

## NEWSLETTER

### **ROBOTS ARE VERY USEFUL BUT YOU HAVE TO BE CAREFUL AROUND THEM**

A father buys a lie detector robot that slaps people when they lie. He decides to test it out at dinner. He asks his son what he did that afternoon. "I did some homework". The robot slaps the son. "Ok, ok. I was at a friend's house watching a movie." "What movie did you watch?" Son says, "Toy Story". The robot slaps his son. "Ok, ok. We were watching porn." "What? At your age I didn't even know what porn was!". The robot slaps the father. The boy's mom laughs and says, "Well, he certainly is your son." The robot slaps the mother!" The robot is for sale..cheap!

### **THERE IS NO BETTER TIME THAN THIS MONTH FOR POLITICAL QUOTES**

"When I was a boy, I was told that anybody could become President; I'm beginning to believe it." –Clarence Darrow  
"Politicians are the same all over. They promise to build a bridge even where there is no river" – Nikita Khrushchev  
"Politicians are people who, when they see light at the end of the tunnel, go out and buy some more tunnel." – John Quinton. "I offer my opponents a bargain: If they will stop telling lies about us, I will stop telling the truth about them."–Adlai Stevenson. "We hang the petty thieves and appoint the great ones to public office." – Aesop. "Instead of giving a politician the keys to the city, it might be better to change the locks." – Doug Larson.

### **NOVEMBER SPEAKERS** – (Meetings are at 10:00am in Morrill Hall, St Mark's Church)

**November 4**      **Dr. Murray Low**, Program Director of Cardiac Rehabilitation at Stamford Hospital, will discuss (1) the role of physical activity as a significant predictor for cardiovascular morbidity, (2) the current scientific basis for delivery of exercise training as a powerful therapeutic modality for prevention of cardiovascular disease and (3) the benefits of increased physical activity and fitness on healthcare utilization and cost. The title of the talk: *Move More, Sit Less: Low Cost, Low Technology, Great Medicine.*

**November 11**      **Don Moyle**, Founder and GM of *Insurance Navigation*, a New Canaan based insurance brokerage and consulting firm. He will provide an overview of the current state of the Affordable Care Act, how it works (or supposed to work), what is working versus what is not, and what can be expected and needs to be done in the future. He would be happy to answer any specific questions we may have on any specific topics. He has extensive experience navigating people through their frustrations understanding their insurance needs and options.

**November 18**      **Scott Valley** is President and owner of the Charter Oak Brewing Company, a microbrewery that focuses on creating brews, developing markets and selling beer! He brews four handcrafted brands as well as limited releases that are more complex, robust and higher alcohol brands. Scott will talk on the history of beer, particularly the burgeoning trade of craft beer. He will discuss Charter Oak, the challenges in the craft beer industry and doing business in Connecticut.

**November 25**      **NO MEETING** – Thanksgiving weekend.

**NCMC ANNUAL CHRISTMAS LUNCHEON!** - **Friday, December 9<sup>th</sup>** at the Country Club of New Canaan. *Great conviviality* and fun as well as *delicious food* with wives and guests also invited. New members: this is a great event for you, too. Choice of delectable salmon or mouthwatering roast beef. Salad, dessert, table wine, tip and tax are all included in a modest cost of \$55 (\$60 if paid at the door so make reservations early). Cash bar opens at 11:30, luncheon at 12:20. **Please write on the check your choice of beef or salmon** and mail it to Paul Stein at 172 Oenoke Lane, New Canaan, CT 06840 or give it to him at a Friday meeting.

### **2017 NCMC DUES ARE PAYABLE NOW** – The Board has agreed to keep our dues at \$50 for 2017.

We are only able to maintain the \$50 amount because of the generous voluntary additional donations that many of you have made in the past. Please feel free to make your payment at the membership desk at the Friday meetings, in cash or by check, payable to NCMC. Or mail the check to NCMC, c/o YMCA, 564 South Ave., NC, CT 06840. Alternatively, go to website – NCMENS.CLUB – and you can pay via PayPal. And, of course, it will be a wonderful help if you can make a voluntary donation above the \$50 to help us balance the budget for 2017.

## COUTH

(Check the website at NCMENS.CLUB for Couth and Activities updates)

## ACTIVITIES

- Amateur Chefs**      Thursday, November 17<sup>th</sup> – NOVEMBERFEST luncheon will be held at Lapham at 12 noon. \$15 payable by check or cash holds your reservation. Pay at couth table.  
Nick Zaccagnino (203-966-7217), Bert Liebelt (203-966-3696)
- Book Club**      Book Club selection for November is: *Devil in the White City: Murder, Magic and Madness at the Fair That Changed America* intertwines the true tale of the 1893 World's Fair and the cunning serial killer who used the fair to lure his victims to their death. The book's subtitle gives a glimpse of what awaits the reader. We will meet Tuesday, November 22 at Lapham at 1:30pm.  
Jack Lapolla (203-966-1107), Dan Eng (203-972-0649)
- Bridge**      Talk with friends and organize your own games after Friday meetings.  
Marvin Newman (203-972-8165)
- Investments**      The next meeting will be on Monday, November 7 at 10am at Lapham. The subject will be: "How to Protect your Portfolio from the Erosion of Inflation".      Hans Dijs (203-972-6024)
- Paddle Tennis**      Paddle ready to go! Play Monday, Tuesdays and Thursdays, 9-10:30am. All welcome to play or socialize. A Rec Dept permit required. Nick Guthrie(203-966-6192), Joe Adiletta(203-966-5843)
- Poker**      Meet on Tuesdays at Lapham, 11am-1pm.      George Perkins (203-972-6852)
- Sidewalks of NY**      Wednesday, November 9<sup>th</sup> – ART IN THE SUBWAY AND LUNCH BY THE HUDSON- Train to NY and a tour of some of NY's most hidden public art. After leaving New Canaan, we will be inside or underground for the entire tour. Following several stops in the subway system viewing some remarkable art, we will walk thru the newly opened Oculus and Westfield Center to lunch at Brookfield Place, formerly known as the Winter Garden. We will return to NC without ever going outside. Limit 14 people.      Pete Stair (203-962-2034)
- Table Tennis**      Play at the YMCA, Tuesday and Thursday at 8am.      Stephen Halpert (203-972-7555)

**AARP SAFE DRIVING PROGRAM** – Tuesday, December 6<sup>th</sup> – 8:45am to 1pm. Roger Colson will lead a driving class at Lapham that will give you valuable driving tips and state mandated reduction on your insurance of at least 5% for 2 years. Fee: \$15 for AARP members, \$20 for non-members payable by check to AARP. Please sign up at meetings or call Roger at 203-966-9258.

**NEW MEMBERS** – Very happy to announce that we have two new members: Martin Wagner and Bruce Cruikshank. Welcome, gentlemen! We are delighted that you have joined the New Canaan Men's Club!