



DMA website is www.DarienDMA.org



Newsletter

Vol. 45, No. 3

DMA website is www.DarienDMA.org

Darien Men's Association

January-February 2023

President's Message

We concluded 2022 and look forward to 2023 with a robust and wide-ranging set of activities, ensuring that DMA has something for everyone and caters to all interests.

The Christmas party was a highlight of the calendar year, held at the lovely Country Club of Darien and featured the Darien High School Tudor Singers. As with so many activities at the DMA, this was brought off flawlessly due to the hard work of **Jan Selkowitz**, as head of Social Events, ably assisted by **Tom Lom** and **Alex Garnett**.

Our Wednesday meetings are the heart of our commitment to fellowship and intellectual stimulation. We continued to provide our members with the opportunity to attend in person or by Zoom, a valuable option given the number of our members who head to Florida and other destinations, and the continued need for COVID awareness.

Under the direction of **Tom Igoe**, we heard from six stimulating speakers in November and December. DMA member **Ted Helms** spoke from experience about Venezuela, which tragically has descended from one of the most prosperous countries to a failed state. **Jim Cameron**, our local expert on transportation, gave us an update on initiatives and inertia (some things never change). **Frank Bartolomeo**, Ph.D., of Silver Hill Hospital in New Canaan, provided a sobering picture of the adolescent health crisis.

We welcomed back one of our favorite speakers, **Griffith Mann**, Ph.D., head of Medieval Art at the Metropolitan Museum of Art, who spoke on "Unicorns and Heroes, John D. Rockefeller and the Cloisters." **Alexandra Ramsteck** educated us on the vital role of the Department of Human Services in Darien. And **Dwight Chapin**, who at a young age became an aide to President Richard Nixon, talked about that experience and his book, *The President's Man*.

At DMA, there are many opportunities for intellectual stimulation. Our members do their homework. While we can disagree, the discourse in Current Affairs discussions is well-informed, and debate is respectful. This was illustrated when **Mark Nunan** and **Mike Wheeler** explored, “What did we learn from the Elections?” And **Don Loomis** and Mark, resident in Italy and Slovenia, respectively, led a timely discussion, “Europe at a Crossroads: How is Europe Handling the Political and Economic Winds?”

Tom Igoe selected a nonfiction and a fiction work for the Book Discussion Group. The November choice, *River of the Gods* by Candace Millard, is the story of the 19th century competition to find the source of the Nile. In December, the group discussed a multi-layered work by Carlos Ruiz Zafón, *The Shadow of the Wind*. This provoked a discussion of which any college English professor would have been proud. Fortunately for several of us, there were no grades – only the chance to gain thought-provoking insights.

Jim Phillips’ monthly Investment Group discussions by Zoom are always well-attended, and Jim summarizes a range of expert investment outlook opinions and invites members to share their expertise on sector or industry evaluations.

Bridge and Cribbage are also a recommended means to stimulate the brain, and **John Podkowsky** provided a weekly update on Bridge bidding, success and failure, while **Geoff Rezek** succeeded in recruiting new members to Cribbage.

Some activities keep us physically fit and are held year round. Pickleball players under **Jan Selkowitz** yield only reluctantly to the weather and when it is necessary move indoors to the Mather Center. Bowling, led by **Tom Lom**, is a rain, snow or shine sport.

Hikers, shepherded by **Dave McCollum** and **Bob Plunkett**, hiked in Montgomery Pinetum Park in Cos Cob in November and Greenwich Point Park in December. **David Mace** and **Joe Spain** staked out trips for the Wanderers. In November, the Wanderers explored Little Island Park, a Barry Diller and Diane von Furstenberg project to convert a crumbling pier in the Hudson River into a tourist attraction. The group was guided by DMA member **Dan Kolakowski**, who supervised the construction of this “only in New York” architectural innovation. In December, the Wanderers took in the Christmas sights of Manhattan, from the American Museum of Natural History to Rockefeller Center.

Community service is a central mission of the DMA and has been ably led by **Frank DeLeo**. Frank scheduled three days of bell ringing outside Palmer’s Market that raised over \$3,600 for the Darien Human Services Department. DMA publicized a range of volunteer activities to which our members might devote themselves, including volunteer work at Norwalk Hospital as urged by **George Gilliam**. Under DMA Cares, George does a wonderful job letting members who are ill know of our concern and support and ensuring outreach to widows of our members who have passed.

We have had robust participation in all the above activities because we are particularly good at communicating with our membership. **Mark Nunan**, incredibly enough, compiles the *This Week at DMA* email and this newsletter from Slovenia! **Art Baron** keeps our membership lists current so that all of you receive timely communications about the wonderful opportunities at DMA.

Finally, I would like to appeal to the membership to volunteer your time and talent to support our many activities. While our activities leadership welcomes interest and involvement in any of our programs, there are two areas where we can always use more help. One of these is the Social Committee under **Jan Selkowitz**. Not only can Jan use assistance as he arranges trips to cultural, sporting and other venues, but, also, he welcomes ideas and support as we consider what we might do in the coming year. Community Service, under **Frank DeLeo**, is a second area where member involvement is very welcome.

With your help and participation, the DMA continues to be an organization that offers good fellowship, fun and the opportunity for community service. Our lives are richer as a result.

Charles Salmans
President

New Members

Fred Given



Frederick Host Given was born in Minneapolis, Minn., in 1955 and was raised in Simsbury, Conn. At Simsbury High, Fred was active in football, softball, wrestling and track. He graduated from the University of Connecticut at Storrs in 1977. At UConn, he achieved degrees in mathematics and statistics with a minor in finance. Fred continued his education at Rensselaer Polytechnic Institute and obtained an M.S. in computer science. Fred met and married his sweetheart from UConn, Lorry. Lorry has been a well-loved middle school teacher at Roton Middle School in Norwalk for 42 years and retired in 2020.

Fred started his engineering career in East Hartford at Pratt & Whitney Aircraft (United Technologies (UTC)). He had started working part time at Pratt & Whitney during his junior year in high school and took a full-time job upon graduation in 1977. Fred soon realized that he wanted to design and develop subsystems involving hardware and software for leading-edge projects using new technologies. In 1980, he transferred to Norden Systems in Norwalk, which was involved with government programs and proposals. At Norden, Fred worked primarily on air-to-ground radar systems. Most notably, Fred developed the Built-in-Test-Subsystem for the Joint Surveillance and Target Attack Radar System for the U.S. Air Force that was first used in the 1991 Iraq/Kuwait war and is still used today near Ukraine. Fred is a problem solver, and, as such, he led teams to resolve various technical development challenges. Fred left the company in 2012 when Northrop Grumman bought Norden from UTC and moved product development to Baltimore. Sikorsky then offered Fred a position to work on the presidential helicopter. Fred retired in 2018.

Fred loves the outdoors, and, in retirement, he has taken every opportunity to enjoy it. He is an avid gardener of vegetables and specimen foliage and enjoys working in the yard. He is a fisherman and birder whenever possible. He gets exercise and stays fit, especially in the gym, and he enjoys ocean sports, hiking, walking and skiing. In his spare time, he likes solving puzzles, including sudoku and crosswords.

Jack Korpi

Jack Korpi grew up in northern New Jersey, about 15 miles west of New York City. Thanks to his father, Jack developed an early love for the Big Apple, as well as for golf since the age of 10.

During high school, Jack discovered a passion for the clarinet, which he played in the school's concert and marching bands, as well as two seasons in the New Jersey All-State Band.

At Lehigh University, Jack majored in chemistry, continued to play clarinet in the concert and marching bands, was elected to Phi Beta Kappa, and earned a bachelor of science degree in 1971. He went on to receive an M.S. in chemistry from the University of Illinois.

Jack began his career as a research analytical chemist at McNeil Laboratories in Fort Washington, Pa. After realizing that sales and marketing of instruments for chemical analysis was more interesting than using them, he changed career paths. From then on, he worked in marketing management at analytical instrument companies in Massachusetts, California and New Jersey.

