



The Pathfinder

Branch Number 59

Thirty-Ninth Year

November 2014

Bulletin No.10

NEXT MEETING at Newark Pavilion - Thursday, November, 20, 2014

WHAT'S HAPPENING?

by Big Sir Rob Ingebretson



Well 2014 is coming to an end. I can't believe my tenure as your Big Sir is almost over. There are many men that have worked very hard this year to make our branch a success and my job a lot easier. But there are two men I want to especially recognize for their immeasurable help. They are

Fred Gotthardt and John Skarpelos. Without them there is no branch 59. With Larry Goodman and Jim Ulam coming on as our Big and Little Sir respectively I feel our branch is in good hands.

I can't believe we are in November and already seeing signs of Christmas. By the time you read this, maybe we will have had some rain. The biggie for November is, of course Thanksgiving, which is a holiday celebrated in the United States on the fourth Thursday in November. It has been an annual tradition since 1863, when during the Civil War, President Abraham Lincoln proclaimed a national day of "Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens," to be celebrated on Thursday, November 27th. I hope you and your loved ones have a wonderful Thanksgiving.

Now that we are in November, I encourage you all to purchase your tickets for our annual Christmas Luncheon on Thursday, December 18th. If you haven't already done so you still have time to purchase them at our next meeting. Jim Ferenz and his team have been working hard to put the final touches on our party, which will be a celebration of the year. More information on the party is found later in the Pathfinder.

SPEAKER Colton Kropp

By Little Sir Larry Goodman

Colton Kropp has been an officer for the California Highway Patrol (CHP) since April of 2011. He began his career in the San Jose Area office of the CHP and worked patrol there for 2 years. In April of 2013 he transferred to the Hayward Area office of the CHP where he worked patrol for one year.




In April of 2014 he became the Public Information Officer (PIO). This new position allows him to engage with the community through informational booths at local events, talk about and present traffic safety information with the public of all ages, inform the public about current events through media interviews. He is a certified child safety seat technician and a member of the Departments Division Special Response Team.

**BRING IN A GUEST
WE NEED NEW MEMBERS**

MENU

Roast Turkey and Honey Baked Ham
Mashed Potatoes and gravy, Stuffing, Peas & Carrots

Win a Free Lunch

By finding ROLLIE —  — you can win a free lunch if your name is selected. Let them know where he is located in the **Pathfinder** when you buy your luncheon ticket.



If you are not coming or if you are bringing a guest or visitor
Don't forget to Call on the Monday before the meeting - or earlier
Ed Guthrie (510) 659-0498 or email edguthrie@comcast.net



Branch 59 Officers

Big Sir
Rob Ingebretson
(510) 657-7828

Little Sir
Larry Goodman
(510) 657-0608

Secretary
Frank R. Thomas
(925) 960-0429

Asst. Secretary
Peter Angelides
(510) 797-3570

Treasurer
Hugh Twomey
(510) 796-5559

Asst. Treasurer
Arnold George
(510) 797-9524

Directors

Nat Lord
Skip Mugford
George Perry
Jerry Sabo
Sheldon Schwartz

Branch 59

Meets at Newark Pavilion
6430 Thornton Avenue
Newark
on the 3rd Thursday of
each month
10:00 AM
Executive Board Meeting
11AM Social Hour
12 Noon Lunch

A Nonprofit
public benefit
corporation for
retired men



Sir Frank R. Thomas October Meeting Minutes

Big Sir Rob Ingebretson called the meeting to order at 10:00 AM and led the assembled group in the Pledge of Allegiance.

ROLL CALL BY SECRETARY

Officers present: Big Sir Rob Ingebretson, Little Sir Larry Goodman, Secretary Sir Frank R. Thomas, Treasurer Sir Hugh Twomey, Assistant Secretary Sir Peter Angelides, and Assistant Treasurer Sir Arnold George.

Officers Absent: None.

Directors Present: Sir George Perry, Sir Jerry Sabo, Sir Nat Lord and Sir Skip Mugford.

Directors Absent: Sir Sheldon Schwartz.

MEETING MINUTES

A motion was made, seconded and passed to accept the SEPTEMBER Minutes as published in the Pathfinder.

OFFICERS REPORTS

Secretary's Report: None.

Treasurer's Report: Treasurer Sir Hugh Twomey presented the September 2014 Treasurer's report and indicated an Adjusted Check Book balance of \$4,119.66.

