



INCORPORATED

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TAMALPAIS BRANCH NO. 47



TAMAL TALK

A SIR PUBLICATION

A Non-Profit Public Benefit Corporation of Retired Men Devoted to the Promotion of Independence and Dignity of Retirement.

Big Sir --	Jim Norton	415-491-0816
Little Sir--	Doug Twitchell	415-897-1759
Treasurer-	Bill Stewart	415-990-2010
Asst Treasurer	Will Kaefer	415-9271043
Secretary -	Ned Lawrence -	415-595-1092
Asst Secretary	Open	

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: Jake Solomon, Jim Kleiser, George Brown, Bob Gonzalez, Paul Schofield, Rick Coburn

State President - Ed Benson ebensonbwa@aol.com
Region 3 Director Dennis Pangburn pang1@comcast.net, Area 6 Governor - Sandy Grieve

MARIN COUNTY

SEPTEMBER 2019
OUR 45TH YEAR

Vol. XLV No. 9

BIG SIR'S MESSAGE

We are almost to the Labor Day weekend as I write this which usually means celebrations and picnics with family and friends as we see off summer. As you are enjoying those get togethers don't forget your friends at SIR chapter 47 who are having our annual picnic on Tuesday, September 10 at Miwok Park in Novato. I went last year and really enjoyed myself and the food was great.

While you are at it consider signing up for the Bay Cruise on September 28th. We leave out of Tiburon and last year sailed under the Golden Gate Bridge...that was cool. Remember SIR is a social club so come out and be social with us at the picnic and bay cruise.

Congratulations to all the new officers elected for the 2020 term especially Big Sir elect Doug Twitchell and Little Sir elect Frank Ghazzagh, they are going to make a great leadership team for next year.

Doug Twitchell and I attended the State SIR meeting in Lincoln, Ca last week where a lot of information was covered but the one thing that I want to emphasize was the very interesting presentation made by Dr Christine Ritchie. Formerly of UCSF, Dr. Ritchie conducted the survey recently emailed to over 8000 members of SIR. The good doctor stated that the health issues of senior men are seriously understudied as compared to those focused on women. The good news was that based on the over 2000 survey responses she received from SIR members it was clear that the men of our club were way ahead of the general senior male population in avoiding the inactivity and isolation that plague many men as they age. She also invited SIR members to participate in an ongoing study of men's health. We will post the brochure for that study on our website soon in case you are interested in participating.

In the meantime, have fun, socialize, stay active and healthy and enjoy your lives, you earned it!

Jim Norton, Big Sir - Branch 47

**TONY LAZZARINI. JULY 2019 SPEAKER.
HELICOPTER DOOR GUNNER,
21 MONTHS AND 250 VIETNAM MISSIONS.**

Never having served in the armed forces, I have often wondered, from the security of my Bar-calounger, how I would behave in battle; would my attention be consumed by fear and futile attempts to hide from the painful mortal blow? How would I handle the stress of continuous 'fight or flight' reaction? With such questions I looked forward to hearing from our Sir, Tony Lazzarini, author, playwright, business man, racer of automobiles, and founder of the "51-50 Club" (in Novato for automobile enthusiasts)

Over 21 months he flew 250 Vietnam "door gunner" missions seated at the open door of a helicopter, shooting up to 500 bullets a minute into jungle holding an enemy responding in kind. Sometimes the mission involved landing under fire to deliver troops, or rescue those wounded or overrun. Other times acting as a decoy for the Viet Cong to shoot at and thereby reveal their positions for ambush. His talk and his 2003 book, "Hidden Traditions, Memories of War" did not lack for facts and shared raw experience.

After high school Tony joined the Army for three years hoping to learn skills useful in civilian life. He was assigned helicopter mechanic training, but this was fast tracked to assign him to Vietnam as helicopter crew. His duties included maintaining his machine gun and helicopter; sometimes he had to wash blood of the injured off the floor of the Huey. This is how he spent his 20th and 21st birthdays in '66 and '67. He was lucky; it is said, out of 2,594,000 US troops who rotated through Vietnam over 7 years, 58,000 US men died, (61% were 21 or younger), 300,000 were injured and 75,000 were severely disabled. About 12,000 helicopters served in Vietnam, 5,086 were destroyed, 2,165 helicopter pilots died as did 2,712 crew.

The crews were tightly bonded, closer than siblings, some with friendships that have survived the years. They drank a lot of beer and could (did) raise hell; they had a special and deserved reputation for crazy. (continued)

(Speaker Continued)

Supporting each other and their ground troops was their heartfelt mission. It was a positive goal in the negativity of war. And in the moment of action, they had little time to feel fear as they focused on this mission, on doing the job. They burned more brightly in the adrenaline high they found addictive.

