



## **Big Sir Richard's Corner**

Hello! Branch 59 hope all is well as we continue through stage 2 of the ongoing pandemic. It has been trying times for all our members and families.

What I hear and read by way of Email and Zoom we are doing a lot of walking and some bicycling as form of exercise. Many of our members have been working on home projects and hobbies.

A huge thank you goes out to our very own Jerry Sabo for hosting our BEC's, Zoom meetings for the second consecutive month. We have been averaging 10-12 members joining our Zoom meetings the complete BEC agenda is documented. Until we get back to normal again technology is the only source we have to stay in touch.

I spoke with Camille at the Elks lodge she gave me an update that the lodge interior has been completely refreshed and ready for functions no earlier than July 15<sup>th</sup> and with that said, of course we all wait for more information from our Sir State President.

As Big Sir I really miss not being around all the members and partners of Branch 59. Until we can reunite...be healthy, happy, and safe. A little twist from the movie "the MULE"...look out your window and grin don't let the VIRUS in.

Best Regards:  
Richard Henry  
Big Sir



## SIR Branch 59 BEC Minutes, February 19, 2020

### Branch 59 Officers

#### Big Sir

Richard Henry  
510-487-7817

#### Little Sir

Larry Jett  
510-794-7911

#### Secretary

David Nelsen  
(510) 673-5042

#### Asst. Secretary

Rob Ingebretson  
(510) 657-7828

#### Treasurer

Hugh Twomey  
(510) 796-5559

#### Asst. Treasurer

Arnold George  
(510) 797-9524

#### Directors

Bill Briscoe  
Jerry Halligan  
Larry Lardie  
Sammy Lum  
Bob Marshall  
John Pesek

#### RAMP

Jim Ulam-Recruitment  
Larry Lardie- Activities  
Rob Ingebretson-Membership  
Sammy Lum-Publicity

### Branch 59

#### Meets at Fremont Elks

38991 Farwell Drive,  
Fremont CA on the 3rd  
Wednesday of each  
month

9:30 AM

#### Executive Board Meeting

11AM Social Hour

12 Noon Lunch



Our meeting was held on the ZOOM platform, hosted by Jerry Sabo.

The meeting was called to order by Rick Henry at 10:30am. All BEC members were present except Bill Briscoe and Bob Marshall. Committee chairs also present were Jim Ulam, Harvey McAninch, Ed Guthrie and Jerry Sabo.

The April 15, 2020 meeting minutes were approved as presented.

The treasurers report was approved as presented. The balance of the general fund on May 20 was \$3,993.90.

John Pesek, Director and Nominating chairman shared a few upcoming changes in our organization; He will be retiring in Dec 2020, leaving one Director position to be filled. Arnold George will retire as Assistant Treasurer in Dec 2020. James Vermazen is considering taking this position. As indicated in an earlier writing, Hugh Twomey is retiring as Treasurer in Dec 2020 and Larry Lardie will take this position beginning January.

A lot of work has happened at the Elk's lodge in preparation of re-opening. They have done some re-painting, carpets and chairs have been steam-cleaned and they continue working to bring their facilities up to new standards. They target opening to Elk members by June 15. It may be available to SIR as soon as July.

Rick visited our caterer, Daniel. They discussed the health of his restaurant and SIR lunches. He is anxious to serve our

lunches again once we are able to meet again.

Rick brought attention to several members and loved ones who have passed away recently; Tom Sherba on April 22, 2020, Lyle Kingery on Feb 21, 2020 and Genevieve Angelides, wife of Peter Angelides, passed away on May 14.

Activities: Cyber Geezers will meet May 26, 1:00pm. Format will be open discussion. Larry Jett asked whether he would focus another meeting on the ZOOM video application.

Golf; While no official meetings have been held, Larry has golfed with a few people and noticed golf courses are implementing safeguards to ensure social distancing of guests and staff.

