



TAMAL TALK

A SIR PUBLICATION

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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 -- Jake Solomon 415-472-3069
- Little Sir-- Jim Norton- 415-491-0816
- Secretary - Ned Lawrence - 415-595-1092
- Ass't Sect'y - Charles Stedwell-415-299-1498
- 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

Directors: Bob Wilson Tim Leveque Jim Kleiser George Miller Doug Twitchell

State President - Jerry Strain (sirjerry42@gmail.com)
 Region 10 Director - Jim Filippo 415-892-2063 Area 6 Governor - Sandy Grieve

MARIN COUNTY **JUNE 2018** **VOL. XLIV No. 06**
OUR 44TH YEAR

BIG SIR'S MESSAGE

On May 21st, your branch executive committee voted to create a three member speakers committee to assist the Little Sir. The responsibility for obtaining speakers for our luncheon remains with the Little Sir, and he will introduce speakers as before. This will broaden the ability of the Little Sir to obtain interesting speakers. At this time, I am seeking a volunteer to join Jim Norton (Little Sir) and Doug Twitchell on the speaker committee. (I am remiss for not mentioning it at the luncheon, and I apologize for not bringing it up then.)

The nominating committee has reported to the BEC a slate of officers for 2019. The nominees are:
 Big Sir: Jim Norton Little Sir: Doug Twitchell Secretary: Ned Lawrence
 Assist Sec: Charles Stedwell Treasurer: Bill Stewart Assist Treas: Will Kaefer
 Directors: Bob Wilson, Jim Kleiser, George Brown, Bob Gonzalez, Jake Solomon, Paul Schofield
 The membership will vote on this slate at the August luncheon.

Last month I recognized some of our members for their contributions, some which are apparent and some occurring behind the scenes. This month I would like to recognize several more members. We are very fortunate to have very talented musicians as members. It is very special when these gentlemen play for our luncheons and for the holiday party in December. First and foremost is **Alan Thomas**, the "band leader" and pianist. He is ably accompanied, at different times, by **Joel Toste** or **Wayne Colyer**. New to the musical scene and to the branch is **John Lister**, who has already played for our luncheon in March. And while I am recognizing musical talent among us, I have to mention **Jim Breitmayer**, who plays with the Mill Valley Philharmonic (MVP is one of our favorite outings.)

JAKE SOLOMON, Big Sir

June 26th

Salad

BBQ Baby back ribs and chicken, Cole Slaw, and corn

Alternative: Grilled Salmon with corn

Rolls and butter

Dessert

Lunch Fees up \$1 to \$28

JUNE 26th Luncheon Speaker

Our Featured Speaker for the June Luncheon will be Lynn Downey. Former In-house Historian for Levi Strauss & Co who will speak to us about her book:

"Levi Strauss: The Man Who Gave Blue Jeans to the World"

-Jim Norton, Little Sir

Highlights of the May 21st Board Meeting

Big Sir Report: Jake will undergo major surgery on June 6 to repair a defective heart valve.

He will be unavailable until July or August depending on his recovery. We all wish Jake a speedy recovery and will be available if he needs anything during his recovery.

Little Sir Report: Our June speaker has cancelled and Jim is talking to several members on his list of potential speakers. It was decided that there will be a speakers committee with Jim Nelson as the head of this committee. Doug Twitchell will serve on the committee and one other member will be asked to help the Little Sir line up dynamic speakers and learn the duties of a Little Sir firsthand.

Old Business: It was approved that our branch would set aside a budget of \$1500.00 for the purchase of our own audio visual equipment consisting of a loud speaker system and a projector. Bob Gonzalez will research our needs and a potential solution and present his findings and our next board meeting.

In order to be in compliance with the State Sirs requirement for compliance with the liability policy for Sirs events, the following branch activities were approved for the calendar year. Audit, Bowling, Bridge, Bocce, Drawing, Golf, Lending Library, Nomination, Orientation, Publicity, Recruitment, Sunshine, Tennis, Newsletter, Tour/Trips, Hiking, Investment Group and Web/IT.

