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TAMAL TALK

A SIR PUBLICATION

TAMALPAIS BRANCH NO. 47
 A Non-Profit Public Benefit Corporation of Retired Men Devoted
 to the Promotion of Independence and Dignity of Retirement.

Big Sir -- Tim Leveque	415-888-3242
Little Sir-- Paul Bell	415-456-5219
Secretary - Ned Lawrence	- 415-595-1092
Ass't Sect'y - Mike Kelly	- 415-380-1885
Treasurer - Paul Schofield	- 415-892-7019
Ass't Treas.-Will Kaefer	- 415-927-1043

Luncheon Meeting:
 McINNIS GOLF CENTER, SAN RAFAEL
 Fourth Tuesday of the month
 Happy Hour at 11:00 am, as always

Editor/Publisher - Ron Kosciusko - 415-435-0650
 Attendance Committee— 415-881-7477
 Cashier - Glen Ohm - 415-479-5693

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 Region 10 Director - Jim Filippo 415 -892-2063 Area 6 Governor -

MARIN COUNTY AUGUST 2017 VOL. XLIII N O. 08
 OUR 43ND YEAR

BIG SIR'S MESSAGE

July has been a good month for our branch. We have had good weather and we have three new members.

At our July luncheon, Lou Gibbs, Joe Kitterman, and John Lister were given their Branch #47 pins.

They had their pictures taken by Russ Flaum, and Kurt Heilman will give them their orientation in the near future. While membership in the SIRS organization has been stagnant, Branch #47 has seen a nice growth in new membership. We had three guests at our July luncheon: Jim Dowling, Kevin Jenkins, and George Martinez. We hope these gentlemen will join our group.

At our next lunch on August 21, Jake Solomon will reintroduce our Officers and Directors nominated for 2018. All members will be asked to elect this slate of officers at the luncheon.

On August 8, I will be attending the Annual State Meeting and I will post my notes from that meeting.

We are getting a great turnout of guests at our lunches. Keep up the good work! See you all at the August luncheon, and remember that we start our meeting at 11:45am. Please be on time.

Have a great summer.

Tim Leveque
Big Sir

June 2017 Speaker Review

Making Your Mind Magnificent

I might as well state up front that we have a REALLY REALLY BIG subject on our mental platters--the human brain. Steven Campbell, author of *Making Your Mind Magnificent--Flourishing at Any Age*, calls himself "the brain whisperer," and he came to our June luncheon to tell us some things about our brains that we most likely did not know. The thing is: he knows! He hosts a two-hour radio show each Wednesday on KOWS 107.3 FM from 9 to 11 a.m. where he discusses the latest brain research, interviews experts like himself, and takes questions from the radio audience. So listen up if you want to know more! He also conducts workshops that can be "life changing." And, he has a blog you can follow to "get tips and strategies" that will "turbocharge your brain," and he also has an interesting website that bundles all of his wisdom into an accessible format: www.StevenRCampbell.com. (I consulted this website for parts of this review.) I urge you to go to his website if you want the latest user's manual on the brain!

Now, to his talk which I found quite fascinating and, above all, positive. Much of what he said reminded me of stuff I have read about the brain and encountered in numerous works of literature that I have read and taught over the years. Steven reminded us that our brains process a lot of information and they do it "really fast." We talk to ourselves all the time, and "our brain believes what we tell it, so we may as well be positive, because the brain will believe it" (the positive thoughts). The brain doesn't care if what you tell it or are thinking is true or not--it just believes what your mind thinks. "What we can do today is based on what we say or think today, right now," says Steven. He shared with us that he thought he was "dumb at math," but he had a little talk with his brain, changed his attitude, and started teaching math. He rewired his brain, with his mind's help. (We need to be aware that "mind" and "brain" are two different entities. Experts debate this dichotomy and arrive at various different conclusions.) But Steven's main point is that "We can change what we are saying to ourselves right now; our new life begins right now. We have 86,400 [the number of seconds in twenty-four hours] opportunities to change our lives right now." I assume he means that we can revise the way we [our minds] think or perceive the world. We can change our beliefs, says Steven. We need to because "the brain is wrong a lot," and "we act not according to the truth but according to the truth as we perceive it to be." At this point I'm thinking we need to keep a close eye on our brains lest they mislead us and send us down a "wrong" path. We need to monitor our perceptions and beliefs, knowing that our brains "lock on to what we lock on to." Citing a study done at Stanford which found that many people tend to "pass over" or minimize their successes, Steven comments that the solution to this behavior is an easy one: "Just say 'thanks, I know that, but I am a success at this and that and many other things.' Be positive!" Another suggestion he makes is for us to "toss out our list of mistakes and not to overburden the brain with negative feelings we had so many years ago. Instead, just say these three simple words: "the next time" I will do it another way. "There is no limit to this modification of thinking," and the best thing is that the brain

