**, scribe **CHARLES SHAPIRO**, volunteer advocate **JOHN DENNE**, greeters **JOHN KAVANAGH** and **BILL FEATHERSTON**, audio/video **ED PARKER, MARK GEIMER, PETER DODGE, HORST TEBBE, BARRY RICHELSON, STEVE MARINO** and **JOHN FEBLES**, set-up **BOB BISHOP, JIM BUTLER** and **JOHN CRAINE**, and refreshments **MICHAEL AMBROSINO**.

JACK reported that "**BOB BISHOP** and I met last Friday with the Deputy Chief of Police (Kraig Gray) about the RMA's parking issues, and while I am mildly optimistic about progress, I do think the meeting showed that the RMA needs to bring further governmental awareness about all the good things the RMA does for the Greenwich community, and how little we ask in return. The powers-that-be on parking met last evening on this subject, and I expect to have some resolution to report at our meeting next

week. I am still waiting to hear from members who are willing to take on the important role of Special Events Chairman-we have guidelines, we have two very fine coordinators, but we need someone to assume the mantle of leadership. Third, there is a sign-up sheet on the bulletin board for an RMA Tailgate at the Yale-Columbia football game. Please sign up if you are interested. “

CORRESPONDING SECRETARY REPORT

Corresponding Secretary **ARNOLD GORDON** introduced **GEORGE DIPPY**, who delivered a eulogy for **ERF PORTER**.

“Many of you attended Erf’s service on Saturday, where the church was totally full. So, I will focus on Erf’s many contributions to the town of Greenwich. Erf served on the RTM in Districts 6 and 12. He was involved in the Republican Town Committee where he was instrumental in the campaigns of John Margenot, Tom Ragland, and Peter Tesei, all of whom won. Erf loved football. He was coach of the Binney Bears and founded the Gateway Youth Football League that produced many great football players. The most notable was Steve Young, the quarterback of the San Francisco 49ers who won the Super Bowl. Many of the players went on to play for Greenwich High School teams that won seven state championships. Erf and I went to many of those games, but once there he would circulate thru the crowd to say hello to all of his coaches and players.”

“Growing up in Roscoe, NY, known as Trout Town USA, Erf was a great fly fisherman. He took many of us to Roscoe for fishing. Most of us caught fish, but what I loved most was wading in those beautiful streams. It reminded me of the movie *The River Runs Through It*, with Brad Pitt catching the big one. Erf and my wife Retta were members of the Greenwich Choral Society. Erf had a beautiful tenor voice. We shared many dinners together after the concerts. Erf also sang with the Melody Men where he was the leader for many years. Erf was respected and loved. Now you know why the Church was full. A moment of silence, please.”

ARNOLD then sadly reported that former member **AV RIVEL**, a loyal member of the jokester group, passed away after a long illness on September 20 and was buried at

Kensington Cemetery in Valhalla, NY on September 22. **ARNOLD** will deliver a eulogy next week.

MICHAEL AMBROSINO, visiting chair, then shared that **ED BLOOM** had a stroke and is in Greenwich Hospital. His family requests no visitors and no calls.

ARNOLD then mentioned that The Greenwich Department of Health will once again offer flu and pneumonia vaccine clinics this year, according to the following schedule, all at Greenwich Town Hall, ground floor: Thursday, Oct. 5, and Thursday, Oct. 12, 11 am to 3 pm; Friday, Oct. 20, 10 am to 2 pm; Wednesday, Oct. 25, 3 pm to 6 pm. He urged members to get the latest flu and pneumonia vaccines if they have not already done so. Both are covered by insurance.

[CLICK HERE FOR VACCINE INFORMATION](#)

He also strongly recommended that everyone get the latest Covid booster shot, as cases are beginning to surge.