Bowling; The tournament planned for June 23 has been cancelled. The BEC decided not to reschedule until it becomes clear when SIR activities will be allowed to resume.

Walking/Hiking Group; Rick wants to continue setting up this activity. Several BEC members agree and feel strongly there'll be interest among membership.

Corn Hole; Rick ordered a set and will bring to our meetings when they commence again.

Newsletter; Jerry Sabo needs articles for the Pathfinder. He's hoping details about activities will be submitted for future additions.

**Continued Pg. 3**



## BEC Meeting “Zoom” Style



### Minutes from Pg. 2

Tri-City ad; Sammy reports they may have had issues with their last issue. We are open to changes to the wording of our ad in the Tri-City Voice.

There is an annual payment of \$29 due soon for the software used for generating our members gallery. We approved reimbursing Sammy Lum for this expense.

Sammy Lum suggested we setup a Zoom meeting involving all Sir members.

Rick purchased some shirts from SIR ProShop. He is impressed with the quality and price and recommends members take a look. The site will be found from the SIR web site under Misc. Information/SIR Promotional Items.

(<https://sir.go.customprintcenter.com/>)

Our banners are old and don't have the new Sir logo. Rick looked into the price for a new banner and got a quote of \$105. This does not include the normal set-up fee price of \$35, which was waived for us. Harvey offered to donate \$50 toward a new banner. After a

brief discussion we agreed to wait until we know when we will be meeting again.

We adjourned the meeting at 11:55am.

Dave Nelsen, Secretary



**Sir Sammy Lum  
Birthday Chairman**

### June Birthdays

William Briscoe	87
Willie Jackson	85
Floyd Nesper	84
Alan Kenney	83
Ronald Matuszak	83
John Vennemeyer	83
Jerry Sabo	78
Robert Doherty	73
Charles Gebhardt	73





# SIR BRANCH 59 ACTIVITIES

## Golf Notes by Sir Larry Lardie



It is too early to start booking tee times and organizing rounds of golf for the SIR groups.

Here are the directives from SIR senior management:

Branch Activity, Luncheon and Event Chairmen shall not begin any activity until its restart has been approved by the BEC, or if a State Activity or Event, the State Executive Committee.

Appropriate lag times for the events of golf, bowling, bocce, fishing and recreational vehicles shall be 30 days after BEC plan approval or 30 days after the regulation is lifted, whichever is longer.

Not allowing members to use the SIR email list for non-SIR events.

With this being said, I encourage everyone to stay active, and if you book a tee time and have available room for additional players, email, call or text one of us.

Obtaining tee times can be confusing. The following rules apply to all courses but are interpreted differently.

Check-in for golf will be in a designated space limited to one guest at a time. Check-in cannot be sooner than 20 minutes prior to tee time, 15 minutes at San Jose Muni. No socialization, hanging out, congregating allowed on property.

Single players only at Callippe, Multiple foursomes allowed at Spring Valley, limit 1 of foursome at Muni.

Carts are available but limit of one person per cart at Los Positas, 2 if in the same household at Spring Valley & Muni.

All guests pay with credit card (no cash)

The driving range has been closed at Spring Valley. Limited use at Muni, and Las Positas.

Doors will be propped open to avoid touch points.

Ball washers have been removed from the golf course to reduce touch points.

Rakes have been removed from the golf course bunkers to reduce touch points (play as ground under repair). The cups have been raised above ground level and flag sticks are to remain in place to avoid touch points.

Guests are to wear a mask or face covering in or around the clubhouse.

Skywest is not taking tee times. May not reopen.

Be safe, stay healthy and active.



**You can get your Pathfinder at:**

**<http://sirbranch59.org>**

Comments, photos for site etc. email to:

**[sirbranch59@gmail.com](mailto:sirbranch59@gmail.com)**



## Cyber Geezer Meeting

Cyber Geezers usually meet on the Tuesday following our monthly SIR Luncheon. Our next meeting will be held on June 23rd via Zoom, I will send out instructions via email prior to the actual meeting. The meeting time is from 1:00 to about 2:30 PM. We will again include Seniors of the Greater Niles Village, and any Sir Member wanting information.



