

CIGAR BOX BULLETIN



Retired Men's Association of Greenwich, Inc.
1 West Putnam Avenue, Greenwich, CT 06830



www.greenwichrma.org

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"Those who say it can't be done are usually interrupted by others doing it." – James Baldwin

The RMA membership meeting for October 18, 2023 was called to order by President **JACK WEIR**. **PAUL CAMPION** led the group in the Pledge of Allegiance. **BOB MORGAN** was at the piano as song leader **MIKE HAYDEN** started things off with a rousing rendition of "America the Beautiful" followed by the group singing "Heart of My Hearts." **MIKE** then led the group in a classic oldie "You Made Me Love You." There was much toe-tapping during the final number.

JACK WEIR thanked **BOB** and **MIKE** and acknowledged all the RMA members who make the weekly meeting possible, including CBB Editor **TIM BROOKS**, formatter **LEN CARUSI**, scribe **JOHN REESE**, projectionists **LEN CARUSI** and **TONY COCCHI**, volunteer advocate **TOD PEARSON**, greeter **JOHN KAVANAGH**, Mentor **MICHAEL AMBROSINO**, Refreshments **MICHAEL AMBROSINO**, audio/video **ED PARKER**, **MARK GEIMER**, **PETER DODGE**, **HORST TEBBE**, **BARRY RICHELSON**, **STEVE MARINO**, and **JOHN FEBLES**. Also thanked were set up team **BOB BISHOP**, **JIM BUTLER**, and **JOHN CRAINE**.

JACK then made several announcements:

1. He is meeting next Tuesday with First Selectman Fred Camillo to discuss solutions to parking issues that RMA members have experienced this year at the municipal lot on Lafayette Place. He invited members to submit written comment if anyone has thoughts. Not complaints, but thoughts about constructive solutions to parking problems. Send him an email, not later than Monday.
2. There will be a meeting this Friday at 2 pm at Greenwich Library for anyone interested in participating on the special events sub-committee as a sponsor for RMA trips and events.
3. The Yale-Columbia football game tailgate event deadline is extended one more week for members to sign up, as Jack is still negotiating ticket prices for seniors. There will be a pre-game meeting next Wednesday for all members planning to attend. We have to get a hard count on how many people are actually intending to attend. Cost will be between \$20 and \$30.
4. **JACK** warned members not to open or send any emails to him from the invalid address jkweir47@aol.com. Please only use JohnKWeir47@aol.com .

REPORTS

Corresponding Secretary **ARNOLD GORDON** recommended an article about “What’s normal for the body and brain as we age?” with advice from experts. See attached. He then reminded everyone to vote on November 7 and if interested to watch a debate on Thursday, October 26 among the candidates for Selectman. For details: <https://patch.com/connecticut/greenwich/greenwich-board-selectmen-candidates-debate-backcountry>

For Advice on Aging Article, [Click Here](#)

ARNOLD provided an update on the November 8th banquet. We expect what might be a record attendance: 187 members and guests, plus eight widows of deceased members. Reminder letters with some details were sent to everyone on Tuesday, October 17. He thanked **WILL MORRISON** for creating and managing the attendee spreadsheet and **LEN CARUSI** for managing the mailings.

ARNOLD recommended a book for pun-lovers, which traces the interesting history of wordplay, *The Pun Also Rises* (<https://www.amazon.com/Pun-Also-Rises-Revolutionized-Language/dp/1592406750>). He then recited these cringeworthy examples:

"A thief who stole a calendar got twelve months."

"Did you hear about the crossed-eyed teacher who lost her job because she couldn't control her pupils?"

"Why did the Roman emperor's wife hate playing hide and seek? Because wherever she goes, Julius Caesar."

"I tried to steal spaghetti from the shop, but the female guard saw me and I couldn't get pasta."

"Yesterday, a clown held the door open for me. It was such a nice jester."

