

# 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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*Fellowship, Volunteerism, Service*

**VOLUME 71 NUMBER 29 May 1, 2024**

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*"If you can read this, thank a teacher" – Harry S. Truman*

Log your volunteer hours at [www.greenwichrma.org/log](http://www.greenwichrma.org/log)



Our new President, **WILL MORRISON**, called the meeting to order; and **JIM DEAN** led us in the Pledge of Allegiance. Next, **TOM HEALY**, with **JIM SANTORA** on the piano, led us in singing the "Star Spangled Banner" followed by "Take Me Out to the Ball Game" and "Hey, Good Looking."

**WILL** then gave special recognition to six retiring Board Members: **BOB RIMMER, ANDY HOLMES, DON CONWAY, MAURICE KROHN, MIKE AMBROSINO** and **ARNOLD GORDON**. Special thanks went to outgoing President **JACK WEIR**. Among **JACK's** many accomplishments this past year are:

Recognized RMA volunteers at the top of meetings  
Created the Technology Committee  
Revived Special Events  
Boosted the Publicity Committee  
Reviewed our insurance posture  
Supported electronic payments - Zelle  
Initiated an RMA history for the 70<sup>th</sup> anniversary  
Continuing leadership as the 70<sup>th</sup> anniversary chair

**WILL** then proceeded to thank some of those who make the meeting possible, this week including volunteer advocate **DON ROTZIEN**, scribe **FRANK SCARPA**, refreshments **JERRY COLEMAN**, and the AV team of **ED PARKER**, **MARK GEIMER**, **PETER DODGE**, **HORST TEBBE**, **BARRY RICHELSON**, **STEVE MARINO**, **ARN WELLES** and **JOHN FEBLES**. Also, the meeting setup crew of **BOB BISHOP**, **JIM BUTLER** and **JOHN CRAINE**.

**WILL** made note of the upcoming Memorial Day Parade. Those who wish to march should gather at St. Claire's Church in Old Greenwich at 9:30 am. **WILL** emphasized his goal of streamlining the weekly members meeting by making every effort to conclude the meeting at 10:30 in order to preserve the 30 minute "coffee break", which is an important opportunity for members to mingle and socialize.

## REPORTS

Corresponding Secretary, **ARNOLD GORDON**, offered some reminders. Every spring the Town of Greenwich makes it possible for residents to dispose of household hazardous waste (paint, oil, gasoline, etc.). It is this Saturday, May 4, from 8 am until 1 pm at Island Beach Parking lot on Arch Street. He had mentioned previously the free summer concerts at Greenwich Historical Society. The full calendar is available and there are different kinds of music for everyone. <https://greenwichhistory.org/music-on-the-great-lawn/>

In addition to delivering our mail, letter carriers will soon be leaving bags by your mailboxes to fill with non-perishable food donations that will then be given to Neighbor to Neighbor to help Greenwich residents in need

throughout the year. With kids out of school during the summer, the need grows because kids that could count on meals at school will soon be home. This is a great chance to help. The food will be picked up on May 11 and I hope people will participate. A very worthy cause, so cull your cupboards or shop ahead and get non-perishable items that can then be easily donated. Details here: <https://www.nalc.org/community-service/food-drive>

Stating that he was not trying to usurp **SPIKE LIPSCHUTZ's** role, **ARNOLD** mentioned that a new Covid 19 variant is of concern. It is important to keep up with the vaccine series, especially for people our age; only 30% of Americans have taken the latest booster, issued last September. If you have not had it, it is available at the usual places. See <https://time.com/6972143/covid-19-flirt-variants-kp-2/>

Before introducing **JOE MANCINELLI** as today's jokester, **ARNOLD** offered more of his reflections and advice on being a senior.

- When I get a headache, I take two aspirin and keep away from children, just like the bottle says.
- Doesn't it drive you nuts when trying to get customer service: "Your call is very important to us. Please enjoy this 40-minute flute solo."
- And why do I have to press one for English when you're just going to transfer me to someone you can't understand anyway?
- Tip for a successful marriage: Don't ask your wife when dinner will be ready while she's mowing the lawn.
- These days, "One for the road" means peeing before you leave the house.

Jokester **JOE MANCINELLI** then graced us with a few well-worn golf jokes and a special story honoring Hooters Restaurants (founded in 1983), and the lasting loyalty of some of their clientele, even into their 80s!

The leader of the Melody Men, **TOM HEALY**, shared the group's Spring schedule.

[\*Melody Men Spring schedule\*](#)

Visiting Chair **PAT MacCARTHY** noted that **ANDY HOLMES** has returned after a surgical procedure. **PAT** is taking over from **MIKE AMBROSINO**, and wants to encourage members who are ill or hospitalized to let him know, in case they wish to be contacted by their friends. Of course, this is purely voluntary: members' confidential information will be thoroughly protected.

