

SHOULDERS



OF GIANTS

THE RETIRED MEN'S

CLUB OF GREENDALE



Greetings!

Like many of you, one of the great joys for me is watching wintertime become springtime. The days grow longer, trees and flowers are budding and there is a regeneration of energy and excitement to the calendar. 2023 offers a wide range of

reasons to welcome that energy as we endeavor to make our club even better than it is.

Of course, one of the biggest reasons our club enjoys its continued success are our weekly programs. Detailed elsewhere in this newsletter is a complete rundown of our upcoming programs. But just briefly:

- On April 12th **Dr. Donna Bartlett** answers our pharmacy and medicine questions;
- On April 19th **Johnny Diamond** serenades us with songs of our youth;
(Special Programming Note: Due to school vacation we will be holding this program at the Worcester Senior Center.)
- On April 26th **Bob DeCoteau** will dazzle us with a presentation of adventure travel;
- On May 3rd **Ken Warchol** will tell us about the critical roll beekeepers play in our world;
- On May 10th we'll recognize our **milestone members** and have some fun with **2 Grannies**.

That isn't the only reason we're so successful. We continue to offer a great selection of trips for every taste and budget. From day trips to casinos to world conquering overseas travel, we have it covered for you. Every trip is managed by one of our highly trained trip leaders. All the trips are listed elsewhere in this newsletter.

If possible, please consider bringing a spare can of fruit or vegetables or other non-perishable from your pantry. If you can do that, we can get them to a food bank where it will do much good. And, oh yes, if you have an old pair of glasses around the house, we can get them to the Lions club where they can be used by those in need. Just bring your donations to any meeting and we'll do the rest.

As a final comment, now that Spring has arrived, we hope you can attend these meetings and take advantage of the free coffee, donuts, programs, and camaraderie. We'll see you there!

— PAUL JOHNSON, 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.

April 12 A Pharmacist's Remedy ...

... for Aging Well!

Dr. Donna Bartlett is board certified Geriatric Pharmacist and an Associate Professor at **Massachusetts College of Pharmacy**. Since we are all aging, we look forward to her advice concerning our medications and how they may impact our lives.



April 19 Johnny Diamond

Always a crowd pleaser, **Johnny Diamond**, professional vocal entertainer and recording artist for over 50 years, will spread some joy through his music program from the 40's to the 90's. Join us at the Worcester Senior Center to rock and sing along with the hits that we all know and love.



THIS PROGRAM WILL BE AT THE

Worcester Senior Center, 128 Providence St., Worcester

April 26 Mekong River Journey

Bob DeCoteau, our local Shrewsbury world traveler will take us up the Mekong River on a small passenger boat from Ho Chi Minh City, Vietnam to Cambodia. You will see the modern growth of old Saigon, life along the river and some strange customs. Vietnam has experienced rapid growth in post 1990's American sanctions. You'll also see how traveling by boat can be very comfortable in hot "third world nation".



continued on page 2

More Upcoming Programs (continued)

May 3 Bees: MVP of the Planet

Bees have an important part to play in maintaining our planet. If they became extinct, the planet could be in serious trouble. With the many threats facing our most valuable pollinators lately and their declining numbers, the role of beekeepers has never been more important. **Ken Warchol** has been a beekeeper for 62 years and a Worcester County Beekeepers Association (WCBA) member since 1981. He has worked tirelessly for beekeepers and for the honeybees.



May 10 Our 80s & 90s & "Two Grannies on the Road"



Please join us in a special ceremony recognizing our members who have reached their 80th and 90th birthdays. Additionally, you will get a kick out of the stories of **Two Grannies on the Road** who are traveling around the State, visiting towns off the beaten path.

Beth Sobilloff and **Marcia Rothwell** just stop and ask questions at various points of interest often finding what makes these towns unique and interesting to all.



