

President's Message

As DMA turns the calendar page to start the new year, I reflect on just how busy DMA was as the old year ended. We had wanderings and hikes; we read books and discussed current topics; we bowled and "pickled"; we strung lights and rang bells. And we ended the year with two terrific social events: the tour of NBC Sports Group and Chelsea Piers was well-attended and well-received, while our year-end Christmas Party once again was a huge success. A big shout-out goes to the committees and event leaders who made it all happen. We now enter the time of year when the weather causes certain activities to go into hibernation. And some of us will say



goodbye to the cold weather in Connecticut and depart to warmer places for a time. But for those who remain, DMA will have lots for you to enjoy starting with our speaker list, which is as impressive as ever. This is a good time to introduce a friend or neighbor as a guest at one of our meetings and share the fun and fellowship that DMA is all about. It's also a good time to volunteer to serve on a committee and help shape the DMA activity calendar for the rest of this program year and beyond.

Here's wishing you all a happy and healthy new year.

Tom Lom, President

Events and Activities

Super Bowl

John Barston and **Bill Bellis** will organize a pool for the Super Bowl to be played on Sunday, February 4, 2018. Leading up to the game, the pool's grid selections will be available at our meetings on Wednesday, January 17, 24 and 31. Cost of entry is \$2 per box with the usual prizes of \$25 for the correct score at the end of the first quarter; \$50 for the correct score at the end of the first half; \$25 for the correct score at the end of the third quarter; and \$100 for the correct score at the end of the game.



Winners will be announced on Wednesday, February 7, 2018.

Community Services

Jack Fitzgibbons, chairman of Community Services, reports that two events occurred in the fall. The lights on 92 Christmas wreaths that decorate the streets of the Town of Darien saw 18 members show up and replace 213 faulty bulbs one brisk November morning. Next, **Marc Thorne** reports that 26 members rang the bells for The Salvation Army outside Palmer's market on weekends during December.



Wreath repairs



Left to right: Bell ringers Bill Holding, John Schlachtenhaufen, Ken Olson

New Member Coffee

John Podkowsky, chairman, Membership & Hospitality, invited recent new members to attend an informal coffee hour prior to the general membership meeting one Wednesday morning in November. The goal was to give them a chance to learn about DMA programs and to talk with DMA officers about our organization and see how new members can become active. New member names are shown in boldface in the captions below. **Photos by Gregory Glashan**



