

February 2024

♥HAPPY  
Valentine's  
DAY♥



RETIRED MENS CLUB OF CAPE COD  
P.O. Box 746 - South Dennis, MA  
[www.retiredmensclub.com](http://www.retiredmensclub.com)



### NEXT MEETING

*February 8, 2024*

**St. David's Episcopal Church, South Yarmouth at 1 p.m.**

### PRESIDENT'S MESSAGE

A lot of exciting things happened in January. At the January Executive Committee meeting, I was elected to serve as your President for the 2024 year. I had previously served as President in 2018 and 2019 and have been working behind the scenes with George Cappola, our most recent President for the last two years to help keep the organization moving in the right direction. Many thanks to the Executive Committee for having the confidence in me to serve as your President again. Our January meeting was exceptional. We had 76 members in attendance and by all the comments I have received everyone enjoyed the meeting. Our speaker was very interesting. We had Audra Parker, the President & CEO of the Alliance to Protect Nantucket Sound. The talk was not controversial and, in some ways, I think, more educational. We all learned that much of the water separating Nantucket from the mainland of Cape Cod is federal land and not under the jurisdiction of the Commonwealth of Massachusetts which I found very interesting.

I attended my first ROMEO meeting at Jack's Outback on January 18<sup>th</sup> and had a delightful time. We only had seven members in attendance but nevertheless it was a lively group and we had a lot of great food and conversation. I'm happy to inform you that we have a new member on your Executive Committee. Bruce Johnson indicated he wished to be more involved with the club and the Executive Committee has appointed him to fill an existing vacancy and to serve as the Chair of our Sunshine Committee. For those of you not familiar, the Sunshine Committee sends a get-well card to members who are experiencing an illness or a sympathy card to the family on behalf of the club when we have an unfortunate event occur. I would like to solicit your assistance in this endeavor to provide notification of sickness or bereavement occurring to one of our members so that the committee may initiate the proper response. Many times, we are not aware of these events.

We are fortunate to have Bob Badaracco serve on our Executive Committee. He has a background in website design and has been working very diligently on redesigning our website. He plans to launch a new Membership Platform for the RMC and will be giving all of you an update at our February meeting.

Lastly, I want to mention that we have Bob and Jenn Majewski (father and daughter) from the Mid-Cape Athletic Club in South Yarmouth as our guest speakers at the February meeting. We were fortunate to have Fred Emanuelson make the introduction which enabled us to arrange for them to address us. Fred is member of their Athletic Club and spends a lot of time at their club. They will be talking about fitness and wellness especially as it relates to those of us who tend to be a little older. I also thought it worthwhile to mention at this time that Paul McDonough does a great job for the RMC to bring us informative and interesting speakers, but it is not an easy job. I want to ask you to help us if you have a neighbor, friend, or former business associate that has or had an interesting vocation, avocation or past that they might like to share with us as our monthly speaker. All we ask for is an introduction and then Paul will take over from then to hopefully close the deal. We also welcome members that might have a topic of interest that they may wish to share with us. We have been fortunate to have many of our members recommend speakers including Fred today, Tom Hughes, Frank Zappulla, and Larry Pincus last year. We were also fortunate to have one of our members, Tom Gilligan, step forward last year and tell us about some of his experiences with the CIA. There are a lot of interesting people out there but we need an introduction.

I look forward to seeing you this coming Thursday, February 8<sup>th</sup> for our monthly meeting. Please remember the second Thursday comes early this month.

*Dick Coughlin*

## February Guest Speakers

We are pleased to have Jenn and Bob Majewski from the Mid-Cape Athletic Club as our guest speakers at our February 8th meeting. Bob is the long time club owner and tennis pro. Jenn, Bob's daughter, is the Director of Operations as well as a trainer and group fitness instructor.

Bob & Jenn will be speaking with us on the benefits of staying physically and mentally active during our retired lives. Their talk will address the topics of fitness, wellness, and nutrition. The discussion topics will include active aging, the art of living, and guidelines on how to slow down the effects of aging through exercise. They will provide us with a few simple exercises, which could be of benefit to all of us.

We hope that you will be able to join us for their presentation.