New Members

NAME	CITY	RETIRED FROM
Edward Barlow	Leicester	Wyman Gordon
James V. Cleary	Sterling	J. V. Cleary & Assoc.
Jim W. Clifford	Millbury	Waters Corp.
Stephen A. Cutler	Shrewsbury	Foxboro Co.
Steven R. Dawson	North Oxford	Castle Metals
Philip Donahue	Worcester	WRTA
John I. Finn, Jr.	Worcester	Accessib. Advisory Com.
Jeffrey E. Goodwin	Hudson	Parker Corp.
James J. Halpin	Worcester	Juniper Networks
Thomas L. Holland	Uxbridge	
Joseph P. Kasprzak	Worcester	Comm of Mass.
Robert G. Moore	Shrewsbury	Shrewsbury Health Dept.
Felix J. Piscitelli, Jr.	Charlton	
Philip F. Woods	N. Brookfield	Norton Company

Deceased Members

- | | |
|--------------------|---------------------|
| DAVID S. DILL | HENRY W. NICKLASSON |
| THOMAS F. DONOGHUE | RALPH T. VESCERA |
| ROGER E. KOWAL | |



**Tuesday, May 9, 2023
Pleasant Valley Country Club,
Sutton, MA**

Time is running out to get your tickets for the annual Ladies Day Luncheon. Dan Mackowiak & Friends will provide music for your dancing and listening pleasure. The meal will be your choice expertly prepared fish or chicken, together with salad, rolls, coffee or tea, and dessert. Tickets are on sale now. The cost is \$22 per person.

The easiest way to sign-up is to see either Jim Hester or Ralph Shapiro at any of our weekly meetings at the Greendale YMCA. Just fill out the registration form and pay your \$22pp. You will get your tickets right there.

The next best way to sign-up is by mail. Just send a note to: Ralph Shapiro, 136 Maple Street, West Springfield, MA 01089

Include the names of the guests you are reserving for, their meal choice (chicken or fish), seating preferences, a check (do not send cash) and a self-addressed stamped envelope for me to send you back your tickets.

If you have any questions, you can either call me at 413-537-2435 or e-mail me at Ralphvshapiro@msn.com. I cannot confirm any reservations without full payment.

—RALPH SHAPIRO, *Chair*

We Invite You to Attend the Following Informative Trip Presentation

Thurs, April 27, 2023 - 10:00 AM

Note: Change of Date

at **Immaculate Conception Church**

353 Grove Street, Worcester (*Parking in back*)
(*The parish hall is in the basement of the church.*)

Mackinac Island, Niagara & more

Sept 16-24, 2023 - \$2,495

Our journey begins in Niagara Falls with dinner atop the **Skylon Tower**. Then we'll visit the **Henry Ford Museum**. We will spend two nights in enchanting **Mackinac Island** (where no cars are allowed) with luncheon at the magnificent **Grand Hotel** and a horsedrawn carriage ride. We'll also visit **Frankenmuth's** world's largest Christmas store and take a relaxing cruise aboard the **Bavarian Paddlewheeler**. We'll visit the **Rock & Roll Hall of Fame** in Cleveland. Then we travel to Corning, NY to see the **Glenn Curtis Museum** of airplanes, motorcycles and Finger lakes artifacts. We will stop at **Bully Hill Winery**. On our last day, we will visit the **Corning Museum of Glass**.



*Please contact Dick Shea if you plan to attend this event.
(508) 853-2024 or d.shea@verizon.net*



**CELEBRATE
WITH A
LOBSTER BAKE &
BASEBALL GAME**

LOBSTER STEAMED W/BUTTER, Grilled
RIB EYE STEAK, Jumbo Hot Dogs,
GRILLED Chicken BREAST,
NEW ENGLAND CLAM CHOWDER,
Pasta Salad, Potato Salad, Chips,
Ice Cream Sundaes



All-you-can Drink Soda and Bottled Water

Great Seats for all Men's club members (ONLY 50 SEATS)

*Includes Bravehearts Hat
FREE On-Site Parking at Fitton Field
National Anthem by our Glee Club
Fireworks after the game*

TICKET PRICES

\$59 Adults / \$30 Child (under 12)

Friday, JULY 21, 2023

Food starts at 5:30 PM

Game starts at 7:00 PM

Contact

Jim Hester 978-618-5422 OR bevhester13@gmail.com



Fireworks Night

after the game

Parking at the Hibernian Cultural Center
at 19 Temple Street – \$15 per car

*Only have a limited number of Tickets
(50) on Third Base side*

TICKET PRICES

\$30 (Includes \$12 Food per Ticket)

Friday, JULY 7, 2023

Game starts at 6:45 PM



Contact

Jim Hester:

Home: 508-852-3473

Cell: 978-618-5422

OR bevhester13@gmail.com

*Tickets will go fast
so sign-up early*

We Invite You to Attend the Following Informative Trip Presentations

(Park in back of Immaculate Conception Church, 353 Grove Street – Parish Hall is in the basement of the church)

Thurs, April 27, 2023 - 11:00 AM

Note: Change of Date

at **Immaculate Conception Church**

Red Rocks of Sedona

Sept. 15-20, 2024 – \$2,529



Voted "Most Beautiful Place in America". We'll fly to Phoenix and spend five nights at Sedona's Arabella Hotel with beautiful view

of Red Rocks. We'll tour Sedona by motorcoach and jeep, with a visit to the Chapel of the Holy Cross built into the mountains. A full day touring the South Rim of the Grand Canyon will include a dinner at Black Bart's Steakhouse in Flagstaff. We also ride aboard the Verde Canyon Railroad, which travels through Indian ruins, towering cliffs. Other highlights include a chuckwagon dinner at Blazin M Ranch and much more.