will believe what you tell it, and you will become a different you--"learning, growing, and changing." He echoes this very positive message on his website: "If you want to make a change in your life, you must first start with your mind. Once you understand how your mind works, you will learn how to correctly set goals that will motivate your mind to help you achieve them. When you learn new ways of thinking, many of the old struggles simply fade because you have changed the thought patterns that produced them. New ways of problem solving emerge--propelling us forward with greater velocity than we ever imagined." Thank you Steven for whispering to us! --Michael Kelly

Sir August 2017 speaker

Lisa Brinkmann – Executive Director, Marin Villages
Marin Villages formed in response to a 2007 Marin Grand Jury Report on Aging which found Marin County to be one of the fastest aging counties in the State. With the third highest cost of living in California, many older adults are finding it difficult to spend their senior years in their own homes.

Our organization is an alliance of local villages with one central office that focuses on the administrative, funding and development aspects of the organization. Members call the central office with requests and we work to find volunteers to assist them.

Our Local Villages focus on presenting a variety of programs tailored to their members' interests, allowing them to stay engaged, meet neighbors and participate in life-enriching events. Marin Villages serves all communities in Marin, with the exception of Sausalito and West Marin. Aging brings on changes and needs for services that can quickly accelerate. While life care facilities are the preferred choice for some and the best choice for others, most of us wish to remain in the homes we cherish and the communities we love! Marin Villages works to make this desire a real possibility.

Marin Villages is a tax exempt 501(c)(3) non-profit organization, qualified to receive tax deductible contributions.

Little Sir Paul Bell

New Activity Proposal - Biking

As discussed by Bill Donnelley at the June Luncheon we are proposing to begin a new activity of biking.

Note this is bicycle (Not your Harley!)

If you are interested, please reply to this message or dial our call in number 415 881 7477

Please indicate he following

- * Your name and member number
- * Days you would be able to participate
- * Frequency preferred (once a month or weekly)
- * Type of ride you prefer: road bike or mountain bike
- * Would you be willing to be the leader of this activity

Other comments / suggestions are of course welcome

Thank you Doug Twitchell



Golf

August 7 Monday Petaluma CC 08:00
August 14 Monday Chardonnay 08:00

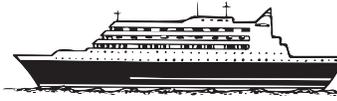
Note Day Change next two

Tuesday* Hiddenbrooke 08:00 \$40
August 29 Tuesday* Bennett Valley 08:30 \$40

Tom Brady, 897-8573

9-Hole Golf at McInnis Park

Mondays at 9:00 am, weather permitting



TRAVEL

Aug 14-22, 2017: US & Canadian National Parks. Explore 7 spectacular including Glacier National Park, Banff National Park, Kootenay National Park, Waterton National Park. You'll also visit Lake Louise, Emerald Lake, Silverado Silver Mine, and Spokane. Cost of \$3250 includes RT Air, Tour Transportation, Lodging, Meals, Taxes and Gratuities. Tom Duncanson, Br.20, 831-662-8605.