Jack is a volunteer tour guide at the New York Botanical Garden, enjoys artisan bread baking and regular rounds of golf.

He and his wife Linda of 37 years reside in Stamford.



Michael Liu



Michael Liu was born in 1966 in Beijing, China. He received his early primary schooling in Hong Kong before immigrating to the United States with his family at age 10. Michael graduated from Central High School in Philadelphia in 1985 and subsequently received a B.S. in economics from The Wharton School at The University of Pennsylvania in 1989. After working for a few years on Wall Street, he obtained an M.B.A. in finance from Columbia University in 1996.

Michael began his career as vice president on the foreign exchange sales and trading desk at J.P. Morgan. Michael and his wife Lin Shaw moved to Darien from their 900-square-foot apartment in Brooklyn after their twins, Nicholas and Sydney, were born in 2003. Michael started that same year at Discovery Capital Management, a global

macro hedge fund located in South Norwalk. He traded the Asian and European markets in the early years and subsequently retired as head trader after working at Discovery for almost 20 years.

Michael enjoys traveling and spending quality time with his family. He also enjoys reading, hiking, biking and kayaking.

Rich Santer

Rich Santer was born and grew up in St Albans, England. He worked at Deloitte in London and Ernst & Young in Bermuda before moving to Stamford in 1996. Rich continued in financial services with General Reinsurance Corporation in Stamford until retiring in 2016.

Rich has been married to his wife Jamie since 1989 and has two daughters living in Manhattan.

His interests include soccer, tennis, biking, pickleball, golf, hiking and playing cards.



In Memoriam



Kenneth (Ken) Coventry, aged 97, passed away peacefully at his Darien home on Thursday December 1, 2022.

Born in Melbourne Australia, the first in his family to achieve an advanced degree, he earned his chemical engineering degree at Melbourne University and later obtained an M.B.A. from Indiana University.

During his career with Mobil Oil, he lived in Tasmania and Melbourne Australia, Connecticut, New York, and London, England. He traveled extensively to Europe and Japan on business trips during his 38 years with Mobil. Ken also traveled with his family to Sri Lanka, Kenya, Greece, Switzerland, New Zealand and Hawaii.

Ken built his first sailboat, a Mirror, from a kit in Australia at age 40. This began his lifelong love of sailing and racing. A member of the Noroton Yacht Club since 1972, he continued to sail each summer until his passing. An avid racer, he competed in every possible race locally, regionally, and nationally with son Gary, daughter Sandy, and varied Noroton YC crew members in the Ensign class, which is a rugged family-friendly small keel boat with an open cockpit.

Whilst in London, he raced his Squib at Cowes and Datchet. He later sailed his Sonar, designed by good friend Bruce Kirby, which he outfitted for ease of day sailing on Long Island Sound with friends and family. He delighted in introducing sailing and racing to many friends over his 50+ years sailing at Noroton, many of whom became lifelong sailing buddies.

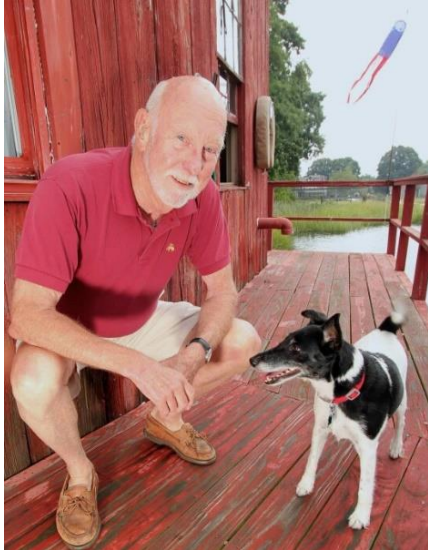
In retirement he spent the winters in his homes in Del Mar and Solana Beach, California with his wife of 64 years, Connie, until she passed in 2018. In California and Connecticut, he enjoyed playing golf and beach walking with Connie and daughter, Sandy, and son in law Kurt.

Ken loved jazz music and would grin from ear to ear watching and listening to Satchmo and other greats. Ken's love of his family was a constant force, and a great source of happiness and pride. His wry sense of humor will be missed by all.

He is survived by his loving daughter Sandy, son-in-law Kurt, son Gary, daughter-in-law Donna, grandson Owen, and several nieces, nephews and cousins in Australia.

A gathering to celebrate Ken's life was held at Lawrence Funeral Home on Sunday, December

18. In lieu of flowers, the family requests donations to Darien Boy Scouts, where Owen achieved the rank of Eagle Scout: <https://www.darienscouts.org/donate>. To sign Ken's online guest register book, please visit www.LawrenceFuneralHome.com



Henry Huse, known to his friends and family as “Captain Action” during his long, adventurous and productive life, died in his sleep at his home in Norwalk on November 12, 2022.

Henry was born in Chapel Hill, N.C., on January 18, 1926, and lived there and in France with his parents and sister Lia during his youth. His father, Howard Russell Huse, was a professor of classics at the University of North Carolina, and his mother, Charlotta (Vulliemoz) Huse, taught French.

Henry graduated from high school at the age of 17 and enlisted in the U.S. Navy during World War II, where he rose to the rank of ensign. He saw duty aboard the cruiser USS Canberra in the Pacific Theater. After the war, he earned a degree in mechanical engineering at North Carolina State

University and was also captain of the swim team. Henry traveled the world working as an engineer/salesman for Goodyear and spent two years dealing with oil drillers, hopping the 3,000-mile length of Indonesia in small planes.

He returned to work in the New York office in Manhattan where he met Jessica Poole of Norwalk, and they soon wed. Henry spent 67 happy years with Jess, residing in Norwalk, Waukesha, Wis., and Darien. He returned to Norwalk again to live out his last 16 years by the water.

Henry and Jess raised two children, Trudy Huse Hodenfield of Norwalk, and Robert Howard Huse (Jane) of Wilmington, N.C., who, along with his wife Jess, survive him. Henry was also a beloved grandfather to six grandchildren who survive him: Katherine Huse Karlsen (Për), Richard Mawhood Huse (Shea) and William Robert Huse, all of Wilmington, N.C.; Margot Lena Martin (Adonis), Renée Claire Hodenfield of Oakland, Calif., and Julia Rae Hodenfield of Stamford. He is survived by a great granddaughter Coast Kai Huse and two step great grandchildren Bailey and Reece Karlsen, who reside in Wilmington, N.C. Henry is also survived by three nephews and their families in Chicago, Ill.

After working for Bridgeport Brass and Nash Engineering, Henry struck out on his own in 1970, founding Norwalk-based Atlantic Fluidics, Inc., a company manufacturing industrial vacuum pumps and compressors based on his patented designs. It was a highly successful operation that employed nearly 30 people.

After selling his company in 2000, he founded Energy Conservation Tec, a company devoted to energy-related research and product development. He self-published a book *Dangers From Above* about pollution by jet emissions and kept a blog: energyconservationtech.blogspot.com.

In Norwalk, Henry was widely known for his many friendships, his concerns for the environment, his passion for sailing and tennis, and his love for animals. He was a founding member of the Roton Point Club, member of the Norwalk Yacht Club and skipper of his 36' Apache named Snow Goose, and long-time member of the Norwalk Land Trust. His final house, which he helped design, is a monument to his interest in solar power, along with his treasured 100-year-old boathouse, where he worked on his inventions, hosted Land Trust meetings and, along with Jessica, threw large, wonderful parties.

A memorial celebration is planned for the spring. In lieu of flowers, the family would appreciate contributions to the Norwalk Land Trust (norwalklandtrust.org).



Bradford W. Lane of Bedford, N.Y., formerly of Crestwood and Tuckahoe, N.Y., and Fort Lauderdale, Fla., died on January 25, 2022, at the age of 80. He was born on September 17, 1941, in New York, N.Y., to the late John W. Lane and L. Bertice (Tache) Lane. Bradford is survived by longtime companion Marian Donnelly, his beloved daughter Erica D. Mortati (Lane) and her husband Thomas J. Mortati, sister-in-law Carolyn Van Ness, niece Radha Devi (Kimberly Lane) and Patricia Hornbeck from a previous marriage. He is predeceased by his beloved daughter, Christine W. Lane, his brother Whitney L. Lane and his nephew Craig A. Lane.