*Please contact Dick Shea if you plan to attend this event.
(508) 853-2024 or d.shea@verizon.net*

Tuesday, May 30, 2023 - 1:00 PM

at **Immaculate Conception Church**

Canyons and Casinos

May 13-19, 2024 – \$2,939

Join us as we travel to Nevada. We fly and return from Las Vegas, NV. Trip includes R/T Air and all motor coach transportation; 6 nights hotel-2 at Mesquite, 2 at Las Vegas (Paris Casino Hotel or similar, and 2 at the South Rim of the Grand Canyon; 12 meals- 6 Breakfasts, 1 Lunch, 5 dinners; Full Time Tour Director; Luggage Handling (1 bag per person); Trip Insurance; All Taxes and gratuities (Including Driver, Escort and Guides).



This and many other features will be covered at our Trip Presentation. Looking forward to seeing you all there. This will be an exciting trip so sign up early.

*Please contact Dick Pinkes if you plan to attend this event.
(508) 769-2913 or rjpinkes1@verizon.net*

NEW 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 will be 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.

* 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

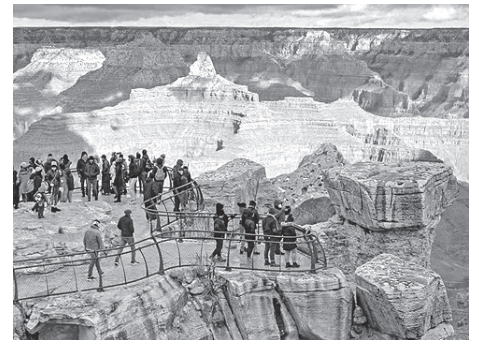
DESTINATION	DATES	F/SALE	PRICE	LEADER(S)	TELEPHONE
Encore Casino	5/1/23	NOW	\$43	Wilson McLaren	508-869-2451
Ladies' Day Luncheon – <i>Pleasant Valley Country Club</i>	5/9/23	NOW	\$22	Ralph Shapiro	413-537-2435
Mohegan Sun & Lobster Luncheon - <i>George's of Galilee</i>	6/6/23	NOW	\$135	Wilson McLaren	508-869-2451
Block Island	6/13/23	<i>Wait List</i>	\$140	George Barry	508-799-0739
Newport Playhouse - <i>Spreading It Around</i>	6/22/23	NOW	\$126	Dick Pinkes	508-769-2913
Viva Italia Luncheon and Show - <i>Aqua Turf</i>	7/11/23	NOW	\$113	Dick Pinkes	508-769-2913
Thimble Island Sightseeing Cruise	7/21/23	<i>Wait List</i>	\$128	George Barry	508-799-0739
Country Icons Luncheon and Show - <i>Log Cabin</i>	8/8/23	NOW	\$122	Dick Pinkes	508-769-2913
Come Fly with Me - <i>Aqua Turf</i>	8/15/23	NOW	\$118	George Barry	508-799-0739
N.H. Turkey Train	10/19/23	NOW	\$109	Dick Pinkes	508-769-2913
* Holiday Tour - <i>Delaney House, Yankee Candle & Bright Nights</i>	12/7/23	NOW	\$113	George Barry	508-799-0739