KG Gregory, Jim Tulacro



John Wolcott, Wim Jessup, Bill Waters



Sam Marrone, Tom Lom



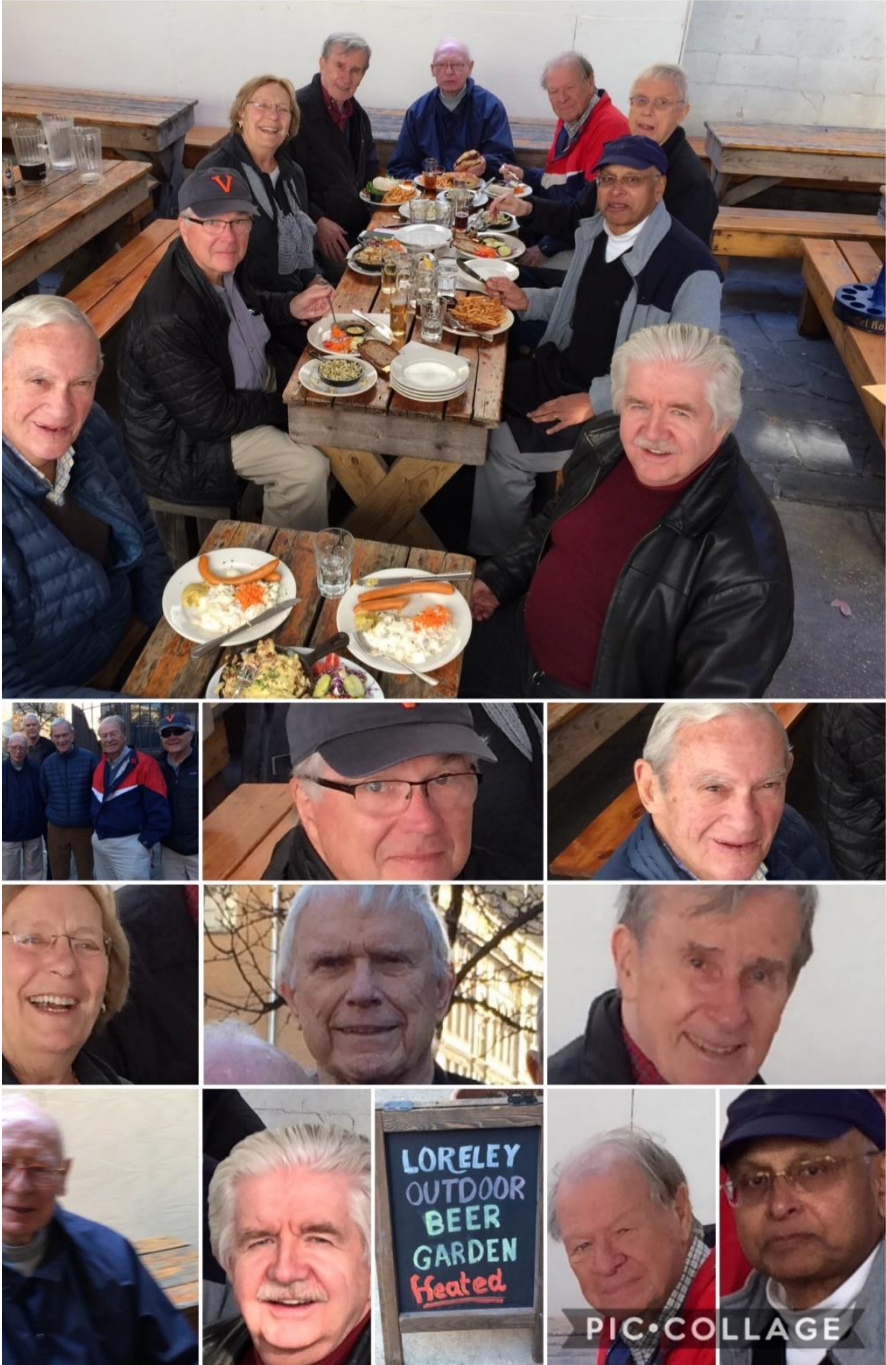
Brian Sutton, Gary Banks



Doug Thompson, Alex Garnett

Happy Wanderers

John Barston reports there were two wanderings in the fall, one in September and one in November. The first was to the Chatham Square area with lunch at the Loreley Beer Garden. The second wandering, led by **Taylor Strubinger**, was a tour of the Christmas lights in New York City, including department store window displays and the Christmas tree at Rockefeller Center and Bryant Park. Future wanderings will be announced at our Wednesday meetings.



Lunch at the Loreley

Photos & collage by Gregory Glashan

NBC Sports Group, Chelsea Piers

Denny Devere reports that 44 people joined the visit to NBC Sports Group and Chelsea Piers on Thursday, December 7, 2017. The tour was divided into two groups, each with its own guide. It was a big success and an interesting and informative morning. Lunch at The Waters Edge at Giovanni's was enjoyed by 36 people.



NBC Sports Group



NBC Sports Group

Hiking

Sunil Saksena reports that the November and December hikes were to Saxon Woods and Greenwich Point Park. There was a good turnout for both events. Hiking will resume in the early spring of 2018.



Saxon Woods

Photo by Harvey Mogenson



Greenwich Point Park

Photo by Harvey Mogenson

Christmas Party

Bill Winship and **Tony Yezzi** report that 170 people attended this year's Christmas Party at the Country Club of Darien. This represents an increase of 15% over last year. It was a festive occasion enjoyed by all. A big thank you goes to Bill and Tony for all their efforts.





Speakers

Wednesday, January 3, 2018

Mark Albertson, historical research editor at *Army Aviation* magazine, will talk about “NATO Then and Now.” A lot has changed since the North Atlantic Treaty Organization (NATO) was formed 70 years ago. First created for defense against Soviet threats in Western Europe, today NATO has a broader mission with more members. As he always does, Mark will provide an informative review of this evolution and a provocative analysis of the challenges NATO faces today. Mark has authored several books, including *On History: A Treatise*, and is finishing *Volume 1, Sky Soldiers: The Saga of Army Aviation*. An avid speaker, he travels Connecticut presenting a variety of historical topics and current events. He teaches as an adjunct professor at Norwalk Community College for the Extended Studies Program and the Lifetime Learners Institute.



