

# CIGAR BOX BULLETIN



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

[www.greenwichrma.org](http://www.greenwichrma.org)

Chair/Editor: TIM BROOKS



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**SCRIBE: JIM DEAN**

December 6 Scribe: **JOHN KAVANAGH**, [jjkct176@gmail.com](mailto:jjkct176@gmail.com)

*"Ability and Necessity Dwell Near Each Other" – Pythagoras*

President **JACK WEIR** called the meeting to order at 9:45. **JOHN CRAINE** led the membership in reciting the Pledge of Allegiance. **JERRY SCHWENDEMAN** led the group in song accompanied by **BOB MORGAN** on piano; the members sang the national anthem, "We Are the RMA," and "Everybody Loves Somebody." Also assisting at the meeting were **TIM BROOKS**, CBB editor, **LEN CARUSI** and **TONY COCCHI**, projectionists, **MARK GEIMER**, formatter, and volunteer advocate **BARRY RICHELSON**. Audio/video volunteers were **ED PARKER, MARK GEIMER, PETER DODGE, HORST TEBBE, STEPHEN MARINO, JOHN FEBLES**; set up was managed by **BOB BISHOP, JIM BUTLER** and **JOHN CRAINE**.

## **PRESIDENT'S COMMENTS**

**JACK** began by welcoming members back from Thanksgiving holiday. He also read a thank-you from the Women's Club for assisting with parking at their Holiday Boutique. He announced that as a follow up to the cooperative venture with Roseann Benedict's group **ALAN WEYL**, co-head of special events, will speak about events the RMA plans to

undertake and the guidelines for governing participation. **JEFF JUNKER** then provided the Treasurer's Report.

**JACK** advised that the Board will meet on December 6<sup>th</sup> to discuss the calendar of events to be held at FPC during 2024. He asked members to please confirm proposed dates for future events by emailing him

### **CORRESPONDING SECRETARY**

**ARNOLD GORDON** cautioned members about new threats by scammers that especially affect seniors. They are using AI to mimic the voice of a loved one who claims to be in a distressing situation, tricking their victims into sending money or personal information. They can clone voices of friends and family. See the following article for a review of AI scams to be wary of.

<https://ncdoj.gov/consumer-alert-watch-out-for-artificial-intelligence-scams/#:~:text=Some%20forms%20of%20AI%20might,sending%20money%20or%20personal%20information.>

**ARNOLD** informed the members that the Town of Greenwich is seeking both full-time and substitute school crossing guards. This is a vital position that protects the safety of children and there are immediate openings available. There is pay of \$21 per shift with each school day having two shifts, one in the morning and one in the afternoon. Each shift is 45 minutes and you will be entrusted with ensuring the safety of children and pedestrians crossing the streets by regulating the flow of pedestrian and vehicular traffic before and after school. People must have a valid driver's license and a vehicle, pass a physical paid for by the Town of Greenwich, pass a criminal background check, have a phone and be available on short notice. Anyone interested in these opportunities should contact GPD Traffic Technician Roger Drenth or Sgt. James Smith at 203-622-8014 or 203-622-8015.

**ARNOLD** reminded everyone that on December 20<sup>th</sup>, we will have our annual holiday party in the FPC Social Hall with festivities beginning at 10 am. You are welcome to bring guests, young and old, for some great entertainment and lots of delicious food supplied by the RMA. As in the past, if you wish to bring some homemade goodies to share, please feel

free to do so. Please remember that no food or beverage is allowed in the meeting seating area! An announcement will be sent shortly to all members with more details as well as a poll to help us estimate how many people intend to come.

As jokester for the day, **ARNOLD** related a story about a dying man whose wife did not know his blood type; it did not end well. “A woman took her husband Norman to the emergency room for a serious unknown ailment. The doctor told her he urgently needed a blood transfusion but his blood type was not on record, and asked her what it was. It was a life-saving issue. Tragically, she never knew his blood type, so she only had time to sit and say goodbye. She knew how supportive Norman was, always thinking of others. Even as he was fading away, he kept on whispering to her, *‘Be positive, be positive!’*”

**ARNOLD** then played the following video about “a difficult conversation.”

<https://www.tiktok.com/@thegibs87/video/7302837552325692703>

**ALAN WEYL** presented his report on the RMA special events rejuvenation plan. See the attached PowerPoint. In summary, the co-heads of special events will:

1. Develop a vision statement for RMA special events
2. Link this vision to the RMA Mission Statement
3. Create a business model for RMA special events
4. Build a robust operating model to manage RMA special events
5. Deliver high quality affordable programs that appeal broadly to our members
6. Calendar early 2024 special events

**[Alan’s RMA Special Events presentation](#)**

## **MEMBERSHIP REPORT**

**PETER STERN** provided the meeting statistics: 83 in attendance, six on Zoom, for a total of 89 members attending. Today’s count was done by **CARL WHITE**.

There were two guests: Peter O’Neil, guest of **JOE WAIDE** and **GERRY BOYLE**, and Kris Bratberg, guest of **PETE UHRY** and **PAT MacCARTHY**. Today’s greeter was **JOHN KAVANAGH**.

