



The Pathfinder

Forty-Fifth Year

July 2020

Bulletin No. 6

All Close contact MEETINGS-Cancelled until further notice



Big Sir Richard's Corner

Hello to all our members of Branch 59....all of you are often thought of.... but not forgotten your branch officers have been assigned pages in our Pathfinder Roster Of Members and will reach out to all 160 members with a phone call.

So much is still on hold with the ongoing Covid-19 pandemic that for now the health and safety for our Sir family comes first. Our meeting place and caterer are ready to serve our members as soon as we get the green light from county and state.

Our B.E.C. Zoom meetings on the 3rd Wed. of each month are well attended and going strong. Jerry Sabo is our Zoom meeting host and we do encourage our members in joining us.

I do suggest you go to <https://youtu.be/NwiNkVrDNms> and watch this Introduction to Zoom video from our state president until we can get back to normal Zoom is SIRS life line for growth and stability.

For now stay safe happy and healthy.....and for sure....look out your window and SMILE....DON'T let the OLD MAN IN.

Best Regards:

Richard Henry,

Anyone that is interest in joining the BEC meeting on Wednesday, July 15 is welcome. The BEC meeting begins at 10:30, but we will have small group meetings forming at about 11:30. Join us—all Branch 59 members and guests are welcome.

Join Zoom Meeting
<https://us02web.zoom.us/j/955020906>
Meeting ID: 955 020 906

SIR Branch 59 BEC Minutes, June 17, 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



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

The meeting was called to order by Little Sir Larry Jett at 10:40am. All BEC members were present except Rick Henry and Arnold George.

Committee chairs also present were Harvey McAninch, Ed Guthrie and Jerry Sabo, Carl Nordling and Jim Vermazen. Our Area Governor, John Haffner also joined us.

The May 20, 2020 meeting minutes were approved as presented.

The treasurers report was approved as presented. The balance of the general fund on June 17 was \$3,931.90.

Following welcoming remarks by Larry Jett, John Haffner spoke to the group. He extended thanks to Jerry Sabo who has offered to be ZOOM trainer for area 15 Sir branches. With the average age of 79, he feels many Sir members will not be comfortable returning to a lunch meeting until a vaccine is available. Recently John met with the the smallest branch, 35 members. They met in a Richmond restaurant. Most branches are too large to meet and maintain social distancing requirements. He questioned whether we might be comfortable meeting in smaller groups for luncheons. John suggested we keep members engaged by holding Zoom meetings for all our activities we would otherwise be involved in. Hugh questioned whether training is scheduled for new BEC officers. Important for us with both Treasurer and Assistant Treasurer being new to their positions in January. Although not scheduled yet, John said there will be training offered, possibly with Zoom and possibly in small groups. He is thinking September.

Larry said luncheon speakers are stacking up like cord wood. Many are anxious and able to give their presentations over computer medium.

Rob Ingebretson, Membership; Our membership stands at 160. Four members will turn 90 this year. Rob offered to order plaques and buy appropriate frames. The thought is to drive to each members house to present these honorary mementos. It was suggested we organize many members, in individual cars, rendezvous at the recipients house and collectively acknowledge their birthday. What fun!

Jerry Sabo, Pathfinder; Needs input, photos and data from BEC and membership to include in our newsletter each month. Sammy sends member birthday data each month.

Comments from Big Sir Rick, through Larry Jett; Reminds us the importance of having Assistant Directors. Suggests Directors solicit a member/friend to become involved with BEC operations by being an assistant to them.

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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



Activities; Big Sir is looking for a new Activities chairman. Larry Lardie is playing golf with several members each week, but not as an official Sir's event. Bowling, Harvey is working with others to re-schedule a bowling tournament, possibly in August.

Final thoughts; Let us invite all membership to our July 16 BEC Zoom meeting. Following the BEC portion of the meeting we will set up break-out rooms. The system would randomly make groups of, maybe 8 members.

We adjourned the meeting at 11:50am.

