



Officers

Chairman	Jack Brooks
Vice Chairman	Bill Glick
Asst. Vice Chairman	Steve Volpini
Secretary	George Lucian
Asst. Secretary	Tom Marshall
Treasurer	Charlie Gardinier
Asst. Treasurer	Joe Giannetti
YMCA Rep.	Joe Kata
Past Chairman	Joe Kata

Directors

Dewey Dow
Jim Teagle
Rene Tompkinson

Committee Chairmen and Associates

Awards	Jim Teagle Rene Tompkinson
Bridge	Joe DeMaio Paul Lamoureux
Bulletin Boards	Jim Teagle
Coffee	Joe DeMaio Joe Young
Cribbage	Dave Rogers
CyberSeniors	Dennis Kababik
General Activities	TBA
Hiking	Bob Fowler
Historian	Bill Glick
Hospitality	Bob Bailey Joe Giannetti
Membership	Hamp Pratt
Newsletter	Peter Burch
Special Events	Steve Volpini
Story Tellers	Roger Cerbie
Technology	Bob Newcomb
Volunteer Services	Joe Kata

Y's Men of Meriden - Newsletter

February 2012

www.ysmenofmeriden.com

February Programs

Feb 7 Presenter: Bill Glick Story Teller: Joe Borriello
 Program: Lisa Pranger, RD, Registered Dietician with Mid-State Medical Center

“Diet and Nutrition for Active Seniors”

Lisa has over 17 years of experience in the field and has been working in the MidState Diabetes and Nutrition Center since 1996. In 2006, Lisa began working with bariatric patients both pre- and post-operatively. She will tell us what we need to know about diet and nutrition.

Feb 14 Presenter: Bill Glick Story Teller: Steve Volpini
 Program: John Benigni, Director of the Meriden Y MCA

“New Initiatives For the YMCA”

The Y has recently embarked on several new ventures such as a day care facility on Crown St., the arts programs being run from 2 West Main St., the Head Start program on Liberty St, a day care program in South Meriden and most recently the purchase of a day care business on the East side. John will discuss how these programs address community needs and the impact they have on the Y's organization, staffing and finances.

Feb 21 Presenter: Bill Glick Story Teller: Bob Bailey
 Program: Brian Cofrancesco, Student of American Architecture

“Meriden’s Wilcox Mansion: History, Mystery and Legacy”

The Jedediah Wilcox Mansion (later called the Charles Parker Mansion), built 1868-1870, was a magnificent High Victorian/Second Empire house which once stood at 816 Broad St.. Built for one of Meriden's leading industrialists, the house represented both the wealth and architectural styles of the era. The Wilcox Mansion met its fate, however, in 1968 when it was slated for demolition. Brian will discuss the fight to save the house and the continuing legacy of this famous Meriden landmark.

Feb 28 Presenter: Peter Burch Story Teller: Frank Donovan
 Program: Jack Brooks, Y's Men Chairman and Traveler

“National Parks of Colorado and Utah”

Jack Brooks will present a PowerPoint show of his 2011 trip to multiple National Parks: Bryce, Zion, Canyonlands, Arches, Rocky Mountain, Colorado National Monument, and others. You will see dramatic photos of the greatest rugged scenery in America.

News Items

- Frank Donovan noted with a happy (or unhappy?) dollar that his gasoline mileage had dipped a whopping 22% since he began using gasoline with 10% ethanol.
- Joe Cournoyer reported his 61st wedding anniversary and Bill Collette reported his 66th (noting that sympathy cards could be mailed directly to Charlotte).
- George Lucian read a poem written by his 10 year old granddaughter Kallan about New Year's Day. It was published in Meriden Patch.
- Frank Donovan announced that he was awarded \$10,000, to be given in his honor to a charity of his choice, at his retirement
- as Chairman of the GE Elfuns after 12 years.
- The Y's Men are looking to purchase a new high definition digital projector, to replace the failing one currently in use during our meetings.
- A letter from the wife of former Y's Men member Tony Janeczek, who just turned 90 and is living in Massachusetts, was read and all those attending the Jan. 31 meeting signed a birthday card to be sent to him, accompanied by a round of applause.
- Bring a guest to the next Y's Men meeting - they'll have fun and we need to keep the club strong!