Bradford attended Roosevelt High School in Yonkers, N.Y., and graduated with a degree in economics from Yale University. This was followed by duty with the U.S. Marine Corps, Semper Fi. He worked as a sales director his entire career with Thomas Publishing Company in New York, N.Y. He retired in 2006.

Bradford acquired a fervor for cooking in his retirement driven by his passion to enjoy great food. And he was very good at it (both actually!). He will be remembered and missed by so many. He had a great sense of humor and loved to laugh. He connected easily with people and was always positive about life and had an uncanny ability to find pleasure and beauty in any situation. His joy for life was contagious, and he enjoyed his friendships and his relationship with his family. A private family burial was held at the Newton Cemetery in Newton, Mass.

In lieu of flowers, contributions may be made in his memory to Semper Fi and Americas Fund <https://semperfifund.org/>.



Robert (Bob) Courtney McGee passed away August 22, 2022, at age 86. He was a Darien resident for 30 years and lived in Norwalk for the past 19 years. He was predeceased by his loving wife of 59 years, Carol Dawn McGee.

Bob, son of Percy and Carrie McGee, was born and raised in Norfolk, Va. After graduating from Granby High School in Norfolk, he received a four-year scholarship to Michigan State University to play in the nationally renowned Michigan State University marching and concert bands.

He played clarinet and bass clarinet and performed in concerts and parades coast to coast, including the Rose Bowl parade and game. Bob graduated from Michigan State with a degree in business. After college, he served in the U.S. Navy on a destroyer out of Newport, R.I., and Barcelona, Spain.

Bob was an avid supporter of Michigan State University, serving as vice president of the Detroit Alumni Club, founder and president of the Grosse Pointe (Michigan) Alumni Club, and founder and nine-year president of the Michigan State Alumni Club of Greater New York. He was awarded the National Alumni service award in 1989.

At the time of his demise, he was serving on the New York Club Board of Directors. He also served on the National Alumni Board of Directors. He was a member of the Michigan State Presidents Club. Bob NEVER missed a Michigan State football or basketball game on television.

Bob began his 49 years in the book publishing industry at J.L. Hudson Company in Detroit. He purchased books for seven stores and traveled yearly to Europe to purchase rare books, fine bindings, autographed documents and religious articles.

In 1973, he moved to Connecticut to start a wholesale division for Walden Book Company and its 2,000 stores. His office and showroom were at the Algonquin Hotel in New York, which has a long literary history. In 1979, he moved to the publishing side of the business and served as executive director of promotional sales for Crown Publishers and Random House.

He retired from Random House in 1996. After two months of retirement, Bob chose to go back to work and served as executive sales director at Running Press and Publications International, New York. He retired for good in 2009. He was the author of and contributor to numerous *Publishers Weekly* articles. He also served on the National Board of Directors for the American Booksellers Association.

Bob was an active member at First Congregational Church of Darien for 49 years, serving on the Church Council, Board of Deacons and Board of Outreach. He was a member of the Board of Directors for the Ledgebrook Condominium Association. In retirement, Bob found great

purpose volunteering at the Open Door Shelter in Norwalk. He received the Volunteer of the Year award in 1996 for his work with the Homeless Interfaith Network.

Bob is survived by his two daughters: Carrie McGee Yurof and her husband Lawrence; and Anne Bonanno. Three grandchildren also survive him: Leonardo Bonanno, Katharine Fausel and Ellen Cervone, and Ellen's husband Thomas; three great grandsons: Corbin, Thomas and Robert Cervone; and a son-in-law John Muldoon. In addition to his wife Carol, he was predeceased by his daughter, Elizabeth Muldoon; three brothers: William, Donald and Harold McGee; and a sister Jean Haut.

A memorial service was held for Bob on Sunday, Oct. 9, 2022, at the First Congregational Church of Darien.

In lieu of flowers, donations may be sent in Bob's memory to the First Congregational Church of Darien, Memorial Garden, 14 Brookside Road, Darien, CT 06820.

DMA Speakers Program

January-February 2023

Wednesday, January 4, 2023

Professor Hamish Lutris, “A Lost Generation”



World War I not only caused death and destruction to those fighting; the war’s effect on culture and thinking were catastrophic. The war marked an end to an era and, to many, the end of one of the great periods of European civilization.

Psychology, culture, philosophy – all of these took dramatic turns as a result of the war. Professor Hamish’s talk will discuss the war and its ending at the Versailles Peace Conference, as well as its after-effects in the cultural, economic and political spheres, which would ultimately result in the outbreak of global war only 20 years after the close of the “War to End All Wars.”

Hamish is an associate professor of history and political science at Capital Community College in Hartford. He has worked in some of America’s premier natural and historical sites, leading various hiking and historical programs. He has also lectured extensively in the United States, Europe and Canada, presenting programs on wide-ranging historical topics, including Native American history, the Civil War, scientific history, social and cultural history, World War I, World War II and the American West.

Wednesday, January 11, 2023

Historian Mark Albertson, “The Great Game and Ukraine”



Mark Albertson, who is well-known to DMA members as an entertaining and informative speaker and historian, will talk about the current Russo-Ukrainian War, a conflict that goes beyond the parochial confines of Putin seeking a greater Russia. It is round 3,855 in a progression that started in 1763 and is often called “The Great Game.” Today, the Great Game features the United States, Europe, Russia, China, India and Japan.

The chessboard is the Eurasian landmass, the middle east, Africa, and Central and South America. These areas are where critical resources are to be found and mined: oil, gas, gold,

silver, tungsten, uranium, iron ore, manganese, titanium, lithium and more. It is this ongoing quest for resources, financial domination and political primacy that continues to fuel conflict in the region.

Wednesday, January 18, 2023

Author Stephen Roach, “Accidental Conflict – America, China, and the Clash of False Narratives”



Steve Roach will discuss the evolving relationship between the United States and the People’s Republic of China. He is a Senior Fellow at Yale’s Jackson Institute of Global Affairs and has authored the recently published book entitled *Accidental Conflict – America, China, and the Clash of False Narratives*.

He formerly was chairman of Morgan Stanley Asia and the firm’s chief economist for the bulk of his 30-year career at Morgan Stanley, heading up a highly regarded team of economists around the world and focusing on the impact of Asia on the broader global economy. Steve has also served on the research staff of the Federal Reserve Board and was a Research Fellow at the Brookings Institution. He holds a Ph.D. in economics from New York University.

Steve is a member of the Council on Foreign Relations, the Investment Committee of the Metropolitan Museum of Art, the China Advisory Board of the Environmental Defense Fund and the Economics Advisory Board of the University of Wisconsin.

In his new book, *Accidental Conflict*, Steve finds the two largest world economies in a clash of dueling and incorrect narratives that each holds about the other. Not so long ago, the United States and China needed each other to prop up their own flagging economies – China required external demand to support its “export-led” development strategy, while Americans relied on low-cost goods from China. In recent years, however, they have undergone a trade war and a tech war. Now they face a new cold war.

Both countries constantly seek economic growth, but they both have a savings problem: The Chinese have excessively high savings and low internal consumption, while Americans have little savings and high debt. In illustrating his theme of codependency, Steve breaks down the reasons behind this disparity, fed by the different “national dreams” of the two countries and the persistent “false narratives” they entertain about each other. Harkening back to the 1980s, U.S. officials have, for purposes of “political expediency,” often blamed China for economic problems in the form of intellectual theft, predatory tech practices and cyber hacking.

The author stresses that many of these issues are overblown, and he suggests three areas of focus for conflict resolution: climate change, global health and cybersecurity. He also suggests “reopening foreign consulates in both countries ... loosening visa restrictions for students and journalists and restarting educational exchanges like the U.S. Fulbright Program.”