Dave Nelsen, Secretary

July Birthdays



Sir Sammy Lum
Birthday
Chairman



Gordon Thym
Age 97

Fred Cutter
Age 91

Gordon MacLeod
Age 90

Dino Mostardi
Age 90



Ben Fernandez
Age 86

Rowland McNeil
Age 82

Wayne Smith
Age 82

Wayne Meyer
Age 81



Gene Lim
Age 80

Robert Wallace
Age 77

Charles Ferguson
Age 76

Jimmy Inocencio
Age 76



John Mikel
Age 74

Joseph Lucia
Age 73

James Lomax
Age 72

BRANCH 59 SLATE OF OFFICERS FOR 2021

as of 1/1/2020

BIG SIR	Larry Jett
LITTLE SIR	Bob Marshall
SECRETARY	David Nelsen
ASSISTANT SECRETARY	Rob Ingebretson
TREASURER	Larry Lardie
ASSISTANT TREASURER	James Vermazen
DIRECTOR	Hugh Twomey
data base	
DIRECTOR	Sammy Lum
publicity	
DIRECTOR	Jerry Halligan (little sir 2022)
DIRECTOR	Jim Ulam
recruitment	
DIRECTOR	Richard Henry
nomination	
DIRECTOR	Dave Shideler

Need Activities Chair



Cyber Geezer Meeting

Cyber Geezers usually meet on the Tuesday following our monthly SIR Luncheon. Our next meeting will be held on July 21st 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 June meeting we had a great group of “Zoomers” and discussed many aspects of “Zoom” such as security, screen sharing, waiting rooms, chat and virtual backgrounds. 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 and briefly discussed Password Managers such as LastPass.

No specific topic has been scheduled for our July session. The information below is needed to join the meeting. See page one of this issue for more Zoom information.

Join Zoom Meeting

<https://us02web.zoom.us/j/96358532596>

Meeting ID: 963 5853 2596

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.

Send news and questions to:

***Jerry Sabo,**
Executive
Editor
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Sammy Lum,
Assistant Editor
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**SIR
HAPPENINGS**

You can get your Pathfinder at:

<http://sirbranch59.org>
Comments, photos for site etc. email to:
sirbranch59@gmail.com



11 Ways To Live Longer & Healthier

Starting Today

It's Never Too Late To Start Snatching Back Some Good Years. The Best Time Is To Start From Childhood. The Second-Best Time Is Today.

EAT LESS — *Twist: Just enough less to maintain healthy weight. "Eat breakfast like a King, lunch like a prince, and dinner like a pauper".*

GO AHEAD WITH A DRINK OR TWO A DAY—*Twist: But don't assume there's magic in alcohol.*

KEEP THE FAITH—*Twist: God works in mysterious ways for your well-being.*

CULTIVATE CLOSE RELATIONSHIPS—*Twist: It helps if they're healthy friends.*

AVOID LONELINESS—*Twist: Be aware you can suffer toxic loneliness even while with others.*

GET SOCIAL TIME—*Twist: When it's safe, in person is better like our Sons In Retirement luncheons which we will enjoy again someday.*

BE OF GOOD CHEER—*Twist: If you're not born this way, you might be able to develop it.*

STIMULATE YOUR BRAIN—*Twist: You need to keep leveling up. You can start with crossword puzzles but then you have to move on to Sudoku or other puzzles.*

EXERCISE 45 MINUTES A DAY—*Twist: Gym-rat marathoning not necessary. It can be two or three shorter sets that add up to 45 minutes.*

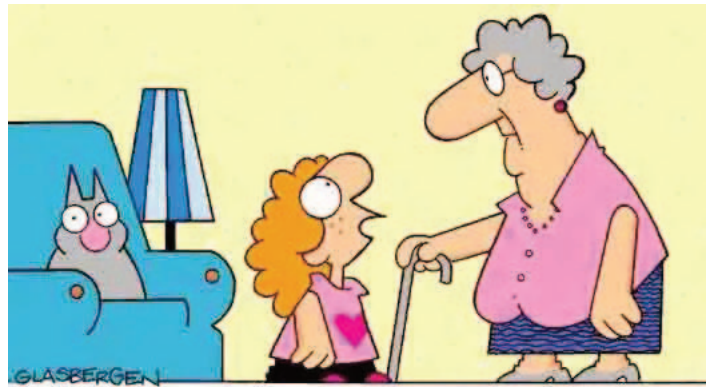
HAVE A PURPOSE—*Twist: Unlike a job, purpose doesn't end. If you have a sense of purpose and are engaged with the world, there's a psychosomatic effect. Your body rises to it.*

EAT A MOSTLY PLANT BASED DIET-

Twist: "Anti-aging" vitamin cocktails don't help. What gets you to 90 and beyond; basics. Focus on Protein, healthy fats and complex carbs. The five dietary pillars in the Blue Zones:

Whole grains, greens, tubers, nuts and beans. One cup of beans a day adds three to four years of life expectancy.

There might be more that we could add to the list, but this is a good start.