## Minutes of General Meeting – Jan.11, 2024

### St. David Episcopal Church Meeting Hall

- President Dick Coughlin called the meeting to order at 1:03 pm.
- Dick started a new tradition by having one of our veterans begin the pledge to the flag and led all in the singing of “God Bless America.” Dick expressed thanks to George C. for his leadership and hard work for the club as the President (again). He also stated that help is needed in getting the coffee ready for our meetings as Bob Janek is experiencing some health problems. Also needed is someone to head up the Sunshine Committee.
- George Cappola reported that the Christmas Luncheon was well attended by 84 members and guests.
- The reading of the previous meeting minutes was waived
- Lou Ferriera gave the treasurer’s report...balance as of 12/31/2023 is \$6,964 and the golf account balance is \$2,996. Motion to accept report as read was made and approved.
- Membership report made by Fred Emanuelson (subbing for Gary Gyss presently in Florida) is 241 members...noting that 35 have not paid their 2024 dues yet. Fred introduced 4 new members and had them say a few words about themselves. New members are: Bill Perry, Bob Baker, Joe DiSarno, and Doug Klianwich. A vote to accept them into the club was approved. Fred mentioned that we need someone to head up the Bocce ball group.
- Tom Hughes stated the spring golf courses are all set and ready for signing up. It will startup on 4/29...see the February newsletter for the schedule.
- Dick Donovan stated the bowling is moving right along and substitutes are needed as some regulars are headed south.
- Program chair, Paul McDonough, introduced Audra Parker, President & CEO of Alliance to Protect Nantucket Sound (SOS). She introduced us to her organization and gave a detailed report on what they do and have been through in an effort to get the protections needed keep the historic Sound.

Respectfully submitted,

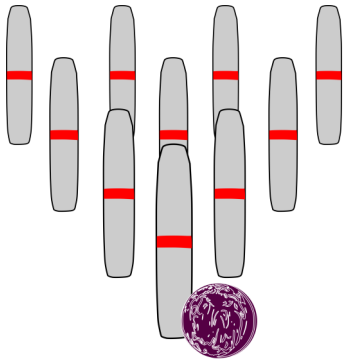
Richard Fecteau

Assistant Secretary



RETIRED MENS CLUB OF CAPE COD

## *RMC Bowling League*



We had our best turnouts of the season, on January 23rd and 30th, with 35 and 37 bowlers. Also, had two new subs join the group. 50/50 raffle winners were Peter Adams, Bob Begin, Lou Amelia, Jack Puleo and Bill Zellers. We introduced a new opportunity to win a cash prize. For those getting a spare, with a red head pin, we are paying \$5.00. In two weeks we have paid out \$40.00 to six different winner, with Don Bell and Tom Murphy winning twice. George Cappola was a \$10.00 winner with a red pin strike. Still room for others interested in joining the fun.

Dick Donovan

(See League statistics on the next page)

## **RMC Golf**

The RMC Golf Committee is pleased to announce the Spring and Fall line up has been set for the 2024 season:

### Spring

4/29 - Ocean Edge  
5/6 - Olde Barnstable  
5/13 - Quashnet Valley  
5/20 - Kings Way  
6/3 - Falmouth Country Club

### Fall

9/9 - Atlantic Country Club  
9/17 - Dennis Highlands  
9/23 - Sandwich Hollows  
9/30 - Captain's Starboard  
10/7 - The Cape Club

There is no event on Memorial Day.

We are also looking at a luncheon on the last events for both Spring and Fall but that will be decided over the next couple of months.

Finally, if you've golfed in the past please continue to do so. If not, these events are fun for all levels of golfers. Please consider joining us.

*Tom Hughes*



**Retired Mens Club**

Tuesday 12:30 pm

**Ryan Family Amusements-Yarmouth**

Lanes 1 - 8

**Team Standings**

Place	#	Team Name	%Won	Points Won	Points Lost	UnEarned Points	Y-T-D % WON	Year-To-Date WON	Y-T-D LOST	Games Won	Scratch Pins	Pins + HDCP
1	3	Owls	59.1	104	72		59.1	104	72	38	26703	27660
2	1	Falcons	50.6	89	87		50.6	89	87	33½	27584	27626
3	8	Merlins	50.6	89	87		50.6	89	87	33½	26923	27433
4	5	Buzzards	49.4	87	89		49.4	87	89	31½	27899	27974
5	2	Ospreys	48.9	86	90		48.9	86	90	34	27483	27654
6	4	Eagles	48.9	86	90		48.9	86	90	32	26768	27317
7	7	Harriers	48.3	85	91		48.3	85	91	32	26931	27204
8	6	Vultures	44.3	78	98		44.3	78	98	29½	26142	27327