Finally, Steve delivers a thoughtful framework for moving from codependency to interdependency, involving a bilateral investment treaty and the establishment of a U.S.-China Secretariat. He concludes that “there is ample opportunity to exercise good faith.”

Wednesday, January 25, 2023

Jon Magnusson, “The 9/11 Attack on the World Trade Center – Remembrances of People and the Search for Understanding ... Two Decades Later”



Structural engineer Jon Magnusson will speak with our group about the people, airplanes and buildings of the World Trade Center (WTC) attack. At the time of the attack, Jon was the Chairman and CEO of Skilling Ward Magnusson Barkshire, a Seattle-based structural engineering firm that is a successor to the firm that performed the structural engineering for the WTC in the 1960s. An expert in high-rise buildings, he served on the American Society of Civil Engineers/Federal Emergency Management Agency Building Performance Assessment team that studied the event in the months immediately following the attack. Knowledge of the structure of the towers may help people understand the events of that day.

While it is not possible to articulate the depth of emotion at the human loss, there may be insights not commonly reported as to exactly what happened from a physical, and physics, standpoint. Why did the towers fall? What are the right questions for society to ask? What are the implications for the future of high-rise buildings?

Jon is senior principal at Magnusson Klemencic Associates (MKA) — the next-generation successor to the WTC firm. MKA has completed projects in 48 states and 61 countries out of its Seattle office. Jon has delivered more than 300 invited lectures to groups ranging from highly technical university level to the general public. He has also participated in over 120 media interviews covering engineering topics, including “ABC Evening News with Peter Jennings,” Discovery Channel, BBC, NPR, History Channel, *The Wall Street Journal*, *The New York Times*, “Good Morning America,” “NBC News” and “CBS News with Dan Rather.” He is an honorary member of the American Institute of Architects, a distinguished member of the American Society of Civil Engineers, and a member of both the National Academy of Engineering and the National Academy of Construction.

Wednesday, February 1, 2023

Frank McGinnis, “Resistance Training and the Critical Role of Muscle in Healthy Aging”



How inevitable is physical decline in old age? Are we destined to become frail and helpless? Frank McGinnis, fitness trainer, counters this scenario and advances the idea that by maintaining muscle mass, we can avoid or retard many of the symptoms we associate with old age, such as loss of balance, limited mobility and weakness. He will discuss the critical role of muscle mass in aging and how to sustain it through strength training.

Frank is a NASM-certified personal fitness trainer with the Greenwich YMCA. While he works with clients of all ages, in recent years, his primary focus has been on older adults ages 60 to 90. While working with clients and researching the aging process, Frank has found that improving strength is critical to maintaining our quality of life as we age.

Prior to his work as a personal trainer, Frank was a senior management consultant for over 25 years. With McKinsey & Company and later with the global firm A.T. Kearney, Frank worked with corporate clients on key strategy and operational issues.

He holds an undergraduate degree from Duke University and an M.B.A. from the Yale School of Management.

Wednesday, February 8, 2023

First Selectman Monica McNally, “The State of the Town”



Darien’s first selectman Monica McNally will speak with us on “The State of the Town.” She was elected to her position in November 2021. Previously, for eight years, she was an elected member of the RTM. The last three years she chaired the RTM Public Works Committee, which led to a ban on single-use plastic bags. She most recently served on the town’s Board of Selectmen.

Monica and her husband Mark Filanowski have been residents of Darien for 27 years and have two children: Helen (25) and Stephen (23). The first selectman graduated from the University

of Wisconsin and spent nine years in the financial services sector as a financial consultant for Smith Barney.

Monica has been a volunteer in numerous local civic organizations, including member of OPUS for Person-to-Person, president of the YWCA Women's Club and the Tokeneke Association Women's Club, and member of the Greens Farms Academy Fundraising Committee.

Wednesday, February 15, 2023

Chris Jones, "Helping Darien Seniors Live Independently and in Their Own Home for as Long as Possible"



Chris Jones, executive director with At Home In Darien, will speak with us about the unique services provided by this local nonprofit organization and its ongoing mission to help Darien's seniors live independently, comfortably, and with dignity in their own home and the community for as long as possible. COVID-19 has affected everyone – perhaps nobody more than seniors who are especially susceptible to longer-term health issues resulting from isolation and loneliness. At Home In Darien, which often flies below the radar for many town residents, offers a variety of services designed to support seniors and foster an intergenerational community.

Chris joined At Home In Darien in June 2022 after many years of leading sales and marketing efforts at agencies that partnered with major national brands such as Enterprise Rent-A-Car, Nationwide Insurance, The Home Depot, General Electric, Ace Hardware, Nestle Waters North America and Marriott. Born and raised in Weston, Conn., Chris is a lifelong Fairfield County resident and holds a bachelor of arts degree in communications from Quinnipiac University, where he was a two-year captain of the soccer team.

Outside of work, Chris is an unabashed Minnesota Vikings and New York Yankees fan and spends as much time as possible with his wife Jennifer and their daughter and son (when he's not playing golf or fishing).

Wednesday, February 22, 2023

DMA Member John Parker, “U.S. Navy Submarines”



The U.S. Navy’s first submarine, commissioned in 1900, had a displacement of 75 tons and was powered by a gasoline engine having about the same power as a 1965 Volkswagen Bug. The latest submarines have displacements of up to 21,000 tons and are powered by nuclear plants large enough to supply the needs of a small city.

DMA member John Parker will walk us through submarine history over the past 123 years, touching on people, places and events, as well as changes in design and mission. During the journey, he will highlight the role of Connecticut’s two (yes, two) submarine shipyards, and he will provide insights into the early days of the nuclear submarine program.

A native of Cleveland, John has a bachelor of science degree in mechanical engineering from Case Institute of Technology. He also has a master’s degree in mechanical engineering from the University of Connecticut and an M.B.A. from New York University and graduated from the Naval Reactors Nuclear Engineering School.

After graduating from Case in 1956, General Dynamics Electric Boat employed John where he was involved with the design, construction and testing of three advanced submarine power plants. He spent three years at the National Reactor Testing Station in Idaho Falls, Idaho. After leaving Electric Boat in 1969, he spent the remainder of his career in commercial engineering and financial management, including three years as technical director of Universal Oil Products’ Air Correction Division located in Darien.

Active in the American Society of Mechanical Engineers (ASME) throughout his professional career, John was the 2000-2001 president of ASME and chair of the American Association of Engineering Societies in 2002.



ACTIVITIES

Book Group: Selections

January-February 2023

The following are the **DMA Book Club** selections for discussion on **Wednesday, January 11**, and **Wednesday February 8, 2023**. The meetings will commence in each case at 2 p.m., eastern time in person at the **Darien Community Association** (274 Middlesex Road) in the **Lillian Gade conference room on the second floor**. This gives us the ability to allow DMA members who choose to participate remotely to do so. The room is equipped with Verizon's BlueJeans software and the necessary video and audio systems for remote participants. **A BlueJeans video link will be available**. To get on the distribution list, contact **Tom Igoe**: thosigoe@gmail.com.

Tom, who leads our highly engaged book discussion group, provided the following report on two books selected for discussion in midwinter.

When McKinsey Comes to Town, by Walt Bogdanich and Michael Forsythe

On **January 11 at 2 p.m.**, we will take up this newly published work authored by two *New York Times* investigative reporters. McKinsey & Company is one of the most prestigious consulting companies in the world, earning billions of dollars in fees from major corporations and governments that turn to it to maximize their profit and enhance efficiency. McKinsey's vaunted statement of values asserts that its role is to make the world a better place, and its reputation for excellence and discretion attracts top talent from universities around the world. But what does it actually *do*?

In an explosive exposé, Walt Bogdanich and Michael Forsythe have written a portrait of the company sharply at odds with its public image. Often McKinsey's advice boils down to major cost cutting, including layoffs and maintenance reductions, to drive up short-term profits, thereby boosting a company's stock price and the wealth of shareholder executives who hire it, at the expense of workers and safety.

