

ON THE

SHOULDERS

WORCESTER, MA



OF GIANTS

FOUNDED 1952



Greetings!

June 12, 2024 will be the last meeting until we return on Sept. 4, 2024. This is also the last month that I will be your President. I want to Thank all the volunteers, committee members, and all members of the club for allowing me to be your President for the second time. The Friend's Club has allowed me to enjoy the growth of the Club and adding over 350 women members. I am pleased to turn the gavel over to Rick Ferguson. The First and Second V-President Stan Swenson and Russ Lacasse respectfully are excellent leaders and the Club is lucky to have all three running the many activities this fall. As of June 12, 2024 we will have a new Third Vice President named John Pepi with an extensive background and will be a great fit for the team.

The month of June is named after the Roman goddess Juno the God of marriage and childbirth, and the wife of Jupiter, king of the Gods.

What do you call a snowman in June?

A PUDDLE

*If April showers bring May flowers,
what do May flowers bring?*

JUNE BUGS

*My wife and I just had a daughter and
named her JuneJulyAugust.*

WE CALL HER SUMMER FOR SHORT.

Please note, that many of our trips are filling up fast, so sign up as soon as possible.

The Membership committee is doing a great job getting new members which is helping fill many of our trips.

To all members, have a great summer and stay well.

Please feel free to contact me by email at bevhester13@gmail.com or by phone 978-618-5422 with any issues.

— JIM HESTER, *President*

If you know of any member who is ill, or has passed away, or has moved, please contact the club secretary, Carol Bethoney at (508) 243-1204 or email cbitaly2@gmail.com

Check out this great line-up of Programs !

We invite our members, friends, and spouse 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 our Chorus and 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.

June 5

Amazingly Talented Tom Bruhl!

Graduating from Berklee College of Music was just the beginning of **Tom Bruhl's** passionate pursuit of music. His talent is brought to you through guitar, voice, saxophone and flute. Having since performed with such luminaries as The Platters and Paulo Cole brings you an entertainer of the highest order. Honing his DJ performance skills for years using advanced DJ and recording software, he now performs for you as both a cutting edge DJ/Emcee AND brilliant musician. Tom is sought after as the most exciting and complete entertainer in New England.



Come enjoy the music and dance if the spirit moves you.

June 12

Fun for Healthy Aging

We thrilled to welcome radio and syndicated cable TV host **Phil George**, who is a clinical biochemist, certified personal trainer and health coach. His popular radio program on *WCRN Wellness Wave Radio* (830 on the dial) airs on Saturdays and Sundays 7-8 A.M. He has helped retirees focusing on their physical capabilities, and will provide excellent ideas for all.



SUMMER BREAK REMINDER !

There are no club meetings at the YMCA after the June 12th meeting until September.

We hope to see you all at the Corn Roast on July 31, 2024 at SAC Park.

Have a Great Summer !

Scenes From the 57th Ladies Day Luncheon



– PHOTOS BY ANNE TISDELL

We Invite You to Attend the Following Informative Trip Presentations

Tuesday, June 4, 2024 - 1:00 PM
at **Immaculate Conception Church**

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

Highlights of Norway

May 3-11, 2025 \$5,548 per person

The crashing ocean meet craggy mountains, forging the natural majesty of the Norwegian fjords. On our journey, we will visit the two major cities Oslo, the capital where we visit the Borgund Stave Church dedicated to Apostle Andrew in 1180 and many other attractions. We will immerse ourselves in the striking nature of Sognefjord before traversing the Briksdal Glacier surrounded by thundering waterfalls and towering mountains, the glacier is considered to be one of the most awe-inspiring in all of Norway. On our visit to Bergen we become part of their Viking history and explore the harbor front (UNESCO) and be awestruck by the grandeur of this Country.



