

CIGAR BOX BULLETIN

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



www.greenwichrma.org

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Fellowship, Volunteerism, Service

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April 24 Scribe: **DAVE MICHONSKI, DAVID@QUIGLER.COM**

"The President of the United States would be liable to be impeached, tried, and, upon conviction of high crimes and misdemeanors, removed from office; and afterwards would be liable to prosecution and punishment in the ordinary course of law." - Hamilton, the Federalist Papers

Log your volunteer hours at www.greenwichrma.org/log

RMA president **JACK WEIR** opened the meeting at 9:45 am, announcing this was his penultimate meeting. **RUSS HARDEN** led the membership in the Pledge of Allegiance. **BOB MORGAN** led the songs, accompanied by **JIM SANTORA** on the piano, with "This Land is Your Land," "Those Were the Days," and "You Must Have Been a Beautiful Baby." **JACK** acknowledged those who made this meeting possible: CBB Editor **TIM BROOKS**, scribe **MICHAEL ABRAHAMS**, projectionists **LEN CARUSI** and **TONY COCCHI**, formatter **LEN CARUSI**, greeter **PETER STERN**, mentor **LARRY DEVAN**, volunteer advocate **FRED WU**, refreshments **SPIKE LIPSCHUTZ**, audio-video **ED PARKER, MARK**

GEIMER, PETER DODGE, HORST TEBBE, BARRY RICHELSON, STEVE MARINO, and ARN WELLES, set-up BOB BISHOP, JIM BUTLER and JOHN CRAINE.

President Elect Comments

JACK turned the meeting over to **WILL MORRISON**, President Elect. **WILL** thanked **JACK** for his leadership.

1. Resumption of the annual meeting to consider and vote to approve the budget will be next week, April 24, which will also be the final membership meeting of the 2023-2024 RMA fiscal year.
2. **WILL** reported on volunteer opportunities and emphasized their benefit to the RMA.

Corresponding Secretary's Report

ARNOLD GORDON discussed the challenge of downsizing and cited a Swedish approach called "death cleaning" that he found useful. A link is posted below. He also announced that this spring there will be a free concert by cicadas, as in an unusual occurrence two types will both emerge from underground. The noise will equal that of an airplane passing overhead.

<https://nicenews.com/culture/swedish-death-cleaning-guide/>

ARNOLD then discussed "My Inconclusive Plans for a Vacation." "This Year I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone. I've also never been in Cognito. I hear no one recognizes you there. I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family and work. I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore. I have also been in Doubt. That is a sad place to go, and I try not to visit there too often. I've been in Flexible, but only when it was very important to stand firm. Sometimes I'm in Capable, and I go there more often as I'm getting older. One of my favorite places to be is in Suspense! It really gets the adrenaline flowing and pumps up the old heart! At my age I need all the

stimuli I can get. I may have been in Continent, but I don't remember what country I was in. It's an age thing. They tell me it is very wet and damp there.”

Membership Report

PETER STERN announced that there were no inductions today. Four birthdays were celebrated, with accompaniment by **JIM SANTORA** at the piano.

GERRY	GIBIAN	86
KRIS	BRATBERG	62
PAT	MACCARTHY	75
BRIAN	MAHER	83

PETER reported that attendance was 92 in person, plus six on Zoom, for a total of 98. Count was by **RICK HOLZ**. There were three guests, Tom Kutzen guest of **BOB PHILLIPS** and **MARK GEIMER**, Ken McAdams, guest of **BOB MORGAN**, and Phil Brous guest of **PETER UHRY**.

Special Events Report

ALAN WEYL called attention to the many listings on the bulletin board. There is a proposed tour and lunch at Yale, to see the campus, to have lunch at Mory's, and to see the art museum in the afternoon. **ALAN** took a vote and it was agreed that driving was preferred. For the May 11 Met Live *Madame Butterfly* there are seven tickets left. There is a poll up on the bulletin board about a performance by Wynton Marsalis, with the Jazz at Lincoln Center Orchestra, on Saturday, June 22, at 7 pm at Caramoor.