OVERNIGHT TRIPS

Spotlight on South Dakota – <i>Mt. Rushmore, Crazy Horse, Black Hills</i>	5/3-9/23	NOW	\$3,448	Jim Hester	978-618-5422
West Point – <i>Revolutionary War Fort and US Military Academy</i>	6/17-19/23	NOW	\$779	John R. Kelly	860-798-6272
Canadian Rockies & Glacier National Park	9/2-8/23	NOW	\$3,849	George Barry	508-799-0739
Mackinac Island – <i>with Niagara Falls and R&R Hall of Fame</i>	9/16-24/23	NOW	\$2,495	Dick Shea	508-853-2024
Atlantic City at the Tropicana – <i>featuring The Spinners</i>	9/27-29/23	NOW	\$452	Jim Hester	508-852-3473
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	NOW	\$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	John R. Kelly	860-798-6272
* White Mountain Hotel Christmas	11/27-29/23	NOW	\$830	Dick Pinkes	508-769-2913
Great Lakes Cruise – Chicago to Niagara Falls	6/6-14/24	NOW	\$4,315/6,535	John R. Kelly	860-798-6272
Red Rocks of Sedona	9/15-20/24	NOW	\$2,529	Dick Shea	508-853-2024
* Canyons and Casinos	5/13-19/24	NOW	\$2,930	Dick Pinkes	508-769-2913

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.

Travel is the only thing you buy that makes you richer.



ATLANTIC CITY **Signup Deadline - Soon**
 September 27-29, 2023 \$452

Highlights: Our destination is the Tropicana on The Boardwalk, which offers both the largest casino and hotel in Atlantic City. Highlights other than gambling are: the Steel Pier, Absecon Lighthouse, Atlantic City Aquarium, Ripley’s Believe it or Not, and Lucy the Elephant. Upon arrival we will each receive a \$30 slot bonus, plus two \$25 food vouchers and tickets to a special show by the legendary Spinners. The most popular Soul group from the 1970’s, the Spinners are still rocking audiences with favorites like “Could It Be I’m Falling in Love,” and “Rubber Band Man,.” Enjoy upgraded rooms in the North Tower, close to the casino. Take time to explore the Boardwalk, shops and casinos. We will depart for home Friday, stopping for dinner en route.

Please Note: your \$50pp deposit is due no later than June 1st.

Trip Leader: Jim Hester 508-852-3473
 bevhester13@gmail.com

WHITE MOUNTAIN HOTEL CHRISTMAS **NEW**
 November 27-29, 2023 (Mon-Wed) \$830 pp/do

Highlights: We are going to travel to the Mt. Washington Valley area and spend two nights at the White Mountain Hotel in North Conway NH. This beautiful grand hotel is nestled right up against scenic Cathedral Ledge. On Day 1 we will travel to North Conway with lunch on our own at the Muddy Moose restaurant followed by a sleigh ride at Nestlenook Resorts before arriving at our hotel in the mid-afternoon. The Hotel has a game room and a year-round outdoor heated pool and jacuzzi. On arrival, after check-in, we’ll enjoy a Welcome Reception with punch in the Tullamore Tavern. **All meals** are included at the hotel and they are all off their expansive regular menus. There are also **three** Christmas/Comedy Shows included, one on our first night and two on our second day, one mid-afternoon and one at night after dinner. After Breakfast at the hotel, on day 2 we’ll have a morning guided tour of the Rocks Estate in Bethlehem, NH and on Day 3 a scenic train ride on the North Conway Railroad’s “Santa’s Holiday Express”. Then we start our drive home after a wonderful visit to the Valley Area. On the way home we will stop for an **included** lunch at Hart’s Turkey Farm Restaurant followed by a comfort stop at the NH State Liquor Store & Rest Area on 93SB before continuing home. This trip is a lot of fun and a great bargain with all the included meals, shows and excursions. Insurance and all gratuities (except housekeeping) are also included in the price. This filled up quickly last time I ran this trip so don’t be left out, reserve early.

Parking: Maironis Park or Immaculate Conception Church

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

HOLIDAY TOUR — THE DELANEY HOUSE, **NEW**
YANKEE CANDLE & BRIGHT NIGHTS
 December 7, 2023 \$113 (Includes Driver Gratuity)

Highlights: Join us as we travel to Western Massachusetts for the best this region has to offer. We begin at the Delaney House Restaurant in Holyoke. You will select your entree of Beef, Chicken or Fish complete with Soup of the Day, Signature Bread and Butter, fresh Seasonal Vegetables, rolls, desert of the day and a coffee/decaf or tea. Our next stop is the Yankee Candle Store in South Deerfield. They have many rooms filled with treasurers including home and kitchen goods, fudge and Christmas merchandise. The candle selection is more than 200 fragrances and 200,000 candles. Our last stop is the Bright Nights to see the festive twinkling lights in Springfield’s Forest Park. It is the largest holiday light display in New England. We will drive through magnificently lit displays including Seuss Land, Victorian Village, and the North Pole Village. This will be a trip that you will not soon forget.

