

## NEWSLETTER

March 2024



RETIRED MENS CLUB OF CAPE COD

P.O. Box 746 - South Dennis, MA 02660

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

Website Edition



### NEXT MEETING



*March 14, 2024 – 1 p.m.*  
*St. David's Episcopal Church*  
*205 Old Main Street, Yarmouth*



### President's Message

Well, here we are in the middle of winter having survived the month of February. Many of our members are in a warmer climate and we wish them well. I sent a picture of the heavy snowfall on February 13<sup>th</sup> to some of those people with a message "Lest you forget." February 13<sup>th</sup> was our Tuesday bowling day for the RMC and due to the storm, the bowling was cancelled. Some of you unfortunately didn't get the message and braved the weather to get to bowling. We'll have to work on updating our bowling list of emails. The last time that I can recall we cancelled an RMC event due to snow was our monthly meeting in February 2017. I guess the winter weather hasn't been that bad for the last few years. We were fortunate to have 66 members and 4 spouses at our February meeting. We're always glad to have spouses in attendance. Our guest speakers were from the Mid-Cape Tennis Club to talk about health and working out to help us in the aging process. They asked for a volunteer to assist in demonstrating a stretching technique. All of a sudden, the room was quiet, and 65 members sat in silence. Then out of the blue, our Assistant Treasurer and bowling Chair, Dick Donovan, stepped to the front of the room. Fortunately, there is always one person who is comfortable volunteering. The exercise that they had him demonstrate wasn't overly demanding and he did it with a lot of gusto. Thanks Dick.



(President's Message continued)

Our monthly ROMEO breakfast was still able to generate seven members and the Investment Group saw six members in attendance. This month we have Christine Menard, CEO of the Family Pantry in Harwich addressing us on March 14th. They do a great job in assisting some of the less fortunate families who are in need. They are quite a large operation and partner with the Greater Boston Food Bank to distribute to various pantries across the Cape and Islands. It should be an interesting presentation.

Our new website is up and running with Bob Badaracco overseeing our new software. I know that some of you have had trouble signing in but hopefully Bob has been able to work with you to correct the issue. The new software offers many bells and whistles that we didn't have before. A member commented to me at bowling this week that the RMC had sent him a Happy Birthday wish. I guess the new software is working.

I look forward to seeing you on Thursday, March 14<sup>th</sup> for our monthly meeting.

*Dick Coughlin*

### **Guest Speaker – March 14<sup>th</sup> Meeting**

Our guest speaker for the March 14 meeting is **Christine Menard, Executive Director of Family Pantry of Cape Cod.**

The Family Pantry, founded in 1989, is a non-profit, non-denominational organization, staffed by over 650 volunteers, a full time executive director, warehouse manager and thrift store manager along with other part time employees.

The Family Pantry partners with the Greater Boston Food Bank and acts as a cross dock facility for the 28 pantries/soup kitchens on the Cape and Islands. The main Pantry is housed in a large warehouse in Harwich MA.

In 2016 the Pantry expanded to include a Healthy Meals in Motion Mobile Pantry, serving senior citizens in the lower Cape. Also, the Family Pantry runs a satellite pantry on the Cape Cod Community College Campus where students, staff, and faculty are served and welcomed. Additionally, the pantry accepts clothing donations and operates a Thrift Shop in Harwich.

The pantry provides food to anyone with qualified needs with no geographic restrictions. As we will learn, there is a vast amount of food insecurity on Cape Cod. In 2023, the Family Pantry total distribution of food was valued at \$7.5 Million, served 13,500 individuals, and provided 3.2 Million Meals.

Please join us on March 14 to learn more about the Family Pantry's mission, dedicated work, and challenges.

