

ON THE

# SHOULDERS



# OF GIANTS

THE RETIRED FRIENDS CLUB OF GREENDALE



## Greetings!

It's the start of a new year, the 72<sup>nd</sup> year of our club, the first year with our new name "The Retired Friends Club of Greendale". An exciting time for our men and women members as we explore new ways to improve our organization. I hope as many of you as possible will attend our Wednesday meetings.

I hope everyone enjoyed their summer. I look forward to seeing you all at our membership meetings starting Sept. 6<sup>th</sup>. Our program that day features P. E. James, a highly recommended singer. Al Monfreda's program committee is hard at work finding interesting and entertaining programs for our enjoyment. If you have a suggestion for a speaker or entertainer who you think we would enjoy; please let one of the club officers know.

Our Corn Roast on August 9<sup>th</sup> was a great success; all 388 who attended had a wonderful time enjoying the perfect weather, the tasty corn and sandwiches, and the friendship that is always present in our club events. Many thanks to Jim Gallagher for his leadership, and the many volunteers who assisted Jim in making this event such a success.

September is the month when we can renew our membership for the year. This can be done at any of our club meetings – just bring in last year's membership card along with \$10. Your annual membership provides you with so many opportunities, including: entertaining programs, wonderful day and overnight trips, golf and bowling leagues.

Volunteerism is what drives our club. We are all volunteers – I encourage you all who are able and interested to get involved. Your ideas on the operations of your club are welcome.

*See you soon!*

— TOM CULLINANE, Acting President

## Check out this great line-up of Programs !

*We invite our members, our female friends, spouses, and newsletter subscribers to be our guests at ALL of these great programs held at the Greendale YMCA. Come at 8AM for Coffee & Donuts. Meeting begins at 9AM with our Color Guard followed by the program. — If you are not a member yet, we invite you to come to one of our meetings as our guest to see what it's like.*

### Sept 6 Solo Singer: PE James

**P.E. James** has been entertaining audiences by singing and playing acoustic guitar for over four decades. He is an interpreter of well-known songs, having a large repertoire that stretches from sing-along classics of the 20's, 30s, and 40s, to standards and show tunes, early 50s rock and roll, 60s folk songs, and acoustic rock songs of the 70s.



### Sept 13 A new form of Healthcare

**Candra Szymanski, MS, RN**, will tell us all about **Hospital at Home** which is an innovative way for patients to receive high quality, hospital level of care in the comfort and familiarity of their own home. With our outstanding clinicians visiting your home several times a day and telehealth technology keeping you connected to your health care team, we bring the hospital to you.



### Sept 20 Never too old to stop Learning!

The Worcester Institute for Senior Education (**WISE**) was founded more than twenty-five years ago in conjunction with Assumption University. We are excited to have Attorney **Jack Ross** and WISE Executive Director **Jim Keenan** present! WISE offers courses in history, music, art, literature, science, politics, philosophy and many other topics. WISE also offers social events, as well as book clubs and movie clubs.



*continued on page 2*



## UPDATE

Tim Brady and Ralph Shapiro have been working on rebuilding our website and hope to have it up and running very soon.

## More Upcoming Programs (continued)

### Sept 27 **How is Worcester Doing?**

Who better to weigh-in on all things Worcester than **Ray Mariano**. Besides being Mayor for 4 terms, Ray has devoted the majority of his life to serving the citizens of our great city through his work on the School Committee, City Council, Housing Authority and currently opinion columnist for the T&G.



### Oct 4 **VINTAGE HITS from the 50s & 60s !**

**Ken Lelen** will perform some of the great songs that were hits for the post-war sock-hop generation, a time when people dated, dined and danced to tunes they heard on their radios, juke boxes, and the movies. You'll be glad to hear them again.



## Chorus Group Activities Schedule

*Our choral group will sing on meeting days, following practice. If you'd like to attend one or more of the following outside programs, call ahead to check space availability.*

<b>Sept 6</b>	<b>Wed</b>	<b>Greendale YMCA</b>
	7:00 a.m.	Rehearsal (Get your music)
	9:00 a.m.	Sing at meeting (No sing-out today)
<b>13</b>	<b>Wed</b>	<b>Homestead Hall (508-459-2023)</b>
	1:30 p.m.	10 Homestead Avenue, Worcester
<b>20</b>	<b>Wed</b>	<b>Paxton Council on Aging (508-756-3833)</b>
	11:00 a.m.	19 West Street, Paxton
<b>27</b>	<b>Wed</b>	<b>Northbridge Senior Ctr. (508-234-2002)</b>
	1:00 p.m.	20 Highland Street, Northbridge
		Pre-Register for Snack @ 12:00 p.m.