And in an homage to George Carlin, who said among his many examples of wit and wisdom: "Have you ever noticed when you're driving that anyone who's driving slower than you is an idiot, and anyone driving faster than you is a maniac?" **ARNOLD** then introduced **PAUL CAMPION** as jokester for the day. **PAUL** told us about three guys that walked into a bar. Bartender says "what'll you have?" First guy says "I think today's unusual, I'm going to have a pint of blood." The second guy says "that's a great idea, I'll have two pints of blood" and the third guy, being different, says "I'll have a pint of plasma." So the bartender says "coming up --one pint of blood there, with two pints of blood there, and here's a pint of blood lite."

Then **PAUL** shared a Florida joke entitled, "The Dolphin Trainer." An elderly man is driving along in his car and he rear ends a groovy guy in a foreign sports car. The rear end is just a tap, just a kiss, the only people that probably would notice were the two license plates, there was no damage. But the groovy sports guy jumps out of the car and encounters the elderly man and screams at him that "you're going to owe me \$10,000 to repair my car and if you don't, I'm going to beat you to a bloody pulp." The elderly man says, "Well, my son is nearby and he's a dolphin trainer and he has answers to many things. So let me call him up, get him up here. He'll be able to solve this thing. I certainly don't have the money." So while he's dialing him up, the sports driver grabs the phone when the son is connected and screams at him as well.

The two begin some big deal, "What am I going to be talking to a dolphin trainer for? Going to snap a few fingers, not going to solve my problem. I want \$10,000. All right? I want to know. And a matter of fact, if it doesn't happen, I'll beat both of you up to a bloody pulp." And then the boy said, "I'll be up there in 10 minutes." Sure enough, in 10 minutes, a jeep shows up. The young man pops out, goes over to the sports car driver, grabs him by the collar, and beats the crap out of him, leaving him in a heap over in the corner. The son then turns to his dad and says, "Dad, this is for the last time. I train seals, Navy seals, not dolphins."



Mendelsohn, Walters, Smith

PETER STERN gave the membership report, beginning with the induction of new member Craig Walters. Craig was nominated by **MIKE SMITH**, a Past President of RMA, with these words. "I've known Craig and his wife Georgia since our early days at Riverside Yacht Club in the 80s where he specialized in yacht design, mostly sailboats; but later in life he designed an innovative electric power boat, pretty much the first of its kind ... well before Tesla. Fortunately, Craig isn't as crazed as Elon Musk. He hasn't been

Xposed yet. (The world used to know X as Twitter. 'Twitter posed' doesn't have a nice ring but 'Xposed' does.) Craig and Georgia departed these climes probably 20 years ago, and they have been enjoying the nice weather down in Florida. They have recently returned to Greenwich where he is already active in local projects as well as neurological research and multiple sclerosis issues that he knows very well. We welcome him back after several years away."

Craig's nomination was seconded by **BOB MENDELSON**. A unanimous show of hands vote approved Craig's membership. In a short acceptance speech, Craig said "Thank you, **BOB**, for your comments. I won't bore you. I grew up here. This is home. My wife made a very appropriate comment recently to a friend, saying, 'coming back to Connecticut was probably one of the best decisions we ever made.' This is home. This is where we grew up, went to school. And so, I look forward to meeting many more of you than I have in the

recent meetings, but I think it'll take a while to meet the whole bunch of you. But anyway, thank you, **PETER**."

Attendance today was 82 in person, seven on Zoom, for a total of 89. Count by **CARL WHITE**. Birthdays, with piano by **BOB MORGAN**:

Bill	Featherston	81
Sonny	Chan	69
Keith	Roe	78

We had four guests, Larry Allen, guest of **FRANK HEGEMAN** and **TOG PEARSON**, Joe Waide, guest of **GERRY BOYLE** and **BRIAN O'CONNOR**, Hal Doshan, guest of **ARNOLD GORDON**, and Jud Starr, guest of **SKIP AUCH**. Returnees were **STEVE SMALL** from VT, **BRUNO SCHRAGE** from Milan, Italy, and **JAMES DEAN** from Charleston, SC.