*Paul McDonough*, Program Chair



## RETIRED MENS CLUB OF CAPE COD

### General Membership Meeting Minutes – February 8, 2024

- President pro tem, Dick Coughlin called the meeting to order at 1:00 p.m.
- Continuing the selection of a veteran to lead the pledge, Charlie Jones stepped up.
- Jack Puleo led the assembly in singing of *God Bless America*.
- A moment of silence was respectfully observed for the passing of two long-time members: Ron Ahern and Ron McPhee. The new Chair of the Sunshine Committee is Bruce Johnson. The purpose of this committee is to solicit referrals and then send get well and/or sympathy cards on behalf of RMC.
- Dick announced that St David's Wi-Fi permits those with hearing aids to connect through their phone for better audio. He also requested a volunteer to set up the coffee and doughnuts before the monthly meetings.
- Reading of the January minutes was waived.
- Since Treasurer Lou Ferreira was in Florida, Assistant Treasurer, Dick Donovan gave the financial report. Current Balance: \$6,964.09; Deposits: \$1451 (dues & raffle); Expenses: \$194.27 (operating & website & zoom account); Balance: \$8220.82. Golf account balance: \$2446.83.
- Under Special Activities, Dick reported that the June meeting will include a luncheon. Also, the club will participate in a service day this summer with Habitat for Humanity.
- With Membership Committee chair, Gary Gyss in Florida, Fred Emanuelson gave his report. Membership is currently at 210 members. Additional participants on the membership committee are welcome. RMC business cards are available to use in attracting potential members. He thanked those 120 members who participated in the online payment option survey. The majority wanted to use online payment. Cash and checks are still accepted. On-going monthly activities for members include: R.O.M.E.O and Investment groups which request participants to register on the club website. Shuffleboard and the Chess club continue weekly. If Bocce is to be offered, a member would need to volunteer to get it organized. Reminder of the requirement to attend at least three meetings a year. Three new members' names were announced: Joe Lima, John Forcier and James Stager. Since he was in attendance, James spoke of his move to the Cape and his career. It was mentioned that no other potential new member was in attendance.
- Bob Badaracco gave a website update. He thanked Dennis Mascio for creating the website four years ago. The revised site will require a login (email & password) to access member content. It will provide better tracking of members, dues and renewals as well as integrating events and activities.
- Considering Golf Committee Chair, Tom Hughes is in Florida, Dick reported that the Spring & Fall outings are listed in the newsletter.
- Bowling Committee Chair Dick Donovan told the group that three new bowlers were recently added. Additional new bowlers are always welcome to participate in this no pressure and mutually supportive environment.

(February Meeting Minutes continued)

- Charlie Jones shared information about Vets and Friends, a group he manages at the Dennis Senior Center. It is open to veterans, spouses, widows, widowers, families, and caregivers of veterans. Meetings are held the third Tuesday of every month at 10:30 a.m. Lunch is provided.
- Program Committee Chair, Paul McDonough shared the slate of future guest speakers:
  - March – Christine Menard, Executive Director of the Harwich Food Pantry
  - April - Chief Jack Brady, Dennis Police Department
  - May- TBD
  - June – Kristen O'Malley and Dara Gannon, Cape Cod Foundation.He then introduced our guest speakers from the Mid-Cape Athletic Club: Bob Majewski (Owner); Jen Majewski (Director of Operations); Sara Dowcett (Fitness Director). Their presentation focused on: active aging; the art of living; guide lines on how to slow down the effects of aging through exercise. Following their very informative program there were several questions from the audience.
- The 50/50 raffle winners were: Gary Merton (\$54) and Tom Lagowski (\$34)

*John Lynch, Secretary*

## *RMC Golf*

Fellow golfers, our line up and prices for our Spring events have been set. Spring golf will be starting in just about two months. Please put the following dates on your calendar now!

Monday, April 29, Ocean Edge, Brewster; 9am shot gun  
Monday, May 6, Olde Barnstable, Marstons Mills; 8:30 am shot gun  
Monday, May 13, Quashnet Valley, Mashpee; 8:30 am shot gun  
Monday, May 20, King's Way, Yarmouth Port; 8:30 am shot gun  
Monday, June 3, Falmouth Country Club, E. Falmouth; 8:30 am shot gun

Prices for the Spring Season will be \$75, except for Kings Way which will be \$65. Registration will open on April 1, 2024 and will close on 4/15/24. A deposit of \$35 will be required to register and the balance due the day of the event. **But don't wait, put these dates on your calendar now!!**

If you have any questions or want to know more about RMC Golf, please email me at [tomhugs1957@gmail.com](mailto:tomhugs1957@gmail.com) or call/text me at 339-201-1309.  
Thanks and we look forward to seeing you on the course!

*Tom Hughes*





RETIREMENT MENS CLUB OF CAPE COD

## *Membership Activities Report for March 2024*

It's been a relatively quiet month on the membership front although we did welcome three new members to the club in February. Marc Sumberg, Clifford Metcalfe and Bob Esposito all became members. We look forward to meeting them and introducing them to the membership at an upcoming monthly meeting.

This month the DY Newcomers were gracious enough to allow us to set up a table top at their monthly meeting to introduce RMC to their members. Paul McDonough, Larry Pincus and Bob Badaracco were all present to speak to prospective new members. We thank them for volunteering their time.

RMC is now on Nextdoor

Through Bob Badaracco's efforts RMC now has an Event page on Nextdoor. Take a look. Just search for the Retired Men's Club of Cape Cod. You will find us.