Bridge



Jan 3	1st Paul Lamoureux (18½ pts); 2nd Herm Sochin (17½ pts); 3rd Marv Beloff (17pts)
Jan 10	1st Paul Lamoureux (23½ pts); 2nd Bill Wheaton (22½ pts); 3rd Joel DeMaio (20 pts)
Jan 17	1st Hamp Pratt (13 pts); 2nd Marv Beloff (10½ pts); 3rd Bill Schultz (9 pts)
Jan 24	1st Joel Cohen (24 pts); 2nd Vin Rossitto (22 pts); 3rd Bill Wheaton (21½ pts)
Jan 31	1st Joel Cohen (24 pts); 2nd Ad Sternberg (23 pts); 3rd Joe Demaio (22½ pts)

Cribbage



Jan 3	(+10) Dave Rogers, Paul Kravitz, Bill Wheaton over Bill Collett, Charlie Deegan, Bob Bailey (+19) Joe Young, Dick Kupstis over Jules Perreault, Peter Vouras
Jan 10	(+22) Dave Rogers, Joe Young over Walter Hylwa, Paul Kravitz (+12) Jules Perreault, Bill Collett, Jim Brooks over Jim Janz, Tom Marshall, Bob Bailey
Jan 17	(+58) Walter Hylwa, Joe Young over Bill Wheaton, Peter Vouras (+55) Tom Marshall, Jules Perreault, Dick Kupstis over Bill Collett, Jim Brooks, Paul Kravitz
Jan 24	(+61) Tom Marshall, Dick Kupstis, Peter Vouras over Bob Bailey, Jim Jamz, Walter Hylwa (+7) Joe Young, Bill Collett over Dave Rogers, Jules Perreault
Jan 31	(+21) Joe Young, Jules Perreault over Walter Hylwa, Dick Kupstis (+26) Charlie Deegan, Paul Kravitz over Bill Collett, Jim Brooks (+2) Jim Janz, Tom Marshall over Peter Vouras, Dave Rogers

Wise Words for Y's Men

If lawyers are disbarred and clergymen defrocked, doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked and dry cleaners depressed?

Volunteering

If you want to touch the past, touch a rock. If you want to touch the present, touch a flower. If you want to touch the future, touch a life.

<u>Guests</u>	<u>Introduced by</u>	<u>Date</u>
John Mattingly	Phil Callan	1/24/12
Dan Minion	Craig Cribbins	1/24/12
Don Cofrancesco	George Cofrancesco	1/24/12
Phil Reilly	Jim Pagnam	1/24/12
Don Hagstrom	Bill Heath	1/24/12
Dave Steele	Don Ginter	1/31/12
Phil Reilly	Jim Pagnam	1/31/12
Bob Mills	Bob Bailey	1/31/12

<u>Date</u>	<u>Attendance</u>	<u>Raffle Winner</u>
Jan 3	72	Tom Marshall
Jan 10	57	Tom Marshall
Jan 17	49 (snowy)	Paul Lamoureux
Jan 24	79	Terry Clarke
Jan 31	72	Jim Teagle

Y's Men record attendance of 89 was set on Oct. 19, 2004.

Treasurer's Report

Jan 30, 2012 \$3,384.76

CyberSeniors

Sixteen CyberSeniors met on Jan. 10 and first discussed Trojan Horse infections as a form of a virus. A basic rule: **NEVER** input data requested by an email that you did not initiate. Bob Newcomb described a program he uses to remove all duplicate files on his computer (primarily images). Dennis Kababik showed how the latest Chrome browser supports multiple User accounts, and then showed how to add extensions and apps to this browser.

