

# *SIR Mission Branch 32 Newsletter*

Promoting the Independence and Dignity of Retirement



February 2023 Volume 55 No. 2

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Branch 32 Website: <https://sirinc2.org/branch32>

State Sir Website: <http://www.sirinc.org/>

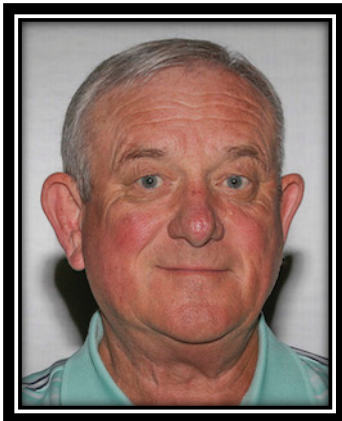
Sir Happenings Newsletter: <http://sirinc.org/sirhappenings/>

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February Luncheon is Wednesday 15<sup>th</sup> at Three Flames.

Social hour begins at 11:00

From Big SIR



First, I want to thank Little Sir Tony Mazzucco for running the January luncheon meeting when I tested Covid positive less than 48 hours before the meeting! He did a superb job by all accounts. I also want to thank Secretary Doug Krause for expertly handling the the new members inductions in my absence! It is awesome to know that our organization has a superb “next man up” attitude and capability.



I have been emphasizing the need to encourage more members to attend the monthly lunch meetings. These meetings are the best opportunity for all members to participate in a general activity and engage in the fellowship that is our core purpose. I am pleased

to report that last month we had 77 members attend, the most in many years. As always, we should not sit on our laurels and find ways to involve even more fellow Sirs.

At the February BEC meeting a new Biking (bicycle, not motorcycle!) Activity was approved. Those of you who like to ride should see detailed information elsewhere in this newsletter with the first "ride" scheduled for March 2nd.

Finally, February is the Valentine's month! Look around at your loved ones and be sure to acknowledge those that are precious to you. It is never too early to send a little LOVE!

If at any time during the year you have a concern, suggestion, or even to complement someone, please feel free to call me at 408-828-5416. I am at your service!

Rick Hausman, Branch 32 Big SIR

### February Luncheon Presentation



#### **Heart Health and Preventing Heart Disease.**

##### **A must see for all members**

The following topics will be discussed:

- 1--Warning Signs (Difference in men vs women)
- 2--Risk Factors: (Controllable vs Non controllable)
- 3--Heart Attack vs Sudden Cardiac Arrest (Differences)
- 4--New Advances and new Therapy in Treatment of Heart Disease and Heart Failure
- 5--Healing and Recovery
- 6--Key Medications

Ken Roberts, Program Chairman



#### **Speaker Patrick Farrant**

Patrick experienced a major "heart event" in February 2005 (heart attack, triple bypass surgery, followed by 8 stents. Then became involved with a heart patient support group (Mended Hearts). Served a Chapter Treasurer, Vice President, Chapter President, Assistant Regional Director, Western Regional Director, National Vice President, Elected Executive Vice President.

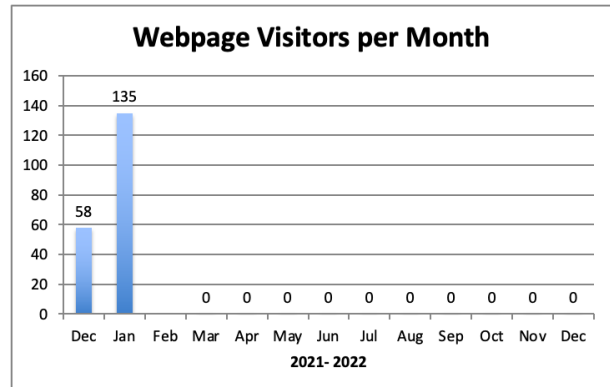
## Branch 32 Website <https://sirinc2.org/branch32>



The update of the Br 32 webpage has been completed and is activated, replacing the previous version.

The primary purpose was to utilize the SIR State website template that is based on a WordPress development environment. This change insured that the website would display accurately and properly on all display screen sizes from mobile phones

to desktop computers. The previous HTML based design had not achieved that objective. Further, the WordPress approach has been considerably simpler to create and maintain the website because of the built-in features that the tool environment provides. Note for example the Event Calendar is now Google based as offers more viewing flexibility. Also adding and organizing photos is considerably easier to achieve.



Please have a look and provide any feedback including suggestions for improvement or additional features that you believe will improve both the membership experience as well as the outreach to the public.

Jim Caratozzolo  
SIR BR 32 Web Master  
(408) 623-3405 [onlinejim@aol.com](mailto:onlinejim@aol.com)

## MEMBERSHIP REPORT



There were 3 inductions in January: Robert Jamello #45, Charles Swan #73, and Darrell Gray #15.

