

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

Happy St. Patrick's Day

Dear Brother Members:

We lost longtime brother members Nick Venuto, Belmont, 1/29; Mike Piccardi, 96 years old, Burlington, 2/12; Nicholas Deldon, Arlington, 2/25. We will miss these active members. May they rest in peace.

NOTE: CLUB IS CLOSED DURING HOLY WEEK; NO MEETING ON 3/27/24; Meeting rescheduled to April 3

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:

| | | |
|----------|------------------------|--------------------------|
| 03/13/24 | John Sheff | "Great American Eclipse" |
| 03/27/24 | Holy Week - No meeting | Holy Week - No meeting |

2024 ELECTION: Nominations will be held for the 8 officers at the March 13 meeting. **Bill Landry, Committee Chairman, Bill Young, Tom Cordima, Joe Dibacco are assisting members. Contact Bill Landry if interested in running for office.**

SICK AND VISITATION: 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 a name, phone number and the nature of the member's condition. (Address would help).

SICK & VISITATION – February 13, 2024

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

John is “hanging in there”. He is really unhappy with the circumstances of his life in assisted living. He gets around using a wheelchair. He recently suffered a case of Covid and was restricted for 6 days. His son visits and they play cribbage. His daughters and wife Peg are regular visitors, also. He really misses the Club and his poker pals. If you remember John and was a friend, please give him a call or send a card.

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!” The cook makes him pasta when he can. When he sees that a meal is not to his liking, Alex gets his Italian fix with a prosciutto and provolone sandwich and a glass of wine for supper. He is a lot of “senior” pain: back, knees, feet ...etc. 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 at on his own. His legs are next to “useless”. Shaun’s kidney disease is much improved, and he is feeling much better. He seemed to be much more upbeat since the last time I talked to him. He hopes to get to the club and bring his loud hearty Irish laugh. So please help him laugh again by calling him.

Bob Carsasitti; 187 Scituate Street; Arlington, MA 02476; (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. He is very pleased with it. One of the uses is to put the grocery shopping bags on it and send it up to kitchen. Barbara is one or two doctor visits from a knee replacement. He wants to say hello to all the members whose friendship he enjoyed. If you know Bob, call him and say hello.

Jim Dunlap; 190 High Street APT: 108; Medford, MA 02155; (781) 483-2333

Jim was a long-time member and poker player. He is currently suffering from macular degeneration and is extremely limited in what he does. His wife suffers from rheumatism in all parts of her body. Jim does all the household chores and the cooking. Otherwise, he is in very good shape. He is 97 years old and looks like a 75-year-old. He really misses his poker buddies. Call him.

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. He bowls twice a week; Monday with his RMCA friends and Thursday with the RMCA League. Bob still misses the love of his life, Carmella. Don’t be surprised if he shows up at one of our meetings. Give him a call since he always was the member that called all his RMCA friends.

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

I could not reach Mike. The last time I called him he was anticipating a visit with his cardiologist. He was looking forward to a regimen of physical therapy and probably a heart friendly diet. He was expecting 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 – February 13, 2024, cont.

Guy Catanzano; 235 Winthrop Street #4404; Medford, MA 02155; 781-395 1734

I reached Marie, Guy's wife. I was informed that he is at the Woburn Rehabilitation Center; 18 Frances Street #3095; Woburn, MA. I learned that Guy had fallen some time ago and fractured his hip. It was treated successfully, and he returned home from rehab and was doing well. He then fractured his other hip which was also treated successfully. Guy is now in rehab waiting to get his strength and movement so he can return to normal life. Guy is a very long-time member of RMCA serving many positions including President. Those of us who know Guy should send him greetings to his house, he and Marie will appreciate it.

Bob Frazier; 35 Arcola Street; Lexington, MA 02421; (781) 861-0923

Bob recently spent 7 days in the hospital. His heart was working at 25% capacity causing him to retain fluid. He had a stent put in which got his heart to perform better. He has returned home. His fluid and heart problems are improving with the help of 11 pills each day. He would really appreciate hearing from his bowling league members.

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

I called Pat yesterday and left a message. Pat suffered a heart attack from fluid around his heart; Pat is at a rehab center. I believe that it's Aberjona in Winchester. Pat, who is 96 and exercised every day, should give us a "heads up" to pay attention to our body. So, send a card to his home or give him a call. 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 your name, phone number and the nature of the member's condition. (Address would help)

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 \$14 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.

Corn Hole Players Wanted: Would like to start daily/weekly play of Cornhole. If interested sign up at the meeting. If there is enough interest, we will acquire the boards/equipment.

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:

| DATE: | LOCATION: | SHOW TIME: |
|--------------|----------------------|-------------------|
| 3/12/2024 | CAMBRIDGE HOUSING | 1:00 PM |
| 3/15/2024 | THE BRIDGE LEXINGTON | 2:00 PM |
| 3/28/2024 | STEEL HOUSE MELROSE | 1:00 PM |

Planned Trips: Trips for 2024 are currently being planned.

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

| RMCA 2024 PROPOSED TRIPS rev 4.0 | | |
|--|------------|-------|
| TRIP DESCRIPTION | DATES | PRICE |
| CAPTAIN JACKS/FOXWOODS LOBSTER/PRIME RIB | 10/16/2024 | 125 |
| ST. GEORGES GALLILEE/MOHEGAN LOBSTER/PRIME RIB | 5/15/2024 | 150 |
| FOSTER'S CLAMBAKE 2 LOBSTERS | 8/7/2024 | 130 |
| PICKITY PLACE - BOTANOICAL GARDENS | 7/3/2020 | 135 |
| NEWPORT PLAYHOUSE/NUNSENSE | 8/21/2024 | 150 |
| CHATEAU WALTHAM/PLAINRIDGE CASINO/LASALETTE SHRINE | 12/18/2024 | 115 |
| SALEM CROSS INN/QUABBIN RES TOUR | 9/24/2024 | 130 |
| DANIEL WEBSTER BUFFET AND CABERET | 11/6/2024 | 140 |
| BEACH BOYS CASTLETON, NH | 4/25/2024 | 140 |
| ROLLING STONES DANVERSPORT | 6/19/2024 | 140 |
| JIMMY BUFFET/FOSTERS | 7/17/2024 | 145 |
| KENNY & DOLLY DANVERSPORT | 12/4/2024 | 145 |

If you have a trip in mind, please email Pete at pigtaxes@yahoo.com.

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

