

Forty-Sixth Year

<u>May 2022</u>

cardiology.

BulletinNo. 5



Bob's Blurb

As I write this month's Blurb I am reflecting on the first three months of this, my year as your Big Sir. In the beginning, the time was mostly spent in trying to get the club completely back to completeness after over two years of Covid 19

Pandemic restrictions. We now can attend meetings without restrictions; we have a solvent club now thanks to our members stepping up to commit to being a "dues paying club" and responding to our workable attendance protocol with Evite; we have a program of interesting speakers scheduled; and most of all, we have a working BEC with lots of great activities for our members. Now is the time for the club to take the next step to keep the club growing and viable.

The "next step" is planning for the future. To facilitate this, your BEC will be getting together for a work session or two in the coming month to formulate specific goals for our club, and a comprehensive plan to achieve those goals. To that end, we are asking all of our members to respond with some ideas as any new activities for the club; perhaps some specificity as to what YOU would like to see for goals; and to please step up to help us achieve those goals. Any club is only as good as its members, and we are blessed with a superior group. If you would like to contribute to this process, please contact me at 510-502-7295, or via email at hdog48@gmail.com.

Our presentation this month will be very timely, in that many of us may need the services of a Palliative Care unit some time in the future. Sutter Health has one of the best and we will get some really great information from them. Hope to see you all at the meeting on May 18.



May Guests Christine Eicher Raymond and Felicity Burdick

Sooner or later every single one of us will be looking at the last chapter in our life. The role of MDs, the pharmacists, and hospitals are well known to us but not all of us are conversant in Hospice and Palliative Care. Christine Eicher Raymond and Felicity Burdick will provide the details that they have shared with your past Big Sir and his wife for the last year as we are dealing with cancer under their help and guidance. Palo Alto Medical Foundation hires Christine as a Palliative Care Nurse Practitioner (a NP is higher trained than a RN but not guite a MD) and supervises the palliative care teams in Fremont, Dublin, and San Ramon. Her credentials are long and varied and include a Master of Science Family NP degree from the University of Phoenix and is board certified in oncology, and three other related boards and has worked in research in fields of diabetes, pain management, vaccines, dementia, women's health, dermatology, oncology and

Felicity Burdick is a Licensed Clinical Social Worker and earned a Masters in social work at the University of Washington. Her Bachelor's degree in social sciences & anthropology was awarded at Cape Town University, South Africa where she was born before moving to the USA in 1975. She owned a Montessori School in Seattle. Felicity was actively engaged in the anti-apartheid movement in S. Africa. Her mother was a City Councilor in Johannesburg, working alongside Desmond Tutu, Nelson Mandela and Walter Sisulu. Hopefully she will tell us about her time in the Kalahari Desert, Botswana, studying the Bushmen people. Sandy and Larry Jett feel very fortunate to have had and continue to have these two ladies be part of our struggle with breast cancer. Palliative care really really helps when you have several medical regimens involved but no counselor to help you make sense of the various inputs. Don't miss this meeting unless you are in your 60 s.

SIR Branch 59 BEC Minutes, April 20, 2022

Branch 59 Officers

Big Sir Bob Marshall (310) 502-7295 Little Sir OPEN Help Wanted Secretary David Nelsen (510) 673-5042 Asst. Secretary **Rob Ingebretson** (510) 657-7828 Treasurer Larry Lardie (510) 579-5934 Asst. Treasurer James Vermazen (563) 920-6908

Directors

Jerry Halligan Richard Henry Sammy Lum Dave Shideler Hugh Twomey Jim Ulam

RAMP

Jim Ulam-Recruitment Larry Lardie/Jerry Halligan-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 10:00 AM Executive Board Meeting 11AM Social Hour 12 Noon Lunch





The meeting was called to order by Big Sir Bob Marshall at 10:04am. All BEC members were present except James Vermazen and Hugh Twomey.

The March 16, 2022 meeting minutes were approved as presented. Dave shared that as of today 106 members have paid their 2022 dues.

Treasurer, Larry Lardie reported the balance of the general fund as of April 20 was \$7,881.11. The 1st quarter assessment was

paid to SIR State, based on our January membership number. The treasure's report was approved.

Big Sir, Bob Marshall, introduced and welcomed Phil Keller who has joined the attendance committee. Phil, together with Rob and Secretary Dave will be working on the four lists we use to track membership, attendance, meeting invitation and vaccine compliance/2022 dues collection. Form 27, used to track membership status, is complicated and Rob is looking for help in order to fill it out correctly. Our use of Evite to invite members to RSVP to our meetings seems to work well for most members comfortable with using a computer, however, 30% of members have not even gone to the Evite page. Our goal is to simplify and increase the accuracy of the invitation and attendance tracking process as well as reduce redundancy.