ANNOUNCEMENTS

SPIKE LIPSCHUTZ previewed today's speakers, Diane Kelly, president of Greenwich Hospital, and Noël Appel, senior vice president of development. Diane and Noël will be talking about new clinical service developments at the hospital and provide an update on the Arc of Care capital campaign. **HOLLISTER STURGES** informed us that next week's speaker will be Connecticut Attorney General William Tong. William Tong is now in his second term as the Connecticut attorney general. He's spoken twice to the RMA, very well received, and he talked about going after the pharmaceutical industry. Next week his title is, and this came from him, not us, "Recent Multi-State Actions by The Attorney General." He's a leader in collaborating with attorneys general from other states working on national problems, and, as he puts it, going after the bad actors.

For the human-interest portion of the meeting, **HENRY TISCHLER** provided an entertaining "Tale of Two Plays," describing his experiences with investment pitches for two highly different theatrical productions. One was a Holocaust drama penned by an Ivy League creative writing professor, the other a tawdry exploitation piece concocted by a flamboyant costumes shop owner, but with a talent for publicity. **HENRY'S** deadpan delivery of the bizarre details kept the audience chuckling. See this attachment for **HENRY'S** full story.

For “Tale of Two Plays”, [Click Here](#)

Addressing volunteer opportunities, **WILL MORRISON** encouraged members to record their volunteer hours for the new year. **JIM DEAN** updated everyone on planning for the Salvation Army bell ringing campaign at local grocery stores. Thanks to RMA member **BOB SHULLMAN** we have added Richard's to our kettle locations. In addition, we are waiting for approval to have the kettle at the Greenwich tree lighting ceremony on December 2. Keep your eye on the bulletin board for areas where the committee needs help.

MIKE AMBROSINO promoted an upcoming Simon & Garfunkel tribute concert at the Stamford Palace Theater, February 22 (tickets for good seats are already available on the Palace website and he will probably put together a dinner for RMA attendees) and reminded everyone to get their flu shots and COVID boosters, as he did recently from COSTCO, which impressed him as making this almost effortless.



Last week's ROMEO luncheon, at Greenwich Point, organized by **DON ROTZIEN**, was a great success. The weather finally cooperated.

TOM HEALY reports that the Melody Men's fall tour continues to be successful. Among the features are the “Three Paisanos” with a medley of Italian songs—counterbalancing last Spring's Irish favorites. As a reminder, the Melody Men could use back-up accompanist. If you play the piano, please see **TOM**.



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According to **JOHN REESE** the next meeting of the RMA *Internal* Technology Group will be Tuesday, October 24 at 4 pm on Zoom. Current members will receive a Zoom Link invitation today. For the RMA AI/ChatGPT/Tech discussion group, we are tentatively looking at a virtual meeting Friday, October 27, in the late afternoon, i.e. 4 pm.

GAMES & SPORTS

WILL MORRISON invited all to Monday morning Tai Chi classes. It's a lot about posture, improving your posture and breathing and so forth. It's also a very friendly crowd.

MIKE RYAN gave the golf report, saying "Our last two Tuesdays will be on the 24th and 31st to wrap up our golf season. Yesterday, we only had eight players, probably the lowest number we've had for the entire year. Winners were: on hole number five, Nobody, nobody got on the green. And on hole number seven, closest to pin, **TONY FITZPATRICK**. On the eighth hole, which is the longest drive, **PAT YUEN**, won it yet again. And then on 15, even though we didn't have that many players, this is a bit surprising, nobody got on the green. For notable scores, 97s were carded by **RICHARD BARTHOLOMEW** and **TOM HEALY**, 96 by **PAT YUEN**, 92 by **JIM BOARDMAN**, and low score, 89, by **TONY FITZPATRICK**."

JIM DEAN announced the start of platform tennis season this week at Laughlin Field with eight players (every Tuesday at 10 am).

TONY COCCHI summarized last week's bridge results. **STEVE SHAPIRO** at 3,250, followed closely by Blanche O'Connell with 3,230, and **JOHN FEBLES** had 2,580 points. I should tell you that **JOHN** beat his wife this time, first time in a few weeks. Play is every Wednesday at 1 pm in the library in the basement cafeteria. Everybody's welcome. You don't have to be an expert, you can be a learner.