Ned Lawrence, Branch 47 Secreta4ry

April 24 Luncheon Speaker Review

Dr. John Riley, currently a board member of The Community Institute for Psychotherapy in San Rafael and formerly a treatment program specialist at Chevron, spoke to us about his career and work in the field of wellness services. At Chevron he worked in the employee assistance program and dealt with workers and executives who had various kinds of problems ranging from family problems to substance addiction and everything in between. A lot of these problems were alcohol related, said John, and he made a brief reference to the notorious drunk captain Exxon Valdez incident in 1989. John describes what he did on the job as "wellness services," which addressed a wide range of issues. He mentioned opioids which have been much in the news recently in Marin. Opioid overdoses and misuse are rampant, especially in Marin, which has been identified--strangely enough-- as one of the healthiest counties in the state. He gave us some statistics which are alarming. For example, in 2015 there were 412,356 prescriptions written for pain killers in Marin. That's 11,378,510 pills, says John. Abuse and misuse are prevalent, and, according to John, there's a link here to "income inequality." I'm not sure that I understood exactly what the connection is (drugs don't have minds and could care less if anyone, regardless of income, takes them or not. Here John refers to the fact that access to marijuana and alcohol by 12th graders is "high," which is another word for "easy." So it's hard to escape the conclusion that we and the "system" all have a lot of work to do to reverse these destructive trends. On the general subject of marijuana, John laments that "this is a complicated issue, and we need to do more research and follow-up studies. The jury is out." Well, duh, it seems to me that the jury needs to get its stuff together! It isn't like this is a new issue, and John adroitly sidestepped the obvious political ramifications.

Nevertheless, says John, there are many resources available that can help in the meantime, and the one he works for, The Community Institute for Psychotherapy, has been helping individuals, families, and the greater community since 1977. This organization offers individual psychotherapy for adults and children, couples therapy, family therapy, group psychotherapy, and psychological assessments and testing. The goal(s) of all these services is to heal the individual so that he or she can make changes "to overcome problems, discover personal strengths and resilience, and reestablish emotional well-being and self-sufficiency." CIP's mission statement is impressive and uplifting, so I'm going to quote from the pamphlet I picked up at the luncheon: "We at CIP believe that through psychotherapy, training, education, and prevention, we have a vital role to play in personal and global change. We believe that the healing of the individual and the healing of the planet are inseparable." They have a lot of professionals standing by to help people with all kinds of problems, and they also have a lot of highly qualified volunteers. They have a lot to offer, and, for me, at the top of the list is HOPE. CIP is located at 1330 Lincoln Avenue in San Rafael. Their web address is: www.cipmarin.org, and you can reach them by phone at 415-459-5999.

The problems are still out there, but CIP has many ways to help. Thanks, John, for bringing us your hope and healing message. --Michael Kelly



GOLF

Chairman Tom Brady, 897-8573

June 4	Monday	Blue Rock West	08:00
June 11	Monday	Napa/Kennedy	08:00
June 18	Monday	Rooster Run	07:00
		Sequential Tee Times	
June 25	Monday	Eagle Vines	08:00

9-Hole Golf at McInnis Park

Mondays at 9:00 am, weather permitting

Contact Jack Friesen <friesenjack@aol.com>

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 12 noon @ the Swiss Hotel on the Sonoma Square. Then we play Bocce @ 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**

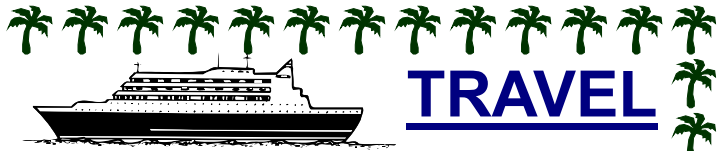
TENNIS, ANYONE?

**Every Wednesday 9 AM McInnis Park
Bill Donnelly 897-8966 or Glen Ohm 479-5693**

Interested in Dominos???

Gary Polsky, of Branch 68, is their new Dominos Chairman and would like to hear from anyone who is interested, his contact information is

garypolsky77@gmail.com or (415) 710-4949.



May 25-Jun 9, 2018: Historic Cities of Eastern Canada & New England. 16- day trip begins in Toronto then Lake Ontario, Niagara Falls, Ottawa, Quebec City and Montreal. Then travelers will board Holland America cruise ship and cruise down the St Lawrence river to Charlottetown, Sydney and Halifax and onto Bar Harbor ending in Boston. Cost is \$3695 to \$5185 (with out Airfare). Jim Hohenshelt, Br 62, 408-394-7226 or Roy Jordan, 408-735-8765.