Aug 14-18, 2017: Ashland, Shakespeare Festival. 5-day tour featuring the Oregon Shakespeare Festival, Jacksonville Belle Fiore Winery, Harry & David's Dinner Cabaret Show, Country Village, and Kitchens of Harry and David before returning to Ashland for a visit the Oregon Cabaret Theatre. Cost of \$1450 includes Deluxe Motorcoach, 4 nights lodging, 9 meals, 3 performances and Tips. Bill Rodman, Br 38, San Jose, 408-274-4521. (This trip is now waitlisted)

Sep 6-19, 2017: Atlantic Isles Cruise. This 13-day luxury cruise aboard the Crystal Symphony begins and ends in Lisbon, Portugal, with several exotic ports of call in the Azores, Madeira, Canary Islands, and Morocco. Crystal distinguishes itself from other cruise lines by offering the very best in service, food, entertainment and cultural programs. All beverages are included. Prices start at \$8095 and include deluxe stateroom, \$250 shipboard credit, RT Air, all gratuities, port charges and transfers in SF. Larry Martinson, Br. 114, San Jose, 408-238-0746 or Jim Stoner, 408-238-8458.

Sep 7-20, 2017: Prague, Germany, Switzerland, and Austria. This itinerary offers sights that will delight your senses. Highlights include: Prague, Rothenberg, Munich, Salzburg, Hitler's Eagles Nest, Oberammergau, Kleine, Scheidegg, Black Forest, Rudesheim and the Rhine River Cruise. The deluxe tour RT Air, most meals, accommodations, tour manager, admission to all activities, luggage handling, and all taxes. Cost \$5495 including air. Lee Suess, Br 96, Jackson, 209-296-2235.

Sep 10-23, 2017: Southern Italy & Sicily. A 14-day trip touring Palermo, Monreale, Agrigento, Valley of the Temples, Giardini, Naxos, Taormina, Catania, Matera, Alberobello, Amalfi Coast, Sorrento and Pompeii. The cost of \$4,849 pp includes Cancellation Insurance, RT airfare, all taxes, fees and surcharges. Bill Britton, Br 101/121, 925-443-9913

Questions?? Your Travel Chairman:
Kurt Heilman -415 892 2460

BOWLING



Bowling League bowling is every Friday at Country Club Bowl, 88 Vivian Way, San Rafael. Start time: 10:45 AM. Come and share the fun!

Contact Paul Schofield, Chair 892-7019

BRANCH 47 BOCCE

The first Monday of each month. No cost to play. Spouses and guests are encouraged to attend. We start with lunch at the Swiss Hotel on the Sonoma Square. Then we play Bocce until about 1:30 pm at Depot Park behind the Swiss Hotel. Bring your own Bocce balls, if you have them.

Contact Kurt Heilman @ 415-892-2460 or heilmanfour@comcast.net to let him know if you want to be on the mailing list or to join us for lunch and bocce.

SIR ROLLING ROAMERS RV CLUB

Join us for lunch 2nd Tuesday of each month & on our outings.

For information, contact

SIR Ray Canziani Branch 22, Wagon Master
(415) 453-4463

TENNIS, ANYONE?

Every Wednesday 9 AM McInnis Park

Bill Donnelly 897-8966 or Glen Ohm 479-5693

REMEMBER:

Our regular lunch dates are on the **FOURTH TUESDAY**, of every month



QUICKEN SIG
 2nd Tuesdays, 10:am
 B. Bloch, GGCS, 415 -388-3864
ADVANCED DIGITAL CAMERA STUFF
 3rd Wednesdays, vp@ggcs.org
 All Wednesday sessions are from 1:30 to 3:30 pm
 GGCS classroom
 First Presbyterian Church
 Fifth Avenue, San Rafael
 All are welcome. Open to all of Area 6.

FISHING

The fishermen meet every 2nd Tuesday of the month at Novato United Methodist Church at 9:30am. For detailed information, contact SIR Bill Cline, Branch 134, @ 415 892 -0209



INVESTORS LUNCH BUNCH

Second Friday of the month at Sam's Place at 1545 South Novato Blvd. Order off from the complete Breakfast/Lunch menu and receive individual checks. No reservations are required. Meeting will start at 11:45, followed by presentations and discussions.