## 26th Annual Ladies' Christmas Party

Our Twenty-sixth Annual Ladies Christmas Party will be at **Manor Restaurant** in West Boylston on **Tuesday December 5, 2023**. Please plan to kick-off the Christmas Season with the woman in your life at this wonderful event.



We'll start with a Social Hour+ at 11:00 AM and dinner at 12:45 PM. Your choice of Queen Cut Prime Rib, Baked Haddock or Baked Stuffed Chicken. Dan Mackowiak & Friends will be providing us with dance music and music of the Christmas Season.

Tickets are \$22 per person and are on sale starting 9/20/23 at any of our regular meetings until 11/15/23. Mail order tickets will be accepted until 11/22/23. A maximum of 225 tickets will be sold so sign up quickly. **See Dick Pinkes, or call him at (508) 769-2913**

## Trip Descriptions

### **INSIDE VIETNAM – SMALL GROUP ADVENTURE**

October 29 to November 17, 2023 . . . . . \$4,095 pp

Please consider taking advantage of this fantastic opportunity to spend 20 days touring Vietnam. We have a few spaces available and have secured amazing pricing for this once in a lifetime experience. Additionally, there is no single supplement surcharge for this trip. This is a small group adventure trip with no more than 18 travelers with our own private tour guide every step of the way. Contact me to get a flyer for all of the details.

**Trip Leader:** Ralph Shapiro . . . . . 413-537-2435  
ralphshapiro@msn.com

### **BOSTON HOLIDAY STOCKING STUFFER TOUR NEW**

December 1, 2023 (Friday) . . . . . \$146 pp

**Highlights:** On this Holiday Tour we'll each receive a Christmas Stocking on the bus on our way to Boston. You'll also receive tickets to turn into each shop for your FREE Stocking Stuffer gifts. We will make several stops and at each stop you'll receive a gift for your stocking. We'll also enjoy a lunch at Maggiano's Little Italy served family style. Begin with freshly baked bread, along with a chopped salad, stuffed mushrooms, and classic bruschetta. For your entree enjoy Mom's Lasagna, Shrimp Scampi, Chicken Parmesan, and Oven Roasted Pork Loin. For dessert enjoy Apple Crostada and Fresh Fruit Plate. After lunch we'll ride to historic Trinity Church to enjoy a wonderful organ concert played on nearly 7,000 pipes (combined from two organs). Our last stops are at Quincy Market where you'll get two more additional items to fill your stocking before we begin our journey home. Your price includes all taxes and gratuities. This is a new trip for the club and I expect it to fill up quickly so book early.

**Parking:** Immaculate Conception Church Lot

**Trip Leader:** Dick Pinkes . . . . . 508-769-2913  
rjpinkes1@verizon.net

### **ST PATRICK'S LUNCHEON AND SHOW NEW**

March 12, 2024 (Tuesday) . . . . . \$111 pp

**Highlights:** We'll be celebrating St. Patrick's Day at the Aqua Turf Club. We'll first enjoy a complimentary tray of donuts and coffee on arrival. This will be followed by a delicious luncheon served family style – includes a fresh green salad, traditional Corned Beef & Cabbage, Pasta, Baked Schrod, potatoes and vegetables. A Complimentary glass of beer or wine and desert are also included. Coffee, Tea and Decaf are also included. This will all be followed by a fantastic St Patrick's Show featuring Pdraig Allen and the McLean Avenue Band who have their own sound with old Irish Celtic folklore and rock pop Celtic music for your enjoyment. You'll also enjoy the Irish Step Dancers during the show. Join your friends for a wonderful combination of great cuisine and entertainment. One more thing, they provide a free raffle for some great prizes. This is truly a great location, meal and show. Sign up early as this sells out fast.

**Parking:** Immaculate Conception Church Lot

**Trip Leader:** Dick Pinkes . . . . . 508-769-2913  
rjpinkes1@verizon.net

**Scenes from the Corn Roast**



\* Symbols, represent NEW TRIPS this month.

Visit our website <http://grmc.info> for detailed flyers on most of our trips.