Arranged by Tom Lom

Wednesday, January 10, 2018

Artist **Alison Nicholls** will talk about Africa’s painted dogs, one of the world’s most endangered predators. “They are an ancient and highly social species not closely related to any other living canid,” says Alison. “Relentlessly persecuted for decades – even within reserves and national parks – the dogs now are one of the most treasured sightings for tourists on safari, yet they remain highly endangered,” she says. Alison will explain how the dogs got their intriguing name; how they care for sick or injured packmates; where they live and why they are endangered; and how her painted dog artwork raises awareness of the species, as well as funds for their conservation. An artist inspired by Africa, she lived in Botswana and Zimbabwe for several years and periodically returns to sketch in the bush. She also works with African conservation organizations and leads art safaris



for Africa Geographic. Alison is a signature member of Artists for Conservation and the Society of Animal Artists and is a member of the Explorers Club and the Salmagundi Club. To see her art and learn more, visit her website at www.artinspiredbyafrica.com.

Arranged by Tom Lom

Wednesday, January 17, 2018

Margaret Gaffney Benedict, Ph.D., executive director of the Matthew Gaffney Foundation, will discuss her work helping high school and university-level students who are economically disadvantaged obtain an empowering college education. Most students are the first member of their family to attend college. Over the past 20 years, Dr. Benedict's foundation has helped more than 100 students gain acceptance to top schools on the eastern seaboard. Many receive scholarships covering 75% -100% of their education. Students pay no fee for the Gaffney services. Her talk will include stories of students who now enjoy happy and productive lives. Dr. Benedict is a professional educator, with a doctorate in 16th century English literature from Lehigh



University. She has been published in multiple professional journals and has presented her work at international educational symposiums. She is a member of the Independent Educational Consultants Association and the National Association for College Admissions Counseling.

Arranged by Tom Haack

Wednesday, January 24, 2018

Joseph Feuerstein, M.D., director of Integrative Medicine at Stamford Hospital and assistant professor of Clinical Medicine at Columbia University, will talk about his book, *Dr. Joe's Man Diet*. "This lifestyle and eating plan are proved to help men get their cholesterol, blood sugar and blood pressure under control, lose weight and regain their health without medication," says Dr. Feuerstein. The diet has been used more than 15,000 times in the last decade at the Stamford Hospital Center for Integrative Medicine and Wellness. In clinical studies, patients lost 15-20 pounds, lowered cholesterol by 20%, and reduced blood sugar and blood pressure in 10 weeks without cutting carbs or eliminating fat. The book offers a medication-free lifestyle makeover, explains common blood tests and hormone readings, and details exactly what to eat and when. It also provides 50 recipes. Dr. Feuerstein has worked as a physician at Greenwich Hospital and the Boyd Center for Integrated Medicine. He received B.S. and M.D. degrees in pharmacology from Kings

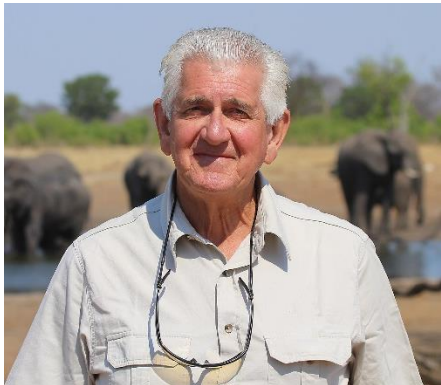


College of London and an M.B.A. degree from the University of Cambridge. Dr. Feuerstein is a New England School of Homeopathy licensed homeopathic. He also received certification in clinical hypnosis from the American Society for Clinical Hypnosis and certification in integrative medical acupuncture from SUNY Downstate Medical Center. He served in the Israeli Navy as a combat physician in the Submarine Corps and in the Special Operations Command.

Arranged by John Wolcott

Wednesday, January 31, 2018

After a break of three years, **Les de Villiers, Ph.D.**, will speak to us again. Dubbed the “Sultan of



Safaris,” South African-born Dr. de Villiers is a former diplomat, wildlife expert and photographer. He immigrated to the United States in the late ‘80s and founded a consulting firm before moving into publishing and arranging upscale African safaris. Apart from several books on wildlife, he has authored more than a dozen books on African politics and economics. Last time, Dr. de Villiers’ talk was entitled “Gorillas in Our Midst”; this time, he will be speaking about “Animal Behavior.” After years of safari experience and with the help of stills and videos, Dr. de Villiers takes a look at natural animal behavior in the wild and asks the question:

“Are we smart enough to know how smart animals are?” You will be fascinated and surprised at what he found by following lions, leopards, elephants, hyenas and a host of other creatures in Africa’s safari country. His conclusion: “If only humans could behave like animals, it would be a better world.”