So much so that when Tony's year was up, he enlisted for two more tours of six months each. He had found on his 30 day R&R in SF that he had little in common with civilian life and missed his companions. How could ordinary folks understand the depersonalization, the cynicism, and the chaos of war? He knew where he was needed and where he could be with like minds. Maybe with a close family tie such as a wife, his decisions could have been different.

On discharge from his 3 year enlistment, Tony had wild years overcoming PTSD and horrendous nightmares. He now strives with veterans to ensure the sacrifices and lessons of Vietnam are not forgotten. The passage of 50 plus years allows some historical objectivity for our culture and participants. More healing is needed.

On page 148 of his book he muses positively:

"I had gone into combat and knew how I would react under fire. I was not a hero, but not a coward either. There would never be any doubt in my mind how I would react in a life and death situation. It gave me a tremendous amount of faith in myself. I know that whatever tragedy or catastrophe may strike I can save my family and friends."

I am not sure I can say that about myself with such conviction. But then again, I have not paid my dues.

Trevor Hughes

SIR BR 47 BAR-B-QUE

TUESDAY, SEPTEMBER 10, 2019

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. We reserved 2 bocce courts if you wish to play.

<< Cost is \$36/ 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 & dessert are also provided. << You may bring your own beer / wine / liquor if you wish, but remember this is a city park. >>

Call Tom Culhane to see if tickets are still available.

Contact Tom Culhane @ 415-897-5077. Send payment to Tom Culhane, 9 Jaoquin Ct, Novato 94947

Payment must be received 48 hours in advance and/or cancelations made by noon Sunday Sept. 8, 2019 in order to be honored



For SIRs Travel please refer to the SIRs WEB site www.sir47.org for the years Travel itineraries or call your Travel Chairman Kurt Heilman @ 415-897-2460

SEPTEMBER MONTHLY LUNCH MENU

Salad

Chicken Marsala with mozzarella and Pasta

Alternative: Grilled Salmon with rice and vegetables

*Rolls and butter
Dessert*

SEPTEMBER Speaker

George Martinez, Member of our branch: Great Legal Cases. Among many other famous cases, George, was the attorney in the Patty Hearst trials.

DOUG TWITCHELL , LITTLE SIR

JOKE OF THE MONTH

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.

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!"

Broccoli: Hey, I look like a tree.

Mushroom: Wow, I look just like an umbrella.

Walnut: I look exactly like a brain.

Banana: Man, can we change the topic please?

I played our wedding video backwards yesterday. It really cheered me up to see how I take the ring off my wife's finger, get out of the church and go drinking with my best friends.

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



QUICKEN SIG

Meets quarterly for info call
B. Bloch, GGCS, 415-388-3864

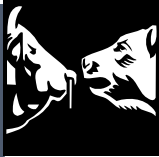
ADVANCED DIGITAL CAMERA STUFF

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



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, @**



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

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

GOLF



Chairman Tom Brady, 897-8573

9-Hole Golf at McInnis Park

Mondays at 9:00 am, weather permitting

Contact James G Bitter <jybitter@aol.com>

18 Hole Golf

<i>September 2</i>	<i>OFF Labor Day</i>		
September 9	Monday	Petaluma CC	08:30
September 16	Monday	Chardonay	08:00
September 23	Monday	Blue Rock West	08:00
September 30	Monday	Hiddenbrooke	07:30 *Note
<i>Time Change</i>			

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.

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-

IN MEMORIAM

Leo Jarvis

TENNIS, ANYONE?



Have you ever seen "wheel chair" tennis in the 4 Masters Tournaments? They did not give up tennis for health issues when they could still hold a racquet! If you can hold a racquet, you can play!



Play is at McInnis Park every Wednesday @ 9:30 AM.
Call Bill Donnelly 897-8966 or Glen Ohm 479-5693 if you wish to join the fun!

Br 47 Outings include:

1. Br 47 SIR Tiburon Sunset Cruise from 6:30 to 8:00 pm on Sat. Sept. 28, 2019. Cost is still \$20 pp. Please sign up & pay in advance if you are interested in attending. You should bring your own drinks, but also bring appetizers to share with others. **Plan to be at the Angel Island terminal @ 6:00 pm** to queue up with the rest of our group. < **Make payment to Kurt Heilman by Tues. Sept. 21.** >

2. Pt. Richmond Music's Free Concert Series from 5:30 – 8:00 pm. Please visit www.pointrichmondmusic.org for more information. **The next concerts are **Fr Sept. 13 @ 5:30 – 6:30 pm** Matt Jaffee (Matt Jaffee is a singer/songwriter from San Francisco. Cutting his teeth on open mics around the Bay Area,) **AND @ Extra Large** (splices together funk, Latin, reggae, and California rock)

3. San Rafael Pacifics Baseball. The cost pp is \$15 General, \$13 Senior or \$10 Veterans. The game times are Weekdays @ 6:30: Saturday @ 5:00 pm: and Sunday @ 1:00 pm. For tickets contact pacificsbaserball.com: Daily Themes are:

Wednesday: Whistlestop Wednesdays | Anyone who brings a senior (60+ gets a free dessert for them and their senior buddy!