Aug 6 – 12, 2018 Yellowstone, A Wildlife Safari
Tour Highlights: Yellowstone NP , Idaho Falls, Grand Teton NP, Snake River Float trip, Salt Lake City w/Mormon Tabernacle choir and Grizzly & Wolf Discovery Center
Includes: home pickup, transfers, R/T air Salt Lake City, (10 meals: 6 breakfasts, 1 lunch, and 4 dinners) all taxes and gratuities. Cost: \$2789 per person dbl occupancy. \$3509 Single.Br. 32 Escorts John Pletsch 408 504-1255 and Mike Console 408 246-1080

Aug 22-30, 2018: Colors of Provence River Cruise – Lyon to Aries
Begin your cruise in Lyon, France’s gastronomical capital. Cruise thought legendary wine growing regions. Enjoy wine tastings at local vintners, marvel at Roman ruins and stroll thought medieval villages. See the UNESCO World Heritage Site of Avignon, the city where Vincent Van Gogh lived and Pope’s at one time. Post option, three nights in Barcelona. Price \$6349 to \$7350. Larry Yarberry Branch 8 – yarberry42@comcast.net
Phone 925-890-9245

Sep 8, 2018: Colorado Train Trip. 7- day trip with stops at the US Airforce academy, Pikes Peak, Garden of the Gods, Colorado National Monument and Colorado Museum. Cost \$3035 and includes 15 meals, R/T Air, home pickup and back, professional tour manager, Larry Yarberry, Br 8, 925-890-9245.

Sep 13-23, 2018: Alaska Inside Passage. 11-day Grand Princess Cruise starting in SF with ports of call at Juneau, Skagway, Glacier Bay, Ketchikan and Victoria B.C. Trip includes R/T transfer, Gratuities, Shipboard credit, and Photo. Cost \$1899.00 to \$3249 depending on cabin. Tom Molinari, Br 147, 707-762-1880. stmolinari@sbcglobal.net

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



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 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

MEMBERSHIP REPORT

Summary:	Actives -	103	Inactives -	6
	Gains:	3		0
	Losses:	1		0

PERFECT ATTENDANCE 2017

Erik Boditker, Jack Brandon, Russell Flaum, Bob Gonzalez, Kurt Heilmann, Mike Kelly, Peter Kerner, Carlos Martin, George Miller, George Pikkarainen, Terry Scott, See Tom

MAY LUNCH TICKET WINNER

John Roush

JUNE BIRTHDAY BOYS

5th, PIKK PIKKARAINEN, 6th HAL NYGARD , 15th, CHUCK McDEVITT, 16th DOUG TWITCHELL, 17th, BILL LOCKETT, 18th, RICHARD CHARVAT, 19th, AL SPRINGSTEAD, 23rd, DEE STUEVER, 27th, DAVID SCHIESER, 29th, FOREST VAN VLECK

MAY ATTENDANCE REPORT

Total Members	103
Members Present	80 78%
Guests:	3
Visitors:	1

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

IN MEMORIAM

Clyde Adams
1928-2018

BRANCH 47 OUTINGS FOR JUNE.

1. Cinnabar Theater: 3333 Petaluma Blvd. North, Petaluma suggested by Al Anderson.

Contact centerstageticketing.com or 707-763-8920.
Next music venues/ performances are:

June 8 -24 The Fantasticks. A romantic fable about a boy, a girl their two fathers and a love that grows with each season.

2. Ross Valley Players: May 17 – June 10 – The Tin Woman. Based on a true story, is full of laughter and light, even at the darkest hour. For tickets contact rossvalleyplayers.com or call 1-415-456-9555 Ex 1 .

3. Marin Theatre Company:

June 14 – July 8 Bay Area Premiere of “Straight White Men” Ed and his 3 adult children come together to celebrate Christmas. Then they confront a problem that even being a happy family can’t solve. When identity matters, and privilege is problematic, what is the value of being a straight white man? Contact the Box Office at (415)388-5208, boxoffice@marintheatre.org, or visit us during regular Box Office hours of operation: 397 Miller Ave. Mill Valley, CA 94941

4. The Novato Theatre Company:

May 24 - June 10 Five Tellers Dancing in the Rain.
Contact novatotheatrecompany.org or call 415-833-4498 .

5. Marin Onstage at the Belrose Theatre in San Rafael
June 2 – 3 Dance with Sherry Studio – A spring show with their best dances and memories. Contact MarinOnstage.org or 415-448-6152.

