

**Country Squires of New London, NH**  
**Notes for the Meeting on Thursday, August 9, 2018 at Eastman**

**\*Call to Order:** President Tom Nowell called the meeting to order at noon welcoming members, guests, and our guest speaker Dr. Donald Catino.

President Nowell reminded all members that we are obliged to pay for all members who indicate they will attend a meeting. If you have reserved a lunch and then find your situation has changed and you cannot attend, please inform any of the officers or Membership Committee members as soon as possible so we can cancel your meal.

**\*Invocation:** Secretary Paul Etkind gave the Invocation.

“Gracious and loving Lord,

We thank you for this opportunity to practice four of the foundations for a meaningful and satisfying life: Family, Fellowship, Friendship and Food.

Within the Squires, our relations with each other range from direct relatives to being part of the Family of Humanity.

We experience Fellowship by attending these meetings with people who share our interests.

We experience Friendship by attending these meetings with people we enjoy being with.

We are privileged by the food we will eat today, as it will go beyond basic sustenance to experiencing the privilege of enjoying what will be placed before us.

Please bless this meeting, all who are in attendance, and this time we can spend and learn with one another.”

**\*Luncheon:** We then enjoyed our luncheon of salad, meatloaf with green beans and mashed potatoes, and chocolate cake for dessert.

**\*Guests and New Members:** At 1:00 O'clock President Nowell moved forward on membership to welcome members' guests and new members.

**Guests:**

Bill Helm introduced Charles Martin, who spent his professional life as a mathematics professor and software developer, who is now involved in developing rail trails.

Tom Minetta introduced Norm Tracey, who is from the Netherlands. They have been friends for 54 years. Norm has been an educator at the high school and college levels. He has retired four times.

**New Members:**

Art Bobruff nominated Paul Gorman, a native of Dorchester, MA. He is a world-class sailor and squash player and outstanding skier. He was the leader of the Department of Mental Health of the State of New Hampshire.

Phelps Platt nominated Alan Darrow. Alan was educated at American University and then remained in DC for a 40+ year career in aviation trade associations.

Noel Weinstein nominated Kit Tatum. Kit was born in Canada and had a career in finance at Salomon Brothers and Morgan Stanley.

A motion to elect all three was made and seconded. All were elected unanimously and were given the famous and useful Squires pen.

**\*Speaker and Presentation:** Bill Helm introduced our guest speaker Dr. Donald Catino. Dr. Catino was educated at Princeton. He is an internist and geriatrician. He played a major role in assuring New London Hospital’s continued existence. His talk is about Aging and Retirement: What to Expect and How to Slow It Down.

He began his talk by informing the group that much of what he had to say was thin on data and needs substantial research to fill in blanks of our knowledge. He told us that 25% of longevity and health is attributable to genes and 75% attributable to one’s lifestyle. He provided an handout containing advice on what to do and what not to do.

### Strategies to Optimize Longevity

Do These	Do Not Do These
Exercise regularly	Smoke
Eat properly	Drink alcohol excessively
Maintain an Ideal Weight	Become obese
Sleep 7 hours each night	Have a poor diet
Stay socially connected	Sleep too little or too much
Take a mid-day nap	Abuse prescription drug
Stay cognitively connected	Become socially isolated
Be happy with your job or retirement	Become anxious or depressed
Relax	Be poorly educated
Maintain a spiritual connection	Work too hard so that it is no longer fun
Enjoy your health	Have a poor socio-economic status at mid-life
Live in a small town with traditional values	Get in a rut

Maintain good health care	Ignore your health care
Variety is the spice of life	Depend on life-extending drugs

Don stressed that changes in one aspect of your life can initiate a “domino effect” and have impacts on other parts of your life. He also stressed that there is no one factor that will control one’s longevity - it is a multi-factorial issue. Diet and exercise are probably the strongest determinants of one’s health status. Exercise not only benefits the muscles and heart but also benefits the brain, as it increases the number of neurons and neuronal connections.

**\*Post-talk Presentation:** Tom Nowell thanked Dr. Catino for his talk and presented him with the often imitated but never duplicated and much-admired Squires mug.

**\*Old Business:** Members were reminded that dues need to be paid by the September meeting. The \$10 membership dues can be paid to the New London Country Squires or can be added to the usual meeting fee of \$18 upon arriving to the September meeting.

The Past Presidents Meeting will be held immediately following this meeting.

**\*New Business:** Members were reminded that the North Country Chords Men will be performing at Eastman on September 16.

**\*Next Meeting:** Our next meeting will be held on Thursday September 16. Barbara Harper will be joining us to talk about lessons learned in the battle she and husband Larry had in dealing with their 6-year-old son’s life threatening brain tumor. Dr. Harper is a musician and former Department Chair of Music Education at the University of Richmond and Southern Methodist University.

Lunch will be a barbeque. Casual dress is encouraged.

**\* A Motion to Adjourn was called for, seconded and approved, thus ending the meeting.**

Respectfully Submitted,

Paul Etkind, Secretary  
9 August 2018