Arranged by Sunil Saksena

Wednesday, February 7, 2018

Jayne Stevenson, first selectman of the Town of Darien, will present “The State of the Town.”



Jayne’s update will include a review of town operations and the outlook for changes in the near future. She has been first selectman since 2011 and has been a member of the Board of Selectmen since 2009. Jayne recently was elected chairman of the Western Connecticut Council of Governments and served as vice chairman beginning in 2015. She also recently was named to the board of directors of the Connecticut Conference of Municipalities and to that organization’s municipal risk insurance agency known as the Connecticut Interlocal Risk Management Agency. Jayne has served on a variety of Darien nonprofit boards, including The Depot, the Darien Nature Center and the First Congregational Church Nursery School. She also was chairman of the Parent Teachers Organization for Royle Elementary School and Darien High School. She has been a

member of the board of The Center for Sexual Assault Crisis Counseling and Education since 2016. Jayne and her husband have lived in Darien for 26 years and have five children. Her husband grew up in Darien and is a graduate of Darien High School.

Arranged by John Wolcott

Wednesday, February 14, 2018

Joseph A. Williams will talk about his latest book, *The Sunken Gold: A Story of World War I*



Espionage and the Greatest Treasure Salvage in History. In 1917, the “HMS Laurentic,” with 44 tons of Allied gold on board and bound for the United States, was sunk by German mines off the coast of Ireland. The struggle to recover the treasure by Royal Navy divers and their spy work of breaking into sunken U-boats for secret documents helped win the war. Today, there is still gold in the wreck waiting to be discovered. Unfortunately, no gold will be present at his talk, but attendees will be treated to a thrilling tale of determination, persistence and patriotism. A librarian, archivist and historian, Joseph received a bachelor’s degree in political science and history at SUNY Geneseo and a master’s degree in American history from Queens College. For six years, he was head of collections and assistant director of the State University of New

York Maritime College's Stephen B. Luce Library, which specializes in nautical research. His first book, *Four Years Before the Mast*, is a history of the Maritime College, the nation's oldest maritime training school. His second book, *Seventeen Fathoms Deep*, is an action-packed narrative of the 1927 submarine S-4 disaster. He is deputy director of the Greenwich Library. He lives with his wife and two children in Ridgefield.

Arranged by John Wolcott

Wednesday, February 21, 2018

Michelle Beltrano and **Karen Goersch** will lead a practical discussion on common pitfalls and



current opportunities in estate and financial planning. The objective is to ensure such plans accomplish the intended goals. Michelle will talk about myths and surprises about estate planning documents. She also will explain how to start the conversation of estate planning with loved ones. Finally, she will cover the cost of settling an estate in Connecticut and what to expect from the probate process. Michelle lives in New Canaan with her family and is principal and founder of Beltrano Law, a boutique firm located in Greenwich. Her practice areas include estate planning, elder law, special needs, probate matters and estate administration. Michelle represents individuals and families who are dealing with complex matters, including Medicaid eligibility and

applications, long-term care planning, will contests and trust administration. As an attorney and nurse, Michelle has unique insight into her clients’ situations and provides individualized, concierge services.

Karen Goersch will provide several tips to help ensure that clients effectively implement their estate plans and meet financial goals, such as the titling of assets, beneficiary review and gifting strategies. She also will discuss selecting which assets to deplete first, considering future estate and income tax implications. She will show how to use insurance as a tax-planning strategy to potentially eliminate the IRS as one of the biggest beneficiaries. She is a financial advisor with Ameriprise Financial in its Westport office and holds several professional designations, including CPA. She works with a team of professionals to develop personalized financial plans and investment solutions, helping clients simplify complex issues, often with a focus on tax minimization and efficiency. Karen moved to Rowayton a year ago after living in Darien with her husband and twins for more than 20 years.



