



# The Pathfinder

**Forty-Fifth Year**

**August 2020**

**Bulletin No. 7**

**All Close contact MEETINGS-Cancelled until further notice**



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

How are things with our members of Branch 59? Please remember you are always in our thoughts and not forgotten.

I am pleased to say that our Board of Directors is set for 2021. During our Zoom meeting on the 19th of August our new Board Members and Directors will be voted in. Please join us on our Zoom BEC meeting on this date as we will have our regular meeting and a luncheon meeting to follow at 1:00pm. Our Guest Speaker will be Ron Adamson. He will be speaking on the subject of Radiation. This should be very interesting!

We keep turning the pages in our membership booklet to reach out to Branch 59 members. We will continue to do this so you can speak with a different Board member each month. Right now, we are using Zoom and emails as our lifeline to stay in contact with all SIR members and State officials.

The emails keep coming in from State to keep us abreast of what is going on during our COVID-19 shutdown. They have not missed a beat as they strive to keep SIR alive and well.

Please be safe, healthy, and happy.

Best Regards,  
Richard Henry  
Big Sir



## **August Speaker**

**Dr. Ronald Adamson** is an Internationally recognized technical expert in performance of zirconium alloys as a component in nuclear reactors.

Received GE's International Power Systems Award (for outstanding individual achievement)

Received ANS Mishima Award (for nuclear materials research)

Received ASTM / Kroll Institute Kroll Medal (for zirconium alloy research and development)

Received ASTM B10 H.R.(Russ) Ogden Award (for technical advancement of reactive metals)

Received ASTM best paper Award (Symposium on Zirconium in the Nuclear industry)

Received ASTM best paper Award (Symposium on Zirconium in the Nuclear industry)

Editor, ASTM's Zirconium Production and Technology: The Kroll Medal

Published over 100 peer-reviewed technical papers on technology of zirconium alloys.

Granted seventeen U.S. patents on materials and components used in nuclear reactors.

Chairman, ASTM Kroll Medal Award Committee.

Contributed two chapters in the book Materials Aging and Degradation in Light Water Reactors.

Conducted Summer School on Nuclear Materials, Halden Reactor Project.

Guest lecturer, UC Berkeley, Nuclear Engineering

***Anyone that is interest in joining the BEC meeting on Wednesday, August 19 is welcome. The BEC meeting begins at 11:00 a.m., but we will have a speaker and regular meeting beginning at 1:00 p.m.***

**Join Zoom Meeting**

**<https://us02web.zoom.us/j/955020906>**

**Meeting ID: 955 020 906**

## SIR Branch 59 BEC Minutes, July 15, 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 Big Sir Rick Henry at 10:33am. All BEC members were present except Arnold George, Bob Marshall and Larry Lardie.

The June 17, 2020 meeting minutes were approved as presented.

The treasurers report was approved as presented. The balance of the general fund on July 15 was \$3,554.15. Hugh explained form 28, the monthly cash report. Although we are not spending funds on hall rental or caterer while we are not meeting, there are still expenses to be paid each month, including printing costs, advertising in Tri-City Voice and an assessment we pay to State SIR quarterly. Our second quarter assessment of \$281 was sent in early July.

Larry Jett spoke of those with birthdays not being acknowledged while we are not meeting. Members with birthdays each month are listed in the Pathfinder. Take a look at that list each month and consider calling men you know, or don't know, and wish them a happy birthday.

Rob Ingebretson, Membership; Our membership stands at 160. Rob has ordered certificates for several members turning 90 this year. He will frame these and plan a delivery schedule.

Rick Henry; Reminded us we are still in need of an Activities Chairman. Asks us to please pay attention to emails from State. He is forwarding many of these to all members. State SIR meeting will be held on August 19. Agenda will include election of 2021 officers, changes to by-laws and financial status.

Staying in touch with members is important. Last month Rick assigned two pages of our directory to BEC members and requested we reach out with a phone call to each member on those pages. Reports of the results were all very positive. Callers and recipients enjoyed the conversations and new friends were made. Several phone numbers did not work - for these we will try to connect through email. If we find corrections need to be made to the directory they should be sent to database chair Hugh Twomey or assistant Jerry Sabo.

Harvey suggested we encourage all members to make calls to their friends or other random, fellow members.

Jerry Halligan suggested the BEC continue making calls to members and asked that we shuffle the page assignments, so we are calling different members this month. Rick will send out new assignments soon.