McKinsey collects billions of dollars advising government agencies that also regulate McKinsey's corporate clients. And the firm frequently advises competitors in the same industries but denies that this presents any conflict of interest.

The authors have penetrated the veil of secrecy surrounding McKinsey by conducting hundreds of interviews, obtaining tens of thousands of revelatory documents and adhering to the number one rule of investigative reporting: follow the money. This is a landmark work of investigative reporting that is a devastating portrait of a firm whose work, according to these two authors, has often made the world more unequal, more corrupt and more dangerous.

Leadership: Six Studies in World Strategy by Henry Kissinger

On **February 8**, we will turn to a work by one of America's most significant 20th century foreign policy leaders. In his latest book, Henry Kissinger analyzes the lives of six extraordinary leaders through the distinctive strategies of statecraft, which he believes they embodied.

- After World War II, Konrad Adenauer brought defeated and morally bankrupt Germany back into the community of nations by what Kissinger calls “the strategy of humility.”
- Charles de Gaulle set France beside the victorious Allies and renewed its historic grandeur by “the strategy of will.”
- During the Cold War, Richard Nixon gave geostrategic advantage to the United States by “the strategy of equilibrium.”
- After 25 years of conflict, Anwar Sadat brought a vision of peace to the Middle East by a “strategy of transcendence.”
- Against the odds, Lee Kuan Yew created a powerhouse city-state, Singapore, by “the strategy of excellence.”
- And, though Britain was known as “the sick man of Europe” when Margaret Thatcher came to power, she renewed her country's morale and international position by “the strategy of conviction.”

To each of these studies, Kissinger brings historical perception, public experience and – because he knew each of the subjects and participated in many of the events he describes – personal knowledge. *Leadership* is enriched by insights and judgments that only Kissinger could make and concludes with his reflections on world order and the indispensability of leadership today.

All who may be intrigued by our January and February book selections are heartily encouraged to join our group for what will assuredly yield some interesting and fascinating insights and exchange of views.

Poet's Corner

Is this the greatest poem in the American idiom? The most influential? You decide.

Some would say it is not a poem at all. Still, it is elegiac and the meter often iambic: without rhyme, yes, but with reason, and imagery, juxtaposing the particular with the universal.

Hear it recited by going to the DMA website or your email PDF copy of this newsletter and clicking on this link:

<https://www.youtube.com/watch?v=vd8CUDRug0M>.

Though born and raised in modest circumstances in Malaysia, far from the United States of America, the speaker “gets it.”

He is not the only one. The message delivered by this great American writer appears so simple yet effective that school children in nearly every nation study it: spreading the ideals of the *Declaration* it extols.

After listening, for analysis of this work as poem, oratory and history with global reach even in our time, click on this link to an article by a German Jew who fled from the Nazis to the United States as a child. She “gets it,” too. A short read, it is well worth the effort:

<https://theimaginativeconservative.org/2021/11/reading-gettysburg-address-eva-brann-90.html>.



ACTIVITIES (continued)

Bowling: Tuesdays at 9 a.m.

New Year, Higher Scores – we hope! The “Commish,” and the gang welcome DMAers with all levels of experience to bowl with us Tuesdays at 9 a.m. at Nutmeg Lanes in Fairfield. See highlights and photos later in newsletter. **Tom Lom:** tomlom1@aol.com.

Bridge: Tuesdays at 2 p.m.

We will continue on Bridge Base Online while we explore returning to live play. If you would like to join us, make sure you are on the Bridge roster by contacting John. **John Podkowsky:** jpod912@aol.com.

Community Service: Our December Bell Ringing Was a Record Breaker – Thanks to DMA Volunteers

In December, we had a highly successful three days of Bell Ringing at Palmer’s Market, collecting over \$3,600 (exceeding last year’s total of \$2,500 by \$1,100). All of this went directly to fund critical services provided by Darien Human Services to Darien residents in need. See photos later in this newsletter. Many thanks to all our volunteers and donors.

Frank DeLeo: frankdeleo@hotmail.com

Cribbage: at Darien Senior Center Tuesdays at 12:30 p.m.-2 p.m.

Geoff Rezek and **Tom Williams** invite you to learn, or relearn, and play the standard deck card game Cribbage. A favorite of seafarers, Cribbage is a derivation of an old English game called “Noddy.” It was developed in the early 1600s by Sir John Suckling, an English courtier, poet, gambler and game player. We find playing Cribbage to be a fun, educational and social activity. **Geoff Rezek:** grrezek@optonline.net.

Current Affairs: Veteran Journalist Forrest Sawyer Moderates “Ukraine and the New World Order” at DCA and via Zoom, February 16 at 2 p.m.

Emmy award–winning international journalist Forrest Sawyer will moderate our discussion. One year ago, Russia invaded Ukraine, expecting to control the country in just days. Instead, Vladimir Putin has committed the greatest military blunder since Hitler’s defeat at Stalingrad. With NATO’s assistance, Ukraine is now on offense. Can Russia be defeated? Could the war spread, involving NATO and even nuclear weapons, or is a negotiated settlement possible? Most critically, how will the war’s end impact a world already

on the brink? Join us for this important discussion. If you want to get on our email distribution list for Zoom let us know.

Mark Nunan: marknunan12@gmail.com or

Mike Wheeler: mike@mikewheeler.net.

Current Affairs: Calling for You – March 16 or May 18?

Mark and Mike are looking for volunteers who have a passion about an issue and would like to lead a discussion exploring a Current Affairs question.

Two members could team up and each present one side.

We are looking for March 16 and May 18 at 2 p.m.

Below, Mike has put together a list of topics. Links to background information are available in some cases. Take your pick or suggest another topic you believe is timely.

Taiwan: How far do we go?

[Is "greedflation" rewriting economics or do the old rules still apply?](#)

[Is China about to implode?](#)

[Universal basic income](#)

Is capitalism a blessing?

Are big cities past their prime?

[Has globalization backfired?](#)

[Does artificial intelligence do more harm than good?](#)

What is a solution for immigration?

[Do unions work for the economy?](#)

Should we be spending money to go to Mars and beyond?

[Can the Fed manage a soft Landing?](#)

[Are primary elections ruining democracy?](#)

Corporate social responsibility:

Should corporations get involved in political issues like voting rights?

What role should employees have in determining which government contracts they accept?

Contact Mark or Mike at:

Mark Nunan: marknunan12@gmail.com

Mike Wheeler: mike@mikewheeler.net.

Happy Wanderers: Restarts March

During the two coldest months, we slow down, but we will be back with a new Wandering in March. However, the Wanderers had some fine outings over the past couple of months. See photos later in this newsletter.

David Mace: davidmace@optonline.net

Joe Spain: jhspain@sbcglobal.net,

Hiking: Thursday, January 12, 2023, at 10:30 a.m.: Sherwood Island State Park, Westport

We will be walking about three miles through Sherwood Island State Park on mostly hard and gravel paths. Very little up and down. We will meet in the Pavilion parking lot at 10:30 a.m. The park hugs the Sound shoreline, but it's often quite windy. Dogs are permitted on a leash. As

always, bring anyone with you who would enjoy a one hour plus walk in a beautiful setting. We will have an optional lunch at the Little Barn in Westport.

History

Sherwood Island State Park is the oldest state park in Connecticut dating to 1914. The island itself was first settled by Daniel Sherwood in 1787 where he built a grist mill. Over the next 70 years, the land was farmed by many others, but around 1860, the property became known as “Sherwood’s Island.”

After the Connecticut State Park Commission was formed in 1911, the search for suitable shorefront property to buy was on. The first piece of the existing park was purchased in 1914, making this the oldest state park. The park officially opened in 1932, but the Army Corps of Engineers did not build the jetties and extend the beaches until 1950. The Pavilion opened in 1959, and a 911 Memorial was added in 2002.