With **BOB MORGAN** on the piano, birthdays were celebrated for the following members:

**ARNOLD STANCELL**, 87

**DON HAMILTON**, 80

**BILL GREMP**, 81

**JOHN MURPHY**, 75

**ROGER CLARKE**, 77

**WILL MORRISON**, 74

**BART STEINFELD**, 68

The single returnee was **GRAN BURGESS**, returning from London and Bath.

### **SPEAKERS PROGRAM**

Today **SPIKE LIPSCHUTZ** will be presenting Dr. Joseph Feuerstein, co-author of *The Cannabinoid Cookbook*. Next week's speaker will be Dr. Cynthia MacKay on cataracts, presented by **ARTHUR STAMPLEMAN**.

### **ANNOUNCEMENTS**

**JIM DEAN** provided an update on the RMA/Salvation Army campaign. We are off to a splendid start with our on-line participation in "Friends and Family" contributions. Members are asked to consider forwarding the email to friends and family who would like to contribute through the RMA/Salvation Army account. Volunteers will be ringing the bell at Acme Market, Riverside, and at Richards and Betteridge on Greenwich Avenue. Please consider volunteering for a shift at one of these sites. We are using an on-line sign-up tool called *Signup Genius* for volunteers to schedule themselves for a shift. Each volunteer will receive a link to the program and can then go in and select a day, time and location that works for their calendar.

**GERRY BOYLE** volunteered at Betteridge, while The Melody Men gathered for Christmas carols at the Greenwich Tree Lighting.





Gerry Boyle



The Melody Men at the Greenwich Tree Lighting

The Melody Men also recently made their annual, more formal, appearance at the Greenwich Old Timers' Athletic Association Dinner. The performance of the national anthem was dedicated to Erf Porter's memory. Director **TOM HEALY** reports there was thunderous applause, and many kudos for the performance.



## HUMAN INTEREST

**CHARLIE ADAMS** was the member speaker who provided a video of his scuba diving trip with his wife and daughter to New Zealand.

## GAMES PEOPLE PLAY

**Tennis:** **ANDY HOLMES** started with an announcement. The first half of the indoor tennis season is almost over, but we will be commencing the second half of our season in early January. We currently have one spot available for our spring season which runs from January through early May. So, if there are any new RMA members that would like to join our indoor tennis group or if there are any existing members that have thought about joining in the past, we would love to have you join our group. If interested, come see me at the break or send me an email. My email address is [andyholmes56@gmail.com](mailto:andyholmes56@gmail.com).

As for last Friday's results, we had eight players play four matches. In the opening round, the winners on Court 1 were **STEVE JOHNSON** and **LAWRENCE MERL** and over on Court 2, the winners were **ANDRE MAZUREK** and **MARK PRUNER**. In the finals round, the winners on Court 1 were **MARK** and **STEVE** and over on Court 2 the winners were **PETER UHRY** and **BILL HOWLAND**. This week's captain will be **ANDY HOLMES**.

**Walkers and Talkers:** **TAD LARRABEE** reported that on Thursday, November 16<sup>th</sup>, the walkers visited the Mianus River Park, starting in Stamford. Again, it was a beautiful day with some nice views through the woods now that the leaves have largely fallen. Some walkers went home early and five of us took a second trail in the southern Tree Tops area of the park, visiting an abandoned hut in the woods by the river. Altogether a pleasant walk! On Thursday, November 23<sup>rd</sup>, we did not walk because we were busy gorging ourselves at our Thanksgiving feasts!

**Bridge:** This week there were eight players with results as follows: **BRUNO SCHRAGE**, 3,420 points, **ALEX KOSSEIM**, 3,000 points, **RON FRIEDMAN**, 2,750 points.

**Hearts:** At table 1 games were won by **TOM HEALY, JIM DEAN** and **JACK SWEGER**. Moon shots were had by **JIM, JACK** and **JOHN KNIGHT**. At table 2 games were won by **JOHN STANKUNAS, BOB SHULLMAN, DON CONWAY**. Moon shots were had by **JOHN STANKUNAS** and **BOB SHULLMAN**.

The meeting was adjourned by **JACK WEIR** at 10:45

### **TODAY'S SPEAKER**



Dr. Joseph Feuerstein, assistant professor of medicine at Columbia and Quinnipiac, spoke about his book *The Cannabinoid Cookbook: Transform Your Health Using Herbs and Spices from Your Kitchen*. He co-authored this book with celebrity Chef Daniel Green. He spoke about how to engage your own body system using food without using CBD or hemp products. Research begun in 1964 found ways to stimulate our system with natural foods. We can use black pepper, turmeric, basil, rosemary

flax, oregano, cloves and cinnamon to improve our health with better sleep, improved mood and lower stress levels. Holistic cooking can provide natural healing remedies. He provided a video of Chef Daniel preparing fettucine with truffle oil which delivers 100 percent of the daily calcium vitamin K and iron needs. This helps with good cholesterol and blood pressure and mimics the effect of insulin in the body.

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 →**JOHN KAVANAGH**←. Please make sure you give a copy of any remarks you want included in the CBB to him, *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 **TIM BROOKS** and **JIM DEAN**.

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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	11:00 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	10 am-12 pm	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:mdlagamma@optonline.net">mdlagamma@optonline.net</a>
Friday	Contact Holmes	Indoor Tennis	Andy Holmes - <a href="mailto:Andyholmes56@gmail.com">Andyholmes56@gmail.com</a>

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