Thursday: Thirsty Thursdays | \$1 off draft beers

Friday: Fan Appreciation Fridays

Saturdays: Local Music Saturdays

Sundays: Family Fun Days

4. Cinnabar Theater: 3333 Petaluma Blvd. North, Petaluma * Note: Seating is now reserved in advance, but the Theater seating has been refurbished. Aug 30 - Sep. 22 "LITTLE SHOP OF HORRORS" **has devoured the hearts of theater goers for over 30 years. A foul-mouthed, R&B-singing carnivorous plant promises unending fame and fortune to down and out, love-sick Seymour Krelborn...as long as we keep feeding it human blood!** Contact <<http://centerstageticketing.com/>> centerstageticketing.com or 707-763-8920 for tickets or for other performances

5. Marin Theatre Company: Contact the Box Office at (415)388-5208, <<mailto:boxoffice@marintheatre.org>> boxoffice@marintheatre.org, or visit us during regular Box Office hours of operation: 397 Miller Ave. Mill Valley, CA 94941. **West Coast Premiere | September 26 – October 20 "Sovereignty"** by Mary Kathryn Nagle Directed by Jasson Minadak Sarah Ridge Polson.

Br 47 Outings (continued)

6. Weill Hall 2017-18 Season of great performances @ the Green Music Center @ Sonoma State University (1801 East Cotati Av. Rhonert Park, CA). For tickets contact <<http://gmc.sonoma.edu/>> gmc.sonoma.edu or 1-866-955-6040. Time and cost vary, depending upon the performance. **The next performances are: Sept. 6 Andy Grammer – Sept. 15 Rohan de Silva – Sept. 26 Diana Krall – Sept. 29 Mariachi Sol De Mexico De Jose Hernandez.**

7. The Novato Theater Company: Contact <<http://novatotheatrecompany.org>> novatotheatrecompany.org or call 415-833-4498. **Sept. 5 – 29 "The Humans"** A Pulitzer finalist and Tony winner.

8. A unique opportunity suggested by Bob Gonzalez. Enjoy Vintage Music and tour the lovely Victorian Home of Richard Reutlinger on 824 Grove St., SF 94117 (between Fillmore & Webster). Concerts are on specified Sat & Sun afternoons @ 2 pm (doors open @ 1:30 pm, so you can tour the old Victorian before the concert.). Send a check payable to Richard Reutlinger to the address above to reserve seats. **\$25 per person.** 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. The next scheduled concert is: **Sept 28 & 29 Frederick Hodges and Janet Klein.**

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

NOTE: If anyone has a suggestion for a Br 47 Outing or event, please let Kurt Heilman know so he can include it in our future Outings.

SUNSHINE COMMITTEE REPORT

Neil Burton's daughter called my house to request that I get the word out to Branch 47 of a service for Neil.

**Sept. 28@ 11AM
St Johns Church
Ross, CA**

Neil was a loyal member of our branch for about 22 years.

If any of you know of a member who needs some "sunshine", please report an illness or death to **BILL DONNELLY** at (415) 897-8966



BRANCH 47 BUSINESS

Tamalais Branch 47
Area 8, Region 3
McInnis Park Board Room
August 26, 2019

Attendees: Jim Norton, Doug Twitchell, Jake Solomon, Will Kaefer, Jim Kleiser, Bill Stewart, Rick Coburn, Bob Gonzalez, Ned Lawrence

Call to Order and Quorum: Meeting was called to order by Big Sir Jim Norton at 10:30 AM. A quorum was determined to be present.

Big Sir Report: Jim reported on the recent state Sirs meeting. It was reported that Sirs has been great for senior men because they find friends, join in activities and live longer and enjoy better health. There are courses at various Junior Colleges that teach best practices and the Napa Sirs chapter has tied into their local JC and used this course to increase the size of their branch membership. The new audit committee will consist of Doug Twitchell, Bob Gonzalez and Bill Stewart replacing Tom Brady and Bill Smith. A list of assets including the new AV equipment will be added to the audit report. Bill Stewart donated his computer to the branch and the system was updated to Windows 10. It was determined that every future Little Sir would be the custodian of the AV equipment. Alan Thomas and Joel Toste were approved to provide music for the August lunch meeting and receive a free lunch.

Little Sir Report: Doug Twitchell reported that guest speakers were lined up through February of 2020. It was suggested that the Little Sir would be responsible for the Committee Chairmen but this vote was postponed for another BEC meeting.