A great line-up of speakers are scheduled for the next several months. Discussion topics will include palliative care, law enforcement and environmental issues and concerns.

Membership; Rob indicated one new member will join our ranks today, Paul Parhiala. His membership was approved by the BEC. Ron Brazil will be joining us as a second time guest.

Activities; Larry Lardie commented that about 16 golfers are swinging each week. Bowling has been well attended as well. Larry has asked activity leaders to write a short description of their activity to include in the Pathfinder. Even a boiler-plate memo may spark interest in members to give an activity a try.

We have use of the Elk's lodge until 2:30, which allows time for after meeting activities like bridge, corn hole or bocce ball if coordinated.

Publicity; Sammy brought up the Tri-City-Voice ad. We suspended the ad in 2020. The cost was \$40 per month. Questioning its value in reaching potential new members, we agreed not to renew the ad at this time. SIR State has suggested branches consider creating a Facebook account. Sammy and several other BEC members are not Facebook users, but believe this may be a viable publicity tool.

Recruitment; Jim Ulam believes a Facebook account for our branch would be a great tool for recruitment as well as publicity. He uses Facebook and offered to help setup an account and educate us how to use and update it.

The Birthday Committee; Sammy and Rob suggest members celebrating a birthday wear a lei during the meeting. They will be asked to share their name and age through a roaming microphone as we honor them. The name drawn from a hat will be given a prize. There will not be a birthday table.

Branch Assessment; SIR State suggests an assessment form be filled out each year to assess various risk levels a branch may be facing. Bob will set up a special BEC meeting soon to conduct this assessment and discuss the result.

The meeting was adjourned at 11:00am.

Dave Nelsen, Secretary





Donald Henry Age 93



Larry Goodman Age 86



Harvey McAninch Age 79



Zacharia Ploscaru Age 73



Stanley Hunt Age 89



Robert Lovell Age 85



Jerry Halligan Age 77



Kevin Hurley Age 71





Joseph Montellano Age 89



Richard Holley Age 83



William Palleschi Age 77



Willard Wyman Age 89



Gerald Rodrigues Age 83



Terry Pearson Age 77



Donald Allen Age 86



Ron Brutvan Age 81



Henry Brown Age 75

You may have noticed that our birthday procedure has changed. If it is your birthday month you are to pick up a lei in the box located next to the gentleman that gives you your badge when you enter. You are to wear it during the luncheon and you may sit anywhere you want as there will no longer be a birthday table. Sometime during the luncheon you will be given the opportunity to say your name and how old you are. After all the birthdays have been announced there will be a drawing for a bottle of wine given to one of the birthday members present. We ask that when you leave the luncheon that you please return your lei to the same box where you picked it up.

Sir Sammy Lum Birthday Chairman



Cyber Geezers usually meet on the Tuesday following our monthly SIR Luncheon. Our next meeting will be held on May 24th. We will again include Seniors of the Greater Niles Village, and any SIR Member wanting to join us. The meeting will begin at 1:00 pm. Login information is given below



In the last Zoom session we once again discussed Virtual Private Networks (VPN). We also discussed embedding photos into a document and the need to resize the photos.

Please send requests to Jerry at ilsabo3@comcast.net.

SIR Happenings is published 4 times a year—the next issue will be published for August 2022. Deadline for submitting articles is July15th. You can find past issues on our website:

https://sirbranch59.org/



Join the next Zoom Cyber Geezer Meeting https://us02web.zoom.us/j/96358532596

Meeting ID: 963 5853 2596

The "Dealer's Lunch Bunch" meets for Poker every month on the Monday immediately following our monthly luncheon. We currently have about 10 members who routinely attend games. We have a seven-seat table, so space is limited to the first seven players who reserve. But don't let that stop you from joining our group! We have had up to 10 players (lots of common card games) since the group started, and IF we consistently get more than 10 reservations, we will open a second table. The buy-in is \$10, with dime-quarter-half dollar chips, so it is within everyone's means. If you have a desire to play, please contact Sir Larry Jett (larrywjett@gmail.com), or Sir Bob Marshall (hdog48@gmail.com). Here are some recent photos of our last game.





Send news and questions to: Jerry Sabo. Executive Editor ilsabo3@comcast.net Sammy Lum, Assistant Editor lumsam@sbcglobal.net

You can get your Pathfinder

https://sirbranch59.org/newsletters-2022/ Comments, photos for site etc. email to: sirbranch59@gmail.com

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

Attendance Report

April 20, 2022 Total Membership 142 New Member Paul Parhilala #82 Members absent from luncheon 66 Members in attendance 76 Percent of membership in attendance 54% Second time guest Ron Brazil Total Attendance 77 Submitted by Rob Ingebretson Membership Chairman

April 2022 Luncheon photos-Photographer Bruce Roberts







Newest member Paul Parhilala (left) being welcomed by Membership Chairman Rob Ingebretson and Big Sir Bob Marshall



Guest speaker-Mayor Lily Mei





Are You SIRious?