Treasurer **JEFF JUNKER** reminded us that the current annual dues are \$125. April 30 marked the close of our fiscal year; and our reserves seem to be in good shape, with over \$8,800 in our checking account and \$5,100 in CD's. (Full report pending.) The in-meeting Cigar Box contribution is now \$3.00. Membership dues (\$125 for the year) are now due. You can deliver a check to the treasurer at the Wednesday business meeting, or mail a check to Jeff Junker at 9 Tree Top Terrace, Greenwich, CT 06831. Checks should be payable to "RMA." You can also now use Zelle to pay your dues if you have set up an account with your bank. When you log into your account, look to make the payment to "[treasurer@greenwichrma.org](mailto:treasurer@greenwichrma.org)" and add a memo note with your name and "RMA dues."

Membership Chair **PETER STERN** reported in-person attendance as 79, plus six on Zoom, for a total of 85. (Count by **RICK HOLZ**). Today's greeter is **BILL FEATHERSTON**. Birthday boys, serenaded by **JIM SANTORA** at the piano, were:

**FLEMMING HEILMANN, 88**

**PETER TUNLEY, 79**

**RICK HOLZ, 76**

**ANDREW LOEBELSON, 78**

There were two guests. Doug MacLaury is the guest of **PAT MacCARTHY** and **SKIP AUCH**, and Ken McAdams is the guest of **BOB MORGAN** and **MIKE HAYDEN**. An in-person welcome was extended to **GEORGE DIPPY**, his first time attending in a while. Welcomed on Zoom was today's Scribe, **FRANK SCARPA**, from Naples Florida. **PETER** concluded by noting that we ended the 2023-2024 year with 248 members.

## **SPEAKERS**

**SPIKE LIPSCHUTZ** previewed today's speaker, Steve Gelbs, NY Mets field reporter and Greenwich native, who will present an interactive lecture on his career and his current media responsibilities. He also previewed next week's speaker, Dr. Benjamin Lebwohl, Professor of Medicine and Epidemiology at Columbia. An extensively published medical author, Dr. Lebwohl is a man of broad scholarship. He is also an accomplished cellist. He will lecture on the illness and death of Ludwig von Beethoven.

## **SPECIAL EVENTS**

**ALAN WEYL** brought us up to speed on some upcoming special events:

**TOM HEALY** still has some limited availability for the Aqueduct Race Track trip on June 27. Contact him if interested.

**LARRY ALLEN** invited RMA members to attend a Greenwich Non-Opioid Pain Management Trends Symposium to be held at 5-6 pm Wednesday, May 15, 2024 at the Bruce Museum Auditorium in Greenwich. A fireside chat with industry leading scientists from Harvard, Columbia, Yale, and Noitami will discuss trends in developing non-opioid pain medicine. The event is co-sponsored by the Allen Research Endowment, Inc, a 501c3 tax exempt organization that was created to develop non-opioid pain medicine after the passing of Larry and Michelle Allen's son, 19-year-old Bradley Allen in 2014. The endowment funds scientists seeking to develop non-opioid pain medicine. Larry mentioned that 10 years after their son's passing, shockingly, OxyContin and Fentanyl (yes!) are still the FDA approved "standards of care" for acute pain management at US health systems including Yale New Haven Health. Interested members may sign up on the bulletin board.

**SKIP AUCH** will be leading Tuesday's trip to Yale. More than 20 members have signed up so far. A \$35 fee will cover lunch at Mory's.

**PAT MacCARTHY** noted that there are 31 more tickets to the Yogi Berra movie to be shown at Greenwich Library on May 19. There may be a post film dinner at Tengda for interested members.

## ROMEO LUNCHEON

**DON ROTZIEN** reported that the next ROMEO Lunch will take place at 1:00 pm on Thursday, May 16 at Greenwich Point. Bring your own lunch and join the group behind the main concession stand. Don't forget your beach card but if you do, or don't have one, just tell the guard that you're with the RMA. BTW: as a senior your last year's card is still valid. See you there!

## ACTIVITIES

**Tennis:** **ANDY HOLMES** reported. Last Friday eight players gathered at the Old Greenwich Tennis Association. In the opening round, the winners on court #1 were **RON FRIEDMAN** and **PETER DODGE**, and on court #2, **RANDY MOTLAND** and **JOHN REESE**. In the finals round, on court #1 it was **REESE** and **DODGE**, and on court #2, **BOB GRAYSON** and **PAT MacCARTHY**. Next week's captain is **JEROME COLEMAN**.

