



Y's Men of Meriden - Newsletter

February 2019

www.ysmenofmeriden.com www.facebook.com/ysmenofmeriden

February Programs

Officers

Chairman	Paul Scollan
Vice Chairman	Mike Rohde
Asst. Vice Chairman	Bill Puttre
Secretary	Dewey Dow
Asst. Secretary	Tom Marshall
Treasurer	Sherwin Borsuk
Asst. Treasurer	Joe Giannetti
YMCA Rep.	Mark Burwick
Past Chairman	Mark Burwick

Directors

Dewey Dow
Maurice Poirier
Jim Teagle

Committee Chairmen and Associates

Awards	Jim Teagle
Bridge	Paul Lamoureux
Coffee	Steve Volpini
	Ken White
Cribbage	Walt Ziemba
CyberSeniors	Dennis Kababik
General Activities	Bill Glick
	Sherwin Borsuk
Walking	Mark Burwick
Historian	Bill Glick
Hospitality	Joe Giannetti
Membership	Bob Newcomb
Newsletter/website	Peter Burch
Special Events	Bruce Burchsted
	Lenny Cheerman
Story Tellers	Ken M. White
Technology	Jack Brooks
	Matt Bushey
	Richard Grossman
Volunteer Services	Joe Kata

Feb 5 Presenter: Peter Burch Story Teller: Sherwin Borsuk
 Program: Kevin Burns, CT State Coordinator for Operation Lifesaver,
 CT Department of Transportation

“The Hartford Line and Railroad Safety”

Kevin will talk about the Hartford Line, what the railroad has to offer and the benefits of the service. He will also talk about safety features of the service and the safety program, Operation Lifesaver.

Feb 12 Presenter: Peter Burch Story Teller: Marvin Beloff
 Program: Paul Scollan, Y's Men Member, Vietnam Veteran, retired
 Licensed Clinical Social Worker in Mental Health

“A Different Kind of War Hero, Vietnam 1968”

This is the story of a light-observation helicopter pilot who, with his two crew members, directly intervened to stop the mass shooting of unarmed men, woman and children by US ground troops in the small hamlet of My Lai, Central Highlands, Vietnam, in March 1968. His actions that day and reported war crimes to Army high command were suppressed for years.

Feb 19 Presenter: Mike Rohde Story Teller: Jerry Melesko
 Program: Dan LaRosa, Hypnotist and Entertainer
 “My Life As A Stage Hypnotist... Please Don't Make Me Cluck Like A Chicken”

Stories from 35 years on the road as a stage hypnotist and entertainer including 15 tours of Europe, and 3 different tours on the USS Nimitz Aircraft Carrier in the middle of the Pacific Ocean.

Feb 26 Presenter: Steve Volpini Story Teller: Bill Puttre
 Program: Rev. Dr. Jan Carlsson-Bull, Minister
 Unitarian Universalist Church in Meriden

“The Promise and Perils of Sanctuary: One Congregation's Experience”

Since October 2017 the Unitarian Universalist Church in Meriden has been a sanctuary for Sujitno Sajuti, a 70-year-old man who has been in this country for 30 years and came originally as a Fulbright scholar. He and his wife Dahlia arrived just the night before he was scheduled for deportation. What have been the gifts and challenges of the congregation's experience from the night we welcomed him and his wife until now?

News Items

- We welcomed back Gene McLean on Jan. 8 after an eight year absence from meetings; his son is now relieving him for Ysman meetings by caring for his mom, so Gene can attend the meetings.
- A moment of silence was observed on Jan. 8 in memory of Pat Kennedy, wife of Ysman member Tom Kennedy.
- Mike Rohde proudly announced that his daughter has been designing the Facebook portal ads recently running.
- Members were pleased to see the return of Tom Kennedy on Jan. 15 who paid a happy dollar to thank the membership for the card it sent.
- The Board of Directors on 1/29/19 approved Maurice Poirier to become a new Director, filling the slot vacated by Rene Tompkinson.
- Bruce Burchsted announced on Jan. 29 his successful back surgery eight days earlier to correct sciatica. He had 15 staples removed prior to today's meeting.
- A recent online poll regarding the Ysman Holiday Party showed a definite preference for a lunch time event. On Jan. 29, the Ysman Board of Directors, by a 5-2 vote, voted to move the party to a lunch time affair beginning in Dec. 2019. Details of the poll may be viewed on the Ysman website at ysmenofmeriden.com