Please contact George Barry if you plan to attend this event.
(508) 799-0739 or george.barry77@yahoo.com

Tuesday, June 18, 2024 - 1:00 PM
at **Immaculate Conception Church**

Upper Mississippi Cruise

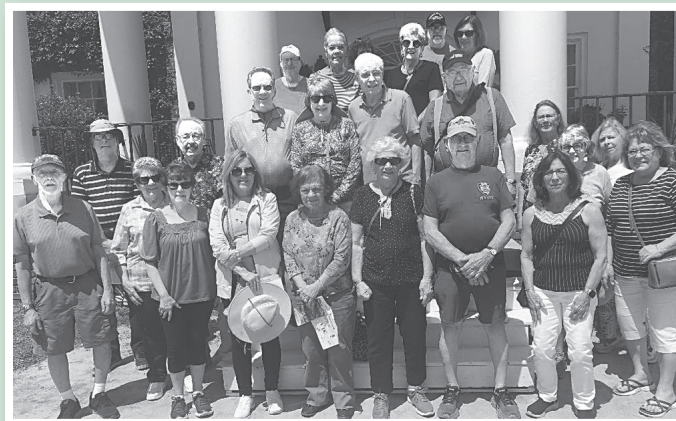
Sept. 5-13, 2025 from \$5,609 per person

Join us as we travel to the upper reaches of the Mississippi River where every moment resonates with the essence of hometown Americana and the breathtaking beauty that has captivated the imagination of our nation's most revered writers and artists like Mark Twain. On our arrival, we fly into St. Louis, MO and spend one night in a local hotel. We will have two meals and local touring prior to boarding our river boat. Enjoy turn of the century elegance aboard the American Heritage paddlewheel riverboat, which combines modern amenities with design elements from the 19th Century steamboat era. The cruise accommodations include all meals and beverages, onboard lectures and daily excursions, and all gratuities. This trip is one that you will remember for a long time.



Please contact George Barry if you plan to attend this event.
(508) 799-0739 or george.barry77@yahoo.com

Savannah Southern Charm with Historic Charleston



The next day, we met a local guide for a tour of Savannah which included the Davenport Mansion. Our afternoon guided tour took us to Saint Simons Island, one of Georgia's golden islands. We learned about the background of the early settlers and walked through an area with many moss covered trees. In the evening, we were entertained by a Johnny Mercer impersonator and the "Ladies of the South" dinner show held in the Peacock Mansion.



On this trip, thirty-one RFCG members departed Shrewsbury to travel south by motor coach. Because of the distance involved, we stayed overnight in Fredericksburg, VA. When we completed our journey, and arrived in Savannah, Georgia, outside temperatures and overall weather were fantastic. Our accommodations were of top quality at the Embassy Suites in both Savannah and Charleston. The 45 Bistro Restaurant provided an excellent evening meal.



Prior to Charleston we enjoyed a tour of Middletown Place, a vibrant historic site that illustrates the complex history of our nation and contains the oldest landscaped garden of azaleas, camellias, a 1000-year-old tree and cypress trees (to name a few).

Upon arrival in Charleston, we visited the downtown market prior to our boat trip to Fort Sumter. The Fort is best known for the first shot fired in the Civil War. The evening was another great meal at the Charleston Crab House restaurant. Next day's city tour was excellent. Our guide showed us the many fine homes on "rainbow row" and we drove through the "Citadel" a Military Academy. In the evening, it was time to board the Spirit of Carolina for a sunset dinner cruise with entertainment.

The following day took us to the Boone Plantation. It was very well maintained and gave the feeling of life on the plantation.

What I enjoyed most about this trip was its laid-back travel and learning the history of the Southern areas that we visited.

– George Barry, *Trip Leader*

Day & Overnight Trips For The Years 2024–2025

DAY TRIPS

DESTINATION	DATES	F/SALE	PRICE	LEADER(S)	TELEPHONE
Newport Playhouse - <i>The Cemetery Club</i>	6/13/24	<i>Wait List</i>	\$128	Dick Pinkes	508-769-2913
Friesians of Majesty and Yankee Candle	7/10/24	NOW	\$141	Dick Pinkes	508-769-2913
Newport Playhouse - <i>Nunsense: The Musical</i>	7/17/24	<i>Wait List</i>	\$128	Rick Ferguson	508-688-4427
Annual Corn Roast – SAC Park Shrewsbury	7/31/24	–	FREE		
WooSox - <i>All Inclusive – No Parking Headaches – We Bus from IC Lot</i>	8/1/24	NOW	\$67	John Kelly	860-798-6272
Lake Sunapee Luncheon Cruise	8/8/24	<i>Wait List</i>	\$127	Dick Pinkes	508-769-2913
The Legends Live - <i>The Songs you Love - Aqua Turf</i>	8/13/24	NOW	\$122	George Barry	508-799-0739
American Bandstand Tribute - <i>Luncheon & Show - Aqua Turf</i>	10/8/24	<i>Wait List</i>	\$115	Dick Pinkes	508-769-2913
N.H. Turkey Train	10/17/24	<i>Wait List</i>	\$115	Dick Pinkes	508-769-2913
Christmas Time with the Reagle Players	12/7/24	<i>Wait List</i>	\$150	Dick Pinkes	508-769-2913
Holiday Classics with the Cartells - <i>Aqua Turf</i>	12/10/24	NOW	\$122	George Barry	508-799-0739