6.College of Marin Performing Arts Contact “pa.marin.edu” or 415-485-9385 for more details and tickets> Samples of events are: **June 10 – 24 Music from Marin Summer Festival 2018.** Presents 2 chamber concerts with a /Viennese flavor and the American premiere of Gomorra, a musical spectacle in one act for singers with chorus and instruments.

7. The Buck Institute Events, recommended from Chloe Caviness, Buck Communications Manager, and daughter-in-law of Charles Caviness Note: Buck also has free docent tours on Thursday mornings @ 10:30 AM. (You might remember we had a tour a few years ago with lunch afterwards.) To reserve a date, call 415-209-2245.

8. The Sewer Band free concerts:

- **July 4 – 5 @ the Marin County Fair**

**Cheers,
Kurt Heilman
1-415-892-2460**

NEWSLETTER FILLER

Q. What's the Easter Bunny's favorite restaurant?

A. IHOP!

B. Hey! I’m trying to keep it clean here.

Tonight I dreamt of a beautiful walk on a sandy beach.

At least that explains the footprints I found in the cat litter box this morning.

"I wasn't that drunk yesterday." "Oh boy you took the shower head in your arms and told it to stop crying."

Two elephants meet a totally naked guy. After a while one elephant says to the other: "I really don't get how he can feed himself with that thing!"

When my wife starts to sing I always go out and do some garden work so our neighbors can see there's no domestic violence going on.

A man to a psychiatrist: "How do you select who should be admitted to your facility?"

The psychiatrist replies: "We fill a bathtub with water and give the person a spoon, a cup and a bucket. Then we ask that person to empty the bathtub."

The man smiles: "Ah, I understand, if you are sane you would take the bucket."

The Psychiatrist replies: "No, a sane guy pulls the plug. Do you want a room with or without a balcony?"

It remains a puzzle why a bra is singular and panties are plural.

A guy asks his neighbor in an apartment building: "Mr Trepper, you live directly above me and you have the same 2-room apartment as I do. How many rolls of wallpaper did you buy when you moved in?"

"We got 18 rolls," answers the neighbor.

Two months later the guy meets his neighbor again and says, "It's really funny – I put the wallpaper on everywhere and I still had 10 rolls left over."

Neighbor smiles, "Yeah, so did we."

THIS MONTH'S ACTIVITIES CALENDAR

Friday	June	1	Bowling
Monday	June	4	Bocce
Monday	June	4	9 Hole Golf (Maybe)
Monday	June	4	18 Hole Golf
Wednesday	June	6	Tennis
Thursday	June	7	Walking Group
Friday	June	8	Bowling
Friday	June	8	Investors' Lunch Bunch
Monday	June	11	9 Hole Golf
Monday	June	11	18 Hole Golf
Tuesday	June	12	Rolling Roamers
Tuesday	June	12	Fishing
Wednesday	June	13	Tennis
Thursday	June	14	Walking Group
Thursday	June	14	Flag Day
Friday	June	15	Bowling
Sunday	June	17	FATHER'S DAY
Wednesday	June	20	Advanced Digital Camera
Wednesday	June	20	Tennis
Thursday	June	21	Bridge
Thursday	June	21	Walking Group
Friday	June	22	Bowling
Monday	June	18	9 Hole Golf
Monday	June	18	18 Hole Golf
Monday	June	25	Executive Committee Mtg
Tuesday	June	26	Branch 47 Luncheon
Tuesday	June	26	TamalTalk Deadline for July
Wednesday	June	27	Tennis
Thursday	June	28	Walking Group
Friday	June	29	Bowling

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, June 25, 2018. 10:30 AM at the
McGinnis Park Golf Club Boardroom
350 Smith Ranch Road
San Rafael, CA 94903**

BRANCH 47 LUNCHEON MEETINGS IN 2018

Fourth Tuesday Of The Month

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

DATES OF EXECUTIVE COMMITTEE MEETING

The Monday preceding the Fourth Tuesday
Branch 47 Luncheon Meeting

Jan. 8

Jan. 22 July 23

Feb. 26 Aug. 27

Mar. 26 Sept. 24

Apr. 23 Oct. 22

May 21 Nov. 26

June 25

TAMAL TALK, SIR Branch 47

Ron Kosciusko, Publisher

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Tiburon, CA. 94920