"My teacher says little girls can grow up to be anything they choose! Why did you choose to be an old lady?"



Check out the revamped SIR Website:

<https://sirinc.org/>

Same name but "New" look

Can't Put a Name to a Face?

Visit our branch website at

www.sirbranch59.org

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

DID YOU KNOW?

The quieter you become the more you can hear.

Having just passed through the 80 gate

LIFE BEGINS AT 80 (author unknown, but I did think of it!)

1 have good news for you. The first 80 years are the hardest. The second 80 are a succession of birthday parties. Once you reach 80, everybody wants to carry your baggage and help you up the steps. If you forget your name or somebody else's name, or an appointment, or your own telephone number, or promise to be three places at the same time, or can't remember how many grandchildren you have, you need only explain that you are 80.

Being 80 is a lot better than being 70. At 70 people are mad at you 'for everything. At 80 you have the perfect excuse no matter what you do. If you act foolishly, it's your second childhood. Everybody is looking for symptoms of softening of the brain.

Being 70 is no fun at all. At that age they expect you to retire to a house in Florida and complain about your arthritis (they used to call it lumbago) and you ask everybody to stop mumbling because you can't understand them. (Actually, your hearing is 50% gone,)

If you survive until you are 80, everybody is surprised that you are still alive. They treat you with respect just for having lived so long. Actually, they seem surprised that you can walk and talk sensibly. So please, folks, try to make it to 80. It's the best time of life. People forgive you for anything, If you ask me, life begins at 80.





Peering into the SIR Spyscope today shows the cheerful face of Director Andy Lang coming into focus. The year WWII ended was the beginning of his life which commenced in Cincinnati, OH. Educated at Woodward High School, Cincinnati, founded in 1831, which makes it one of the first public high schools in the U.S. While a teenager, Andy played trumpet in the high school band as well as attending many Cincinnati Red's games at old Crosley Field with his Dad..

Other teachers spoke to Andy from the University of Cincinnati and Golden Gate University preparing him for a career in tax accountancy. He was winner of the Prentice-Hall Award for top grade in tax research. Beyond formal education, life's education involved meeting and marrying Mary (although she may have been concerned when his car broke down on their first date) but ultimately produced sons Brandon and Martin, who in turn produced grandsons Jack, and Henry.....all Lang's and all are charter members of the LANG GANG. Other residencies included, Chicago, Houston, St. Louis and Fremont.

Middle-America instilled in Andy a sense of responsibility and to 'be there' for his family and to have compassion for those less fortunate. Six years in the Army Reserves were part of this process. Andy, a newly inducted member of Fremont Elks, and Mary have been active with The Candle-Lighters, using the Annual Ghost House to raise local charity monies.

Retirement brought time to indulge in golf, card games including SIRs poker, weekend getaways (your reporter saw the Langs and friends at several wineries recently on Facebook—you can run, but you can't hide). Also reading, sports on tv, and fantasy football fill the day. No activity is more grand than grand parenting and the shared events keep them a tight tribe. Sir Lang has traveled to Africa on business visiting natives (with tax problems?) and took a 38 day road trip with Mary. Hoping 2020 will settle down so further travel and cruising may be re-sparked. A FFR is a given, (Fun Friday Routine) whereby a group of friends take a walk around Lake Elizabeth, then coffee and chat at Panera's followed by a group dinner at Zorba's. Casual Cool? thy name is Andrew.

Interest in SIR Apparel? Check out the Pro Shop at <https://sir.go.customprintcenter.com/>



PATHFINDER BRANCH 59

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Return Service Requested

**FIRST
CLASS
POSTAGE**

FIRST CLASS MAIL

July 2020

COMMITTEE CHAIRMEN AND ASSISTANTS

ACTIVITIES

Larry Lardie- Chairman
James Ploor - Assistant

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Ed Guthrie - Chairman
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Bill Pruner-Assistant
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Sammy Lum/Jerry Sabo - Video

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Art Winkley - Assistant

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Harvey McAninch - Chairman

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Arnold George-Chairman

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Ted Bresler

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Sterling Strickland - Assistant

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Jim Ulam - Chairman

COUPLES WINE TASTING

Joe Stanley- Chairman

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Jerry Sabo - Chairman

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Jerry Sabo - Assistant

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John Pesek - Chairman
Arnold George Assistant

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Assistant - Sammy Lum

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WEBSITE

Sirbranch59.org
Sammy Lum - Webmaster

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STATE ADVISOR
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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.