The January luncheon was very well attended with 76 members, 2 guests, and a speaker. A very good trend as the most member attendance in 2022 was 67. We need to continue the focus on bring in guests, as most will generally join after seeing the energy and enthusiasm of our luncheons.

Augie Argabright was approved for membership induction in February. Currently no new applications for review at the

February BEC.

**Database Status as of Feb 1, 2023**

Members: **120** Inductees: **0** Applicants: **1** Widows: **22** Other: **12** Open Numbers: **32**

**Total Database Count: 186**



*Robert Jamello*



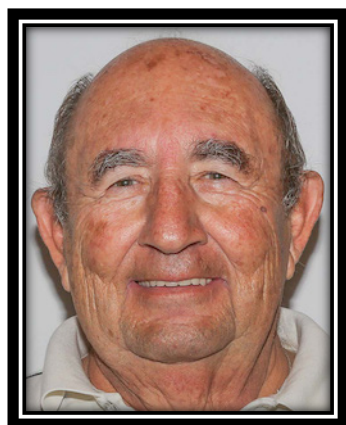
*Charles Swan*



*Darrell Gray*

Respectfully Submitted: *Jim Caratozzolo*, Membership Chair

**MEMBERSHIP CARE**



No reports for January. Good Month.

If any Branch 32 member knows of anyone in sickness or distress, please call:

**Mort Berlant** at (408) 264-5706 or **Skip Saunders** at (860) 961-1311



## ANNIVERSARIES

Galen R. and Janice Gipson	02/26	67
Dean R. and Sharon Johnson	02/20	63
Thomas A. and Carol Boyce	02/03	61
Gary H. and Dianna Espinosa	02/04	56
Keith and Ginny Balch	02/27	52
Douglas R and Rebeca Krause	02/10	41
Robert and Tami Thompson	02/19	40
Paul T. and Charmain Gardner	02/12	40
Nick and Dedra Jize	02/14	36
Aare and Judy Onton	02/14	35
Fred M and Elaine Rasmussen	02/19	29

## LONGEVITY

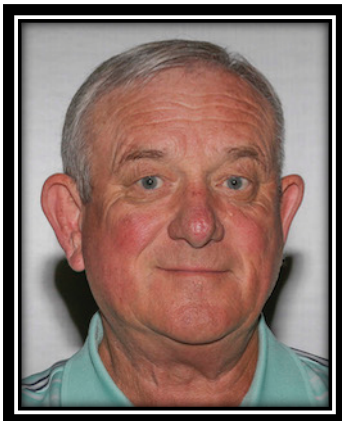
Galen Gipson	21	2002
Morton E. Berlant	11	2012
Bob Grandey	11	2012
Gary Paulson	8	2015
Gene Zambetti	7	2016
Sam Kahn	6	2017
Robert S. Shook	4	2019
Robert Morgenthaler	1	2022
Robert H Gordon	1	2022
Daniel Love	1	2022
James Bowen	1	2022
Jerry Angelo	1	2022
William Morales	1	2022

Jerry Strah	1	2022
Rudy Ancheta	1	2022
Michael Sinnott	1	2022
Kelvin Thomas	1	2022
Robert Thompson	1	2022
Vern Meade	1	2022

## **BIRTHDAYS**

Bernie Coullahan	02/11
Robert Morgenthaler	02/14
David Pries	02/18
Larry St.Denis	02/19
Jon Wiseman	02/20
Don Pedrotti	02/24
Vern Meade	02/28

## **GOLF CLUB**



The rain we experienced in December repeated in early January. As a result, the early weeks of the month resulted in cart restrictions that necessitated a lot of walking. Many of us have aging issues that make extensive walking problematic. Consequently, attendance was down, and a wet course affected scores. Those hardy souls that made it each week still had a good time. The last two weeks of the month saw overnight temperatures drop, causing morning frost to appear on the courses. The frost causes the start of play to be delayed as much as an hour to prevent damage to the course grass. The upside is that frost at night usually means clear sunny skies

in the daytime, making for great golf once play starts.

Thanks to a rotating group of phone callers, the Friday golf continues to offer a variety of different venues for Friday golf. It also attracts a varied set of players looking for playing variety.

The monthly Co-Ed Golf at Deep Cliff GC also offers a different experience for those who like a shorter, easily walkable course.