Contacts:
 Will Kaefer 415 -927-1043, or
 Brian Stompe 415-897-1610

BRIDGE GROUP

The bridge group meets on the third Thursday of each month at a member's home. Play is from 10 am to 2 pm.

To reserve space and get directions for the next event, call or email
 Charles Caviness: 415 435 -9618

THURSDAY WALKING/HIKING GROUP

1st week each month: Jake Solomon 415 -472-3069
 2nd week each month Pierre Terrier 415 -785-4513
 3rd week each month: Al Springstead 415 -250-3808
 4th week each month: Alan Thomas 415 -457-4576
 5th week (if applicable): Dee Stuever 415 -459-6751

Call leaders for details about future walks and hikes

SIR BR 47 BAR-B-QUE
WEDNESDAY, SEPTEMBER 6, 2017
 Social time @11:30am with Lunch @12:00 NOON.



Debbie Ghiringhelli is again catering our BBQ at Miwok Park in Novato (on Novato Blvd. between San Miguel Way & Eucalyptus). => You can park at Miwok Park, on Novato Blvd. or on San Miguel Way (from which you can also enter via the back of the Park). We reserved the Trout BBQ Area for Br 47 members. spouses & other guests.

As this is a city park, bring your own beer / wine / liquor.
 Cost is \$31 / person

Menu is choice of BBQ Tri-tip, BBQ Chicken, or both, or BBQ Tofu with vegetable Kabobs (vegetarian) plus Caesar salad, fruit salad, stuffed eggs, and garlic bread. Coffee, water, non-alcoholic drinks & dessert are also provided.

Tickets are on sale at our Br 47 August 22 Luncheon. Contact Tom Culhane @ 415-897-5077, or email Tom @ "marin49er@comcast.net". Send payment to Tom Culhane 9 San Joaquin Ct. Novato, CA 95946

Payment must be received 48 hours in advance, i.e., by noon on Monday Sept. 4, 2017 to secure your reservation

July lunch ticket winner

July Birthday Boys

COLYER Wayne A (Wayne) Jul 2 1939
 KLEISER James D. (Jim) Jul 13 1944
 BENTON Eugene (Gene) Jul 23 1943
 POLSKY Gary (Gary) Jul 23 1936
 SCHOFIELD Paul L. (Paul) Jul 25 1942
 JONES Charles W (Charlie) Jul 30 1921

MEMBERSHIP REPORT

Summary: Actives 105
 Gains: - 1
 Losses: 2

JULY ATTENDANCE REPORT

Total Members 105
 Members Present 79 75%
 Guests: 3
 Visitors: 0

To call-in non-attendance, order an alternative plate or to notify you're bringing a guest/visitor

Call or Text 415 -881-7477
 or E-mail sirbranch47@gmail.com
 with your request, giving name and badge number

Please call by noon of the Friday before the lunch date

Executive Committee Meeting Highlights

July 25, 2017

Branch 47 Secretary Ned Lawrence

Big Sir Report Tim informed us that he would be attending the Sirs annual meeting in Sacramento On August 8, 2017. The meeting will focus on the election of officers for 2018. Tim will ask for the meaning of "inactive" members since this topic is of importance to our bookkeeping.

Little Sir Report: Paul Bell mentioned that the full roster of luncheon speakers has been completed

Treasurers Report: Branch 47 continues to have a large treasury with a balance of \$10,828.46. We currently have 106 members with 103 members paying dues. A discussion of the Sirs Manual ensued. The manual states that a member who is unable to attend meetings due to prolonged illness, acting as a caregiver, or extended absence, he may be moved from active to inactive. The inactive member will receive Tamaltalk via email or letter. If the inactive member fails to contact the Membership Committee, he may be voted out by the Executive Committee. Members who drive are urged to provide rides for those who need a ride to lunch or other activities.