Little Sir's Report: Little Sir Larry Goodman reported that today's speaker will be Jim Carley.

COMMITTEE REPORTS

Attendance: Sir Ed Guthrie projects attendance at today's luncheon at 114.

Birthdays: Sir Art Winkley indicated there will be 13 members celebrating an October Birthday, ages 67 to 87, at the meeting today. The Officers and Directors wished all a very Happy Birthday.

Bowling: Pertinent information is in

November's Pathfinder.

Cyber Geezers: Pertinent information is in the November Pathfinder

Golf: Pertinent information concerning golf will be in the November Pathfinder.

Social: Sir Hugh Twomey reported the upcoming Holiday Party planning is progressing nicely.

Membership: Sir Ron Brutvan reported that there was one new member. A motion was made and seconded to accept. There was one change in status.

UNFINISHED BUSINESS

Big Sir Rob Ingebretson discussed the ongoing concern - The need for a RIDE COORDINATOR.

NEW BUSINESS

Big Sir Rob Ingebretson discussed the possibility of having a defined Director job role.

The meeting was adjourned at 10:35 AM.

Submitted by Branch 59 Secretary

Sir Frank R. Thomas

**BRING IN A GUEST
WE NEED NEW MEMBERS**

You can get this issue of the Pathfinder or earlier issues by going to the Branch Website:

<http://branch59.sirinc2.org/>

**SIR
HAPPENINGS**

<http://sirinc.org/sirhappenings/>

MEMBERSHIP, ATTENDANCE and BIRTHDAY NEWS

by Sir Ron Brutvan, Sir Ed Guthrie, and Sir Art Winkley

Birthday Report



Sir Art Winkley
Birthday Chairman

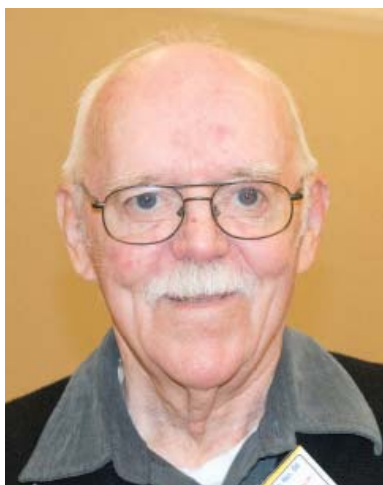
November Birthdays

William Delucchi	11/05/1923	91
Lloyd Anderson	11/04/1930	84
James Conard	11/02/1932	82
William Dark	11/07/1934	80
Robert Boike	11/09/1934	80
James Ploor	11/07/1935	79
Donald Ehlers	11/23/1938	76
Bill Leake	11/12/1945	69
Wade Walter	11/14/1945	69
Bill Pruner	11/06/1947	67

New Members

Phillip A. Norris
35688 Ballantine Place
Fremont, CA 94536-3308
510-792-3049
Birthday: 9/27/1934
Spouse: Arlene
Badge No. 56
Sponsor: Henry Brown
Call me: Phil

Welcome Phil Norris



Phil Norris

Membership Report



Sir Ron Brutvan
Membership Chairman

Guests: **Guest of:**
Sammy Lum Larry Goodman

Visitors: **Guest of:**
Jim Carley Speaker

Change of Status:
Sergio Zilli to inactive

Membership Total
(as of October 2014)
167 — Active Members
32 — Inactive Members



Attendance Report



Sir Ed Guthrie
Attendance Chairman

Attendance Report

(For October 2014)

Members	113
Guests	1
Visitors	2
Total =	116
34 excused	20 unexcused



Sir Bob Benya providing us with a history lesson before leading us in song.

SIR BRANCH 59 ACTIVITIES

Strikes and Spares by Jerry Sabo



We had a contingency of 7 bowlers from Branch 59 and three bowlers from Branch 6 journey to Brentwood on October 14th. We bowled a lot of great games, but no one seemed to be consistent enough to really shine. Jerry Sabo did pretty well in both singles and doubles, Don Henry had a good doubles

series, but his partner struggled. Not sure how anyone really did, and will not find out for a few weeks.

The last two tournaments of the year are:

Modesto	Nov 5, 7	Wed, Fri	McHenry Bowl
Concord	Nov 18, 19	Tue, Wed	Clayton Bowl

We welcome new bowler **Donal Spicer** to our group. Donal is a good bowler that has a lot of experience. I suspect that he will be one of our tournament bowlers in the next year of bowling—maybe for our last two tournaments. Ruby Barker has also joined our group, and as mentioned previously—we welcome lady friends of SIR.