BOB SHULLMAN reported on hearts. "We play hearts at the library upstairs, not down in the dining area at one o'clock. Everyone is invited if they know how to play, if not we'll help you learn. Last week, four members played two hearts games. **JOHN STANKUNAS** and **JOHN KNIGHT** shared the win in one game while **STANKUNAS** won the other game. **STANKUNAS** shot the moon twice while **KNIGHT** also shot the moon once. If you ever

played hearts, most likely in the military or in school, and you'd like to play again, please let me know."

PAT MacCARTHY put out the call for more pickleball players. "We had to cancel our pickleball game on Monday because we didn't have enough players; we've lost several of our best players to Florida and I'm just reminding everyone we will be playing pickleball at least through November every Monday from 11 to 1 and every Thursday from 10 to 12. We've got a good sign-up starting for tomorrow so please come out; just show up at Cristiano Park but join our email roster."

JOHN REESE, this week's tennis captain, reported that Round 1 doubles winners were **ANDRE MAZUREK** with **RON FRIEDMAN**, 6-2 on Court 1, and **STEVE STEIN** with **PETER ORBANOWSKY**, 6-0 on Court 2. Round 2 winners were **JOHN REESE** with **LAWRENCE MERL**, 6-0 on Court 2, and **ANDRE MAZUREK** with **STEVE STEIN**, 6-2 on Court 1. Next week's Captain is **RANDY MOTLAND**.



The Walker's Report from **TAD LARRABEE**. "Last Thursday, the RMA walkers carpooled to the Mianus River Gorge Preserve just over the New York border in Bedford. Not only was it a gorgeous day for a hike, but the Gorge was also gorgeous. It largely consists of old growth forest with some hemlock trees dating back 350 years. It is hard to believe that such a natural area is so close to us and available for walks like ours. The trails are a bit rough with a scenic trail along the

river that includes substantial short bits of steep up and down challenges to make it more interesting. We also visited a small colonial era open-pit mine. Our return trip was further in the woods on more level ground. Mianus River Gorge Preserve was founded in 1953 by a group of conservationists and natural scientists who recognized the unique value of the old-growth hemlock forest and its tremendous biodiversity. The early founders, including support from **PETER UHRY's** mother, protected the land as a living laboratory to develop sound land and watershed management strategies. In 1964, Mianus River Gorge Preserve was designated the first National Natural History Landmark in the United States by the U.S.

Department of Interior. The 22-mile Mianus River runs through the Mianus River Gorge Preserve and is part of a 42-square mile watershed, spanning five towns in New York and Connecticut. Just south of the Preserve is the Mianus Reservoir, mostly in north Stamford, that provides much of our local drinking water.”

JACK WEIR adjourned the meeting, reminding members about Friday's special events meeting before the gavel came down.

TODAY'S SPEAKER

SPIKE LIPSCHUTZ introduced the speakers, Diane Kelly (Spike's former boss, at left) and



Noël Appel. Diane Kelly is the president of Greenwich Hospital and also serves as the chief nursing executive for the entire Yale New Haven Health System. She has been president of Greenwich Hospital for three years and was the chief operating officer prior to that. Before joining Greenwich Hospital, Diane had multiple clinical leadership roles at Berkshire Medical Center, including serving as chief operating officer for 10 years.

Diane has impressive credentials. She has a nursing degree from the University of Massachusetts Amherst, an MBA from Western New England College, and a doctorate in nursing practice focused on executive leadership and population health from the University of San Francisco.

Noël Appel is the senior vice president for development at Greenwich Hospital and is also serving as the interim executive vice president for development at other Yale hospitals. Noël has previous development experience at the New School in New York, Northeastern University, and Fairfield University before becoming head of development at Greenwich Hospital around six years ago, the same time Diane Kelly joined.