Committee Reports: Will Kaefer reported that the Investors Group had 21 members attending the last meeting. Jake Solomon stated the hiking group was also flourished with 14 attending. Hikes in San Francisco were popular. Paul Schofield said the Fall Bowling League had two meetings scheduled for August. Our branch has two teams and is still looking for an additional bowler. Tom Culhane stated that there will be signup sheets for the annual picnic at tables for our next two lunches. Our price will be \$31.00 for the picnic. Tom Brady related that attendance on Mondays for 9 holes at McInnis has been good but the 18 hole venue (which starts at 8:00 AM) has not had many attendees.

New Business: Branch 47 has a new member, Joseph Kitterman. Tim will have a meeting to discuss the lunch food with McInnis Manager. There have been an increasing number of glitches lately

Branch 47 Outings

1. Suggested by Bob Gonzalez that I highly recommend. Enjoy Vintage Music and tour the lovely Victorian Home of Richard Reutlinger in San Francisco. Concerts are on specific Sat & Sun afternoons @ 2 pm (doors open @ 1:30 pm so you can tour the old Victorian before the concert.). Monica & Kurt attended April 1 Mimi Blais concert AND thoroughly enjoyed the experience.

a. Aug 5 & 6 Crown Syncopators concert. The Crown Syncopators trio is well known for its joyful, upbeat and danceable classic ragtime style.

b..Sep 2 & 3 for Brian Holland and Danny Coots

c. Nov 11 & 12 for Max Keenlyside (Tentative)

d. Dec 9 & 10 Stephanie Trick and Paolo Alderighi.

The location is 824 Grove Street, San Francisco, CA 94117; the door opens at 1:30 pm and the concert begins at 2 pm; **the price is \$25 per person. Make the check payable to Richard Reutlinger and mail it to his home on 824 Grove St., San Francisco, CA 94117.** Free champagne and snacks are served during intermission as you enjoy Richard's fine collection of mechanical musical instruments. **Be sure to mention which day you wish to attend and buy your tickets early to guarantee seating.**

2. Free concert on Sat. Sept. 9 @ 7:30-8:30 pm @ the Corte Madera Community Center. Adam Swanson has a show set in the ragtime era. We call it "An Evening With Adam Swanson". A chance to hear a very accomplished piano player for free. Suggested by Bob Gonzalez.

3 A tour of the Pinball Museum suggested by Lee Turner, but understand you will be standing all the time. Lee comments were that he was not prepared to be impressed, but as he got into it, he increasingly liked it and stayed for nearly 2 hours. The machines are laid out in a number of different rooms in chronological order. There are a huge number of them which you can play them for as long as you want and they are "free" – but there is an **entry fee to get in (\$20 discounted to \$10 with Group on).** But here's the downside for those with creaky bones with all the standing. However, great for kids of all ages.

4. Pizza in the Piazza at Jacuzzi Winery on the last Sunday of the month from 12 pm – 3 pm. Next date is Aug 27... Treat yourself to lunch in the Piazza! Enjoy wine paired with pizza made fresh in their kitchen with sustainably grown ingredients from Greenstring Farm. **Cost is \$10 for a slice & glass of paired wine, OR \$30 for an 8" pizza & bottle of paired wine.** (Tax not included in pricing. Dates subject to change. Reservations not needed.)

5. Ross Valley Players: July 14 – Aug 20 "The 39 Steps" by John Buchan. This is adapted from the Hitchcock film. It is the story of a man accused of murder goes on the run to discover the leader of a spy gang and to clear his name. Four actors play 130 roles in this zany, farcical adventure. (Monica & Kurt saw this in London and loved it.) For tickets contact rossvalleyplayers.com or call 1-415-456-9555 Ex 1

NOTE: Anyone with a suggestion for a Br 47 Outing or event, please let Kurt Heilman know so he can include it in future outings.