Directions

This one is easy. Take Exit 18 off I-95 (Sherwood Island connector) and turn right toward the Sound. The road goes directly into the park. Keep straight onto the wide roundabout and take the exit marked “Pavilion Parking.” We’ll meet at the front of that lot up toward the Pavilion.

Dave McCollum: dgmccollum63@gmail.com or 203-858-5688

Bob Plunkett: rgplunkett1@gmail.com or 203-246-2898

Investment Discussion Group: January 9 at 10 a.m. on Zoom

Led by **Jim Phillips**, this session will be our first in the new year. An initial agenda and Zoom link are sent out the week before. Future meetings will be on the first Monday of each month. For questions or investment ideas you would like us to cover or to join the group, please contact Jim.

Jim Phillips: jlpinvest66@gmail.com.

Money Matters: No Immediate Events, Second Monday of Each Month, 9 a.m.

Led by **Doug Campbell**, we discuss interesting and impactful technologies, products and events that influence our money matters in Fairfield County and the world. Guest hosts bring domain expertise. If you would like to lead a session or work with Doug in developing interesting candidates let him know. **Doug Campbell:** 203- 952-1161 or dc3tsc@gmail.com.

Pickleball: Cherry Lawn Park, Tuesdays and Thursdays at 9 a.m.

Space is open for players with some experience. Novices, please sign up for lessons with Darien Parks & Recreation. **Jan Selkowitz:** 203-655-0441 or jankarlselkowitz@gmail.com.

Social Activities: Saturday January 21, 4:30 p.m. Dinner and Hockey

The DMA Christmas party at The Country Club of Darien was an enormous success thanks to **Jan Selkowitz, Tom Lom and Alex**

Garnett. Please see the festive highlights and photos in the coming pages.

The Social Committee has made plans for a “Dinner & Hockey” evening for Saturday, January 21st, beginning at 4:30 pm at Ralph & Rich’s restaurant, 815 Main Street in Bridgeport. The price for dinner and a center ice ticket to the game is \$65. Dinner will be “family style” and will include wine (red or white) or soft drink, salad, three different entrees (chicken française, veal parm and broiled salmon) with smashed potatoes, sauteed vegetables, Italian cookies and coffee/tea. You will be asked to pay for any other alcoholic beverages.

Following dinner we will take a very short walk to the Total Mortgage Arena for the 7:00 pm game between the Bridgeport Islanders and the Wilkes-Barre Scranton Penguins. We will carpool to the restaurant and are OK to park in the restaurant’s large parking lot until after the game. Otherwise, parking at the arena is \$15 (thank you City of Bridgeport).

Please advise **Gehr Brown** or **Tom Lom** if you are interested. Attendance is limited. A sign-up sheet will be available at the Wednesday general meeting.

Gehr Brown, gwbrown@optonline.net

Tom Lom, tomlom1@aol.com

Jan Selkowitz, jankarlselkowitz@gmail.com

Woodworking: 9:30 a.m. Tuesdays, Mather Center



Woodworking Group Projects

The DMA woodworkers meet every Tuesday at 9:30 a.m. at the Mather Center workshop. **Tom Williams** and the group welcome new members. **This is an incredible deal! The workshop provides expensive tools, technology and equipment that we use for free.**

Our woodworkers will take on a variety of projects for DMAers, your family and friends. For tables, chairs or other wooden furnishings in need of repair, contact us.

Tom Williams: tmw-1931@outlook.com.

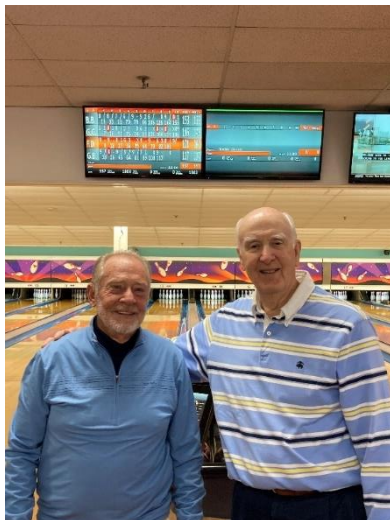
Bowling Report, Courtesy of the “Commish”

Tuesday, November 1: Today was a “Tale of Two _____.” I’ll leave it to you to fill in the blank after the report.

With seven bowlers, we split up three versus four with **Tom Lom/Frank Gallagher/Alex Garnett** +133 up against **Gehr Brown/Ben Briggs/ Frank DeLeo/George Gilliam**. Even with George’s 186, his partners couldn’t help out so they lost game one by plenty, thanks to a 203 by Tom. Game two was a reversal as Gehr (203), Frank D (196) and Ben (154) all came through.

G.	3	1	2	3	4	5	6	7	8	9	10	Tot	hdcp
B.B.	8	8	7	6	9	5	2	6	X	9	8	153	153
G.G.	6	1	8	1	9	9	X	6	3	X	8	146	146
F.D.	9	9	8	1	6	3	X	9	9	6	3	101	101
G.B.	9	8	9	9	9	7	1	X	9	X		117	117
Player												536	536
Team												536	536
Dif.	536	TOT. Pin fall	1802	TOT. Hdcp	0	TOT. Bonus	0	TOT. Points	1802				

In game three, the Lom team won comfortably, but that wasn’t the real story. The “action” was another in the series between Ben and George for the all-important quarter. It was nip and tuck throughout. As can be seen in the photo at left, even a double in the tenth frame by George could not overcome Ben’s steady performance as Ben won by seven pins.



But that didn’t get in the way of a friendly pat on the back from George. Good thing since the duo was heading off to the duplicate bridge tables as partners in the afternoon. As for individual performance, again the field was divided in half with three above-average scores: George’s 482 series was +35; Ben was +38 with a 422; and Tom was +84 with his 609 series. The *Shot of the Day* came from Alex, who, among many splits, converted a difficult 2-7-8. Frank G also converted a 4-5.

Let’s see what sort of tale waits to be told next week.

Tuesday, November 8: Perhaps some of you heard a loud noise at around 10:45 this morning. That was a “thud” from one of our bowlers coming back to earth ... more on that in a moment.

We had seven bowlers today and some strong performances: five series of 500, and three of those guys had 200 games. **Ed Schechter** had a 503, Frank D had a 514, including a 202, Frank G had a 529, Gehr had a 556 with a 202, and Tom had a 574 with a 200 game. The two other bowlers, Ben and George, were on their average ...



which brings us to the “thud.” As you can see from the photos, Tom had quite a second game, reeling off nine strikes in a row for 265. Even the Phillies’ defeat over the weekend could not keep him from smiling at his score.

Thinking he had all the momentum on his side going into the next game, Tom crashed and burned in game three, rolling a dismal 137. Kind of reminded him of what

happened in the World Series when the Phillies smacked five homers in a 7-0 drubbing of the Astros in Game 3 only to see their bats go silent in losing the next three games.



The team competition was one-sided for two games as Tom/Frank G/George took both. However, the opponents (Gehr/Ben/Frank D/ Ed) took the double-or-nothing wager and gleefully watched Tom's “thud” in the third (some might now call it a "turd" 😂) to break even on the day.

Ben and George had a spirited game three match. They were even after seven frames when George doubled in the eighth. He looked secure until he opened in the tenth. Ben needed to double in his tenth for the win. He calmly got a strike on his first ball in that frame. At that point, it was difficult to tell who was sweating more, George or Ben (I'm pretty sure that was a pool of perspiration at Ben's feet). Ben did hit the headpin on his next shot but sadly left a split so it was all over – but not without excitement and laughs.

Just another day on the lanes for the bowling gang ... good scores, good laughs, good friends.

Tuesday, November 15: Six bowlers showed today with some good scores and spirited competition. Perhaps a harbinger came during warm-up when Alex converted a 5-7-10 and Ed followed by making a 3-4-7-10 ... pretty fancy stuff!

Ben was close to his average, as was Frank G. Alex was Bowler of the Day as he broke out of his funk with a 460, which was +40. Tom had a 535 with a 200 in game two. Gehr had a 538. And Ed had a 546, thanks to 205 in the third.

