

PRESIDENT'S MESSAGE / NEWSLETTER FOR FEBRUARY 2024 – 45th ANNIVERSARY

HAPPY VALENTINES DAY

Dear Brother Members:

We lost longtime brother member Cornelius “Connie” Murphy, Medford. Connie was an elected officer, Assistant Membership, and a member of the Singing Grandpops. Connie always had the last word at a general meeting making a “motion to adjourn”. Louis Pignatone, Burlington, passed away Jan. 18 after a long illness. Louis was a bowler among other sports and a great competitor on the bowling lanes. Paul Moreau, Medford passed on Jan 23. We will miss these active members. May they rest in peace.

REGULAR MEETINGS: are held on the 2nd and 4th Wednesdays of each month at 9:30am.

SCHOLARSHIPS: Thanks to the members/families who made donations to the Club. We will be offering two - \$1000 scholarships and one \$500 scholarship in 2024, The Lee Gera Memorial Scholarship for \$1000, the Singing Grandpops Scholarship for \$1000 and the Bill Hayward Memorial Scholarship for \$500. A Scholarship Committee has been formed: John Barry, Chairman; Bill Young, Assistant; Bill Landry, Assistant. Applications are now available at General Meetings and on our website: rmcarlington.org.

PROGRAMS/GUEST SPEAKERS: Featured guest speakers include:

Date	Name	Topic of for discussion.
02/14/24	Jim Ramsey	Dong Ha Bridge (1 HR)
02/28/24	Henry Quinlan	tba

A.E.D. TRAINING: The Arlington Fire Dept. will provide training on our AED machines. We need at least 10 members to sign up. The signup sheet is available at the meeting or contact Peter Galluzzo.

SICK AND VISATATION: Tony Dello Russo has returned to his job of contacting RMCA members who are ill or confined and reporting the information to the membership. He will need a list of those members. If anyone is aware of such a member, please let Tony know by emailing the member's name and nature of his illness or confinement. Email the information to deloru0@aol.com Helpful, but not required, is the address of the members' current location. You will pleasantly be surprised at how they appreciate your thoughtfulness in calling.

Membership cares. If any of you know these members, take time to call them. You will pleasantly be surprised at how they appreciate your thoughtfulness in calling. Also, if you are aware of an RMCA member who is ill or disabled, confined or just might like a call, please contact me so I can assure him that the RMCA.

Membership cares. Contact Tony Dello Russo at: 781-572-1987. Please provide name, phone number and the nature of the member's condition. (Address would help).

SICK & VISITATION – January 8, 2024

John Pellegrino; Blair House; 10 Elin Terrace; Tewksbury, MA 01876; (781) 698-1385

John is “hanging in there”. He is still at assisted living using a wheelchair. His son visits about three times a week to play cribbage. He was upbeat. One of his many granddaughters got hired for a great job with Encore and he is happy with all the benefits that go along with working at a casino. John celebrated Christmas with the family. He was really happy with spending New Years Day at his brother’s where 40 lobsters and lots of Quahogs were consumed. He is planning to visit Foxwoods with his son. John would really appreciate it if his poker buddies gave him a call.

Alex Armenio; Sunrise Assisted Living; 1395 Mass. Ave; Arlington, MA 02476; (781) 646-4769

I called Alex yesterday. His first words were “we are doing the best we can!” He is still very proud that the chef makes him pate every day. As those of you who know Alex that to him pasta is food of the gods. His pain is always present, and he is unhappy taking so much medication. He uses a cane. Maria and Alex are both in their mid-nineties. He is disappointed not to hear from his friends. So, if you are so moved, please contact him or send him a card.

Shaun O’Halloran; 7 Eliot Road; Arlington, MA 02474; (781) 646-9016

Shaun has great concern about falling so that he uses his walker always. He is very discouraged since he cannot get out on his own. His legs are next to “useless”. Shaun is in stage 4 of kidney disease and refuses to go on dialysis. He celebrated Christmas with his family in Stowe at his daughters. He hopes to get to the club and bring his loud hearty Irish laugh. So please help him laugh again by giving him a call.