Potential future Outings are:

* **BYO picnic lunch & wine tasting @ either Jacuzzi or Cline winery.**

* **Tour of the Red Oak Victory (suggested by Bob Wilson) and/or a talk by the Kaiser Historian about the shipyard or Kaiser Permanente (suggested by Al Anderson).**

* **A Sunset cruise from Tiburon to the Golden Gate with a BYO appetizers/drinks**

CHEERS Kurt Heilman 1 415 892 2460

THIS MONTH'S ACTIVITIES CALENDAR

Wednesday	Aug	2	Tennis
Thursday	Aug	3	Walking Group
Friday	Aug	4	Bowling
Monday	Aug	7	Bocce
Monday	Aug	7	9 Hole Golf
Monday	Aug	7	18 Hole Golf
Tuesday	Aug	8	Rolling Roamers
Tuesday	Aug	8	Fishing
Wednesday	Aug	9	Tennis
Thursday	Aug	10	Walking Group
Friday	Aug	11	Bowling
Friday	Aug	11	Investors' Lunch Bunch
Monday	Aug	14	9 Hole Golf
Monday	Aug	14	18 Hole Golf
Wednesday	Aug	16	Advanced Digital Camera Stuff
Wednesday	Aug	16	Tennis
Thursday	Aug	17	Walking Group
Thursday	Aug	17	Bridge
Friday	Aug	18	Bowling
Monday	Aug	21	Nine Hole Golf
Monday	Aug	21	Executive Committee MTG
Tuesday	Aug	22	18 Hole Golf Note date change
Tuesday	Aug	22	Branch 47 Luncheon
Wednesday	Aug	23	Tennis
Thursday	Aug	24	Walking Group
Friday	Aug	25	Bowling
Friday	Aug	25	TamalTalk Deadline for Aug
Monday	Aug	28	Nine Hole Golf
Tuesday	Aug	29	18 Hole Golf Note date change
Wednesday	Aug	30	Tennis
Thursday	Aug	31	Walking Group

The Nominations Committee has recommended the following SIRs to serve Branch 47 for 2018.
We will vote on this slate at the August luncheon.

Big Sir: Paul Bell
 Little Sir: Jim Norton
 Secretary: Ned Lawrence
 Asst. Secretary: Charles Stedwell
 Treasurer: Paul Scofield
 Asst. Treasurer: Will Kaefer

Directors (6): Tim Leveque, Jim Kleiser, George Miller, Jake Solomon, Doug Twitchell, Bob Wilson

Jake Solomon

AREA 6 MONTHLY MEETINGS

Br. #			Branch	Phone
7	The Club at McInnis Park	1st Thursday	415 456	-3763
22	The Club at McInnis Park	1st Tuesday	415 924	-4862
47	Club at McInnis Park	4th Tuesday	415 881	-7477
	Happy Hour - 11:00 am; Luncheon - 11:45 am			
68	The Club at McInnis Park	2nd Tuesday	415 479	-3286
134	Embassy Suites	1st Tuesday	415 892	-0209

ATTENDANCE: Failure to attend three consecutive meetings without giving prior notice to the Attendance Chairman, and/or failure to attend at least 6 meetings within the previous 12 months, may result in termination.

Condensed from Rule 100 of State Policy Manual

Attendance at another branch meeting, duly recorded with the Attendance Chairman of that branch, will be credited to a member's attendance record (Rule 101).

Call the branch phone listed above to secure a guest spot.

SUNSHINE COMMITTEE

Please report SIR illnesses or deaths to
 Bill Donnelly at 415 897-8966

 EXECUTIVE COMMITTEE will meet
 Monday, August 21, 2017 . 10:30 AM at the
 McGinnis Park Golf Club Boardroom
 350 Smith Ranch Road
 San Rafael, CA 94903

BRANCH 47 LUNCHEON MEETINGS IN 2017

AUGUST 22 LUNCH MENU

Salad
 Pork Scallopine w panko crust warm potato salad
Alternative: Chicken Picatta
Rolls and butter
 Dessert
Note: Price increase to \$27

Fourth Tuesday Of The Month

January 24 (Tuesday)	July 25 (Tuesday)
February 28 (Tuesday)	August 22 (Tuesday)
March 28 (Tuesday)	September 26 (Tuesday)
April 25 (Tuesday)	October 24 (Tuesday)
May 23 (Tuesday)	November 28 (Tuesday)
June 27 (Tuesday)	

TAMALTALK, SIR Branch 47
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