Audio Memories and Live Music Bruce Roberts

It was 1949 in Twin Falls, Idaho, and the music? – "In the Hall of the Mountain King" by Edvard Grieg. I sat in front of the record player/ console radio and "directed" the orchestra's efforts coming from the 78 RPM record. For years the music I heard emanated from a record or the radio. My red, metal cased Arvin radio gave me local radio stations like KEEP, KLIX (KLIX is Klickin') or KTFI (KTFI FM was not reachable from my AM radio).

Then, in 1958, my parents bought a Magnavox Stereo with 12" woofers and big horn tweeters. My dad's Diners Club credit card allowed him to subscribe to the Diners Record Club. At my age 14 he gave me the privilege of choosing the records (33 1/3, 12" LPs). What did I know about the recordings offered each month? The only thing I knew to do was to choose the best looking (to me) album cover. So, I chose records like "No Sun in Venice" by The Modern Jazz Quartet (beautiful painting of Venice), and Smetana's "The Moldau" played by the Vienna State Opera Orchestra conducted by Hermann Scherchen (photo of the Moldau River with Vienna in the background), and "Carlos Montoya Recital" (photo of Carlos Montoya playing a guitar). I could not resist "your number please..." by Julie London with Music Arranged and conducted by Andre Previn. I mean Julie

London on the phone obviously in bed wearing bedclothes; who could resist? Actually, her breathy songs were very good - "Learning the Blues," "They Can't Take That Away from Me" and other ballads took me to another place.

"Blues Is a Story" sung by Sonny Terry and Brownie McGhee changed my outlook on what is now called roots music. Raw, acoustic blues was something I

had never heard before – strong rhythm, heartfelt lyrics! Basis for Rock 'n' Roll? Sort of folk music? Only audio, not live. I heard of live music, of concerts, but those forms of music seemed miles and much time away.

A few years later at The College of Idaho, one of the artists I had heard on a record, Duke Ellington, came to play at (I think) the Senior Prom. I was so fortunate to dance to his rendition of "Satin Doll" that he played on "Duke Ellington and his piano and his orchestra at the BAL MASQUE." It was a thrill of a lifetime:





me, dancing to "Satin Doll!" A lot of the album's cover photograph has rubbed off during the ensuing years, but the music still remains.

Another album cover that caused me to select another record – "annie ross sings a song with mulligan" – that's Gerry Mulligan on baritone sax and Chet Baker or Art Farmer on trumpet. What superb music! "I Feel Pretty" written by Leonard Bernstein, "This Time the Dream's on Me" by Mercer and Arlen. Jazz at its Best!

I don't think I listened live to one of my recorded jazz favorites live (except the Duke) until I witnessed Ahmad Jamal playing at Yoshi's in Oakland. The album was recorded Sept. 6, 1958; I saw him live in 2012. Many of the other greats have passed on. We are fortunate we have their recordings.

As an aside, while in high school I was so taken with jazz music that I borrowed albums from White's Music Center in Twin Falls to put on a recorded jazz program at my church. I'm sure I used a couple of my own albums' selections, but Miles Davis' "Sketches of Spain" and Charles Mingus' "Mingus Ah Um" were among the borrowed recordings. Of course, I was a regular (for a teenager) customer, buying "Elvis Golden Records" and "The Kingston Trio" and other albums with my hard-earned paper route money. The Elvis record was my first album purchase (\$4.98 for twelve songs saved a bunch of money compared to 45 RPM singles at \$.98 a piece). Then the Kingston Trio – I got hooked on folk music.

What about Carlos Montoya? What a whiz on the guitar! But I had no idea where he might be, only on the recording? Flamenco music (Carlos Montoya and Sabicas) really existed only on records for me until less than a month ago. I was fortunate enough to vacation in Portugal and Spain, and one special evening we dined at a restaurant featuring Flamenco. Guitar,



two singers, percussionist and a dancer – sounds and the sights! Finally, after all these years, I got to see and hear Flamenco in person, and what a show, much more exciting in person compared to the years of audio only.

Music has meant a lot to me over the years. Whether just in the ether or live, music is the background of my life and sometimes it's right in the foreground ...and that's a good thing.

PATHFINDER BRANCH 59

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May 2022

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PAST BIG Sirs

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 HarvevMcAninch 2019 Richard Henry 2020 Richard Henry 2021 Larry Jett

*(deceased)

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