Bob Carsasitti ; 187 Scituate Street; Arlington, MA 92476; (781) 648-5284

I called Bob and Barbara yesterday. They are both “hanging in there.” Bob’s shortness of breath is still a problem. He has difficulty walking. He has installed a “Stair Master” in the back entrance to assist him. Barbara is one or two doctor visits from a knee replacement. His family is a fair distance away, but they come to visit and help out. They celebrated Christmas with the family in Bedford. Bob celebrated his 96th birthday the same day as “Elvis.” He wants to say hello to all the members whose friendship he enjoyed. If you know Bob, give him a call and say hello.

Bob Tosi; 14 Inverness Road; Arlington, MA 02478; (781) 646-8120

I called Bob yesterday. He is the “**true keep moving man.**” His detached retina seems to be repaired, his double vision has been corrected through the use of a prism in a pair of glasses and he bowls with the RMCA League. When he bowls, he puts his walker aside, picks up his cane and knocks enough pins down to average 60. Bob still misses the love of his life, Carmella. Don’t be surprised if he shows up at one of our meetings.

Mike Sclafani; 10 Alma Avenue; Belmont, MA 02478; (617) 803-4410

Mike is home recovering from quadruple bypass surgery. Obviously, any strenuous activity is forbidden. He is performing some home physical therapy. He visits his cardiologist soon and anticipates a regimen of physical therapy and probably a heart friendly diet. He is anticipating no driving for at least two months. Mike is one of the “pro” cribbage players. Any of you who participate in the cribbage tournament, send him a card.

SICK & VISITATION – January 8, 2024, cont.

Pat Oppedisano; 5 Farmer Circle; Arlington, MA, 02474; (781) 643-5986

I called Pat yesterday. I spoke with his wife. I was very surprised to learn that Pat had suffered a heart attack from fluid around his heart; Pat is at Lahey in Burlington. She told me that she expected him to be released tomorrow and be sent to Aberjona Rehabilitation Center in Winchester. Pat, who is 96 and exercised every day, should give us a “heads up” to pay attention to our body. So, to cheer him up send him a card or give him a call especially his Singing Grandpops friends.

Chateau Charity Fundraiser: The Winter Fundraiser was held January 25, 2024, at the Chateau Restaurant on School St. Waltham. Proceeds to fund Scholarships and Charities. We received over \$156 between the Chateau and donations from members. Thanks to all. Next Fundraiser is April 25.

Bowling: Bowling for the Fall season has begun in the interim at the Wakefield Bowling alleys on Water Street on Thursday mornings. Bowling at the Woburn Bowladrome is on hold until further notice, probably after Labor Day as the new owners perform renovations. When bowling resumes it will be on Friday mornings. New bowlers are more than welcome to join even as a substitute and have some fun and meet with your brother members. The league is a fully handicapped league, so it does not matter what your average is. Bowling dues are tentatively \$18 per week. The new Bowling Chairman is Tony Masci with Felix Costanza, Assistant, and John Vieira handling the Treasury functions.

Golf: Thanks to Tony Dello Russo and Mike Comer for running the program. Golf at the Reedy Meadows Golf Course in Lynnfield. Golf will resume in May. Applications will be issued shortly.

Cribbage: The tournament is underway. Monday mornings at 9:30 in lower Church Hall. Brush up your skills by coming down and playing. Dues are \$8.00 per week. Note that women are allowed to play. They do not have to be related to Club members. Great prizes to all that participate. Thanks to John Boudreau as Chairman and Bill Young as Assistant. Contact John Boudreau to join and play.

Whist Players Wanted: Bob Coffey would like to begin a Whist Card Game. If interested in playing whist, please call Bob at 781-933-7930. Games would be held in the Hall area.