Parking: Immaculate Conception Church Lot

Trip Leader: George Barry 508-799-0739
 george.barry77@yahoo.com

CANYONS AND CASINOS **NEW**
 May 13-19, 2024 (Monday - Sunday) \$2,939 pp/do

Highlights: Fly Direct to Las Vegas and transfer to our hotel, CasaBlanca Resort & Casino in Mesquite where we’ll spend two nights. We’ll visit both Zion and Bryce Canyon National Parks. We then return to Vegas stopping en route to visit the Valley of Fire State Park. We’ll spend two nights in Vegas at the Paris Hotel, Planet Hollywood, or similar, right across the street from the Bellagio and it’s famous outside water fountain show. We’ll also attend a matinee show, take a neon tour of Vegas at night, and enjoy the Fremont Street Experience. After breakfast the morning of day 5 it’s off to the Grand Canyon for two nights. On our way there we’ll stop in Williams, NV for lunch at the Route 66 Diner and then a visit to the Grand Canyon IMAX Theater for a spectacular 3-D show on the Grand Canyon. Our hotel, one of the Grand Canyon Lodges, is right at the South Rim. On our 2nd day there, we will have a canyon tour with a National Park Guide including 3 or 4 overlooks. There will be time to walk to the vistas on your own before an included dinner at the Lodge. On our last day grab the included breakfast and some last minute views of the Grand Canyon before we return to McCarran Airport in Las Vegas for our flight home. This trip includes 6 Breakfasts, 1 Lunch and 5 dinners. Dinner one night in Vegas is on own for each to enjoy the buffet of their choice. It also includes Airport Transfers, Full Time Tour Guide, all tours described above, Insurance, and Portage of one bag. This trip is limited to 48 people so sign up quickly.

Parking: Maironis Park

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

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

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

Website: <http://grmc.info>

Golf Starts Soon SIGN-UP NOW!



Green Hill League – Starts Mid April

John Kelly, Coordinator 860-798-6272
kelly.john.r@gmail.com

Sign up by sending \$25 to:
John Kelly, 34 Leslie Road, Worcester MA 01605

Pine Ridge League – Starts April 17th

Craig Richards, Co-Coordinator 508-842-8814
craigr729@gmail.com
Artie Goulet, Co-Coordinator 508-853-2601

Members may sign up with Artie prior to the meetings on Wednesdays, or by mailing a check for \$25 to: **Craig Richards, 771 Main St., Shrewsbury MA 01545** Sign up should be done ASAP so we can make up the teams and be ready to play when the weather permits. New members may join at any time during the year.

Quail Hollow League – Starts May 1st

Dick Whipple, Co-Coordinator 978-355-4842
whippes@verizon.net
Rick Wheeler, Co-Coordinator 508-864-1083
wheel1125@aol.com

No advanced registration fee. Scramble format.
It's never too late to join. Contact Dick or Rick.

TUESDAY Bowling League – Final Standings

BAYBERRY LANES 326 Main Street, Spencer
Coordinators: **Jim Connolly, Bob Converse, Dave Meyers** woostatown28@charter.net

Place Team Captain & Team Member

- #10 **Jim Connolly**, Steve Gully, Jim Hester, Dave Martin
- #1 **Bill Plante**, Art Douglas, Mike Mudd, Lou Gouin
- #12 **Fred Opatka**, Don Desrosiers, John McIntyre, vacant bowler

HA Joe Dooley II 96, Dave Meyers 94, Bob Reed 93

HIT Bill Plante 332, Ken Miller 306, Bill Prince 306

HIS Art Douglas 128, Carl Masshardt 125, Mike Grasseschi 124

THURSDAY Bowling League – Final Standings

BAYBERRY LANES 326 Main Street, Spencer
Peter Morse, Coordinator Email: morsepd5@aol.com 508-832-4351

Place Team Points Captain & Team Member

- #8 **Peter Morse**, Gerard Piscitelli, Dave Daoust, Ken Miller
- #6 **Jim Connolly**, Bob Juneau, Jim Hester, Jerry Stanley
- #1 **Bob Converse**, Marty Polito, Don Lindberg, Frank Visci

HA Joe Dooley II 96.2, Evan Plante 95.6, Dave Meyers 93.3, Carl Masshardt 91.0

HIT Joe Dooley II 316, Dave Meyer 308, Jim Connolly 304, Don Fair 302

HIS Joe Dooley II 119, Evan Plante 117, Frank Visci 117, Gerard Piscitelli 117

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 _____