Our hope is that we grow large enough to form teams if we decide to do that. Presently, we still bowl as individuals so no team dependency exists nor is there a penalty for missing a bowling session or two. We always have room for more bowlers in our group. Usually fifteen to twenty bowlers show up on Monday to bowl. We meet at Cloverleaf Family Bowl. Just show up and be ready to start practice bowling on Monday at 12:45 P.M. Cost is \$14.00 to bowl. We normally are finished before 3:00 P.M.



Jerry Sabo

Golf Notes by Bill Leake

Welcome to the Branch 59 golf column.

It is hard to believe that 2014 is gone and we are looking straight into 2015.

Bravo – Terry Dalziel shot an 80 at Cypress. With his 16.3 index he shot a net 63.7 – congrats Terry. We mentioned



above 2015 – we are in the process of collecting NCGA dues for 2015. They will remain at \$37 for existing NCGA members through SIRS and also \$37 for new members through mid-January 2015. Hopefully there will be a lot of new members and some of you are golfers. Please make checks payable to SIR Branch 59 and mail to Bill Leake, PO Box 434, Fremont 94537. The deadline is Dec 15. Golfing wives of SIR golfers are encouraged to join SIR NCGA at the same price as SIR members. We currently have 2 female members and there is lots of room for more.

We have exciting tournaments in 2015 and you must be a member of SIR NCGA to participate.

The tentative schedule for 2015 is April 21 and 22 -- Spring Time in Napa -- Eagle Vines GC & Chardonnay GC (Ladies Welcome). Mid - May – Team Tournament at **Sunol**. More later. June – **Reno Tournaments**, Week 1: 6/16/15 thru 6/20/15, Week 2: 6/23/15 thru 6/27/15. We stay at the Atlantis and play three great courses. **Division 4 state qualifier** with top 2 winners from each flight going to Poppy Hills. Course and date later. **Monday Aug 11 Team Championship** – courses to be named later. **Solvang** July 14-18 – courses to be named later. October 27 & 28 – state individual championship (27th) and open play (28th) – both at **Poppy Hills**.

Regular play for SIR Branch 59 -- We play every Monday (1-2 tee times early) and Tuesdays in the 8:00 timeframe. We play at Sunol -- call Sunol at 925-862-0414. The reservation is made under LEAKE.

Post -- post your score.

Please – we need more members for SIR and also SIR golf.

Thank you for reading this article.

Bill Leake

CYBERGEEZER MEETING

Cyber Geezers—we meet on the Tuesday following our monthly SIR Luncheon. Next meeting is scheduled for **Tuesday November 25th - 1:30 to 3:30 PM. We meet at Fremont Congregational Church, 38255 Blacow Road, Fremont, CA.** Just show up and you will be a member of our group.

November topics may include more information about using MS Excel or other spreadsheets. We actually meet in two days, but newsletter items need to be in before we meet. We should spend a lot of time discussing upgrades—currently IOS8 for the Mac phone and iPad and OS X Yosemite for the Mac. Windows 7/8 are also being discussed as needed

November items have not been decided, but Jerry will send out a request for discussion items following the September meeting.

What is a Cyber Geezer? We are members of SIR Branch 59 and friends that want to keep up with technology. Topics are varied and usually generated by attendees.

If you have any technology topic that you would like included in our next session, please send the information to Jerry at jlsabo@sbcglobal.net. As mentioned previously, we have recently discussed such things as e-books and audio downloads using devices such as the Kindle, iPad or iPod, but other topics are most welcome. Also being discussed are operating systems such as Windows 8 and Mac Mavericks.

SIR members and friends/significant others are welcome, and we do have wireless access so bring your laptop, smart phone or tablet. Call Jerry Sabo – 510-790-3135 or 510-299-3736 if you have other questions.

Do You Know?

Walt Oden

GOOD THING TO KNOW FROM THE MAYO CLINIC

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night!!

HEART ATTACK AND WATER – Drink 1 glass of water before going to bed avoids stroke or heart attack! I never knew all this! Interesting...Something else I didn't know...I asked my Doctor why people need to urinate so much at night time. Answer from my Cardiac Doctor: Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. I knew you need your minimum water to help flush the toxins out of your body, but this was news to me. Correct time to drink water...Very Important. From Cardiac Specialist! Drinking water at a certain time maximizes its effectiveness on the body:

- 2 glasses of water after waking up – helps activate internal organs.
- 1 glass of water 30 minutes before a meal – helps digestion
- 1 glass of water before taking a bath – helps lower blood pressure.
- 1 glass of water before going to bed – avoids stroke or heart attack.