The Singing Grandpops: are still in need of singers (you really do not need singing ability) to join the Singing Grandpops. Contact Ray Carmichael, Jim Whalen, or Tom Woodbury. The Grandpops are the ambassadors of the Club, bringing joy and happiness wherever they go. You will enjoy this special activity. Grandpop's Schedule is as follows for December:

<u>DATE:</u>	<u>LOCATION:</u>	<u>SHOW TIME:</u>
FEBRUARY 8,2024	ARLINGTON C.O.A.	12:00 NOON.
FEBRUARY 22,2024	MARIST HILL	2:30 PM
FEBRUARY 28,2024	CHELMSFORD CROSSING	2:00 PM

Planned Trips: We need a chairman to lead the trip committee group for 2024. Please contact Peter Galluzzo if you are interested in leading this Club activity. Trips for 2024 are currently being planned.

Flyers and info will be available on our website: rmcarlington.org. Click on the Trips icon.

If you have a trip in mind, please email Pete at pjgtaxes@yahoo.coM.

TRIP MEETING: There was a meeting on January 31, 2024, with the trip vendor "BEST OF TIMES". The results of that meeting will be published in future communications.

DUES ARE DUE!!: Again, one of our goals is to increase our membership. 350 renewal letters were sent out. 185 members have renewed their dues for 2024. Dues remain at \$35. 1000 RMCA brochures will be distributed to members to reach out to your friends, relatives, neighbors etc. If each of you brings in one new member, we can double our membership. Our membership has been increasing during the past few months. As a result of the pandemic, many workers have decided to retire, and they are looking for something to do. If you know one, then sign them up as a new member and if they do not like what we offer then they do not have to pay or if they do pay their dues, they can ask for a refund. Attached to this newsletter and on our website is a membership card, so cut it out and give it to your neighbor, relative, friend and meet and make new friends. Note that they do not have to be retired or from Arlington. Also, note that the membership application now contains a contact name and phone number in case of an emergency. New membership cards will be issued in January regular meeting,

Miscellaneous: Get involved! You only get out of it what you put into it. Do nothing, get nothing.

REMINDER: When entering the hall between 9 -9:30, please use the rear entrance and not the side entrance to the Church, as there is a daily Mass going on.

ESTATE PLANNING: Please note that the Club is a 501(C)(3) charitable tax-exempt organization so any donations to the Club are tax deductible on your tax return. The exemption certificate is posted on our website. New from the IRS is that you can take a distribution from your IRA as part of your Minimum Required Distribution and donate it to the Club and it will NOT be included in your taxable income and get lifetime income from the annuity payments. Please think about this option in your estate planning. Another suggestion is a donor advised fund where contributions are fully deductible and are distributed to your favorite charities including RMCA.

See you soon at a meeting!

Peter Galluzzo, RMCA President

P.S.

I have appointed Charlie Ciampa as the interim Asst. Membership replacement for Connie Murphy.

RMCA OFFICERS 2022 - 2024

OFFICER/COMM.	CURRENT HOLDER	PHONE
PRESIDENT	PETER GALLUZZO	781-646-7758
VICE PRESIDENT	PHIL STE. MARIE	781-894-6157
TREASURER	JOHN VIEIRA	781-249-0769
SECRETARY	TOM CORDIMA	781-325-3255
MEMBERSHIP	JOE DIBACCO	978-486-4395
ASST. TREASURER	JOHN BOUDREAU	781-858-3159
ASST. SECRETARY	JIM WHALEN	781-365-1784
ASST. MEMBERSHIP	CHARLIE CIAMPA	781-643-4155

NOTE: Elections will be held on April 10, 2024. Nominations for officers will be held on March 13 and March 27, 2024, at the general meeting.

RMCA MEMBERSHIP APPLICATION

January 1, 2024, thru December 31, 2024, DUES \$35.00 Renewal_____

Information_____

New _____

Name: _____ MI _____

Address: _____

City: _____ State _____ Zip _____

Email Address: _____

Telephone: _____

Emergency Contact: _____ Phone _____

Cash Amount _____ Check #. _____ \$ _____

Please mail application along with payment made to: RMCA

Mail to: John Vieira, RMCA, P.O. Box 195, Arlington, MA 02476-0002