**Lane Assignments**

	1-2	3-4	5-6	7-8
Today	3- 1	4- 2	8- 6	7- 5
Next Week	6- 2	3- 7	4- 5	8- 1

**Season High Scores**

Team Scratch Game	Team Scratch Series	Team Handicap Game	Team Handicap Series
500 Buzzards	1369 Buzzards	503 Ospreys	1383 Merlins
493 Ospreys	1333 Ospreys	500 Buzzards	1369 Buzzards
471 Falcons	1323 Eagles	484 Eagles	1367 Ospreys
471 Eagles	1309 Falcons	474 Merlins	1356 Eagles
Scratch Game	Scratch Series	Handicap Game	Handicap Series
148 Frank Cloran	352 George Cappola	134 Frank Cloran	341 Frank Cloran
127 George Cappola	341 Frank Cloran	127 Lou Amelia	332 Lou Amelia
127 Lou Amelia	332 Lou Amelia	126 George Cappola	322 George Cappola
118 Chris Eldredge	317 Chick Merchant	117 Chick Merchant	317 Chick Merchant

**Team Rosters**

Name	Avg	Pins	Gms	High Game	High Sers	Name	Avg	Pins	Gms	High Game	High Sers
<b>1 - Falcons</b>						<b>2 - Ospreys</b>					
George Cappola	98	6206	63	127	352	Len Soloman	71	3655	51	100	251
Dick Donovan	85	5123	60	105	300	Wayne Newcomer	85	4630	54	106	288
Jim Barba	75	4505	60	99	252	Ron Perrier	80	4369	54	97	264
Paul Rooney	81	3920	48	107	276	Dick Fecteau	87	5518	63	107	299
Wayne Hicks	77	4116	53	96	265	Chick Merchant	92	6086	66	117	317
<b>3 - Owls</b>						<b>4 - Eagles</b>					
Joe Bioty	91	4965	54	113	308	Frank Cloran	93	5026	54	148	341
Ron Steiner	80	2178	27	115	270	Don Bell	88	2932	33	111	290
Tom Murphy	83	5002	60	109	286	Dave Byrne	80	3152	39	106	285
George Anastas	79	4753	60	100	265	Bob Ward	78	4708	60	102	276
Bob Maclean	72	3030	42	94	262	Frank Fields	68	4308	63	97	237
<b>5 - Buzzards</b>						<b>6 - Vultures</b>					
Peter Adams	80	4325	54	102	278	John Burrell	67	338	5	83	222
Brian Glinaki	82	4197	51	99	271	Bill Hemr	80	1925	24	96	259
Fred Emanuelson	86	5175	60	113	303	Wayne Fontain	76	1607	21	98	254
Jack Puleo	77	4341	56	103	269	Bill Zellers	83	4255	51	113	294
Lou Amelia	97	5546	57	127	332	Tony Pace	89	5374	60	114	301
<b>7 - Harriers</b>						<b>8 - Merlins</b>					
Ted Kontaxis	90	5973	66	113	297	Jim McMahon	89	5349	60	115	293
Chris Eldredge	84	5560	66	118	302	Gary Merton	88	4516	51	112	298
Kevin Cronin	77	3010	39	95	252	Bob Begin	89	4295	48	113	289
John Fanara	78	4241	54	103	263	Bob Janek	78	472	6	101	262
Dick Coughlin	77	4596	59	93	257	Frank Stramowski	67	1811	27	82	218



## **RMC Shuffleboard**

The RMC Shuffleboard group meets on Mondays at the Dennis Senior Center (now Dennis Center for Active Living (DCAL)) in the new “theater” room. We currently play from 2-4 at no cost in an indoor controlled environment. We play every week as long as DCAL is open.