OVERNIGHT TRIPS

Historic Portsmouth New Hampshire	6/10-11/24	NOW	\$547	George Barry	508-799-0739
Poconos Escape	7/22-25/24	<i>Wait List</i>	\$1,079	Dick Pinkes	508-769-2913
Saratoga and Lake George	8/14-15/24	NOW	\$609	Ralph Shapiro	413-537-2435
Hudson Valley Balloon Festival – <i>With Cruise on Hudson River</i>	8/31-9/2/24	NOW	\$690	George Barry	508-799-0739
Red Rocks of Sedona	9/15-20/24	<i>Wait List</i>	\$2,809	Dick Shea	508-853-2024
Great Smoky Mountains – <i>with Gatlinburg & Asheville</i>	9/24-10/2/24	NOW	\$3,048	Dick Pinkes	508-769-2913
Impressions of Italy – <i>The Amalfi Coast & Tuscany</i>	10/19-11/3/24	NOW	\$5,095	Rick Ferguson	508-688-4427
Romance of the Rhine & Mosel River	11/7-24/24	<i>Wait List</i>	\$4,295 / 4,895	Ralph Shapiro	413-537-2435
Ogunquit Christmas by the Sea	12/14-15/24	NOW	\$491	George Barry	508-799-0739
* Atlantic City at the Resorts	2/17-19/25	NOW	\$385	Wilson McLaren	508-869-2451
Exotic Repositioning Caribbean Cruise – <i>Tampa to Boston</i>	3/28-4/11/25	NOW	\$2,837 / 4,243	Dick Pinkes	508-769-2913
Highlights of Norway	5/3-11/25	NOW	\$5,548	George Barry	508-799-0739
England, Scotland and Wales	5/15-30/25	NOW	\$5,545	Rick Ferguson	508-688-4427
Newfoundland, Greenland & Iceland Cruise	7/12-27/25	NOW	\$4,849 / 6,189	Dick Shea	508-853-2024
Upper Mississippi River – <i>St. Louis to Minnesota</i>	9/5-13/25	NOW	from \$5,609	George Barry	508-799-0739
Cruising the Rhone – <i>Lyon to Provence & Nice (French Riviera)</i>	11/4-16/25	NOW	from \$4,145	Ralph Shapiro	413-537-2435

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.

* Symbols, represent
NEW TRIPS this month.

Visit our website rfcg.info for detailed flyers on most of our trips.

More Trip Descriptions

ENGLAND, SCOTLAND AND WALES

2025

May 15 to 30, 2025 \$5,545 pp

Highlights: Join us on this fantastic 16 day trip as we travel from London and visit Bath, Wales, York, the Lake District and end in Edinburgh in Scotland. Join us as we explore the beauty, culture and foods of London, one of the largest cosmopolitan cities in the world. We will see Windsor, Parliament, Big Ben and Oxford. Marvel at the Roman Baths, the alluring British Gardens and Stonehenge. We will also visit the picturesque countryside of Snowdonia In Wales. Our journey brings us to the walled city of York and then the breathtaking Lake District. We end our travels in the ancient city of Edinburgh and marvel at the panoramic views of the Royal Mile including a visit to Edinburgh Castle. This adventure will leave us with great lifetime memories of these beautiful countries.

Trip Leader: Rick Ferguson Tel: 508-688-4427 / Email: rwfergy@icloud.com

Trip Descriptions

FRIESIANS OF MAJESTY AND YANKEE CANDLE **2024**

July 10, 2024 (Wednesday)\$141 pp

Highlights: Prepare for a Unique Vermont Experience – A Friesians of Majesty equestrian tour and performance. We'll interact with beautiful, majestic horses in a guided tour of the European style barns. We'll see a captivating show as dressage freestyle is exhibited. On our way to Vermont our first stop will be at Yankee Candle Village followed by a luncheon at the Bella Notte Italian Restaurant located at the Brattleboro Country Club. You'll have a choice of 3 entrees including Spaghetti Bolognese, Chicken Parm or Chicken Picatta all served with a salad, rolls and butter, dessert and coffee/tea/soda. Now it's off to the spectacular equestrian performance. This is truly a great location, meal and show. Sign up early as this is a new trip for the club.