Arranged by John Wolcott

Wednesday, February 28, 2018

Arun Nandi, M.D., FACEP, chairman of the Department of Emergency Medicine at Stamford Hospital, will talk about emergency care services. As part of the hospital's recent expansion, Dr. Nandi ensured the smooth and safe transfer of services to the new emergency room that expanded to 52,000 square feet from 19,000 square feet. Dr. Nandi also is responsible for the Immediate Care Center at 32 Strawberry Hill in Stamford and the Stamford Health Urgent Care Centers at 497 Westport Ave., Norwalk, and 2001 West Main St., Stamford. Prior to coming to Stamford, he was chairman of Emergency Medicine & Observation Services at Columbia Memorial Hospital and director of Emergency Medical Services at Columbia County EMS & Disaster Response in Hudson, N.Y. He also served as director and chairman of the Emergency Department at St. Mary's Hospital in Amsterdam, N.Y. Dr. Nandi received his medical degree from Jawaharlal Institute of Postgraduate Medical Education and Research at Madras University, where he also completed a residency in general surgery. In addition, he completed two fellowships, one in general surgery at Royal College of Surgeons of Edinburgh and the other in burns, trauma and reconstruction at Royal College of Surgeons of London. He completed research in wound healing at Stony Brook University and his residency in emergency medicine at Albert Einstein College of Medicine at Jacobi and Montefiore hospitals in the Bronx. He is active in international emergency medicine and is a visiting professor at Jawaharlal. He is fluent in Hindi, Urdu, Bengali, Tamil and basic Spanish.



Arranged by Alex Garnett

New Members

Bud Freund was born in New York City and grew up in New Rochelle. He graduated from Hackley High School in 1974, where he was involved in photography and publication of the yearbook. He attended Ithaca College and was active on campus as a photographer and worked in the Ithaca College Office of Communications. Upon graduation in 1978 with a degree in cinema photography, he founded Fotos by Freund in Greenwich, doing freelance photo work for ad agencies, PR firms and Fortune 500 companies. In 1998, he renamed the firm Advanced Photo Imaging to reflect digital imaging and multimedia capabilities. From 2003 to the present, he has migrated into computer support for small businesses, homes and families. Bud resides in Stamford and is married to Cathy Bernstein. They have two daughters. Bud is active in SCORE and BNI.



He enjoys technology, bike riding and cooking.

Ken Olson was born in Chicago in 1935. He graduated from Morgan Park High School in 1953, where he was editor-in-chief of the school newspaper. He graduated from Northwestern University in 1957 with a B.S. in chemical engineering. He continued his studies at Northwestern and worked at Argonne National Labs in nuclear fuel reprocessing. He received his Ph.D. in chemical engineering from the University of Minnesota in 1962. From then on, Ken spent his entire career at the Stamford Labs of American Cyanamid (which later became Cytec Industries and later Solvay) working on process development and plant technical support. Ken and his wife Erna live in Darien. They have a daughter and two granddaughters living in Atlanta and another daughter living in Norwalk. Ken belongs to the First Congregational Church in Greenwich and enjoys kayaking, traveling and gardening (especially growing dahlias).



Gene Gildea was born in Brooklyn in 1943, grew up there and graduated from St. John's Preparatory in 1960, where he was active in indoor and outdoor track and cross country. He graduated from St. John's University in 1965 with a B.A. in economics. At St. John's, he was active in the glee club and the Hibernian Society. Upon graduation, Gene joined the U.S. Marine Corps Reserve and began work in purchasing with Shell Oil Co. in New York. He spent the next 40 years working in the financial world for companies such as Shearson Lehman, American Express, Travelers and, finally, Citigroup, retiring eight years ago. Gene and his wife Joan have lived in Darien for 36 years. They have a son living in Jersey City and a daughter living in Manhattan. Gene belongs to the Middlesex Club and the UNCW Seahawks Club. His interests include tennis, golf and travel, and he is a sports fan, rooting for all Blue Wave events.



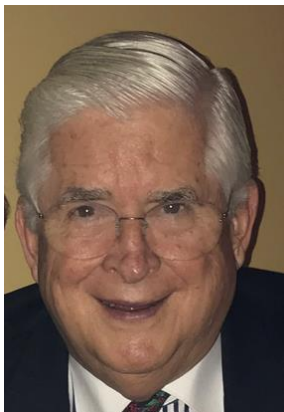
Thomas Igoe, Jr., was born in St. Louis, Mo., in 1947 and grew up in the suburb of Webster Groves.