Bridge



- Jan 8 **1st** Marvin Beloff (5820 pts); **2nd** Bill Schultz (4620 pts);
3rd Ken White (3320 pts)
- Jan 15 **1st** Jim Chapman (3479 pts); **2nd** Joe Menna (1660 pts);
3rd Paul Lamoureux (1610 pts)
- Jan 22 **Ysmen meeting canceled due to weather**
- Jan 29 **1st** Marvin Beloff (12½ pts); **2nd** Joe Menna (7½ pts);
3rd Jim Chapman, Paul Lamoureux, Ken White (6½ pts)

Cribbage



- Jan 8 (+33) Joe Young, Bill Wheaton, Gene McLean over Tom Marshall,
Ron Carlstrom, Walt Ziembra
- Jan 15 (+105) Joe Young, Ron Carlstrom, Tom Marshall over Jim Brooks,
Gene McLean, Walt Ziembra
- Jan 22 **Ysmen meeting canceled due to weather**
- Jan 29 (+17) Tom Marshall, Ron Carlstrom over Jim Brooks, Gene McLean

Wise Words for Y's Men

When you go into court, you are putting yourself in the hands of twelve people, who weren't smart enough to get out of jury duty

Volunteering

Volunteering is the ultimate exercise in democracy...when you volunteer, you vote every day about the kind of community you want to live in.

Treasurer's Report

Jan. 29, 2019 NA

<u>Date</u>	<u>Attendance</u>	<u>Raffle Winner</u>
Jan. 8	53	David St. Hillaire
Jan 15	59	"Brook" Abrahams
Jan 22	Meeting canceled due to weather	
Jan 29	68	Tom Marshall

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

<u>Guests</u>	<u>Introduced By</u>	<u>Date</u>
Jim Kostuk	Peter Burch	1/29/19

<u>New Members</u>	<u>Joined</u>	<u>Interests</u>
Jim Kostuk	1/29/19	Camping, music

CyberSeniors

Eight CyberSeniors met on Jan. 15 and first discussed the ending of Microsoft support for Windows 7 in one year on Jan. 14, 2020, as well as a member's computer problem with the screen repeatedly freezing. Two videos were then projected as a beginning to a multisession tutorial on Google products. The first dealt with setting up a Google account and the second with establishing and using a Gmail account.

Nine CyberSeniors gathered on Jan. 29 and first discussed the four different types of computer files: text, images,

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throughout the state with the captured insects being transported to the Center for examination.

Deadlier is the Eastern Equine Encephalitis (EEE), frequently carried by the Culiseta Melanura mosquito from birds (especially the American Robin and Wood Thrush) to humans, horses and other mammals. About 43% of infected humans die from the disease, with many survivors suffering long-term mental and physical impairments. EEE incidence in humans has sharply increased in the state since 2003.

The three tick species carrying human disease include the deer (black-legged) tick, American dog (wood) tick and the Lone Star tick, all prevalent in eastern America, along with a nasty newcomer, the Asian Longhorned tick having recently arrived in Connecticut from New Jersey. Human tick-borne diseases include Anaplasmosis, Babesiosis and Powassan Virus infection.

But the most prevalent tick-borne infection in the Northern Hemisphere is Lyme Disease, its name derived in 1975 after cases were detected in Lyme and Old Lyme, CT. Spread by the deer tick carrying the bacterium Borrelia, it affects over 30,000 people annually in the United States, usually presenting with an expanding rash (often in the shape of a classic "bull's-eye") along with fever, headache and lethargy and sometimes progressing to chronic arthritis and even encephalitis.

If any member is not receiving an email from me each weekend regarding the upcoming speaker, please let me know as your email address must be missing from our list. Thanks. Peter Burch 203-238-7784 pgburch99@gmail.com

Weather Policy

If Meriden schools are closed, the Y's Men meeting is canceled. If Meriden schools have a delayed opening, the Y's Men program proceeds as usual (but any CyberSeniors meeting will not be held).

January Programs

Jan. 8 - Arthur Wiknik, Jr., US Army veteran and author “Nam Sense - Surviving the Vietnam War with the 101st Airborne Division”

Introduced by Peter Burch

Displaying a remarkable mixture of humor and emotion, Arthur Wiknik, Jr., Vietnam War veteran and author, provided a narrative of his military experiences encountered during some of the worst fighting to 53 Y's Men of Meriden on January 8.

Drafted by lottery into the US Army in 1968 at age 19, he first tried to obtain an “easy” position by asserting he had skills as a chaplain's assistant and a pastry chef, but Uncle Sam quickly determined those were false claims. Basic training at Fort Dix subsequently led to a one-year program at Fort Benning (Georgia), turning him into a sergeant and 15-man squad leader. Shortly after arrival in Vietnam in 1969, his squad was assigned on a march, ordered to carry only water and ammunition; however, Wiknik had received a package from home which included a can of peaches which he proceeded to eat in front of the other men (an action not well received by them).