Parking: Immaculate Conception Church

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

LEGENDS LIVE – THE SONGS YOU LOVE **2024**

August 13, 2024 (Tuesday)\$122 pp

Highlights: We will travel by luxury, fully equipped coach to the Aqua Turf Club in Plantsville, CT. Our entertainment features Joe Saimeri and Ethel Lee and Peter Annone who bring great music to life. Dance or just listen to tunes from Frank Sinatra, Kenny Rogers and Tim McGraw to Dionne Warwick, Dianna Ross, and Roberta Flack. You'll remember every second of this powerful tribute to these world-renowned entertainers. It is truly a musical journey throughout the decades. The Aqua Turf's family style luncheon includes fresh field green salad, delicious baked cod and chicken marsala with vegetables, rolls and butter. Enjoy a complimentary glass of wine or beer as well as coffee/tea and dessert. You cannot go wrong; your price includes everything. Tell your friends about this great afternoon of entertainment and camaraderie. You'll return home with your friends around 5:00 pm after a fun filled day.

Parking: Immaculate Conception Church Lot

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

CRUISING THE RHONE — Lyon to Provence & Nice on the Cote d'Azur (French Riviera) **2025**

November 4 to 16, 2025 from \$4,095 pp (Includes air)

Highlights: The trip begins with 2 days in the Paris the famed "City of Lights". You will enjoy a city tour that includes the Champs-Elysees, Eiffel Tower and more. The next has us enjoying a picnic lunch cruise on the Seine then board the train to Lyon (a world Heritage site) where we embark on the M/S River Chanson. While in Lyon, we will have a home hosted experience, tour the Beaujolais Wine Region and French Markets. We cruise to and stop at Viviers, Avignon known as the "City of Popes" and join us on a tour of the Palace of the Popes. Then travel on to Arles where we will have a walking tour of the town beloved by Vincent van Gogh. Our river cruise ends here with our Captains Farewell Dinner. In the morning, we disembark the ship and start our travel to Provence and Nice. En route, we will visit the Rhone American Cemetery in Draguignan. We arrive in the French Riviera in time for lunch and get to enjoy the afternoon and next day in Nice.

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

ATLANTIC CITY AT THE RESORTS

NEW

Feb 17 to 19, 2025 ... \$385 pp (double or triple) / \$491 (single)

Highlights: Travel with your friends to ATLANTIC CITY to a world Class Casino on the world famous Boardwalk. You will receive a casino bonus of \$20 slot play, plus two \$20 Meal vouchers to be use at any restaurants at the RESORTS and ticket to a review show (if available). We leave from the Calliope Production parking lot in Boylston MA at 7:00A.M.

Trip Leader: Wilson McLaren 508-869-2451
macgpc@aol.com

Impressions of Italy **2024**

October 19 to November 3, 2024 \$5,095 pp/do

Highlights: This 14 day Grand Circle tour of Italy takes us from the Amalfi Coast, twisting along the sapphire Mediterranean to the pastoral landscapes of Tuscany. We discover the varied delights of Italy as we seek out the art and architectural wonders of the Middle Ages, Renaissance, and the Ancient World. On this trip you will experience the history, culture, food, and music of these areas of Italy: along with many surprises that Grand Circle is known for.

Trip Leader: Rick Ferguson 508-688-4427
rwfergy@icloud.com

OGUNQUIT CHRISTMAS BY THE SEA **2024**

December 14 to 15, 2024 ... \$491 pp (Includes all gratuities)