JOE MANCINELLI provided a report on the recent New York Botanical Garden trip. **TOM HEALY** spoke about the Aqueduct trip, Thursday, June 27, and the need for commitments by next week. We need at least 40 people. Questions are welcomed.

Speakers Program

PETER BERG announced that today's speaker at 11 o'clock will be Beth Evans, Greenwich's Director of Environmental Affairs. She oversees both the

Conservation Commission and the Inland Wetlands and Watercourses Agency, and the title of her talk is “Our Greenwich Environment - Looking to the Future for our Children and Grandchildren.”

BOB RIMMER announced that next week's speaker will be B. H. Barry, fight director and choreographer, on “Shakespearean Theater, Broadway, Opera, Film and Ballet.” If you were in a room filled with theater people and B.H. Barry were in attendance, next to him is where you’d want to be. You might find out about Errol Flynn’s stunt man but mostly you would learn why, over a 60-year career, Barry became a revered fight director and the about the role he played for London’s production of *Camelot*. Born in England, Barry is the only fight director to receive a Tony Award. His long career includes several films, Shakespearean theater and 43 Broadway productions. He notes that, “A fight director helps create the illusion of violence but must make the actors feel secure.”

Quarterly Medical Report

Dr. SPIKE LIPSCHUTZ listed a number of steps that one can take to stay healthy. Please remember to stay current with immunizations, e.g. Covid booster, shingles, pneumonia. Also make sure you're up to date with tetanus, a vaccine we often forget about. If you have grandchildren, encourage their parents to have their children keep up with pediatric recommendations, especially measles.

Protect against tick season with long sleeves and long pants if walking/hiking in wooded areas. Don't forget repellent. A reminder that you may benefit from the recent tsunami of less expensive hearing aids. Some members have offered good reviews of those sold at stores like Costco. Discuss options with your physician. If you're outside for any reason, slurp up the sunscreen. Spring sun can be tough on your skin long before the summer heat. Stay hydrated, especially if you go on a Professor **LARRABEE** hike. Recommended number of daily steps is 5,000 or more. Finally, "Visit to Your Doctor" handouts are available.

RMA History Project

DAVID RICHARDS spoke about his project to prepare a history of the Greenwich RMA. He first discussed his background. He has prepared three institutional histories, including the New York Yacht Club 1966 and 1967, published in 1975. He outlined research and edits that were made by others for the publication, which changed it to a chronology not a history. David discussed how he planned to embark on preparing the history of RMA and the details that would be in appendices, for example a list of former presidents. The focus will be on new details related to history, e.g. if the founder was a woman. David asked for input such as a past president's personal history.

Sports Reports

Golf. MICHAEL AMBROSINO encouraged participation and noted that scoring was limited to three over par. He reported the following results for April 16. Hole #5 went to **LARRY ALLEN**, hole #7 to **BOB BISHOP**, hole #8 to **LARRY ALLEN**, and hole #15 to **JIM BOARDMAN**. Scoring under 100 was **JOE MANCINELLI**. There were six 18-hole golfers and five nine-hole golfers.

Tennis. ANDY HOLMES reported that last Friday, eight tennis players gathered (actually there were ten but we won't get into that) at the Old Greenwich Tennis Academy to play two doubles matches. In the opening round, the winning team on Court 1 was **RALPH NEWITTER** and **PETER ORBANOWSKI** and over in Court 2 the winners were **PETER DODGE** and **ANDRE MAZUREK**. In the finals round, the winning team was **PETER ORBANOWSKI** and **ANDRE** and over on Court 2 the winning team was **MARK PRUNER** and **LAWRENCE MERL**. This week's captain will be **TROY JOHNSON**.

Pickleball. PAT MacCARTHY. We meet twice a week and this time of year the weather is perfect for pickleball.

Bridge. RON MURRAY reported the results for Wednesday, April 10. There were nine players, led by **ANDRE MAZUREK**, 5160, **ED MASTOLONI**, 3350, **BRUNO SCHRAGE**, 3240, and **CHARLEY LAND**, 3130.