At the Jan. 24 meeting with 14 attending, discussions included: the need to replace the Y's Men's failing digital projector with a high definition model, Jack Brooks' hacked email, and the use of SnagIt when you cannot copy and paste an Internet image.

and for
the Ladies

Moishe is driving in Jerusalem. He's late for a meeting, he's looking for a parking place, and can't find one. In desperation, he turns towards heaven and says: "Lord, if you find me a parking place, I promise that I'll eat only kosher, respect Shabbos, and all the holidays."

Miraculously, a place opens up just in front of him. He turns his face up to heaven and says, "Never mind, I just found one!"

January Programs

Jan 3 - Joseph Zajac, President, Meriden Linear Trails Committee “More that one foot in front of the other”

Introduced by Bill Glick

It's a magnificent place to take a stroll if you haven't already done so. The Quinnipiac River Gorge Trail (QRGT), beginning at Red Bridge on Oregon Road and curving along the river for 1.3 miles, allows folks to walk, jog, bicycle and skate, but is off limits to any motorized vehicles or unleashed dogs.

Speaking to 72 enthusiastic Y's Men of Meriden fresh back from the holidays on Jan. 3, Joseph Zajac, Chairman of Meriden's 10-member Linear Trails Committee, first noted the committee's close relationship with other organizations including the Quinnipiac River Watershed Association, the Meriden Land Trust, and Meriden's Health and Parks Departments. He then presented a 15-minute DVD about the QRGT, whose features include exercise, wildlife viewing, kayaking, informational kiosks and a unique history lesson.

At the head of the trail, Red Bridge, spanning the river since the late 1880's, was long a favorite swimming spot for Meriden's youth, but fell into disrepair until its restoration by the Meriden Lions Club and is now listed on the National Historic Registry. The QRGT was built on the original rail bed of the 1890 Cromwell, Meriden & Waterbury RR, in its time a popular means of transportation to Hanover Pond for recreation, but not commercially viable and ultimately abandoned by 1924.

The present trail was completed in 2006, ten feet wide and paved for year round use. In addition to wildlife such as eagles and deer and a carpet of colorful wildflowers, hikers are likely to view the remains of Oregon Dam (built to power a button factory), Boy Scout Island, High Bridge, Carpenter's Dam, and the steep 100-200 foot tall sides of the gorge itself. The trail has remained remarkably free of vandalism and crime, and has become a popular destination for young and old alike.

But the work of the Linear Trails Committee is far from done. Next is the Hanover Pond Trail, a \$1.3 million project funded 80% by the federal government and 20% by Meriden taxpayers, which will start at Red Bridge, skirt Hanover Pond and end at the Platt High School parking lot. Funding is in place and project completion is expected by Fall 2012. And future plans include multiple trails throughout the city, with eventual tie-ins to trails from surrounding towns. For details, visit www.meridenlineartrail.org.

Jan 10 - Christine Jaffer and Danyell Jackson “The Work of the Connecticut Junior Republic”

Introduced by Bill Glick

Troubled youth – perhaps you thought it's a new phenomenon? Well, not so. More than a century ago in 1904, the Connecticut Junior Republic was founded in Litchfield, providing a residential center for young men coming from homes of abuse or neglect. In this facility, the residents organized their own police and government, complete with a

jail for miscreants.

Speaking to 57 Y's Men of Meriden on Jan. 10, Christine Jaffer (Program Supervisor of the CJR programs in Waterbury) and Danyell Jackson (Program Director of the Middletown Program located in Meriden) described this growing organization. Over the years, the state became involved, placing youths in legal trouble (robbery, assault) under the watch of “house parents” until they could rejoin open society. The atmosphere of mutual aid was reflected in “boys helping boys”, the original CJR motto,

During the 1990's, state pressure (partially driven by financial constraints) resulted in the progressive abandonment of multi-year residential care in favor of in-home therapeutic programs, with visits by counselors 2-3 times weekly. Expansion of services resulted in a new facility in Waterbury and the beginning of programs for girls (who now constitute about 25% of clients). Today, CJR Family Support Centers are located in Waterbury, Middletown and New Britain, along with long-term residential group homes in Winchester and East Hartford.