	January 3rd	January 17th	January 24th	January 31st				
Low Gross	Dave Neuhaus Kim Morganthaler Dan Love (R)	84 88 92	Kevin Madej Bill Schlaefer(R) Jim Bowen(R)	81 69 69	Garry Sellers Rick Hausman Kim Morganthaler	88 89 93	Jim Caratozzolo Kevin Madej Bill Schlaefer(R) Mike Sinnott	88 88 91 93
Low Net	Kim Morganthaler Dave Neuhaus Dan Love Mike Bishop	72 74 74 74	Kevin Madej Bill Schlaefer Jim Bowen	68 69 69	Garry Sellers Don Soderman Steve Warren	71 74 75	Galen Gipson Jim Caratozzolo Mike Bishop	66 69 71
Low Putts	Dan Love Kim Morganthaler Bill Schlaefer	31 32 34	Jim Bowen Kevin Madej Wes Howard Bill Schlaefer	32 35 36 36	Don Soderman Garry Sellers Mike Sinnott	32 33 33	Kim Morganthaler Rick Hausman Skip Saunders Bob Grandey	34 35 35 35

Rick Hausman, Golf Chairman

## **BIKE ACTIVITY (NEW ACTIVITY)**

ELECTRIC & NON-ELECTRIC BIKES ON PAVED TRAILS

**RSVP BY-- Monday, February 28, 2023**, or before bike ride on Thurs.  
To Fred Jones at [Freddyelect@sbcglobal.com](mailto:Freddyelect@sbcglobal.com) cell 408-609-1926

**DAY OF RIDE--Thursday March 02, 2023**  
**(WEATHER PERMITTING)** WILL DO A WEATHER STATUS REPORT

RIDE TRAIL--Paved Alamos Creek Trail through forested area

RIDE DESCRIPTION--Start at Martial Cottle Park ride down Chynoweth Ave bike Ln to paved trail through Lake Almaden then out backside of Park to Mc Kean Rd then double back to Martial Cottle Park. Can do a tour of museum about the history of the area after ride

GRADE OF RIDE--Light to Medium Difficulty, Easy Pace  
On Paved Trails (No man Left Behind) 1hr each direction, 16 miles total

ELEVATION GAIN--Level or Gradual Grade  
Following Alamos Creek

DRIVING DIRECTIONS--Parking spaces outside of Martial Cottle Park on Chynoweth Ave 1000ft west of Snell Ave, San Jose

RENDEZVOUS TIME--9:15AM Start Ride at-- 9:30AM End Time About--12:30PM

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RIDES WILL BE ON THE 1st THURSDAY OF THE MONTH AT A DETERMINED LOCATION. THERE'S MANY TO CHOOSE FROM



Fred Jones. Bike Activity Chairman

HELMETS REQUIRED & BIKE IN WORKING ORDER

RECOMMENDED ITEMS--Gloves, Left handlebar mirror, Sunglasses, Patch kit, Bike tools, Bicycle bell, & flashing red light to Alert your presence

BRING WATER, SNACKS, BIKE RACK OR BACKPACK, DRESS TO UNDRESS. IT COULD BE COLD

## BOCCE CLUB



The rains have stopped for now and we are back playing Bocce again. We started off the year playing on the 23rd and 30th of January. The sun was shining both days and the temperatures were very pleasant. We had 13 and 10 players for the two matches. At this time, we don't know what February might bring.





Our Bocce match on January 23rd was won by the team of Bob Grandey, Stan Schneider, and Mike Price after winning their two games 11 to 4 and 11 to 2.

The Bocce match on January 30th was won by the team of Rick Housman, John Pletsch, and Stan Schneider, after winning their two games 11 to 5 and 11 to 2.

Stan was our big Bocce winner for the month of January. Congratulations Stan.

We play every Monday afternoon starting at 1:00 pm at the Almaden Lake Park located in South San Jose (Winfield Road Side). No reservations are needed, there are no court fees, and we never turn players away even if they arrive after the start

Roger Earle and Hersh Booth, Bocce CoChairmen

## POOL CLUB



Co-Chairmen

We have been having 6 to 8 players on Monday nights at Cuetopia Cafe and Billiards, 4700 Almaden expressway, San Jose, Between Branham Lane and Cherry Avenue  
5:00PM to 7:00PM come out and join the fun.

Galen Gipson  
Fred Rasmussen



## COUPLES BRIDGE

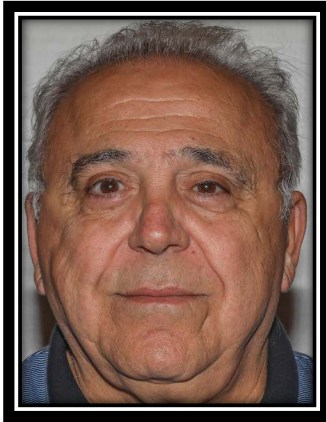
During the month of January, we were able to hold two Saturday afternoon bridge sessions. On January 14th 4 couples met at the Marafinos' house for a fun afternoon of bridge. I had the high score of 2140 with Betsey Grandey and Lavonne Marafino close behind at 1870 and 1690. On January 28th all 6 couples met at the Earles house for a rare all player Saturday afternoon. Lavonne Marafino had the high score of 3060 with Jane Earle and Dick Priest close behind at 2670 and 2640 points. For the month of February, we have successfully scheduled 2 tables of bridge for the 11th and a



possible 3 tables for the 18th. We just recently added two more couples to our couple's bridge group giving us the ability of playing more frequently. We currently have 8 couples in our bridge group and play on Saturday afternoons whenever we can gather enough couples. We would like to get 2 additional couples so we could play more often. If you like to play bridge and are interested in joining our couple's group, please contact me.