I can also add this...My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

BRIDGE GROUPS

The Bridge activity includes 2 night time couple's groups and a daytime group following the monthly luncheons. **Sir Arnold George - 510-797-9524**

PATHFINDERS WALKING AND HIKING GROUP

Meet Wednesday mornings at 8:00 AM at the Park at Paseo Padre and Isherwood. Everyone welcome and bring a friend.

Sir Don Henry at 510-656-5659.

Sir Vince Fernelius at 510-489-0396



BRING IN A GUEST WE NEED NEW MEMBERS

READERS AND BROWSERS

Bring your magazines and books to share, take books home to read.

Sir James Ploor 510-656-9537



October New Member



New member Phil Norris being introduced to Branch 59 members at the October Luncheon. From left to right new member Sir Phillip Norris, his sponsor Sir Henry Brown and Big Sir Rob Ingebretson. .

SUNSHINE REPORT by Sir Allen Sprague



Allen Sprague

WAYNE ADAMS: Sir Wayne continues getting better after surgery. Missed last two meetings as well as bowling events. He hopes to make the next meeting in November.

JAMES FERENZ: Sir Jim is getting better...batting @ 80%.

BILL LEAKE: Sir Bill is recovering from carotid artery surgery, which developed major complications requiring intensive care. He praises his nurses at Washington Hospital as providing "wonderful, top notch care." Sir Bill will be taking his first golf club swings in January.

WAYNE LINDQUIST: Sir Wayne missed our last meeting. Sunshine attempted to call number in roster but no phone ring. Sent email inquiry.

DINO MOSTARDI: Sir Dino continues getting better and hopes to have cast off his foot and driving to our next meeting in November.

SKIP MUGFORD: Sir Skip's wife Jean had brain surgery on Oct 29th to remove a benign tumor, expecting to come home the 31st or Nov 1st. Sunshine will follow up.

HOWARD THOMPSON: Sir Howard will undergo a medical procedure in early November, and will let us know more when he is better informed.

ROGER WALLIN: Sir Roger turned too quickly and pulled a muscle in his back, taking five days to recover but missed our last meeting. Fully expects to be at the November meeting.

In Memoriam
Gordon Thatcher

COUNTDOWN TO CHRISTMAS

SAVE THE DATE – DECEMBER 18, 2014

TAKE YOUR WIFE OR FRIEND TO LUNCH.



South County Pickers

South County, founded in 1999, is a small, dynamic ensemble of singers and musicians, with country and western flair, featuring vocals with the lively sounds of the pedal steel guitar, fiddle and Dobro. Ed Guthrie and Billy Smith will entertain at the Holiday Luncheon along with singer Nancy Long.



HOLIDAY LUNCHEON TICKETS

Fellow Sirs,

Sir Fred Gotthardt and Sir Tom Federico will be selling tickets for the December Holiday Luncheon at the November luncheon.

They will be located to the right of the desert table between the hours of 10:30 to 11:55. Forms to reserve a table for 8 will be available.

We ask that if you are paying by check that you make it out in advance and payable to **SIR Branch 59**.

The theme of the luncheon is "**Count Down Till Christmas**," so get decked out in your Holiday best.

Beef:	Tri Tip Strip with Light BBQ sauce
Chicken:	Chicken Cordon Bleu with Champagne Gravy Sauce
Fish:	Poached Salmon with Lemon Caper Sauce

Your Name & No. _____ Partners's Name _____

Tickets will also be sold at the November Luncheon

Number in Party _____ x **\$22.50** per person = \$ _____ Make out check to **SIR Branch 59**
and mail to: **Sir Fred Gotthardt, 38353 Farwell Drive, Fremont, CA 94536**

Ticket orders must be received by December 11th

Indicate Meal Choice & No:

Beef:

Chicken:

Fish:

Be sure to enclose a self-addressed and stamped envelope.

No refunds after December 11th.

Requests for Table Reservations must be submitted on a **TABLE RESERVATION REQUEST FORM** with a list of Sir Member names and their Partner names. Forms will be available at the monthly Luncheon and also on the Branch Website.