ARNOLD shared a message received by **PETER UHRY** from former member Geoffrey Burge from “down under.” You will remember Geoff as one of our most active and athletic members. Paraphrasing:

“I have just arrived back in Sydney after five months in Europe. I haven’t held a tennis racket or pickleball paddle since leaving Greenwich. A total hip replacement slowed that down, but I hope to get back into it this year. I have been on my bike, however, with an amazing ride up the west coast of Ireland in July. It was truly spectacular as we covered the 1,000 km in seven days. A pint or two of Guinness at the end of the day certainly helped! We just finished a seven-day hike in the Picos de Europa mountains of Spain, a truly spectacular part of the world. We have downsized to a little townhouse, built in 1890 at Manly beach. We are the oldest people in a young community and are loving it. I am about to go for my morning swim before a round of golf. I do miss the RMA men ... it is a very special group and association.”

ARNOLD reminded everyone about the annual banquet on November 8 at the Tamarack Country Club in Greenwich. Tables are filling up fast. Several table hosts are still recruiting attendees. **JOHN CRAINE** is one of them; as of today, he has six spaces available (203-698-0118; johncraine123@hotmail.com). If you have not yet been approached and would like to participate in this important event, feel free to contact any of the hosts listed on the bulletin board and attached here, or contact **ARNOLD** (ajgordo@verizon.net; 203-340-9336).

The table captains (hosts) who are still recruiting for the banquet are **ANDY HOLMES** (andyholmes56@gmail.com), **DAVID MICHONSKI** (david@quigler.com), **JOHN CRAINE** (johncraine123@hotmail.com), **ED MASTOLONI** (edsr@mastoloni.com), **BOB RIMMER** (rsrimmer25@yahoo.com) and **PAT MACCARTHY** (pmaccarthy415@gmail.com).

ARNOLD announced that there would be a jokester double-billing today as he introduced **TONY FITZPATRICK** who was the warmup for **TOM HEALY**. Here are **TOM's** two stories, each with its own morality tale:

Thankless Grandchildren

Two Ladies, Dolly and Ruby, were talking about their grandchildren one day. Dolly said, " Each year I send each of my grandchildren a card with a generous check inside, but I never hear from them . . . Never receive a thank you message.

Ruby replies, " I, too send my grandchildren a very generous check, and I hear from them within a week after they receive it. In fact, they each pay me a personal visit ."

"Wow ! How come ? "Remarked Dolly. " Very simple solution . . . I don't sign the check !

Taking Care of Mother- In - Law

A man, his wife, and mother-in -law went on vacation to the Holy Land. While there, the mother-in-law passed away. The undertaker told the grieving couple, that she could be shipped home for \$5,000, or buried here in the Holy Land for \$150. The man thought about it for quite awhile, and said that he would like her shipped home. The undertaker asked why he would spend \$5,000 to ship her home, when it would be wonderful to have her buried her and only spend \$150. The man replied that 2000 years ago, a man died here, was buried here, and 3 days later, rose from the dead, and he just couldn't take the chance !

OTHER REPORTS

Membership Report. **JOHN KAVANAGH**, substituting for **PETER STERN**, reported that there were 86 people in attendance at today's meeting, 78 in the Church and eight on Zoom. These attendance numbers included four guests, Craig Walters, who was the guest of **MIKE SMITH**, Ray Viault (pronounced "V-O"), who was the guest of **FRANK SCARPA**, Bob Fraum, who was the guest of **ENRICO VISELLI**, and Michael Brown, who was the guest of **KEATING HAGMANN**. We had four birthdays to celebrate:

DAVID RICHARDS, 78

MIKE ABRAHAMS, 85

HORST TEBBE, 83

MARK GEIMER, 75

The assembled group sang Happy Birthday to the birthday group, with **JIM SANTORA** accompanying on the piano.

Also, we had two returnees at the meeting, **JIM BUTLER** and **LEE LUNDY**, both of whom were returning from the same mini-college reunion in Santa Fe, New Mexico. There were no inductions today. Many thanks to **TOG PEARSON** for counting the attendees in the Church, to **MARK GEIMER** for the Zoom numbers, and to **BILL FEATHERSTON** for helping out at the greeter desk.

Speakers. **TIM BROOKS** previewed today's speaker, our own piano man **BOB MORGAN** who will speak on "My Career as a Major Label Recording Executive in the 1960s with Artists Ranging from Bobby Vinton to the Dave Clark Five."