Among the approximately 500 youth (ages 12-18) that are currently enrolled, most come through the court system, along with some from parents requesting help as well as a few voluntary admissions. Most funding comes from the judicial branch of state government and the Department of Children and Families. CJR does not accept youth with histories of sex offense or arson, or who have homicidal or suicidal behavior.

Counseling ranges from anger management to learning work skills. In-home services are generally provided for 3-5 months, but it is not unusual for counselors to run into significant parental apathy. Outcome (success) measurements can be hard to determine; however, improved school attendance in a formerly truant student or attainment of a successful employment record are indicators.

Jan 17 - Peter Gioia, V.P. and Economist at CBIA “Connecticut's Economy: The Current Situation and Outlook”

Introduced by Frank Donovan

We've been through three terrible years and the news media loves to pump out the bad news. But Connecticut's economy is showing a surprising rebound and good news continues to flow in. With these sentiments, Peter Gioia, Vice President and Economist for CBIA (Connecticut Business & Industry Association) addressed 49 Y's Men of Meriden on a snowy Jan. 17.

Some elements that favor our state's economy are the burgeoning middle class around the world, a weak U.S. dollar, and the outstanding quality of domestically manufactured products, all of which stimulate the sale of Connecticut products abroad. Also helping is a greater supply of “cheap” energy resulting from rapidly expanding oil exploration in the U.S and the Gulf of Mexico, development of tar sands in Canada, and increasing natural gas production here.

Gioia noted, “I'm hearing really good news from local manufacturers who sell internationally,” a welcome turn-around from 3-4 years ago. The U.S. is about to report record international sales for 2011, up a whopping 7½% from the previous year. Indeed, Connecticut businesses are now experiencing shortages of skilled workers, prompting the

expansion of training programs here while also encouraging the immigration of trained workers from abroad. Productivity of Connecticut workers is “off the charts”, exceeding the U.S. average by 50%.

The housing industry remains sluggish, although some communities such as Cheshire and West Hartford have seen virtually no erosion in home prices during the past several years. However, the large number of working adult children living with their parents provides a sizable pool of pent-up demand for new homes, providing for a potential rush of housing purchases when mortgage availability improves.

Job growth in the state is improving slowly, and unemployment claims are dropping. Governor Dannel Malloy has been proactive in working with business and the legislature, carefully listening to recommendations while often weathering blistering criticism, and successfully working with both Democrats and Republicans. Notes Gioia, “I’m more positive about what I’m seeing in Connecticut now than I have been during the past few years.” But we need to entice many talented students from abroad to study here and then stay to develop their own companies, thus providing more jobs to Americans.

Jan 24 - Steve Lazarus, Architect with Lazarus and Sargeant of Wallingford (and member of the Humble Bees)

“A Hike Through the Hundred-Mile Wilderness in Maine”

Introduced by Peter Burch

Beginning at Springer Mountain in Georgia, the Appalachian Trail wends its way for 2181 miles northward through 14 states, including Tennessee, Virginia, Maryland, Pennsylvania, New Jersey, New York, Connecticut, Massachusetts, Vermont and New Hampshire, before ending at Maine’s Mt. Katahdin. And the most challenging part is the Hundred-Mile Wilderness, running from the base of Mt. Katahdin south to Caratunk (population 100). Normally a 10-day trek during the summer, a hiker might be branded certifiable if he attempted to traverse it in just five days during early winter.