Three weeks after arriving in Vietnam, his squad became involved in the ferocious fighting to capture the heavily defended Hamburger Hill (aka Hill 937); at one point, enemy fire hit his bandolier, setting it on fire and burning his chest. He then ordered his men to follow him on a rush to the summit, where he became the first in his unit to reach the top during this final assault. Noting he was alone with the rest of the squad only arriving later, he asked them the question “why didn't you follow me?” and received the response “you didn't share the peaches”.

The following day, he received another package from home which included a 6 oz. can of apple juice produced in New Hampshire; he found it so delicious (compared with local water sanitized with purification tablets) that he wrote to the company, promptly resulting in the arrival of an entire case of the juice, much to the delight of his squad. On his return to America, he experienced both the happiest and the saddest day of his life within several hours; following jubilation at seeing his country's west coast approach, he was then subjected to humiliation while sitting in uniform in the airport terminal, shunned by citizens of an anti-war America, none of whom would take a seat next to him.

Wiknik captured the entire story in his 2009 book “Nam Sense: Surviving Vietnam with 101st Airborne Division”.

Jan. 15 - Pam Fields, CEO of MidState Arc “Assisted Technology- how it increases independence, allowing the disabled to function again”

Introduced by Peter Burch

Its name is “Clocky”, a \$40 digital alarm clock that if you don't promptly shut it off will roll on its wheels off your nightstand, crash to the floor, and then travel an erratic path while emitting an annoying assortment of sounds, forcing the sleepy owner to get out of bed to shut it off. During her

presentation to 59 Y's Men of Meriden on Jan. 15, Pam Fields, CEO of MidState Arc, pre-programmed one to activate during her talk, compelling her to leave the podium to deactivate it after it hit the floor.

But her presentation was devoted to more hi-tech Assisted Technology equipment currently being developed to assist disabled people to function more reliably. She noted that the cost of care in facilities ranges from \$25K/mo. for institutions to \$13K/mo. for nursing homes to \$7K/mo. for group homes, as opposed to \$0-7K/mo. for independent living. And there are simply not enough human care givers in the world to provide for all the people who require this assistance. In Connecticut alone, there are 16,000 disabled people being cared for at a cost of more than \$1 billion annually.

So what to do? If living at home can be provided with assisted technology, clients can enjoy a safer environment and an opportunity to live within their community at vast cost savings. In one example, a man with Down Syndrome lives in a home transformed into a “smart home” using a variety of technology to supplement care provided by his family, staff and home health care services. Hi-tech door locks, thermostats, cameras, sensors and sensor pads (on the bed or under the TV chair) monitor his safety. When he returns home from a day at MidState Arc, a tap on a door sensor results in an out-of-state sister remotely opening and then relocking the door and then monitoring his location in the house as needed. Compared with placement in a group home, the state's one-time \$130K startup and \$60K annual cost has now been reduced to \$8K start-up and \$2.5K annually for assisted technology.

Other examples include MedMinder pill dispensers (calls the client if he is late, then calls MidState Arc 15 minutes later if needed), Stove Minders (first beeps, then shuts off stove if client is away from stove for too long), tracking watches and shoe soles, and video chat technology. MidState Arc has now partnered with NESIT Makerspace at 290 Pratt St. to form the Assisted Technology Training Center of CT, tutoring health providers in equipment usage.

Jan. 22 - Meeting canceled due to single-digit temperatures and widespread icing.

Jan. 29 - Goudarz Molaei, Research Scientist at the Center for Vector Biology & Zoonotic Diseases, The Connecticut Agricultural Experiment Station “New Threats of Old Enemies: Enduring Challenge of Vector-borne Diseases in the 21st Century”

Goudarz Molaei, PhD, Research Scientist and Associate Clinical Professor, Center for Vector Biology & Zoonotic Diseases at the Connecticut Agricultural Experiment Station in New Haven, delivered a “Tick Talk” to 67 Y's Men of Meriden on Jan. 29. Backed by colorful slides, he noted that vector-borne diseases account for 17% of all infectious diseases in the state.

Concentrating first on diseases transmitted to humans by mosquitoes, Molaei noted that West Nile Fever is spread by some 60 mosquito species (but mostly by the genus Culex) to both humans and horses, causing meningitis and encephalitis but severe in only 1% of cases. The primary hosts are birds with the West Nile Virus being carried by mosquitoes from birds to humans. Connecticut currently maintains 93 mosquito traps

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