STEVE MYERS announced next week's speaker, former Congressman Chris Shays, whose topic is "We Have a Democracy If We Can Keep It." Shays believes that the maladies that afflict our democracy today require that we return to basics and remind ourselves of the responsibilities that are the hallmark of good citizenship. We need to reestablish the guardrails of decent behavior. Politicians must honor with selfless service the trust placed in them by the electorate. They must return to practicing the art of compromise, respecting and promoting the truth in every endeavor, and working to uphold the Constitution and strengthen our democracy. Citizens should become more educated and

tolerant voters. They must be ready to respond and to sacrifice in order to help make both our nation and the world a better place now and for future generations.

Shays will further expand on these ideas and propose means for implementing change. Christopher represented the 4th District in Connecticut from 1987 to 2009 in the United States Congress. A moderate Republican, socially progressive and fiscally conservative, Shays had a strong and successful record of reaching across the aisle to address our Nation's problems. After Congress, Shays co-chaired the Commission on Wartime Contracting, then served as a Distinguished Fellow in Public Service at the University of New Haven, and later as a Resident Fellow at the Harvard Kennedy School, Institute of Politics.

HUMAN INTEREST



GEORGE UBOGY (piano) appeared with **Dr. CYNTHIA MACKAY**, renowned soprano, and a retired ophthalmologist. She sang two songs, "The Wild Rover," an old Irish folk song, with audience participation, clapping in chorus, and "Sway," a Latin marimba dance, popularized by Dean Martin.

ANNOUNCEMENTS

JIM FISHBEIN reported on the RSV virus. Three weeks ago, **Dr. SPIKE LIPSCHUTZ** told us about the rapidly spreading Respiratory Syncytial Virus, or "RSV." Two weeks ago, the vaccine was released, and **SPIKE** and I thought you would want to know more about it. The director of the FDA's Center for Biologics Evaluation and Research has said "older adults, in particular those with underlying health conditions, such as heart or lung disease or weakened immune systems, are at high risk for severe disease caused by RSV." This disease settles in the lower respiratory system, the lungs. There is no known medical cure. Healing takes place because of the clinical interventions to treat the symptoms, the patient's

immune makeup and infection fighting ability. Like pneumonia, both are very dangerous. Each year in the U.S. RSV causes older American adults approximately 60,000-120,000 hospitalizations with a 5 to 16% death rate. A vaccine is now available, but it is most important that you discuss this with your primary care doctor first.

If you haven't already had RSV and are over 60, take it from me, you want the vaccine. I just spent three days in Greenwich Hospital. The first days I thought I was drowning. But the great medical and nursing attention there pulled me through faster than expected. Check with your primary care provider!

FRED WU spoke about the Greenwich Symphony Orchestra. The opening concert of the new season this weekend will include a piece by classically trained Keith Emerson, of the rock group Emerson, Lake, and Palmer, entitled "Piano Concerto # 1," and a piece by Duke Ellington entitled "New World a-Comin'." For further information you can get tickets online, or contact **FRED** (fywu.wu@gmail.com).

ARTHUR STAMPLEMAN reminded us about the free RMA tour of the Kendall Sculpture Gardens at PepsiCo (700 Anderson Hill Road, Purchase, NY) on Thursday, September 28 beginning at 10:30 am. Everyone who signed up should be there at 10:15 am, and they should go the Sculpture Garden Information Booth where there is parking as shown on the directions they received. Everyone must bring the Pepsi waiver form that they received.

DON ROTZIEN is planning to hold the next ROMEO lunch at Greenwich Point on Friday, October 13 at 1:00 pm. Bring your own lunch and your beach card. If you don't have one, just let the guard know that you're with RMA. That date happens to be the 69th anniversary of RMA's founding. In case of bad weather, it will probably be held at Riko's Pizza on the Post Road in Old Greenwich. If you're interested in attending the lunch, please email **DON** at dsrotzien@gmail.com so you can be notified of any changes.