**Bridge:** **RON MURRAY** listed last week's winners: **ALEX KOSSEIM**, 5810, **TONY COCCHI**, 5610, **RON MURRAY**, 4740. **ED MASTOLONI** made two slams, one with **TONY** and one with **STEVE SHAPIRO**. Both slams were in six spades. Also, **ALEX's** points score of 5810 was higher than any I remember. Well done to everyone! We play 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 us. Do not worry if your game is a bit rusty - we have very good players who are happy to answer your questions.

**Pickleball:** **PAT MacCARTHY** reminds us that pickleball is still thriving-- every Monday from 11 to 1 and every Thursday from 9 to 11 at Christiano Courts.

**Hearts:** **BILL FAKUNDINY** reported. On April 24, eight players played at two tables. Table #1 witnessed three games. **MICHAEL AMBROSINO**, **JOHN KNIGHT** and **BILL FAKUNDINY** each won one. Table #2 had four games. **TOM HEALY** won two, and **BOB SHULLMAN** and **DON CONWAY** each won one.

There were five moonshots, one by **JOE DOWLING** and four by "Master of the Moonshot" **TOM HEALY**.

**Golf** was reported by **JIM SANTORA**. There were 21 players in all. Eleven played 18 holes. Closest to the pin was won by **BILL GRAD** on holes 5 and 7, and by **JIM SANTORA** on hole 15. **TONY COCCHI** had the longest drive on hole #8. Low scores were **JIM BOARDMAN**, 96, **TOM HEALY**, 97 and **PAT YUEN**, 98. Entry fee for team prizes is \$25 per season and may be paid to **JIM SANTORA**, who provided us with a running tally of the winnings to date.

**Walkers and Talkers: JEFF JUNKER** reported. Eight Walkers & Talkers explored Bruce Park, Roger Sherman Park and the Steamboat Road area last Thursday. In addition to terrific views of the sound, we checked out the Sundial and the new giant gorilla sculpture in the parking area of the Bruce Museum. We also assessed the damage left at Indian Harbor Yacht Club after a car went off the end of Steamboat Road into the sound a week ago.



Gorilla greets the Walkers



Walkers in the sun

### **TODAY'S SPEAKER**

**SPIKE LIPSHUTZ** introduced Steve Gelbs, who spoke to us about his career as a sports anchor and reporter in New York.

Steve was born in Queens, but raised in Greenwich. His father, Scott, is a prominent physical therapist here, with a practice that has involved official positions with organizations like the New York Rangers. From as early as age 7, Steve expressed a desire to pursue a career in sports. Encouraged by his parents, this desire ultimately translated to attending Syracuse University's



Newhouse School of Public Communications ("Sportscaster U"), graduating in 2009. In 2015 he joined Gary Cohen, Keith Hernandez, and Ron Darling as a member of Sports New York's Emmy-winning New York Mets broadcasting team. Gelbs is also SNY's Jets Studio programming host. He is a regular contributor to "Baseball Night in

New York" and "Mets Hot Stove" on SNY.

Steve's presentation mined his extensive experience in covering professional baseball, football, basketball and hockey, as well as college hockey. His accounts of his rising career were laced with some humorous and even self-deprecating anecdotes. For example, in answering a recruiting call for someone to cover high school sports, Steve had knowingly submitted a resume tape that had included a "stumble." Paradoxically, his candidness made a favorable impression, and a career was kick-started.

With help and encouragement from colleagues like Keith Hernandez, Steve Gelbs nurtured his own natural talent and personality traits that have led to success. He describes the "entertainment value" that derives from his insight into and respect for the professional athlete. On one occasion, during a whirlwind trip accompanying the team on a West Coast tour, Steve was so exhausted upon arrival at his hotel room that he fell asleep sitting on the edge of his bed in his business suit. He reflected on the fact the players had to get out and perform on the field that next day.

A lively Q and A session followed Steve's talk. (There seemed to be a number of knowledgeable Mets fans in the audience.) During this session, Steve graced us with some of his "lessons learned":

- 1) Be prepared, but do not memorize. "If I do not remember it, it must not be important."
- 2) There is an evolution to preparation.



- 3) Employ a "personal" interview technique. Usually, eschew recording devices, especially in a locker-room setting.
- 4) "No agenda" is sometimes the best approach. He cites Dan Rather: "The best question is the follow-up question."

A few final comments centered on Steve's optimism for the Mets' future, now that they have acquired a top-tier farm system. Gelbs closed by discussing the challenges for young players dealing with social media vitriol and the pressure cooker of the New York market. He empathized, recalling a hateful tweet about his first SNY report that shook his confidence. But he eventually realized that listening to the loudest, most negative voices is unproductive. He believes that it takes a special mental fortitude to succeed in New York sports.

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 →**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.greenwichtma.org/log](http://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](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 **ANDY HOLMES, TIM BROOKS.**

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**

<b>Weekly Repetitive Activities*</b>			
<b>Day</b>	<b>Time</b>	<b>Activity</b>	<b>Contact</b>
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: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