The team game was tight as Tom/Alex/Ed/gave 25 pins to Gehr/Ben/Frank G. Tom's team took game one, thanks to a 170 from Alex. Gehr's team took game two by the thinnest of margins ... just two pins. Game three looked close at mid-game when Tom's team came alive paced by Ed's high game of the day. Hope to see more of you next week.

Tuesday, November 22: It's a short but sweet report today.

We welcome newcomer **Ted Helms**. Ted is a terrific athlete and is sure to conquer the sport of bowling just as he has golf (single-digit handicap) and tennis (he was a teaching pro during his days in Venezuela as a young man). Today, Ted saved his best for last, recording five marks in the third game for a 130. He even managed to win the third poker game with a full house!

Bowler of the Day was none other than the ever-young Ed with a 616, including a 235 in game one ... a game in which Frank D also recorded a 200 game. Frank had a 530 series.

Ben started out *en fuego* with a 169 game. Alas, it went downhill from there for him, including game three in which George had his best game for an easy win in the head-to-head.

Next week, we all have Happy Thanksgiving. Let's see how well we bowl the following week after all that turkey and dressing.

Tuesday, November 29: It seems none of us is happier to see a "newbie" join the group than our illustrious "professor" Ed. When Ted made his first appearance last week, he and Ed were on different lanes so Ted only got a smattering of advice. Today, they were paired together so Ed went to work. Bottom line: Ted improved by 27 pins over last week ... and next week, he plans to visit Buddies Pro Shop – so watch out!

We had nine bowlers in total today. Since Ted is still establishing his handicap, the team game was four-on-four with a scant six pins separating the teams. Tom/Frank D/ **Joe Holmes**/George/got six from Gehr/Ben/Alex/Ed .

Perhaps it was being energized by another Eagles victory Sunday night or more likely that he benefited from bowling on the right-side pair, in any case, the Commish carried his team to a clean sweep. Tom had a 594 series, including a 212 in the second game, the only 200 of the day.

Ben and George had a close game at the midpoint of their game three contest, but George kept the pressure on all game, closing with a 182 to beat Ben's 149. That finish propelled George to his first 500 series of the season at 507 (+57). Ben's 423 was a +30.

Shots of the day included Ben making a 3-10 split and Ted converting back-to-back splits, a 3-10 and 4-5.

Let's see who'll be hot next week.

Tuesday, December 13:

Our final day of bowling for 2022 saw eight fellows turn out with some more good performances.

Let's start with Ben , who got out of the gate fast with a 163 on his way to a 451 series (+61). His third game of 150 left George in the dust for that ever-important quarter this week.

Frank D followed his heroics from last week with a 507 just above his average.

Ed had another solid series at 538.

Frank G started slow with a 135, but did he ever heat up! He rolled a 200 in game two and followed that with a 223, thanks to a six-bagger mid-game. His series of 558 was +66. On any other week, that would qualify for Bowler of the Day – edging out Ben –29 but not this week.



Bowler of the Day honors this week could only go to the Commish. After a "creaky" warm-up, Tom started off with a six-bagger of his own. Following a tap of a ten pin, he strung another three strikes in a row and finished with a season high of 268. Given what happened a few weeks ago when he followed up a 265 with a 137, Tom was a bit nervous as to what might ensue ... but not to worry. Game two for Tom wasn't bad at 190. Then more fireworks as he rolled eight strikes in a row in the third and finished with a 266. His total for the day was 724 for a whopping +175! On the day, Tom had 22 strikes in 30 frames. Even Chris in the Pro Shop said "WOW!"

Since Frank G and Tom were teammates in the competition, it was rather one-sided. Shot of the Day went to Ben, who converted a 3-10 for the only split made on the day ... and there were plenty of opportunities.

We agreed to take next week off so we'll resume play on January 3, 2023.

Wishing everyone good health and good times in the new year.

Tom

Community Service, by Frank DeLeo

DMA Bell Ringers at Palmer's Market had a remarkably successful year. We added an additional day and exceeded last year's total by \$1100, collecting over \$3600 this year. Thank you all.





Hiking Group Report by Dave McCollum and Bob Plunkett

November 14, Montgomery Pinetum Park, Cos Cob

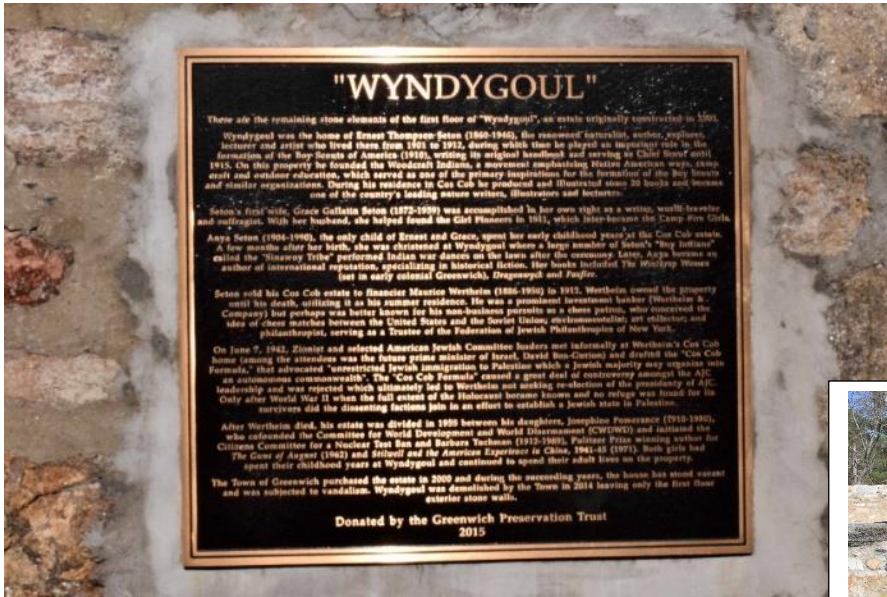
A hearty group of 15 DMAers and two spouses spent nearly two hours traversing the 100-acre property originally owned by Ernest Seton and later by Maurice Wertheim. The Town of Greenwich purchased the property in 2002 and turned it into a nature center and park. The mansion was demolished by Greenwich after it fell into disrepair and was vandalized. The original stone walls remain. We visited the home site, which sits high above Cos Cob Pond, and hiked a combination of paved roads and rough woodland paths. It is a remarkable piece of rural land right in the heart of Cos Cob.

As the group photos show, this was one of the largest groups of hikers we have had outside of the highly popular beach venues we visit. Thanks go to all who participated!

The only wildlife sighting was a bird that we could not identify. Slim wildlife pickings as usual! But we did visit the remaining walls and the placard titled “WYNDYGOUL,” as the estate was once known.

Following the hike, we enjoyed a delicious Italian lunch at Louie’s in Cos Cob.





Long story short:
WYNDYGOUL was home to
some interesting people.
Just ask our hikers!



Lunch at Louie's: tasty food, great company.

December 12, Greenwich Point Park, Greenwich

The U.S. Postal Service has nothing on the DMA hikers – “neither rain nor snow” Oh, wait a minute, the day did not turn out badly after all! The overnight snow was still evident at 10:30 in the morning but was not a footing issue, and the sun came out later during the hike at Greenwich Point Park. A good size group of 17, including three spouses, walked just short of three miles in an hour and a half around the spectacular property. It’s easy to see why Greenwich keeps it pretty much to residents for most of the year!

About half the group stayed on for a delicious lunch at the Beach House Cafe in Old Greenwich.

Again, this hike, as others, gave us DMAers a chance to walk and talk in some really scenic places.

Next hike: Sherwood Island State Park in Westport, Thursday, January 12, at 10:30 a.m.