At our May meeting we presented another special session devoted to "Zoom". We also discussed "Cutting the Cord", high speed internet services—what's available, VOIP phone services, streaming devices such as Roku, Amazon Fire Stick, Apple TV, and streaming services such as Hulu, Sling TV, Philo, YouTube TV, and AT&T Now.

We will likely discuss password issues and services such as Password Managers at our June session. No specific topic has been scheduled.

## **DID YOU KNOW?**

**The quieter you become the more you can hear.**

## **Only the lonely: UC San Diego researchers look at risks, therapies for seniors**

They are surrounded by hundreds of other people. They have a large menu of group activities: cards, tennis, art classes, and theater outings. How could anyone living in a vibrant senior community be lonely?

But they are, according to a new study by researchers at UC San Diego's medical school.

The scholars assessed residents of an independent living facility in San Diego County and found 85% have moderate to severe levels of loneliness, a complex condition that mounting evidence links to higher risks for heart disease, dementia, elevated blood pressure, depression and premature death.

"Loneliness rivals smoking and obesity in its impact on shortening longevity," said Dr. Dilip Jeste, a geriatric neuropsychiatrist who led the research team.

The small study, published online in the journal *Aging and Mental Health*, is part of a nationwide push to better understand what happens to people as they get older, and to improve their outcomes. It comes as the population of older Americans is growing. The number of those who are at least 65 went up 34% from 2007 to 2017, according to the Census Bureau, and now totals almost 51 million.

The concern about loneliness, which some have labeled a public health epidemic, is not limited to the United States. Two years ago, the United Kingdom appointed a minister for loneliness after government research showed that millions of people often or always feel lonely. Some 200,000 older people in Britain said they had not had a conversation with a relative or a friend in more than a month.

Researchers are diving into the differences between social isolation (the objective reality of living alone) and loneliness (the subjective feeling of distress). They know that not everyone who lives alone is lonely, and not everyone who lives with others isn't. But they don't yet fully understand why.

**(Continued Pg. 6)**

*SIR Happenings is published 4 time a year—the next issue will be published for August 2020. Deadline for submitting articles is July 15th.*

*You can find past issues on our website:*

*[sirbranch59.org](http://sirbranch59.org).*

*Send news and questions to:*

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Executive Editor  
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Sammy Lum,  
Assistant Editor  
[lumsam@sbcglobal.net](mailto:lumsam@sbcglobal.net)*



## **Can't Put a Name to a Face?**

**Visit our branch website at**

**[www.sirbranch59.org](http://www.sirbranch59.org)**

**Click on the Member Gallery tab on the website and then enter the password: SIR59**

They are exploring various risk factors, including genetics and the loss of loved ones. They are studying the biological and behavioral processes triggered by loneliness. And they are identifying ways to intervene when someone is lonely.

Jeste is a leader in all this, particularly as it pertains to seniors.

Now nearing 75 himself, he has no plans to stop work anytime soon, especially when he sees a silver lining in the massing clouds about loneliness.

"It's a major problem," he said, "but we can do something about it, both on an individual level and a societal one."

### NOT ONE-SIZE-FITS-ALL

Jeste's team believes the new study is the first to look at loneliness in senior housing communities. It focused on 30 people in one particular facility in the San Diego area who are part of a larger, five-year project to assess the residents' physical, mental and cognitive health.

They range in age from 67 to 92. Two-thirds are women. Ninety% are white and had at least some college education. None has been diagnosed with dementia.

They live in a place with a wide variety of amenities and activities. There are afternoon socials and happy hours. Art classes and bingo. There's a wood shop, a golf-putting course, gardening plots and a theater.

"Social isolation is not an issue there," Jeste said, "and yet they feel lonely."

