

# CIGAR BOX BULLETIN

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

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

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**VOLUME 71 NUMBER 16 January 31, 2024**

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*"Never interrupt your enemy  
when he is making a mistake."*

- Napoleon Bonaparte



President **JACK WEIR** opened the meeting at the usual time to a live audience. **JOE MANCINELLI** then led the Pledge of Allegiance. Next, led by **JERRY SCHWENDEMAN**, with **BOB MORGAN** at the piano, the members in the church hall sang "My Country Tis of Thee," "Hound Dog," and "So Long, It's Been Good to Know You."

**JACK** then thanked those making the meeting possible: scribe **FRANK SCARPA**, formatter **LEN CARUSI**, projectionist **TONY COCCHI**, volunteer advocate **TOG PEARSON**, greeter **JOHN KAVANAGH**, mentor **JOE MANCINELLI**, refreshments **JOHN KNIGHT**, audio/video **ED PARKER**, **MARK GEIMER**, **PETER DODGE**, **HORST TEBBE**, **BARRY RICHELSON** and

**STEVE MARINO**, CBB Editor **TIM BROOKS**, and set up **BOB BISHOP**, **JIM BUTLER** and **JOHN CRAINE**.

**Nominating Committee:** The "Zoom Crowd" (especially the scribe) were especially delighted to see **JOE MANCINELLI** come to the dais and provide the following report. "In accordance with the RMA Bylaws, the Nominating Committee has assembled for 2024. We will be reviewing and, if necessary, recommending positions related to officers, directors, standing committee chairs and appointed committee chairs. The full 2024 slate will be presented to the RMA membership on the next to last meeting in March, in preparation for the membership vote during the last week in March. We are also attempting to identify an assistant chair position for committees, since it has proved to be advantageous to have a backup for each position."

Some of the positions needed for 2024 include treasurer assistant, volunteer assistant, audio assistant, TV production assistant, badge table assistant, and Visiting chair. Please contact **JOE** if you are interested in any of these positions.

**Treasurer JEFF JUNKER** reported a checking account balance of approximately \$15,000 as of closing on January 31. This will be drawn down below \$8,000 as we approach the end of our fiscal year on April 30 because there will be very little income and significant expenses between now and then. Cash inflow is a relative trickle at this time of year, on account of the timing of dues payments. Plans are being made to review the budget with **JACK WEIR** and **ARNOLD GORDON**. For questions, contact **JEFF** at [jjunker@optonline.net](mailto:jjunker@optonline.net).

**Special Events: ALAN WEYL**, the new chairman of the Special Events Committee, provided a detailed organizational chart of the various activities anticipated this year with the names of the corresponding "captains" and "members at large." Included in the discussion were fine arts, theatrical events, horse racing and gambling excursions, wining and dining, and spectator sports. This report evinces the intensity with which **ALAN** has entered this arena, and it bodes well for the RMA. **ALAN** provided a detailed calendar of events anticipated through this coming summer, such as a Metropolitan Opera film at the new Regal Cinema in New Rochelle, a Botanical Gardens trip, a visit to Aqueduct Racetrack and a trip to the Goodspeed Opera.

[Click here for Special Events Presentation](#)

**Covenant House Food Drive: JACK WEIR** read aloud from an open letter of gratitude to the RMA written by **MICHAEL AMBROSINO**. **MICHAEL** then rose to give his personal thanks to members for their generous participation. The drive netted over \$4500 in cash and foodstuffs. He extended a special shout out to Shop Rite and to **LEN CARUSI**.

Last week **Dr. SPIKE LIPSCHUTZ** gave his quarterly medical advisory to members, including tips on how to get the most out of a visit to your doctor. Several members asked for more detail on this important topic, so here it is.

### [Attach Visit to Your Doctor](#)

**Corresponding Secretary: JIM DEAN** (filling in for **ARNOLD GORDON**, who was supervising on Zoom) started with an Adam and Eve joke, which suggested that Adam might have ended up with a more perfect mate were he only willing to spare more than one rib.

**JIM** then related a recent "fireside chat" at the Union League Club with retired General David Petraeus, which **JIM** attended as a member of the Navy League. The talk was jointly sponsored by Business Executives for National Security (BENS), a pro-bono group of elite business leaders who provide advice on cutting edge solutions to national security problems facing our government officials. General Petraeus served 37 years in the US Army. His last assignments were as commander of the International Security Assistance Force and commander, US Forces–Afghanistan, from July 4, 2010, to July 18, 2011. His other four-star assignments included serving as the 10th commander, US Central Command from 2008 to 2010, and as commanding general, Multi-National Force—Iraq, from 2007 to 2008. As commander of the latter, Petraeus oversaw all coalition forces in Iraq. He then served as director of the Central Intelligence Agency from 2011 until his resignation on November 9, 2012. He currently is a partner at KKR and a fellow teaching at the Jackson School at Yale.