Roger Earle, Couples Bridge Co-Chair

## **BRIDGE**



The Bridge Club has restarted and meets every Thursday morning at 10 AM. We are looking for additional members that love to learn and play Bridge. If you have any interest in Bridge and enjoy a good time, please call Reiad Chikhani (408) 524-3738 for additional information.

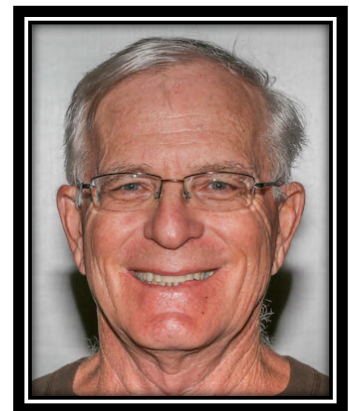
Reiad Chickhani. Bridge Chairman

## **HIKING CLUB**

### **SIR 32 HIKE TO CASTLE ROCK STATE PARK – SARATOGA GAP & RIDGE TRAIL**

Wednesday, January 25, 2023, a group of 8 of us met for this hike at our regular Garden Hill Drive location. Participants were: Don Collins, Bernie Coullahan, Bruce Fenton, Bob Jamello, Fred Jones, Doug Krause, Dan Tam and Ken Tarquinio.

This was a mystery hike in a way because we didn't know how difficult it would be to drive to the trailhead and how much soft dirt and mud would be present due to the amount of rain we had received recently. Therefore, your trusty Chairperson drove the route in advance via Black Road to Skyline Blvd just to make sure. There was minor miscellaneous debris on the road, but it was open! Fantastic.





After 6 consecutive days of sunshine prior to our hike, we had great luck as the trail was hardly muddy at all. Overall, we hiked 5 miles over 4 hours with an approximate 1,033-foot elevation gain. The trek was a series of up and downs that when added together resulted in that climb so although challenging, it wasn't all that impossible as everyone managed very well.

Initially we passed a creek with some rapid water and shortly after that we landed on an observation deck that gave us a bird's eye view of a cascading waterfall with a 75-100' drop. Quite a sight of all the water going down. We were at one of the highest elevations of Santa Cruz County as our hike started at 2,953-foot elevation. We traveled through lush green forests of redwood, oak, madrone, eucalyptus, and pine trees.

The crisp forest air invigorated our bodies! The sun pierced through the tall trees. It felt great to be out in mother nature!

Some challenges that stand out were the amount of sandstone boulders we hiked over. Got to keep those hiking boot soles newer. Also, of interest were many elevated paths with sheer drops and two small, thin in width areas that required a firm grip on thick wire cables that were held tight into the right rock wall face with eyebolts screwed into the sandstone. At the ridge were spectacular vistas of far distant valleys and ridges of green, lush forest tree landscapes. What a sight!

Once back at the cars we drove back into Los Gatos where we had lunch at Willow Street Wood Fired Pizza inside. It was warm and comfortable, and those Angus beef burgers were 1/2# in large, wrapped flatbread with a special sauce and cooked, caramelized onions that were delicious.

We were all very thrilled with the hike experience on this one as many great comments were received about this hike. Thanks to all that came and made this an experience to never forget!

Reminder, we meet every Monday at 8:50am to walk 4.2 miles from Vasona Dam to the backside of Old Town Mall on The Los Gatos Creek Trail. We leave at 9am and back by 10:30am. Come out for a good time with your SIR buddies, meet some new people and get some good exercise. Drive to 281 Garden Hill Dr Los Gatos and walk over to the side where you see the dam.

Other outside hikes will be announced by email to those on my list and at the luncheons. Sign up by email back to Doug Krause at [diamondtub@sbcglobal.net](mailto:diamondtub@sbcglobal.net) or at the luncheon signup sheet.

Doug Krause, Hiking Club Chairman

## **2023 ROSTER CORRECTIONS**

Several errors have been noted in the recently released roster.

BOYCE Fred #104: delete: Peggy  
CHICKANI Reiad #30: correct spelling: CHIKHANI  
ROBERTS Ken #29: correct spelling: Leyland  
TARQUINIO Ken #91: correct spelling: TARQUINIO

In addition, one omission and one person's information was incorrect. An insert to the roster will be available at the February luncheon "check-in" table that corrects these errors.