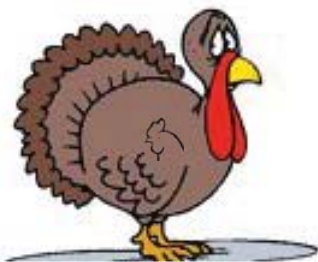
<http://branch59.sirinc2.org/TableRequestForm-Fillable-20140809e.pdf>

PATHFINDER BRANCH NO. 59

John Skarpelos, Editor
1636 Vernal Avenue
Fremont, CA 94539-4736

< john@mediaart.com >

Return Service Requested



Happy Thanksgiving

November 2014

**FIRST
CLASS
POSTAGE**

FIRST CLASS MAIL

COMMITTEE CHAIRMEN AND ASSISTANTS

ACTIVITIES

- Chairman

ATTENDANCE

Ed Guthrie - **Chairman**
Bill Pruner - Assistant
Sheldon Schwartz - Assistant
John Williams - Assistant

AUDIT

Carl Nordling - **Chairman**
Ron Brutvan - Assistant

BIRTHDAYS

Art Winkley - **Chairman**
Sheldon Schwartz - Assistant

BOWLING

Frank Cordova - **Chairman**
Jerry Sabo - Assistant

BRIDGE GROUP

Arnold George - **Chairman**

CAPS & EMBLEMS

Nat Lord - **Chairman**
Dino Mostardi - Assistant

CHAPLAIN

Howard Thompson - **Chairman**
Ted Bresler - Assistant

CIRCULATION

Bill Briscoe - **Chairman**
Fred Ilg - Assistant

CYBERGEEZERS

Jerry Sabo - **Chairman**

GOLF

Bill Leake - **Chairman**
Fred Ilg - Assistant

LIBRARIAN

James Ploor - **Chairman**
Roger Wallin - Assistant

MEMBERSHIP

Ron Brutvan - **Chairman**
Fred Gotthardt - Assistant
Carl Nordling - Assistant

NOMINATING

Skip Mugford - **Chairman**
Ed Thomas - Assistant
George Perry - Assistant
Sheldon Schwarz - Assistant

PATHFINDER

John Skarpelos - **Editor**
Fred Gotthardt - Assistant

ROSTER - DATABASE

John Skarpelos - **Chairman**
Fred Gotthardt - Assistant

SOCIAL

Jim Ferenz - **Chairman**
Doug Howd - Assistant
Arnold George - Assistant
Fred Gotthardt - Assistant
Tom Federico - Assistant
Bill Leake - Assistant
Nat Lord - Assistant
Rob Ingebretson - Assistant
John Skarpelos - Assistant

SPORTS

Bill Leake - **Chairman**
Nat Lord - Assistant

SUNSHINE

Allen Sprague - **Chairman**

WALKING GROUP

Don Henry - **Chairman**
Vince Fernelius - Assistant

STATE OFFICERS

State President

Maynard 'Rod' Rodland

State Vice-President

Bobbie Hairston

State Secretary

Richard DeVoe

State Treasurer

Michael Berry

Director, Region 6

Dean Steichen

Governor, Area 8

Jim Ferenz

Senior Honorary Life Members

Fred Gotthardt
Lyle Kingery
Nat Lord

Honorary Life Members

John Skarpelos
Arthur Winkley

PATHFINDER DEADLINE

Copy deadline for the next issue of the *Pathfinder* will be Thursday a week after the monthly luncheon meeting.

PAST BIG SIRS

1976 Peter Clark*
1977 Karl Heine*
1978 Harry Cooper*
1979 Kenneth Foster*
1980 Larry Varblow*
1981 Guido Milano*
1982 Alex Fulton*
1983 Stephen Epler*
1984 George Herman*
1985 Ray Crosby*
1986 Loran Coburn*
1987 Robert Davis*
1988 Robert Klindt*
1989 Martin Annen*
1990 Lee Updegraff
1991 Fred W. Fretter*
1992 Lyle Kingery
1993 LeRoy J. King*
1994 George Hubach*
1995 Clyde Killion*
1996 Bill Schwan*
1997 Nat Lord
1998 John Buchanan*
1999 Art Lampert*
2000 Harry Heyen*
2001 Bob Beam
2002 Rollin Cunningham*
2003 Don Henry
2004 Tom Sherba
2005 Howard Thompson
2006 Les Addison
2007 Ted Bresler
2008 Richard Holley
2009 Don Gillis*
2010 Frank R. Thomas
2011 Hugh Twomey
2012 James Ferenz
2013 Skip Mugford

*(deceased)