JIM DEAN described RMA's plans for this year's Salvation Army fund-raising goal of \$10,000. Kettles will be placed after Thanksgiving at three locations. One will be Acme Foods in Riverside, another at Richards, and a third to be determined. Cash or credit cards can be used to make donations on site. Each year, The Salvation Army serves

more than 25 million people across America by helping them in a time of need. That means 55 million meals for the hungry, 10+ million nights of shelter for the homeless, and countless Christmas gifts for those who may otherwise go without. The donations in the red kettle stay local - directly impacting the lives of our neighbors. Volunteers are needed; please contact **JIM** (203-550-0657; jhdeanco@gmail.com). In order to have enough volunteers, RMA will partner with some other groups, such as the Boy Scouts. There will be a series of sign-up sheets on the bulletin board for committee members, kettle volunteers, and administrators. JOIN THE ARMY!

JOHN DENNE, standing in for **WILL MORRISON** for volunteer hours reporting, delivered a reminder that September marks the end of the volunteer fiscal year. Therefore, it is important that everyone record any previously unreported hours so that they may be included in the numbers that we report for the year. You can do so by signing on the form at the table in the back during the break or online at www.greenwichrma.org/log. As you know, we report our annual numbers publicly so it is most important that you take this opportunity to think back to any hours that you may have forgotten or otherwise have not reported, and do so promptly. Thirty days has September, so month end is Saturday. Get on to this now or as soon as you read this in the CBB. Let's not let hours served go unreported and unrecognized.

GAMES PEOPLE PLAY

Walkers and Talkers: TAD LARRABEE. The RMA walkers went to the former Rockefeller property in north Glenville, a 51-acre wooded area that was recently purchased by Greenwich Academy. There are no signs yet that indicate what Greenwich Academy might do with that property. We walked on numerous trails that included a close-up of Governor Ned Lamont's home (at right) and then meandered by road back to our cars. The early Fall weather was perfect for an enjoyable walk.



Golf: MIKE RYAN. There was no golf yesterday due to inclement weather. Signup sheets for the next two Tuesdays are on the bulletin board. Our October 10 outing will be a best ball competition – weather permitting - and will begin at 8:30 am. Our annual golf luncheon is at the Field Club next Wednesday - following our meeting here. We have 25 RMAers signed up at present and I am very much hoping that we can bump up that number to 30 men. For those interested, please contact me. Over many years, this event has always been a lot of fun so please join us.

Hearts: BILL FAKUNDINY. There were eight players on two tables, who played three games:

Table 1	Table 2
Joe Dowling won 2 games	Don Conway won 2 games
John Knight won 1 game	Bob Shulman won 1 game
Moonshots-5	Moonshots- 4
John Knight 3	Tom Healy 2
Joe Dowling 1	Bob Shulman 1
Bill Fakundiny 1	Jay Schondorf 1

Pickleball: PAT MacCARTHY reminded us that RMA pickleball is played, weather permitting, from 11 am until 1 pm on Mondays and from 10 am until 12 pm on Thursdays at Christiano Field. Unfortunately, rainouts were experienced during the past three weeks but the forecast is good for tomorrow. If you want to join the pickleball contact list, please email **PAT** at pmaccarthy415@gmail.com. Pickleball table(s) will be organized for the RMA banquet on November 8. If you are interested in joining a table, please email **PAT**.

Indoor Tennis: JOE MANCINELLI. The 1st round was a close tie, coin flips between **MARK PRUNER** and **BOB FRISHMAN** and **PAT MACCARTHY** and **JOE MANCINELLI**. In the finals it was **ANDRE MAZUREK** and **JOE** on Court 1, and **MARK** and **LAWRENCE MERL** on Court 2. Next week's captain is **PAT MACCARTHY**.