Diane and Noël work closely together on strategy and planning the future direction of Greenwich Hospital. Diane provided an overview of Greenwich Hospital and its growth

plans, while Noël discussed the hospital's major new fundraising campaign. Greenwich Hospital is part of the Yale New Haven Health System, which is Connecticut's leading healthcare system. Greenwich Hospital itself provides over 100 different medical specialties, which is only possible by being part of an academic health system like Yale. It is a 206-bed community hospital with 32 bassinets for newborns.

Greenwich Hospital serves three key areas:

- About 50% of discharges come from New York
- Local area of Greenwich, CT itself
- Significant share from Stamford, CT

Diane explained the hospital strategically draws patients from this geographic "catchment area," with about 620,000 people relying on Greenwich, White Plains, and Stamford hospitals. This large population sustains the high level of services at Greenwich Hospital. A wide geographic reach is important, as a population of around 200,000 is needed to sustain a viable community hospital. With only 60,000 people in Greenwich itself, the hospital would not be able to offer its breadth of services or attract top clinical talent if limited to just local residents.

Being part of the Yale New Haven Health academic health system allows Greenwich Hospital to expand its clinical capabilities. For example, cancer patients have access to over 600 Yale trials and studies. Recent high-profile recruits include Dr. Montanari, an oncologist who left New York City to lead cancer care at Greenwich, Dr. Gonella, an internationally renowned neurovascular surgeon who built Yale's neurovascular program, and Dr. Zibely, a specialist who helped develop an advanced MRI-guided, noninvasive procedure to treat severe tremors and is bringing this technology to Greenwich Hospital.

While Greenwich Hospital is known for high quality inpatient care like maternity and surgery services, most healthcare is delivered on an outpatient basis. Greenwich Hospital aims to keep people healthy through preventative care and services so they avoid needing hospitalization. To promote access, Greenwich Hospital has invested significantly in outpatient facilities across its service area, including a large multi-specialty pediatric clinic in Greenwich, an ambulatory surgery center, and multiple specialty practices in Stamford. Easy patient access and coordination across inpatient and outpatient settings is a strategic

priority. Key clinical growth priorities include cardiology, cancer care, neuroscience, orthopedics, and behavioral health. In behavioral health, they are expanding services dramatically for children, adolescents, adults and older people across inpatient, outpatient and community settings, given strong needs in this area.

Other distinguishing facts include Greenwich Hospital's five-star rating from CMS for quality of care for three years straight, ranking it the top hospital in the Yale New Haven Health System. Financially, Yale New Haven Health committed \$160 million to help Greenwich Hospital execute its five-year growth plan. This growth is being augmented by Greenwich Hospital's first comprehensive fundraising campaign in decades, with a goal of raising \$125 million.

The campaign has already raised \$65.9 million, including creating endowed faculty positions to attract talent in cardiology, cancer, orthopedics and psychiatry. Other campaign priorities are equipment/technology funds and expanded behavioral health programming and facilities. Upcoming plans include conversion to all private rooms and expanded facilities in New York to better serve patients from that area. An example of expanding clinical capabilities is the recruitment of a specialist from Israel who has developed an advanced MRI-guided, non-invasive procedure to treat severe tremors. He will establish this service at Greenwich Hospital.

In summary, Greenwich Hospital's impressive care quality, geographic reach, membership in the Yale New Haven Health academic system, talented clinicians in key specialties, and combined commitment from Yale and philanthropy, are enabling exceptional service expansions to meet increasing community needs. The presentation highlighted Greenwich Hospital's bright future as a first-class community hospital through strategic growth and development.

The talk can be viewed by going to the RMA website at <https://greenwichrma.org>, and clicking on "Speakers."

Note: The views expressed in RMA presentations are those of the speakers. 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 →**BOB GIAQUINTO**←. 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 **TIM BROOKS, MIKE AMBROSINO, DICK FRANCK, PETER STERN.**

Retired Men's Association of Greenwich, Inc. • 1 West Putnam Avenue • 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	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	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 – mdlgamma@optonline.net
Friday	Contact Holmes	Indoor Tennis	Andy Holmes - Andyholmes56@gmail.com

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