"Loneliness is subjective," Jeste said. "Different people feel lonely for different reasons despite having opportunities and resources for socialization. This is not a one-size-fits-all topic."

Susan Valoff, a licensed clinical social worker and vice president at Windward Life Care, a San Diego geriatric-health consulting service, said her experience with clients dovetails in some ways with the study's conclusions.

"You can live amongst other people and still feel lonely," she said. "It can be a rude awakening for some people when they move into a facility. They are used to being in their own homes, setting their own schedules, and now someone else is making the decisions. The loss of control contributes to loneliness."

"Sometimes the one-size bingo won't do," she said. "Meeting their needs at their level is very important."

### WISDOM AS ANTIDOTE

The new study also opens a window into another part of Jeste's research. It concerns wisdom.

For centuries, wisdom was a philosophical or religious concept. In the 1970s, scientists started looking into whether it is biologically based, and in the decades since have written hundreds of papers exploring where in the brain certain wise behaviors might originate.

Not everyone agrees on the definition of wisdom. It is a complex personality trait. Jeste and his team reviewed all the research papers and identified the six most common components - decisiveness, emotional regulation, self-reflection, tolerance for divergent views, compassion, and the ability to advise others.

So what does this have to do with loneliness?

Jeste's research shows that people who score high on a wisdom scale aren't lonely. And vice versa.

Evidence of that appeared in the new study at the senior-living facility. Several who experienced strong loneliness appeared unable to regulate their emotions. Others talked about how they proactively warded off loneliness by doing something helpful for someone else, or how they had come to accept the physical limitations that come with aging.

"They didn't use the word wisdom," Jeste said, "but they were describing the components of wisdom."

He thinks that points the way forward for possible interventions. Senior-living facilities might look into activities that encourage empathy, emotional regulation and the other parts of wisdom, he said. They can explore ways to make residents feel again that their lives have meaning.

Jeste said the popularity of senior homes is likely to increase as the number of older Americans grows, which makes understanding their loneliness even more important.

"It is a growing public health concern, and it's important that we identify the underlying causes of loneliness from the seniors' own perspectives so we can help resolve it and improve the overall health, well-being and longevity of our aging population," he said.

(Article taken from arcamax.com and a few paragraphs removed to shorten content—full article at <https://www.arcamax.com/healthandspirit/seniorliving/seniorlivingfeatures/s-2318510?ezine=537>)

Visit The San Diego Union-Tribune at [www.sandiegouniontribune.com](http://www.sandiegouniontribune.com)



## Cyber Geezer Zoom Meeting



### Excerpt from a letter to Big Sir Rich Henry from State President Ed Benson

At this point in time, there is nothing more important to SIR than keeping our members engaged with us. Engaged members will quickly reestablish their SIR connection when we return to some semblance of ordinary operations while those who are not engaged may be lost forever. ZOOM is a superb and easily mastered tool to help the Branch accomplish this task. In addition to conducting ZOOM meetings, we encourage Branches to keep in contact with members through telephone calls, blast emails and bulletins.

We have prepared a ZOOM Video introducing ZOOM and its benefits to our Branches and we encourage you to watch it now. It will help you understand the balance of this rather lengthy email. You can find it here <https://www.youtube.com/watch?v=NwiNkVrDNms&feature=youtu.be>

The video also explains the SIR Branch ZOOMER Award Program. You will hear more about this program this week along with entry forms you can complete if you wish your Branch to compete for the monthly awards.

Some legal stuff about the ZOOM license:

The Sons In Retirement Foundation (SIRF) announces that we are now providing a service in furtherance of our charter and charitable purposes, by making a grant of use of a set of Zoom licenses to SIR Branches.

The ownership of the Zoom licenses remains with SIRF, but SIR Branches are encouraged to use those licenses for Branch business, particularly to run their BEC and lunch meetings as well as many of their indoor activities while problems from the Covid-19 pandemic prevent normal meeting arrangements.