Addressing a large crowd of 79 Y’s Men of Meriden on January 24, Steve Lazarus, partner in the Wallingford architectural firm of Lazarus & Sargeant, noted during his PowerPoint presentation that his 21-year-old son had asked his dad to join him in hiking the Trail; Lazarus consented and after several weeks of preparation, the two launched their journey in Georgia. Interest soon faded in the son but not in the father. Some six years later, the 60-year-old Lazarus has now walked all but 200 miles of the Trail, doing it in small segments of several days each.

Just two months ago, he successfully completed a snowy 5-day November hike of the Hundred-Mile Wilderness, at first beset by authorities refusing to allow anyone to hike that difficult trail alone at that time of year. Other challenges included fording a dozen rushing streams with icy banks (on one occasion suddenly finding himself in chest-level frigid water), coming around a bend in the trail and being confronted by two grumpy moose, and solitude for the entire trip (except for briefly spotting a group of three other hikers). The shortened November days required some hiking in the dark.

At 3600 feet, the highest part of this trail, the howling wind blew off his eyeglasses, and the white blazes often led Lazarus over challenging rock formations,

sometimes slippery with new snow. But this trail also carried him through stunning scenery, with beautiful wildflowers, abandoned fire towers, cascading waterfalls, rushing streams, and spectacular gorges and lakes.

Lazarus also showed the audience his hiking equipment, including an alcohol “cooking system” made from a Heineken beer can (weighing less than one pound) and his sleeping gear (hammock, sleeping bag, rain fly, bug net, and poncho (all weighing about six pounds). And for daytime warmth, he would wrap his sleeping bag around his head and chest under his jacket, a sight sure to deter any would-be predator.

Jan 31 - Colonel John W. “Bill” Small, USAF, Ret.
“Air Force Operations During the Cold War”

Introduced by Bill Glick

Talk about stress! A B-52 High-Altitude Long-Range Strategic bomber swoops in behind your KC-97 Stratotanker at 15,000 feet, looking for a meal. The B-52’s eight jet engines suck up so much air that your tanker plane has to fight the resulting turbulence and remain perfectly steady for the delicate connection between the two aircraft, allowing the transfer of 45,000 lbs. of aviation fuel.

Addressing 72 Y’s Men of Meriden on Jan. 31, Colonel John W. “Bill” Small, USAF, Ret., described his role piloting a KC-97 in the midst of the Cold War as he began a career with the USAF, retiring in 1984 after 28 years. During five years in Bangor, ME and two years at Harmon AFB in Newfoundland, he flew about 250 daytime and nighttime refueling missions, occasionally landing with one engine out due to the great strain of moving those heavy fuel loads at maximum speed in front of the faster bombers. And as the propeller-driven KC-97 was being replaced by the jet-powered KC-135 (which remains the refueling workhorse of the Air Force today), Small flew a number of the older aircraft to “The Boneyard” in Arizona for retirement.

Following his assignment to the Military Air Transport Service at McGuire AFB in New Jersey, he started piloting C-130 and C-141 cargo planes, transporting men and materials (both sometimes deplaning by parachute) around the globe, including flights to Viet Nam. He recalls a nighttime training drop of eager Special Forces troops into the Appalachian Mountains (with the last one reaching the assembly area having to buy beers for the group).

Small then was assigned to the USAF Transportation Command. Among innumerable duties, he was in charge of retrieving over 900 HR’s (Air Force lingo for human remains) from the mass suicide at the Jim Jones compound in Guyana, requiring 40 aircraft to transport them in sealed aluminum containers to Delaware and California. Other missions he directed included transportation of humanitarian relief supplies following natural disasters and troop transport to monitor elections in Zimbabwe and the Congo.

And he recalled being stuck in Tanzania, because that country was in a spat with neighboring Kenya; Small had to file a phony flight plan to Somalia, then make a midair correction to head for Kenya. His final service was as Director of the Defense Mapping Agency Aerospace Center in St. Louis where he led 4,000 employees in providing support for flying operations and weapons systems.