Dave McCollum

Bob Plunkett



Social Activities: Annual DMA Christmas Party, December 20, 2022



The DHS Tudor Singers

Wanderers Report: David Mace and Joe Spain

November 17: Little Island and Teddy Roosevelt Birthplace Wandering

Thirteen Wanderers showed up to see Little Island on the Hudson River in New York. It was a chilly but clear morning as the photo below illustrates. We were fortunate to have with us **Dan Kolakowski**, who was the construction manager for the park (and is a DMA member). Dan told us about the engineering complexities that required pilings to be driven 200 feet into the floor of the river to hold the structure in place as it sits above the water. The park, designed by an English architectural firm, was conceived and paid for by Barry Diller along with Diane von Furstenberg. After multiple delays for environmental reasons, the park finally opened a year and a half ago. From day 1, it has been an immense success, with visitors coming from all over the world. In addition to beautiful tree, flower and grass plantings, the park has a large amphitheater for musical and stage productions.

Following the park visit, we walked along the High Line and then across town to Molly's Pub on Third Avenue. After a hearty lunch of ale and burgers or shepherd's pie, we visited the birthplace of Teddy Roosevelt on East 20th Street. The home is a National Parks site, and we were given a tour by one of the rangers. That ended our wandering, and we headed back to Grand Central.



December 15: West Side Manhattan from the American Museum of Natural History to Lincoln Center – and Back to Midtown, Rockefeller Center

On December 15, seven DMA members went to New York to participate in the final Wandering of 2022, organized by **David Mace** and **Joe Spain**. We went by subway from Grand Central up to the American Museum of Natural History on Central Park West and 81st Street.

Joe brought photos of the Teddy Roosevelt statue that had resided on the main entrance steps of the museum from 1940 until last year. The statue had Roosevelt riding on horseback, flanked by an African man standing on the ground to his left and a Native American on his right. Protestors considered the statue racist in that it sent the message of white supremacy. In 2022, the statue was removed and will likely be transported to North Dakota to become part of the Theodore Roosevelt Presidential Library.

We then walked south along Central Park West, past the New York Historical Society Museum and Library and then down to the Dakota apartment house at 72nd Street. This iconic building constructed in 1884 has housed many famous people, including John Lennon who was murdered at the entrance there in 1980.

We then went west to 68th Street and Lincoln Center to see the Metropolitan Opera House, Philharmonic Hall, the New York City Ballet theater and the many surrounding educational facilities, including The Julliard School, Fordham University's downtown campus and the John Jay College of City University.

A subway across town got us to Rockefeller Center to see the grand Christmas tree and have lunch at Bill's Burgers. Afterward, some of us went in other directions, and some went to Grand Central to stay ahead of the oncoming rain. It was a wonderful day. Our next event will be the Super Bowl "contest" in early February. In March, we shall have a wandering somewhere in Connecticut.

Important Health Message from DMA Member Jay Kolinsky Regarding More Treatment Options for Basal Cell Skin Cancer

I was a lifeguard from the ages of 16 to 18. When I was 26 years old, I noticed a rough skin area at the top of my left ear. Sometimes it would bleed slightly. I went to a dermatologist. He took a biopsy of the area. It was diagnosed as basal cell cancer (BCC). He removed a little more tissue. That was the end of that ... I thought.

Fourteen years later, it recurred in the same location. A second dermatologist did a BCC biopsy and also removed a small area of tissue.

About 15 years went by, and I had another recurrence. This time, I was urged to have Mohs surgery, developed by Dr. Frederic E. Mohs. It is a process where a thin layer of tissue is removed and examined under a microscope for cancer cells. If any are seen, more layers are removed until there are clear margins where no cancer is detected. Mohs surgery can sometimes be disfiguring and may require plastic surgery to correct defects. The removal of tissue from my ear was quite extensive, and I needed to have a graft of skin from my shoulder.

Twenty-five years passed, and the cancer recurred in the same place. My current dermatologist said I should have Mohs surgery again. When asked, he did not offer any alternative forms of treatment. At the age of 80, I was not interested in having Mohs or any other surgery similar to what I had been subjected to more than two decades ago.

I did extensive research and found there are other less invasive techniques that are now used to treat BCC:

- 1) **Curettage and electro desiccation:** Here, the skin is shaved in the area of the cancer, and then an electric device cauterizes the tissue while additionally destroying cancer cells. This is usually done over a period of three visits.
- 2) **Cryotherapy:** This technique uses an application of very cold temperatures to destroy the cancer cells.
- 3) **Photodynamic therapy:** Here, a light-sensitive chemical is applied to the skin. It is absorbed by cancer cells. After 24 hours, the skin is illuminated with a special light that activates the chemical in the cancer cells and destroys them.
- 4) **Superficial radiation therapy (SRT):** This technique uses a new machine that pinpoints the area to be treated with radiation. The device can be adjusted to radiate to a very small depth.

Short, 30-second bursts of low-dose radiation are delivered superficially (5mm into the skin) directly into malignant non-melanoma skin cancer cells. These blasts of energy disrupt the cell division process of the malignant cells, effectively destroying the cancer without

damaging healthy adjacent tissue. Because the radiation only penetrates 5mm into the skin, it is safe and effective for treating basal cell and squamous cell carcinomas. Numerous studies have shown the overall five-year recurrence rate is just 5%.

It usually requires from 15 to 20 visits to a facility where the machine is located. The main player in this technology is Sensus Healthcare with its SRT-100 unit. Norwalk Hospital has an SRT-100 in its Radiation Department. Speak with the head of the department for information, as many people working at the hospital don't know there is a machine on the premises. Contact Dr. Pradip Pathare at the Whittingham Cancer Center at Norwalk Hospital about the Sensus SRT-100 treatment. The Radiation Department telephone number is 203-852-2719. I personally visited Dr. Pathare and found him to be pleasant and very informative.

- 5) Topical treatment: This technique is a self-applied cream, usually five days a week for six weeks. It is applied at bedtime and washed off eight hours later in the morning. The cream causes the immune system to attack the cancer cells. It has a few different names: imiquimod, aldera and zyclara. The topical treatment is not as effective as Mohs surgery or some of the other options. It is reported to be 70%-80% effective at preventing recurrence. At 81 years of age, I find this minimal treatment to be advantageous, easy to use and suitable for my expectations. There is some surface erosion of the areas containing basal cells – some itching, reddening, skin flaking and sometimes minimal bleeding. Normally within a month of the end of the treatments, the tissue is fully healed with possibly a slight lightening of the pigment. With the advice of the doctor at Memorial Sloan Kettering Cancer Center (MSK), I am using imiquimod to treat my ear. I am now in my fifth week of the regimen.

A new powerful diagnostic tool, reflectance confocal microscopy (RCM), is a computerized optical scanning device. It can “see” cancer cells on the surface of the skin and can be used to “map” areas affected by basal cells. Although there are over 850 of the machines worldwide, they are not easy to locate locally. Sloan Kettering does have one. The creator of some of the latest RCM devices is Milind Rajadhyaksha, Ph.D., whose laboratory is at the East 74th Street facility. Being an inventor for many years, I asked to meet Dr. R after I was scanned. He was highly informative, and we had a good technical discussion about his creation and about inventing. Dr. Anthony Rossi, a dermatologist at MSK is one of just a few doctors there working with this diagnostic device. If you ask your own dermatologist about RCM, he or she may not be familiar with it.

In summary, I find that many local doctors do not keep up with the latest technologies in medicine. They continue to use what they have learned, and many do not want to try newer techniques. The latest methods are usually found at noted teaching hospitals like MSK, The Johns Hopkins Hospital and the Mayo Clinic.

Searching the internet is especially useful when trying to locate new approaches in all fields of health. I find it very beneficial to be “armed” with information before seeing a specialist.

Darien Men's Association Newsletter

Editor and Publisher, Mark Nunan. **Contributing Editor**, Joyce Meurer. **Speaker write-ups**, Tom Igoe. **New Member bios**, Art Baron. **Mailing list and e-communications**, Art Baron. **This Week at DMA**, Mark Nunan. **Webmaster**, Gary Banks. **Contributing Reporter**, Jay Kolinsky.