Two comments. First, **ED** and **CHARLEY** bid and made slam for 1430 points. Second, **ANDRE's** winning margin is one of the widest I have seen - almost 2000 points. Congratulations to **ED, CHARLEY, and ANDRE!** We play every Wednesday afternoon in 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 new or experienced players, to join our group. Do not worry if you feel your game is not up to par - we have several excellent players who will be happy to address any questions you may have.

Hearts. JOHN STANKUNAS relayed the following hearts results from April 10. There were two tables of four players each. At table one the winners were **DON CONWAY, 3 games, TOM HEALY, 1.** Moon shots: **TOM HEALY, 2, JOHN KNIGHT, 1.** At table 2 the winners were **PETER BERG, 1, JACK SWEGER, 1, JACK WEIR, 1.** Scoring moon shots were **JOHN STANKUNAS, 2, JACK WEIR, 1, PETER BERG, 1.** We play every Wednesday at the library. All are welcome.

Today's Speaker



PETER BERG introduced today's speaker, Beth Evans, Greenwich Director of Environmental Affairs. She oversees both the Conservation Commission and the Inland Wetlands and Watercourses Agency. The title of her talk was "Our Greenwich Environment - Looking to the Future for our Children and Grandchildren." Beth discussed

her activities as Director of Environmental Affairs. With regard to social biology—how humans interact with their environment—Beth began with her own family background, her early exposure to the outdoors, and her high school paper on the environment. She then transitioned to the history of the environmental concerns in the United States starting with the first National Park in 1872.

If in the future we want our grandchildren to enjoy the progress, she added we have some work to do. She cited developments in environmental issues. In 1963 Rachel Carlson's *Silent Spring* was a wakeup call about environmental impacts. In the 1970's major concerns included DDT, acid rain, and tainted water. She cited the local impact of the 1966 Endangered Species Act. Currently in Greenwich there are 44 egret and bald eagle nests. She mentioned the 1970 Clean Air Act and showed photos of the haze in New York City at that time, comparing it to the haze over New York City last summer due to the forest fires in Canada. She commented that air quality has not improved on the same order as some other metrics.

Speaking as a scientist she stated that we have known about environmental impacts for over a century but only now have important data. Take global warming. Today the earth is warming at an increasing rate, by three degrees over North America since 1970. Last year was the warmest year on record and there are fewer cold periods, leading to more flooding in winter. There has been a full month change in the growing season, which has led to an advance in invasive species. Also, rapid changes in temperature leads to stronger storms. There is an increased risk of wildfires, a 15% increase in precipitation, more frequent flash flooding, and damage to homes and crops.

What can we do? We need to consider the future. In Greenwich the Town has developed a Climate Resiliency Plan. We conducted a survey on the impact of climate change locally, which drew 609 responses. Flooding, extreme weather events, and poor air quality were the top three. There is a need to map out a path forward. We also need to be mindful how our individual actions impact the larger good. For example, in gardens, use native plants. Beth showed that the longer roots on native vs nonnative plants produce seeds that stay in the soil and feed birds in the winter. Her department has a list of such plants. Beth brought two books that provide lists, and you can also visit the Conservation Department. In summary, we need to make the earth a better place for our children and grandchildren. Listeners were referred to the bimonthly Greenwich Sustainability Newsletter, found here: <https://conta.cc/3IfeYhm>.

Following the presentation there was an extended Q&A, covering questions related to environmental issues. A number of the questions related to flooding and the impact of future construction and impervious surfaces.

The full presentation can be viewed by going to the RMA website at <https://greenwichtma.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 →**DAVID MICHONSKI**←. Please send a copy of any remarks you want included in the CBB to him, *via email please!* (david@quigler.com)

ALL MEMBERS: Do not forget to report all your inside and outside volunteer hours at www.greenwichtma.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.

Picture of speaker by **ANDY HOLMES**.

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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 – wdmorrison@gmail.com
Mondays	11:00 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