Some Branches have already invested in a monthly Zoom license, they can simply switch over to a free SIRF license. Other Branches are using the free Zoom license, they too can use a free SIRF license. Some Branches, we estimate about one third, haven't tried Zoom meetings yet. To help these Branches SIRinc has identified a group of Sir volunteers who have already used Zoom and who are willing to train, mentor, and support Branches who ask for help that their Area Governor is unable to provide.

## PATHFINDER BRANCH 59

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Return Service Requested

**FIRST  
CLASS  
POSTAGE**

## FIRST CLASS MAIL

**June 2020**

### COMMITTEE CHAIRMEN AND ASSISTANTS

#### ACTIVITIES

Larry Lardie- Chairman  
James Ploor - Assistant

#### ATTENDANCE

Ed Guthrie - Chairman  
Bill Leake- Assistant  
Bill Pruner-Assistant  
John Williams - Assistant  
Bruce Hevelin - Assistant

#### AUDIO-VISUAL

Carl Nordling - Audio  
Sammy Lum/Jerry Sabo - Video

#### AUDIT

Carl Nordling - Chairman  
Ron Brutvan - Assistant

#### BIRTHDAYS

Sammy Lum - Chairman  
Art Winkley - Assistant

#### BOWLING

Harvey McAninch - Chairman

#### BRIDGE

Arnold George-Chairman

#### CAPS & EMBLEMS

Nat Lord - Chairman

#### CHAPLAINS

Howard Thompson  
Ted Bresler

#### CIRCULATION

Bill Briscoe - Chairman  
Sterling Strickland - Assistant

#### COUPLES DINING OUT

Jim Ulam - Chairman

#### COUPLES WINE TASTING

Joe Stanley- Chairman

#### CYBERGEEZERS

Jerry Sabo - Chairman

#### DATABASE

Hugh Twomey - Manager  
Jerry Sabo - Assistant

#### GOLF

Larry Lardie - Chairman

#### LIBRARIAN

James Ploor - Chairman  
Richard Holley - Assistant

#### MEMBERSHIP

Rob Ingebretson - Chairman  
Carl Nordling - Assistant  
**OPEN-** Assistant

#### NOMINATING

John Pesek - Chairman  
Arnold George Assistant

#### PATHFINDER

Editor - Jerry Sabo  
Assistant - Sammy Lum

#### PHOTOGRAPHER

Bruce Roberts

#### POKER

Bob Marshall - Co-Chair  
Larry Jett - Co-Chair

#### ROLLIE REFEREE

Dino Mostardi - Head Ref

#### SOCIAL

**OPEN-** Chairman

#### SONG LEADER

Bob Benya - Chairman

#### SPEAKER RECRUITMENT

Carlie Houseworth

#### SPORTS

Bill Leake - Chairman  
Nat Lord - Assistant

#### SUNSHINE

Art Winkley - Chairman

#### WEBSITE

**Sirbranch59.org**  
Sammy Lum - Webmaster

### STATE OFFICERS

**STATE PRESIDENT**  
Ed Benson

**STATE VICE-PRESIDENT**  
Jim Johnson

**STATE SECRETARY**  
Ronald Flegal

**STATE TREASURER**  
Roy Hodgkinson

**STATE ADVISOR**  
Stuart Williams

**DIRECTOR, REGION 5**  
Bill Holly

**GOVERNOR, AREA 15**  
John Haffner

**SENIOR HONORARY LIFE  
MEMBERS**

Nat Lord

#### **HONORARY LIFE MEMBER**

Hugh Twomey  
Arthur Winkley  
Rob Ingebretson

### 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\*

2014 Rob Ingebretson

2015 Skip Mugford\*

2016 Jim Ulam

2017 Jim Ulam

2018 Harvey McAninch

2019 Harvey McAninch

2019 Richard Henry

\*(deceased)

### PATHFINDER DEADLINE

Copy deadline for the next issue of the Pathfinder  
will be Wednesday, a week after the regularly  
scheduled Monthly Luncheon Meeting.