New Business: A discussion was held to determine how to reduce the size of our treasury balance to most equitably benefit all members. Will Kaefer reminded us that we agreed upon reducing the 2019 dues was best and the second category was to advertise in a local publication. It was voted upon and approved that 2020 dues would be reduced by \$5.00 for next year only. The roster book and the state required form 20 have different Chairmen and a reconciliation of categories was discussed. Jim Norton suggested some ways that our branch could acknowledge our military veterans and it was decided that something would be done in conjunction with veteran's day. Our branch is in concert with the branch operations that are sent to us from the state Sirs officers.

Old Business: Rick Coburn brought us up to date on the activities that we decided would assist in integrating new members into the branch. Initially, these are to spend time at the welcome desk and attend at least one board meeting. Jim Norton will acknowledge the new members at future lunch meetings.

Meeting Adjourned at 12:00:

(BRANCH 47 BUSINESS CONTINUED)

(Continued)

2020 Slate of Officers and Directors

Officers

Big Sir	Doug Twitchell
Little Sir	Frank Ghazzagh
Secretary	Ned Lawrence
Assistant Secretary:	Alan Thomas
Treasurer:	Bill Stewart
Assistant Treasurer:	Will Kaefer

Directors

George Brown
Bob Gonzalez
Rick Coburn
Jim Kleiser
Jim Norton
Jake Solomon

AUGUST MEMBERSHIP REPORT

Summary:

Actives -	116	
Inactives -	-	
Gains:	1	0
Losses:	1	0

AUGUST ATTENDANCE REPORT

Total Members	116
Members Present	78 67%
Guests:	2
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

SEPTEMBER BIRTHDAY BOYS

2nd JEFF PLOTNICK , 9th MARK RUDY, 9th, RON BROYLES, 11th, FRANK MINOIA, 14th, NANSING LING, 16th, BILL SMITH, 19th, HERB ANCELL , 19th, JAMES WATT, 20th, KNUT LARSEN, 21st, JACK BRANDON, 22nd RUSSELL FLAUM, 22nd GLEN OHM, 26th, DON SUGURE

ACTIVITY SCHEDULE

Monday	Sep	2	LABOR DAY
Monday	Sep	2	Bocce Ball
Monday	Sep	2	9 Hole Golf (Weather Permits)
Monday	Sep	2	18 Hole Golf Cancelled
Wednesday	Sep	4	Tennis
Thursday	Sep	5	Walking Group
Friday	Sep	6	Bowling
Monday	Sep	9	9 Hole Golf (Weather Permits)
Monday	Sep	9	18 Hole Golf
Tuesday	Sep	10	SIRS BAR-B-QUE
Tuesday	Sep	10	Fishing
Wednesday	Sep	11	Tennis
Wednesday	Sep	11	PATRIOT DAY
Thursday	Sep	12	Walking Group
Friday	Sep	13	Bowling
Friday	Sep	13	Investors' Lunch Bunch
Saturday	Sep	14	Star Spangled Banner Written
Monday	Sep	16	9 Hole Golf (Weather Permits)
Monday	Sep	16	18 Hole Golf
Tuesday	Sep	17	Constitution Approved
Wednesday	Sep	18	Tennis
Wednesday	Sep	18	Advanced Digital Camera
Thursday	Sep	19	Bridge
Thursday	Sep	19	Walking Group
Friday	Sep	20	Bowling
Monday	Sep	23	9 Hole Golf (Weather Permits)
Monday	Sep	23	18 Hole Golf
Monday	Sep	23	Executive Board Meeting
Tuesday	Sep	24	Branch Luncheon Meeting
Wednesday	Sep	25	Tennis
Thursday	Sep	26	Walking Group
Friday	Sep	27	Bowling
Saturday	Sep	28	SUNSET CRUISE
Monday	Sep	30	9 Hole Golf (Weather Permits)
Monday	Sep	30	18 Hole Golf
Monday	Sep	30	Rosh Hashabah

See what's happening Statewide in SIR
www.sirinc.org/sirhappenings/
 To see all that SIR has to offer:

AREA 6 MONTHLY MEETINGS

<u>Br. #</u>	<u>Branch Phone</u>
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 not meet in December** *
 *
 * **Next meeting , September 23 2019 10:30 AM at the** *
 * **McGinnis Park Golf Club Boardroom 350 Smith Ranch** *
 * **Road** *
 * **San Rafael, CA 94903** *
 *

DATES OF EXECUTIVE COMMITTEE MEETING

The Monday preceding the Fourth Tuesday
 Branch 47 Luncheon Meeting

BRANCH 47 LUNCHEON MEETINGS IN 2019

Fourth Tuesday Of The Month

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

TAMALTALK, SIR Branch 47
Ron Kosciusko, Publisher
402 Hilary Drive
Tiburon, CA. 94920