Petraeus discussed his book, *Conflict: The Evolution of Warfare from 1945 to Ukraine*. In this deep and incisive study, General Petraeus, who commanded the US-led coalitions in both Iraq during the Surge, and Afghanistan, and prize-winning historian Andrew Roberts explore over 70 years of conflict, drawing significant lessons and insights from their fresh

analysis of the past. Drawing on their different perspectives and areas of expertise, Petraeus and Roberts show how often critical mistakes have been repeated time and again, and the challenge, for statesmen and generals alike, of learning to adapt to various new weapon systems, theories and strategies.

Next, jokester **JOE MANCINELLI** related how he auditioned as jokester under the watchful eyes of the "established cadre" of **GORDON, WHITE**, and **HEALY**. The jokes targeted the dangers of misspelling, the search for a perfect mate and the risks of going braless.

**Membership Chair PETER STERN** reported on two birthdays this week: **DIETER BLENNEMANN** has reached 89 and President **JACK WEIR** is 77. **PETER** led the congratulatory singing of The Birthday Song.

With the assistance of **BOB MEANEY** and **LEN CARUSI**, **PETER** was able to come up with a final tabulation of 116 attendees, 23 of whom were dialed in on Zoom. There were no guests or initiations today, but the past month brought us five new members. Returnees were **JOE MANCINELLI** and **TROY JOHNSON** from Naples, Florida, and **TONY COCCHI** from Turks and Caicos.

#### **PARKING PERMIT ANNOUNCEMENT**

**PETER** reminded us that new yellow, numbered parking permits will be available only in person and at the meeting between 9 and 9:45. We were reminded that parking places in the Lafayette lot are usually fully occupied by 9:30.

Today's speaker: **JOHN CRAINE** previewed Vice Admiral Joanna Nunan, the first woman appointed as superintendent of the US Merchant Marine Academy. The Academy is a federal service academy that educates leaders for the maritime industry. It is located about 12 nautical miles from Greenwich in the King's Point section of Great Neck, New York, on the north shore of Long Island. The title of Admiral Nunan's talk will be "After 80 Years, the US Merchant Marine Academy Looks to the Future."

**BOB PHILLIPS** previewed next week's speaker, Josh Wright, executive director of ideas42, on "Moving beyond nudges: The role of behavioral science in solving some of the most complex social and economic issues of our time."

From reducing unnecessary arrests and jail time, to combating the opioid epidemic, to boosting college graduation rates, to reducing extreme poverty in the developing world, and combating the harmful narratives we hold about those living in poverty, applied behavioral science—the study of human behavior—has proven remarkably effective in helping solve complex societal problems. Josh Wright is a recognized leader in the field, advising governments, non-profits, foundations, and private companies on the subject. He will provide an overview of the field, explain how it has moved the needle on many issues and share unexpected insights from the field. Josh will also speak to the applicability of behavioral principles to a broad array of disciplines and professions of relevance to RMA members. His presentation will no doubt be illuminating on a field not all that familiar to many of us—please mark your calendars to be here and learn more about applied behavioral science.

## **HUMAN INTEREST**

**MIKE AMOROSO** described how he had run a market research company for 25 years, selling the firm at age 58, and venturing into consulting. But, at age 60, he retired. **MIKE** says that he "failed retirement." A bout of depression led to six months of successful psychotherapy. He then became involved in volunteerism, especially mentoring and teaching computer skills to fellow seniors. For the next 20 years **MIKE** developed and led a program entitled "Utilize Senior Energy." He has brought his message to communities in Westchester and Fairfield counties, mainly through invited lectures at public libraries. The following article in *Humble Dollar* summarizes **MIKE's** message.

[Mike Amoroso's Article in Humble Dollar](#)

## **ACTIVITIES AND SUCH**

**Volunteers: WILL MORRISON** reminds us that he has led the development of a directory



of some 50 of the RMA's "most popular" charities for volunteer activities. He is grooming and selecting "captains" for each of these. He also notes that there is some interest in forming an RMA Band. Musically skilled members, if so inclined, may contact him at [wdmorrison@gmail.com](mailto:wdmorrison@gmail.com).

**ROMEO lunch:** **DON ROTZIEN** reports that 15 RMAers attended the ROMEO Lunch at Tengda Asian Bistro last Thursday, January 25<sup>th</sup>. The excellence of the food and service was only outdone by the caliber of the comradery. All seemed to have a good time. The next gathering will probably take place in late February or early March.



ROMEOs at lunch, January 25

**Bridge:** **RON MURRAY** reported the following scores. **ALEX KOSSEIM**, 3880, **RON MURRAY**, 2360, **ED MASTOLONI**, 1790. We play Wednesday afternoon at the cafe on the ground floor of the Greenwich Library. Lunch is available. We invite all members and guests who are interested in bridge, whether beginners or experienced players, to join our group. Do not worry if you are a new player or a bit out of touch - we have several expert players who will be glad to answer your questions.