**Day & Overnight Trips For The Years 2023–2024**

**DAY TRIPS**

DESTINATION	DATES	F/SALE	PRICE	LEADER(S)	TELEPHONE
Newport Playhouse - <i>Ghost of a Chance</i>	9/14/23	NOW	\$126	Rick Ferguson	508-688-4427
N.H. Turkey Train	10/19/23	<b>Wait List</b>	\$109	Dick Pinkes	508-769-2913
* Boston Holiday Stocking Stuffer Tour	12/1/23	NOW	\$146	Dick Pinkes	508-769-2913
Ladies' Christmas Party	12/5/23	9/20	\$22	Dick Pinkes	508-769-2913
Holiday Tour - <i>Delaney House, Yankee Candle &amp; Bright Nights</i>	12/7/23	NOW	\$113	George Barry	508-799-0739
Men's Christmas Party	12/13/23	10/18	\$5	Rick Ferguson	508-688-4427
* St. Patrick's Luncheon and Show - <i>Aqua Turf</i>	3/12/24	NOW	\$111	Dick Pinkes	508-769-2913
Daniel Webster Inn - <i>With the Heritage Museum &amp; Gardens</i>	5/21/24	NOW	\$126	George Barry	508-799-0739

**OVERNIGHT TRIPS**

Mackinac Island – <i>with Niagara Falls and R&amp;R Hall of Fame</i>	9/16-24/23	<b>Wait List</b>	\$2,495	Dick Shea	508-853-2024
Pacific Coastal Cruise with Vancouver and San Diego	9/28-10/8/23	NOW	\$2,809/3,339	Dick Pinkes	508-769-2913
Penn Dutch Show Stopper – <i>featuring "Moses"</i>	10/3-5/23	<b>Wait List</b>	\$704	Jim Hester	508-852-3473
Mediterranean & Greek Island Cruise	10/10-23/23	NOW	\$4,489/5,569	George Barry	508-799-0739
Inside Vietnam	10/29-11/17/23	NOW	\$4,095	Ralph Shapiro	413-537-2435
White Mountain Hotel Christmas	11/27-29/23	<b>Wait List</b>	\$830	Dick Pinkes	508-769-2913
Savannah Southern Charm – <i>with Historic Charleston</i>	4/13-20/24	NOW	\$2,745	George Barry	508-799-0739
Canyons and Casinos	5/13-19/24	NOW	\$2,939	Dick Pinkes	508-769-2913
Upper Mississippi River – <i>Minnesota to St. Louis</i>	7/14-23/24	NOW	\$3,389/5,889	George Barry	508-799-0739
Poconos Escape	7/22-25/24	NOW	\$1,079	Dick Pinkes	508-769-2913
Red Rocks of Sedona	9/15-20/24	<b>Wait List</b>	\$2,679	Dick Shea	508-853-2024
Impressions of Italy – <i>The Amalfi Coast &amp; Tuscany</i>	10/19-11/3/24	NOW	\$5,095	Rick Ferguson	508-688-4427

All prices quoted are per person (Double Occupancy) - Refunds will be made per printed club policy. The first sale date was originated to make it possible for all members to have an equal chance to get in on any and all trips. Detailed trip flyers are available at Wednesday meetings (or by telephone) from the designated trip leaders.

**Covid-19 Vaccination Policy**

The requirement for providing your trip leader a completed copy of your Covid-19 Vaccination Card showing at least one booster shot was lifted for all trips **ONLY** within the United States, Canada and Mexico, **originating after May 1, 2023**. There are still many International destinations that have special entry requirements including, but not limited to, proof of vaccination and PCR testing. Your Trip Leader will provide you individual International country requirements on a trip by trip basis. Thank you for your cooperation in providing us your information during the past two years.



**The Retired Men's Club  
of Greendale, Inc.**  
Greendale Y. M. C. A.  
75 Shore Drive  
Worcester, MA 01605

PRSR STD  
U.S. POSTAGE  
**PAID**  
Worcester, MA  
Permit No. 46

Website: <http://grmc.info>



## Bowling Starts in Sept. 14th & 26th

Okay boys and girls, it's time to dust off those 2.5-pound candlepin bowling balls and get ready to hit the lanes at Bayberry in Spencer with fellow Greendale Retired Club members. Get the Advil ready and prepare for 26 weeks of action with eight teams on Thursday afternoons at 1 p.m. and 12 teams on Tuesday mornings (9:30). Peter Morse will be coordinating the afternoon league while Jim Connolly, Bob Converse and Dave Meyers are sharing duties on the morning shift. You can bowl in either or both leagues.