A thought from Rob; There are many members without a spouse and may be living alone. He feels we could/should do something for these single members.

Rick filed for a ZOOM competition being held by State SIR. There is a \$100 gift prize for the winner. Many groups are conducting activities on Zoom and State is encouraging the use of Zoom to keep members engaged. They are looking for suggestions from all

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membership. Jerry Sabo indicated many SIR branches are holding Zoom meetings with speakers. Jerry Halligan suggested we call speakers we have scheduled to present this year and find one willing and able to present to us in August. Larry Jett will contact our list of speakers. Bruce Roberts offered to take photos of the speaker or for the speaker to add in the August Pathfinder. For this to work, we need to know the speaker and subject prior to release of the August Pathfinder to communicate to members.

Hugh reminded us that we should vote for our 2021 BEC officers during our August meeting. This may be a challenge during our first all membership Zoom meeting, but we will work it out.

It was decided to begin our August 19 BEC meeting at 11:00am.

The meeting was adjourned at 12:02pm.

Dave Nelsen, Secretary

## August Birthdays



**Arthur Winkley**  
Age 93

**Gerald Robinson**  
Age 88

**Don Potestio**  
Age 85

**Robert Higday**  
Age 84



**Robert Compton**  
Age 83

**Arnold George**  
Age 81

**Donal Spicer**  
Age 78

**Douglas Howd**  
Age 74

**Sir Sammy Lum**  
Birthday  
Chairman



**Frederick Kasman**  
Age 74

**John Weed**  
Age 74

**Ken Arora**  
Age 73

**Frank Steiner**  
Age 73



**Dave Nelsen**  
Age 67

Check out the revamped SIR Website:

<https://sirinc.org/>

Same name but "New" look



## 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

*SIR Happenings is published 4 time a year—the next issue will be published for November 2020. Deadline for submitting articles is October 15th. You can find past issues on our website:*

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

*Send news and questions to:*

*Jerry Sabo,  
Executive  
Editor*

*[jlsabo3@comcast.net](mailto:jlsabo3@comcast.net)*

*Sammy Lum,  
Assistant Editor*

*[lumsam@sbcglobal.net](mailto:lumsam@sbcglobal.net)*



## Cyber Geezer Meeting

Cyber Geezers usually meet on the Tuesday following our monthly SIR Luncheon. Our next meeting will be held on August 25th 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 July meeting we had a great group of “Zoomers”. Our primary focus was on organizing photos. Our Branch 59 photographer was involved with scanning old photo negatives and how to process them. We discussed various photo scanners and scanning programs. That discussion also included photo programs such as Light-room and Photoshop Elements.

No specific topic has been scheduled for our August session.

## Join Zoom Meeting

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

Meeting ID: 963 5853 2596

*Click below the [link](#) below for a YouTube Video describing SIR Zooming.*

*<https://www.youtube.com/watch?v=NwiNkVrDNms&feature=youtu.be>*



## 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

## You can get your Pathfinder at:

<http://sirbranch59.org>

Comments, photos for site etc. email to:

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

## DID YOU KNOW ?

**Not everybody can be famous, but everybody can be great, because greatness is determined by service.**

### THE NEW MATH FOR A HEALTHIER YOU

**A growing chorus of doctors think we fixate on health related numbers that are outdated (like weight). Here's  
What to let go of——and what to pay more attention to——  
for your body's benefit.**

#### **\*\*OBSESS LESS\*\***

##### **10,000 STEPS A DAY**

Counting steps can be fun, and has this upside: you are apt to log an extra mile a day, research shows. but 10,000 steps is not a magic number.

#### **\*\*OBSESS LESS\*\***

##### **BODY-MASS INDEX (BMI)**

From middle age on, you can lose 3 percent of muscle mass a year, a leading cause of disability, insulin resistance, and related health woes. Forget BMI. Do resistance training (with bands or weights) at least two to three times a week.



#### **\*\*FOCUS MORE\*\***

##### **300 MINUTES A WEEK OF SWEAT**

Better than using your phone to count steps, use it to time how long you sweat. Aim for a minimum of 30 minutes, 5 to 7 days a week.

#### **\*\*FOCUS MORE\*\***

##### **WAIST SIZE**

More reliable than the scale or BMI to flag health risks is the simple act of measuring around your waist. For men, the goal is under 40 inches; for women, 35 inches. The most reliable was waist-to-height ratio (WHtR). A man 6 feet tall should have a waist under 36 inches; a women who's 5-foot-4 should aim for under 32 inches. You can find simple WHtR calculators online.