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Bocce - Not this year

Despite many announcements and networking attempts to locate a Bocce Director to start our program, we have come up empty. RMC succeeds because of volunteers but we can always use more good talented people to step up and help start new programs. If you have a change of heart and are willing to help, contact Gary Gyss [gjgyss@gmail.com](mailto:gjgyss@gmail.com)

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Next ROMEO is scheduled Thursday March 21st at Jack's Outback at 8:30 am

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Next Investment Group is scheduled for Thursday March 21st. 2:30-4. King's Way Meeting Hall.

*Gary Gyss*  
Membership Chairman



## ATTENTION ALL RMC MEMBERS

There will be a Zoom call for all members where I'll be presenting the first-time login process and member profile setup on the new RMC website.

The Zoom call is scheduled for **Wednesday, March 13 at 10am**. The details for the Zoom call will be sent out separately next week. The presentation will be recorded and accessible for those members that are unable to attend.

Bob Badaracco  
RMC Website Manager

## Chess Club

RMC Chess Club continues to meet on the first and third Thursday of each month, 10:30 a.m. to 1 p.m. at the Yarmouth Port Fire Station Meeting Room (340 Route 6A, in the rear of the station). Membership is slowly picking up, and we'd welcome additional participation.

It's a great space and a good time. Why not give it a try?

Larry Pincus



## Investment Group



At our March meeting, our guest will be author Wendy Michelle to answer questions you may have about documentation. Her book, Just In Case, will aid the group and she has volunteered to come and share her expertise.

George Cappola

## RMC Sunshine Committee

Are you aware of an RMC member who could use encouragement due to an sickness, surgery or prolonged illness? Contact:

Bruce Johnson , Sunshine Committee



**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	63.0	126	74		63.0	126	74	46	30458	31514
2	1	Falcons	50.5	101	99		50.5	101	99	37½	31378	31426
3	8	Merlins	50.5	101	99		50.5	101	99	37½	30591	31101
4	2	Ospreys	50.0	100	100		50.0	100	100	39	31300	31471
5	5	Buzzards	49.5	99	101		49.5	99	101	36½	31706	31781
6	4	Eagles	49.0	98	102		49.0	98	102	37	30493	31105
7	7	Harriers	45.5	91	109		45.5	91	109	34	30553	30907
8	6	Vultures	42.0	84	116		42.0	84	116	32½	29603	30962

**Lane Assignments**

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

**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	352	Lou Amelia
127	George Cappola	352	Lou Amelia	127	Lou Amelia	341	Frank Cloran
127	Lou Amelia	341	Frank Cloran	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	6500	66	127	352	Len Soloman	71	4311	60	100	251
Dick Donovan	85	5362	63	105	300	Wayne Newcomer	86	5161	60	106	288
Jim Barba	75	5217	69	99	252	Ron Perrier	81	5120	63	97	264
Paul Rooney	81	4409	54	107	276	Dick Fecteau	87	6322	72	108	299
Wayne Hicks	77	4363	56	96	265	Chick Merchant	92	6903	75	117	317
<b>3 - Owls</b>						<b>4 - Eagles</b>					
Joe Bioty	91	5231	57	113	308	Frank Cloran	93	5026	54	148	341
Ron Steiner	80	2178	27	115	270	Don Bell	87	3692	42	111	290
Tom Murphy	84	5806	69	109	286	Dave Byrne	80	3152	39	106	285
George Anastas	79	5451	69	100	265	Bob Ward	79	5483	69	102	276
Bob Maclean	74	3776	51	97	262	Frank Fields	68	4941	72	97	259
<b>5 - Buzzards</b>						<b>6 - Vultures</b>					
Peter Adams	80	5041	63	102	278	John Burrell	67	338	5	83	222
Brian Gliniski	82	4927	60	99	271	Bill Hemr	79	2610	33	96	259
Fred Emanuelson	85	5899	69	113	303	Wayne Fontain	75	2256	30	98	254
Jack Puleo	77	4568	59	103	269	Bill Zellers	83	4503	54	113	294
Lou Amelia	98	6472	66	127	352	Tony Pace	89	6182	69	114	301
<b>7 - Harriers</b>						<b>8 - Merlins</b>					
Ted Kontaxis	90	6783	75	113	297	Jim McMahon	89	6161	69	115	293
Chris Eldredge	84	6074	72	118	302	Gary Merton	88	5330	60	112	298
Kevin Cronin	76	3350	44	95	252	Bob Begin	88	5059	57	113	289
John Fanara	78	4697	60	103	263	Bob Janek	78	472	6	101	262
Dick Coughlin	78	5304	68	97	257	Frank Stramowski	66	2387	36	89	218

*The Retired Men's Club wants to thank  
Chapman Funerals for their continued support*

FUNERALS & CREMATIONS

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