Bowlers should check in with Peter at [morsepd5@aol.com](mailto:morsepd5@aol.com). Bowling begins Sept. 14. Tuesday bowlers should call Connolly at 508-753-5737 or email at [woostatown28@charter.net](mailto:woostatown28@charter.net). Morning bowling starts Sept. 26. There will be a \$25 registration fee the first week. Weekly dues will be charged.

Although the Advil reminder is sort of tongue-in-cheek, many bowlers are hurting with back, knee, foot and shoulder pains. But they all share a competitive attitude and a fondness for picking on fellow bowlers with good-natured humor. Averages range from the 60s to the 90s. Teams are changed each season based on handicap. The highest bowler from the previous season is usually paired with the lowest so that teams start out the season evenly matched. Handicaps then determine how many pins teams will give to their opposition.

Both leagues are geared toward one thing ... having FUN. So no matter your skill level, give candlepin bowling a try and share some laughs with fellow club members. Some of our bowlers had not thrown a ball for years but now they are at the lanes on a weekly basis and loving the camaraderie.

— SUBMITTED BY JIM CONNOLLY

**ALL members are needed to participate in this vote. Please complete and return your ballot TODAY!**

## PLEASE TAKE NOTE!

On Wednesday, September 13, 2023 at 9:00 AM, we will hold a special meeting at the Greendale YMCA, 75 Shore Drive, Worcester MA 01605 at which we will take a vote to:

- Change the name of the organization to The Retired Friends Club of Greendale, Inc.
- Amend the purpose and membership requirements of RMC to include women.
- Update other general language in the Articles of Organization to current standards.

Holding this vote at the special meeting is a required part of the process to make these changes.

**YOUR VOTE COUNTS!** To effect the proposed changes, we need the affirmative vote of 2/3 of all members in good standing. Proxies (Mail-in Ballots) were mailed to all members in good standing in mid-August. Members are asked to complete and return ballots back to the Greendale YMCA, 75 Shore Dr., Worcester, MA 01605. All ballots must arrive by 9:00 AM on Wednesday, September 13, 2023 to be counted at that time.

## It's Renewal Season

Fall is the time of year that we ask our members (who are not Life Members) to pay their

**Annual \$10 Renewal Dues.** If you have not already done so for this 2023-2024 year, please renew ASAP either by mail or in person (at a Wednesday meeting).

**See Remittance Form below.**



## Remittance Form for New Members, Life Members, Renewals Or Newsletter Subscribers

### FOR NEW MEMBERS (AGE 55 & OVER)

- DUES = \$10/yr OR \$100/life-membership**
- Pay at any meeting at Membership Table.
  - If not possible, mail form & check to:  
RMCG  
YMCA - 75 Shore Drive  
Worcester MA 01605

### MEMBERSHIP RENEWALS (FOR CURRENT MEMS.)

- DUES RENEWAL = \$10/yr OR \$100/life**
- Pay at any meeting at Membership Table.
  - If not possible - mail form, check **AND pre-addressed postage-paid envelope AND prior Year's Membership Card** to the above 75 Shore Drive address.

The monthly Newsletter is included in dues.

### \*NEWSLETTER SUBSCRIPTIONS (WOMEN 55 & OVER)

Newsletter Subscription Fee (annual) . . . . . \$10.00

Please check one:  NEW or  RENEWAL

- Make check payable to RMCG and mail with this Remittance Form to:  
RMCG Newsletter Subscriptions  
YMCA - 75 Shore Drive  
Worcester, MA 01605
- **DO NOT** enclose a pre-addressed postage paid envelope with your payment.
- Cancelled check will be your receipt.
- Identification cards are not issued to WOMAN Newsletter Subscribers.

**\*When the new By-Laws changes go into effect all subscribers will be made full members.**

New members joining after May 1st will be considered paid-up for the next fiscal year which starts on Sept. 1st.

### PLEASE SUBMIT FOLLOWING INFORMATION

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY - STATE - ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

RETIRED FROM \_\_\_\_\_

OCCUPATION \_\_\_\_\_ VETERAN

REFERRED BY \_\_\_\_\_