**Hearts:** **JOHN STANKUNAS** reported the following January 24 hearts results. At Table 1: **FAKUNDINY**, one win, **HOLMES**, two wins and one moon shot; **AMBROSINO**, one win and one moon shot. At Table 2: **CONWAY**, one win, **DOWLING**, one moon shot, **SHULLMAN**,

one moon shot, **HEALY**, three wins and five moon shots. **TOM HEALY** established a record with his five moon shots.

**Tennis:** **PETE UHRY** reported that what sets his activity apart from others is the number of subs who participate. Last Friday half (four) were subs. And you wonder why members of our tennis group mostly have grey hair! It is the result of the captains having to find and coordinate subs for the Friday game. Winners in the first-round last week were **PETE UHRY** and guest Ralph Casazzone (court 1, tiebreaker), and **ART DELMHORST** and **ANDRE MAZUREK** (court 2). Then we switched partners for the final round and the winners were **ART** and Ralph (court 1), and **PETER DODGE** and **RON FRIEDMAN** (court 2). Next week's captain will be **ANDY HOLMES**.

**Paddle Tennis:** **JIM DEAN** reported perfect weather for platform tennis, cloudy, low 30 degrees, and fast dry courts. The combatants were **MICHAEL AMBROSINO, JERRY COLEMAN, JIM DEAN, MARK GEIMER, JOE MANCINELLI, ANDRE MAZUREK, WILL MORRISON, FRED WU** and **BOB FRISHMAN**. Games were great fun with moments of dazzling greatness. We play every Tuesday from late October through early April. Open to all, contact **JIM** at [jhdeanco@gmail.com](mailto:jhdeanco@gmail.com).

### **PETE UHRY'S HISTORICAL QUIZ**

Past Prez **PETE UHRY** has unearthed some photos from earlier RMA events. Can you:  
#1 Name the location RMAers visited on this field trip in May 2011?



#2 On this trip, a photo of participants was taken. How many former RMA presidents are in the photo? (Answers at end of the CBB)



### **TODAY'S SPEAKER**

**JOHN CRAINE** introduced Vice-Admiral Joanna M. Nunan, the first woman superintendent of the US Merchant Marine Academy. Admiral Nunan was born in Bridgeport. She attended Lauralton Hall and graduated from the U.S. Coast Guard Academy, beginning a 35-year career in the Coast Guard. During that time, she earned an M.B.A. from R.P.I. The title of today's talk was "After 80 Years, the US Merchant Marine Academy Looks to the Future."

The Merchant Marine Academy (also known as "King's Point") was founded in 1943, in the middle of WWII. From the beginning, the Academy's mission has been "to educate and graduate leaders of exemplary character who are inspired to serve the national security, marine transportation, and economic needs of the United States as licensed merchant marine officers in the Armed Forces." Its motto is "Acta, non Verba" ("Deeds, not Words"). This is the only Academy to have lost underclassmen (midshipmen) in combat: 142 sophomores died at sea during WWII.



This June, 216 students are scheduled to graduate. Of those, one fourth may choose to



continue their careers in other branches of the Armed Forces. The other three fourths may enter civilian life, but they must serve eight years in the reserves. The academic path for midshipmen involves three years of academic studies and one year at sea. Bachelor of Science degrees are awarded in five fields of discipline. Admiral Nunan provided a narrative of the physical history of the Academy from the original purchase of the "Chrysler Mansion" at King's Point in 1942 to purchase of adjoining properties over the ensuing 18 months. The Merchant Marine itself proved to have been essential to the war efforts of the

Allies. Constant support and resupply were and are critical to sea warfare. Our prosperity as a nation depends upon maritime trade.

Admiral Nunan briefly digressed to provide a painful account of a sexual assault that came to light in September of 2021. In an emotion-laden voice, she recounted the blog account of a female midshipman who had been raped while on sea duty. Subsequently, over 50 more women came forth to describe their own accounts of harassment (or worse). The Department of Transportation joined with the administration to investigate and enforce a zero-tolerance policy.

The Admiral closed with this sobering comment: "Eighty percent of our young people are not fit to serve their country."

A brief Q and A session followed, touching on issues such as security at sea and the approaches of other countries to the education and training of mariners. The Admiral's presentation was thorough and vigorous. Her leadership qualities were on full display.

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 →**FRED WU**←. Please send a copy of any remarks you want included in the CBB to him, *via email please!*

**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, PETE UHRY**.

Retired Men's Association of Greenwich, Inc. • 1 West Putnam Avenue • Greenwich, CT 06830 • USA. Visit our website at <https://greenwichrma.org>

## RMA 2024 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:mdlagamma@optonline.net">mdlagamma@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:mdlgamma@optonline.net">mdlgamma@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

#### Answers to Uhry Quiz:

#1 The Thomas Edison home, West Orange, New Jersey.

#2 Five ("I think..."): L to R: **JOHN CRAINE, GEORGE SHADDOCK, PETE UHRY, RALPH VIGGIANO, RICH LIMBACHER.**