Highlights: Maine lights up for the holidays and three of Its most popular seaside towns put on a great show to celebrate Christmas. We will first travel to Portland for a tour of the neighborhoods and the waterfront decorated in Christmas pageantry with our local Guide. We will enjoy a visit to the Victoria Mansion, a national historic landmark known for its unique period architecture and extraordinary interiors. The Mansion becomes a Christmas wonderland with Victorian decorations, Christmas trees with presents abounding every holiday season. We will next visit the famous Portland lighthouse, followed by free time on the Portland waterfront for a little shopping and lunch on own. From there we will travel to Ogunquit for its "Christmas by the Sea" celebration, where village streets and nearby Perkins Cove are decked out with lights and classic window scenes. Enjoy an afternoon of shopping or relaxing with a hot drink in the local cafes and bars. We will check into the Meadowmere Resort, one of Maine's leading resorts in central Ogunquit. The hotel boasts classic, comfortable accommodations and many amenities including an indoor pool, steam room, sauna, Roman tub room and relaxing room. Dinner tonight is at the hotel in Jonathan's restaurant (an Ogunquit institution). The following day after breakfast and check-out, we travel to nearby Kennebunkport, where their Christmas Prelude is in full swing. Holiday decorations and activities abound throughout the village. Visit the large Crafts Fair featuring hand-made Maine products, including Christmas decorations and great ideas for unique gifts. Enjoy holiday shopping at boutiques, shops and galleries with festive holiday refreshments. We will end our Christmas excursion with chowder, steamers and Lobster lunch (with alternative choices) at the Bull N Claw restaurant before we head home with Maine Christmas memories.

Parking: Maironis Park, Shrewsbury

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

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

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Check out our **NEW Website:** rfcg.info

TUESDAY Summer Bowling League – (as of May 14, 2024)

Place	Team	Captain & Team Member
1	#7	Carl Masshardt , Dennis Laporte, Dick Adams, Mike Mudd
2	#4	Evan Plante , Charlie Bromage, Chris Mudd, Don Desrosiers
3	#3	Bill Plante , Ken Miller, Neil Carmody, Bob Goulet
HA	Bill Plante 97, Dave Meyers 96, Gerard Piscitelli 96	
HIT	Evan Plante 322, Paul Soden 320, Dave Meyers 319	
HIS	Art Douglas 131, Bill Plante 123, Paul Soden 122	

Attention Members !

Membership Cards:

The membership cards for 2024-2025 are now available. Non-Life Members can renew early, if they wish to, and avoid the September rush by mailing-in their renewal dues over the Summer or do it in person at one of our weekly meetings.



Life Membership: For a one time fee of \$150, new or existing members can forget about paying annual dues and be paid-up for LIFE!

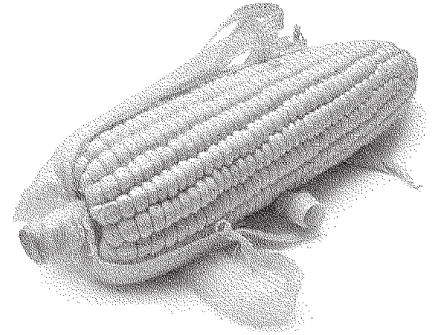
(see instructions for Renewing or becoming a Life Member at the bottom of this page).

Don't Miss The Annual CORN ROAST

Wednesday, July 31st, 10:00am
at
SAC Park in Shrewsbury.

Free for all paid up and life members
and one guest.

No Reservations Needed.



Accordianist Ray Cavicchio and Terese will be providing music again this year. You will be served a club sandwich, chips, pickle, and two ears of corn at about 11:30 by table. **Beverages may NOT be brought onto the grounds.** We are also planning a 50/50 raffle sale prior to lunch along with some door prizes after lunch. The corn will be pre-shucked by the farmer for the caterer, MCL Custom Catering and therefore **NO volunteer shuckers will be needed this year.** Extra sandwiches and corn will be available for sale after lunch.

See you there, rain or shine.

RFCG Remittance Form for New Members, Renewals & Life Members

Dues For NEW Members (Men & Women - Age 55 & Over)

- ☐ **ANNUAL** = \$15/yr
or
☐ **FOR LIFE** = \$150 /life-membership

- Pay at any meeting.
- If not possible, mail form and check to:
RFCG
YMCA - 75 Shore Drive
Worcester MA 01605

The monthly Newsletter is included in dues.

RENEWAL Dues (For Current Members)

- ☐ **ANNUAL** = \$15/yr
or
☐ **FOR LIFE** = \$150 /life-membership

- Pay at any meeting.
- If not possible, mail form, check and a **pre-addressed postage-paid envelope AND prior Year's Membership Card** to:
RFCG
YMCA - 75 Shore Drive
Worcester MA 01605

PLEASE SUBMIT FOLLOWING INFORMATION

NAME _____
ADDRESS _____
CITY - STATE - ZIP _____
TELEPHONE _____
EMAIL _____
DATE OF BIRTH _____
RETIRED FROM _____
OCCUPATION _____ VETERAN ☐
REFERRED BY _____

New or Current members paying after May 1st will be considered paid-up for the next fiscal year which starts on September 1st and ends August 31st.