He graduated from St. Louis Priory School in 1965, where he was editor-in-chief of the school newspaper and was active in intramural sports. He graduated from Yale University in 1969 with a B.A. in history and was a member of the Whiffenpoofs. He received his J.D. from the University of Virginia in 1972. He joined Reid & Priest in New York as an associate and rose to chairman in 1994. In 1997, Reid & Priest merged with Thelen Marrin (a San Francisco law firm), and Tom became vice chairman and later chairman of the firm. He then became president and CEO of MPC Insurance, a firm providing lawyers with professional liability insurance. He served with MPC until retiring in 2015. Tom and his wife Susan have lived in Darien since 1979 and have a son who lives

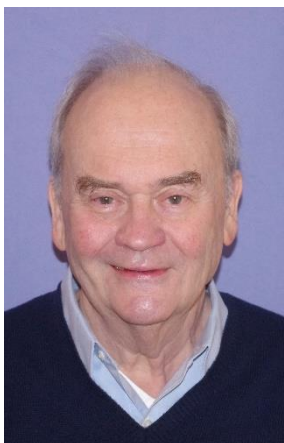
in New Haven. Tom belongs to Benhaven, Inc., a nonprofit helping autistic children and adults in the greater New Haven area. His interests include music, theater, museums, reading, travel, skiing, major league baseball and the UConn Lady Huskies.

John Suhler was born in Des Moines, Iowa, in 1943 and grew up in Des Moines and Cross River,



N.Y. He graduated from John Jay High School in 1961, where he was active in football, baseball and track. John attended the University of Kansas and was involved with the *University Daily Kansan* and played freshman baseball. After graduation in 1965, he became co-owner of the *Dalton (Mass.)-Hindale News*, worked for *Look*, Metro Mail and *CRM-Psychology Today* and was president of CBS Publishing Group. John and his wife Charlotte live in Darien and have three adult children and five grandchildren. He belongs to Wee Burn Country Club, Vineyard Golf Club, Founders Club, Ritz Members and Chappy Beach Club. He enjoys golf and early-stage investing.

William Harnisch was born in Manhattan in 1940 and grew up in Scarsdale and Poland, Ohio.



He graduated from Poland Seminary High School in 1958, where he was active in football and track. Bill graduated from the University of Notre Dame in 1962 with a B.B.A. in finance and was active in football, wrestling, track and boxing. He received his LL.B. degree from Georgetown Law School in 1965 and LL.M. degree from New York University in 1966. After graduation, Bill worked at Cahill Gordon and Reindel (in New York and Washington, D.C.) and later at Townlys Updike as a tax lawyer. Bill and his wife Elizabeth live in Darien. They have four children and six grandchildren. He belongs to the American Bar Association, International Bar Association, New York State Bar Association, Fellow of American Bar Foundation and Wee Burn Country Club. He enjoys boating and the study of religious history and theology.

Book Club

Harris Hester reports that the book discussion for January 10, 2018, is *A Gentleman in Moscow* by Amor Towles that tells the story of a Russian aristocrat living under house arrest in a luxury hotel



for more than 30 years. An indomitable man of erudition and wit, he has never worked a day in his life. His reduced circumstances provide him a doorway into a much larger world of discovery as the most tumultuous decades in Russian history unfold outside the hotel's doors. On February 14, 2018, the book discussion is *Cattle Kingdom: the Hidden History of the Cowboy West* by

Christopher Knowlton. The open range cattle era lasted barely a quarter century and left America irrevocably changed. These few decades following the Civil War brought America its greatest boom-and-bust cycle until the Depression, the invention of the assembly line and the dawn of the conservation movement.

Current Affairs

Jim Phillips reports that the Current Affairs group will discuss affordable housing on January 18,



2018. **Bob Baker** is the discussion leader. On February 15, 2018, the group will discuss genetically modified foods. **Gary Banks** is the discussion leader. For more information on either subject, go to the DMA website and open the section entitled Current Affairs. There you will find background



information on the upcoming subjects that is updated on a regular basis during the weeks leading up to the discussion. The group meets at 8 a.m. in the Lillian Gade Room on the second floor of the Darien Community Association. The focus of the discussion is to talk about information that is relevant, not to debate the pros and cons of an issue.

Pickleball

Al Metayer reports that pickleball is in full swing at the Mather Center, Tuesdays and Thursdays starting at 9:30 a.m. All you have to do is show up and start playing

Darien Men's Association Newsletter

Editor, Ray Meurer. **New member photos**, Michael Poler. **Speaker write-ups**, Flemming Heilmann. **New member bios**, Taylor Strubinger. **Artwork**, Tom Glover. **Mailing labels**, Frank Kemp. **Photo credits this issue**: Gregory Glashan, Harvey Mogenson.