**\*\*OBSESS LESS\*\***  
**220 MINUS YOUR AGE**  
**(MAX HEART RATE)**  
Key for all: Slow down if  
you are straining; push  
if it's easy.



**\*\*FOCUS MORE\*\***  
**TRIGLYCERIDES BELOW**  
**150 MG/DL**  
Your cholesterol numbers  
highlight your risk of diabetes,  
heart disease and Alzheimer's  
but don't forget your triglycer-  
ides. A type of fat in the blood,  
when levels above 150 mg/dL  
are treated with medication,  
diet and exercise, benefits  
follow. "When triglycerides go  
down, good cholesterol goes  
up.

TRI-City Voice Ad for Branch 59

**SONS IN RETIREMENT (Tri-cities area) a.k.a. SIR**  
**Social Activities for Men**

The Fremont/Newark/Union City Branch 59 of SIR holds monthly luncheon meetings featuring guest speakers with a variety of different topics. We are 160 strong and welcome any gent that wants to join us. For the duration of the coronavirus pandemic, we are meeting by Zoom from our own dwellings. We have no political agenda, do not collect money for any cause nor have any other purpose other than to enjoy each other and provide many activities to brighten up our life and yours. Dues? None.

**Take a look at us and what we do without even leaving your home! Next Zoom meeting is on August 19<sup>th</sup> at 1:00pm with guest speaker nuclear expert Ron Adamson, PhD.**

Activities run the gamut from golf, bowling, computer, wine tasting, bridge, bocce, couples dining out, and more when the safety issues are resolved. When we meet again at the Elks Lodge in Fremont, you can browse our extensive library of books, sign up for activities, or just shoot the breeze with new and then older friends as you continue with SIR.

You may call Sir Jim Ulam at (510) 797-9357 for details as to how to attend the Zoom meeting. Our website is [www.sirbranch59.org](http://www.sirbranch59.org). Email to [sirbranch59@gmail.com](mailto:sirbranch59@gmail.com). **We are waiting to hear from you.**



### **Are you SIRious?** by Larry Jett



Sir Ken Brunskill, born in Denver CO in 1939, but like so many families, relocated to the Bay Area to build ships for WWII. His Mom was a welder. The Brunskills left Oakland for Castro Valley where Ken graduated from Hayward High in 1956 and enlisted in the Navy for 4 years. After Electronics school he cruised the world on the USS Merrick AKA/LKA-97 (an attack cargo ship...these fill the actual landing craft with tanks and men, plus jeeps etc. that land on enemy territory.) Think: the cargo ship loading LSTs on Normandy. His passports have been stamped Italy, Switzerland, Germany, China, Korea, Philippines, Austria, Australia, all the Caribbean's and 4 trips to New Zealand. Back on dry land, Ken attended the University of San Francisco with a degree in Business 1978 all the while will working in the engineering world.

Post college and the Navy, Ken served as a Tool and Die Apprentice from 1961 to 1965, a Tool Designer until 1972, then a Manufacturing Engineer until 1978, Engineering Manager until 1986, capped by the title Senior Project Engineer until retirement in 1998. Paychecks arrived in those years from Ampex, Lenkurt Electric, Memorex, Xerox, Zilog, Conner Peripherals, Read-Rite, Integrated Solutions, and half a dozen others.

Ken won the heart of a coed at Laney Trade school and Pat and Ken have been holding hands for 59 years. A son and a daughter produced an additional grandson and granddaughter.

The art of fly-fishing was learned from his dad and uncle and became a serious endeavor in the 80's. Ken has caught 10 of the 11 legally available NATIVE trout in CA earning him the "California Heritage Trout Challenge" award. Ken founded and is still active with Veterans First Fly Fishing. This group has taken veterans throughout Montana, Oregon, and California under the auspices of the VA and Fly Fishers International. It is an all-volunteer group wanting to assist veterans to integrate back into society. As yet another retirement project, Ken leads the effort to rebuild many major parts of a 1911 Vulcan steam locomotive used for yard switching. Ask him about either project, and he will cheerfully provide further intel. What other SIR can claim to have fly-fished from a live steam locomotive? Sponsors were Al Kenney and Steve Francis.

In all respects, a life led very well.

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



## PATHFINDER BRANCH 59

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Return Service Requested

**FIRST  
CLASS  
POSTAGE**

## FIRST CLASS MAIL

**August 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

Charlie 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.