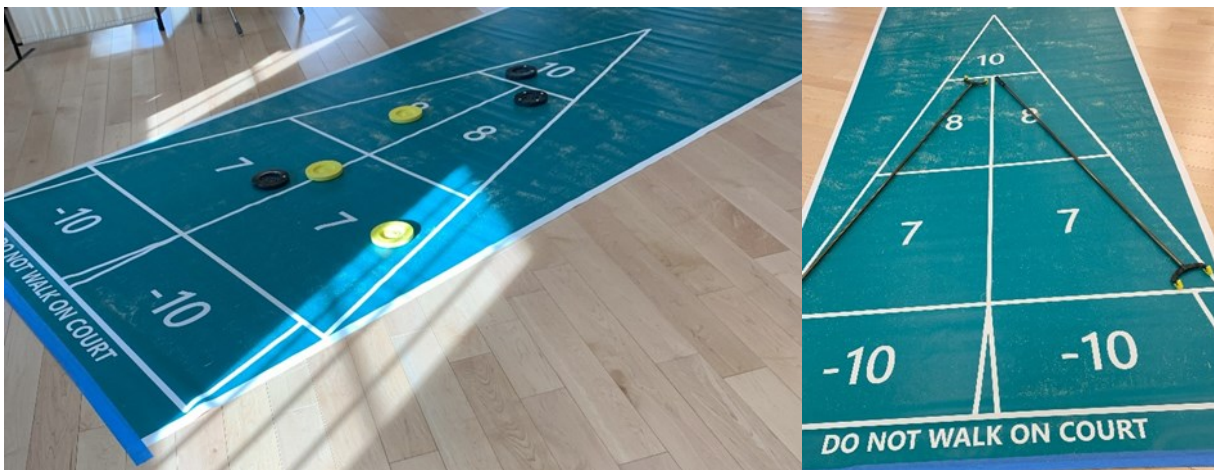
All are welcome to join. All you have to be is a member of the RMC or be accompanied by a member. All skill levels are welcome. Guidance/advice is available from the more “practiced” members. All materials are provided.

There is no attendance commitment when you join. Come once to see what it’s like or to practice before your cruise or visit to Florida; come every week for exercise and socialization, or any combination in between. “Teams” are made up each week depending on how many players show up. So you get an opportunity to meet many new folks. This is an ideal activity to bring your spouse or significant other.

This is not the game with markings painted on the floor you may be familiar with but we use “official” courts that are weekly treated with a friction reducing material and waxed black and yellow pucks and standard-length, one-piece cues as shown below.

“For more information contact Ron Janosko at [ron.janosko@gmail.com](mailto:ron.janosko@gmail.com) or call or text him at (508)935-5042.”

Thanks,  
Ron



## Retired Old Men Eating Out

*Our R.O.M.E.O group meets at Jack's Outback on Thursday Feb 15 at 8:30 am . Come join us. Just let us know that you are coming so we can reserve a seat.*

Contact Gary Gyss [gjgyss@gmail.com](mailto:gjgyss@gmail.com)



### **Investment Discussion Group**

*Meets on Thursday February 15 at 2:30- 4:00 PM at the Kings Way Meeting Hall. If you plan to attend, e-mail Dick Coughlin [rpcoughlin1@yahoo.com](mailto:rpcoughlin1@yahoo.com)*



**RETIRED MENS CLUB OF CAPE COD**

### **Membership Report for February**

We have two new members this month, please welcome **Joe Lima** and **James Stager** to RMC. After the current push for dues renewal, our membership now sits at 210, we lost a number of members this year for health issues either member related or family related. We ask that you continue to send comforting thoughts their way.

### **Position Available - Bocce Chairman**

We are actively looking for someone to head up Bocce next summer. When we did our survey last year, this was one of the highest interest areas for the RMC to start. The intent is to play on either Tuesdays or Thursday at the Yarmouth Senior Center. We really need someone who is willing to organize everything. If someone doesn't step up soon to help with this program, unfortunately we will be unable to offer it next summer. If you are interested, please reach out to Gary Gyss [gjgyss@gmail.com](mailto:gjgyss@gmail.com) for details.

## ***CHESS CLUB***



We meet on the first and third Thursdays of the month, starting at 10:30 am to 1 pm at the Yarmouth Port Fire Station meeting room (340 Route 6A in the rear). So we're up and running but could definitely use a few more members. Would encourage all with time and interest to come and give it a try. If you would like to learn the game, instruction is available.

If the interest is there it's got great potential.

Thanks.

Larry Pincus

## ***Sunshine Committee***

If you know any infirmed RMC members,  
or in the case of a death, be sure to contact:

**Ben Johnson** (bhjohnson52@hotmail.com)



- ♦ Visit the Retired Men's Club website each month for the latest club news.
- ♦ Register for activities
- ♦ Get an RMC application for a friend.

**[www.retiredmensclub.com](http://www.retiredmensclub.com)**





*The Retired Men's Club wants to thank  
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