Paddle Tennis: JIM DEAN reported that courts have been reserved for Tuesday mornings. Paddle starts Tuesday, October 17, 10 to noon, at Loughlin Avenue Park, Cos

Cob. Players can send the application form available at the meeting with a check for \$25 made out to Town of Greenwich. Please let **JIM** know if you send your form in directly. Tennis shoes must be worn on the court. Here are some suggested stretches prior to playing paddle tennis

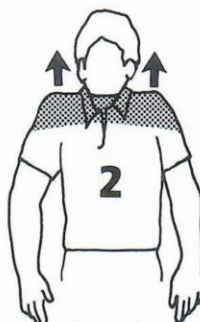
Before and After Tennis

Approximately 5 Minutes

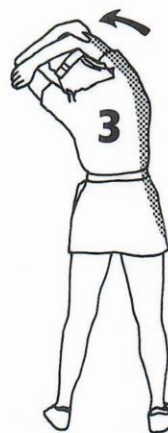
Walk or jog for several minutes before stretching.



10 seconds
each arm
(page 43)



5 seconds
2 times
(page 46)



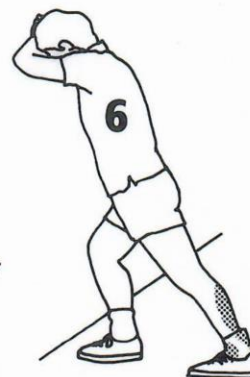
8-10 seconds
each side
(page 44)



15 seconds
(page 46)



10 seconds
each side
(page 80)



15 seconds
each leg
(page 71)



10 seconds
each leg
(page 75)



15-20 seconds
(page 55)

TODAY'S SPEAKER

TIM BROOKS introduced RMA music man **BOB MORGAN**, who spoke on “My Career as a Major Label Recording Executive in the 1960s with Artists Ranging from Bobby Vinton to the Dave Clark Five”



BOB told us about his lifetime in music, from childhood to today. His mother said he could not play baseball with the neighborhood kids after school until after piano practice. The reason given, was that in years to come while playing piano he would meet girls. She was right! **BOB** played in bands from the time he was 12 and continues today playing piano and doing arrangements for the RMA Melody Men.

BOB described his days a bass player for the Yale Dixieland jazz band called Eli's Chosen Six. They made an LP for Columbia Records in 1955, which led to them to playing at the 1958 Newport Jazz Festival and appearing in the Bert Stern movie “Jazz on A Summer's Day.” This led to his getting a job with Columbia Records, going through an eight-week training program, and ending up as an assistant in the Artists & Repertoire Department.

BOB related inside stories from his eight years with Columbia where he climbed to Executive Director of Columbia's Epic Records label and produced and directed recordings that sold millions. He worked regularly with label leaders Goddard Lieberson, Mitch Miller and others. Then, on to MGM Records and later founding his own Good Music Record Co. in 1982. Over the years, Bob produced hit records with Bobby Vinton, The Brothers Four, George Maharis, Jerry Vale, Connie Francis, the Hawaiian singer Don Ho, the Clancy Brothers, Tommy Makem, and Bobby Hackett (cornetists), especially songs of Henry Mancini, including “The Theme from Peter Gunn.” He also recorded jazz artists Lionel Hampton, Teddy Wilson and Count Basie, along with Tony Bennett, Johnny Desmond (vocalist) and Tony Mottola, (jazz guitarist); comedians Godfrey Cambridge and Foster

Brooks, the opera singer Enzo Stuarti, Australian Rolf Harris, British star Cliff Richard (the British Elvis Presley), and the Glenn Miller Orchestra with Buddy DeFranco, among many others.

In addition, early in the '60s British music invasion, Bob acquired for Epic the U.S. rights to the hit groups The Dave Clark Five and The Yardbirds, bringing Columbia into the rock music era.

The talk was followed by a lively Q&A session.

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

Note: The views expressed in RMA presentations 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 →**FRED WU**←. 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.

Pictures by **ANDY HOLMES** and **TIM BROOKS**.

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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	Pat MacCarthy – pmacCarthy415@gmail.com Michael LaGamma – mdlagamma@optonline.net
Tuesdays	9:30 am	RMA Golf, the Griff Golf Course, Greenwich	Mike Ryan – ryantomac@netscape.net
Tuesdays	10 am-12 pm	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	Pat MacCarthy – pmacCarthy415@gmail.com Michael LaGamma – mdlagamma@optonline.net
Friday	Contact Holmes	Indoor Tennis	Andy Holmes - Andyholmes56@gmail.com

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