



# The Pathfinder

Branch 59 Fremont

**Forty-Seventh Year**

**November 2022**

**Bulletin No.11**



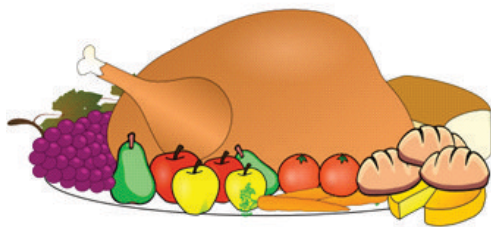
Greetings Fellow SIR's:

As you read this, I am probably somewhere near Quebec City, Quebec, on a cruise ship bound for points south, with stops in Bermuda and Miami. Fear not, for I will be back in time for our November 16 Luncheon. If you

have any desires to keep all your photos and other digital stuff in the right places, our speaker for November is who you want to hear. Mark Marymee is an expert in digital photography and can help you "declutter" all your stuff.

Our club still needs a Big Sir and a Little Sir for next year. I have been making the rounds and so far, there seems to be little interest among the members to step up and take a leadership role in our club. I think most of you feel that Sons in Retirement is a great organization, but I think most people have a fear of being in the "driver's seat" in any situation. It would mean that you would have to run meetings; get up and talk; and plan stuff. Very difficult, yes? We will help you if you step up. I will continue to make contact with members for the next two months and I am hopeful that one of you will take the reins.

Don't forget to get your reservations in for our Christmas Luncheon. It is a fun event for you and your "significant other", with lunch, entertainment, and prizes.



RSVP to November 16<sup>th</sup> Luncheon by responding to the eVite (<http://evite.me/mbsV9KAFPk>) or by notifying our Big Sir Bob Marshall at 510-502-7295 / [hdog48@gmail.com](mailto:hdog48@gmail.com) or Sir Phil Keller at 510-366-9443 / [phil@pkeller.net](mailto:phil@pkeller.net).

**November Guest Mark Marymee  
Owner, memoriesman.com**

Mark Marymee is a professional photo and film manager serving clients throughout the San Francisco Bay Area.



He began his career as a journalist in Wyoming and the Bay Area. For the next 35 years, he worked as a communications director for some of America's best-known brand-name companies, including The Clorox Company, Wells Fargo and Safeway.com.

memoriesman.com specializes in helping family collectors and companies restore order to what can become a chaotic mess of photo prints, films and videos, and historical memorabilia.

You can learn more about Mark at [www.memoriesman.com](http://www.memoriesman.com).

Luncheon guests will learn about steps to take and equipment they can purchase to turn an unruly mess of photos, slides, home movies and videos into an organized library that makes these assets easy to share.

Mark will cover:

- The A-B-Cs of sorting
- Categorizing
- Scanning + film and video transfer
- Saving + Protecting: 1-2-3 approach
- Sharing

Utilizing research to uncover unknown family stories

Conclusion: You can declutter, organize, preserve and share precious memories for the benefit of your kids, grandkids and generations to come.

## November 16<sup>th</sup> Luncheon Menu

**Turkey and Ham  
Mashed Potatoes, Stuffing, Mixed Vegetables  
and a Green Salad  
Pumpkin Pie with whipped cream**



## CHRISTMAS LUNCHEON (UPDATE)

This is an early reminder to all of our members that we will have a Christmas Luncheon for the first time since 2019. The date will be **Wednesday, December 21<sup>st</sup>**, (The first day of winter). My wife and I are already at work planning for this fun gala. We hope to have some great entertainment and a Christmas sing along to get us in the Christmas spirit. Our caterer will again provide us with his culinary magic. The luncheon entrées will be Tri Tip Roast, Chicken, Salmon, and Eggplant Parmesan. A Mandarin Orange Salad, Rolls, and Dessert will round out your meal. The price per person will be \$35 or \$70 per couple. Wine will be available to purchase by the bottle or glass from our bar. So bring cash or a check made out to **Sir Branch #59** and the slip at the bottom of the page filled out. You can give your cash or check and the filled out slip to me or my wife, we will be sitting at the table at the back of the dining area. You may also mail me your check and the filled out form at the bottom of the page to **Rob Ingebretson, 48232 Cottonwood Street, Fremont, CA. 94539-7606**. As always, I will be depending on our wonderful Sons In Retirement brothers to come through with some great door prizes. We hope some of you will join my wife and I and be a part of the social committee in planning this event. Tom Blalock's wife Gail has already volunteered to make our centerpieces. I will make available a merchant introduction letter you may want to use to obtain a door prize from our generous area merchants. I will also have **TABLE FOR EIGHT** forms available if you want to sit with your friends. So save the date, **Wednesday, December 21<sup>st</sup>**, for a wonderful Christmas Luncheon. This event is for our ladies or significant other and we will also provide for our single members. So there is no reason that anyone cannot have a great time. We will be selling tickets at our November luncheons. Any questions give me a call (510) 657-7828.



Rob Ingebretson  
Social Chairman

Name \_\_\_\_\_ Badge# \_\_\_\_\_

Partner \_\_\_\_\_

Entree: Beef\_\_\_ Chicken\_\_\_ Salmon\_\_\_ Veg. \_\_\_

Check# \_\_\_\_\_



# SIR Branch 59 BEC Minutes, October 19, 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

Ken Brunskill  
Jerry Halligan  
Richard Henry  
Phil Keller  
Sammy Lum  
Dave Shideler  
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 10:00am. All BEC members were present except Rick Henry and Dave Shideler.

The September 21 meeting minutes were approved as presented.

The Treasurers report was approved as presented. The balance of our general account on October 19 was \$6,043.45. On October 6 the State Board approved an increase in the Branch Quarterly Assessment rate by \$0.25 per member per quarter. Branch Assessments will increase from \$7 per member per year to \$8 per member per year. This increase will cover annual fixed costs including insurance (~\$55,000), software subscriptions (~\$7,000) and fees for California corporate filings and tax reports (~\$5,000).

Larry suggested we spend some time next month discussing membership dues for 2023.

Big Sir report; Bob discussed the difficulty he's had finding someone to take the roles of Big Sir and Little Sir. The number one issue people respond with is speaking in front of the branch. SIR State correspondence was regarding on-going discussions about recruiting members and the progress some branches are having by allowing women membership.

Membership; Rob is gaining a better understanding of how to fill out form 27 and interpreting the data it provides, especially trends in membership over time. Our current membership is 123. There are no new members coming today. One second time guest and one first time guest will be joining us.

Holiday Party; Rob will begin selling tickets today. There are many things to coordinate for this luncheon to be successful and funds need to be available before tickets are purchased. The board approved a motion allowing Rob to spend up to \$1,500 as needed for the Holiday luncheon.

Activities; Bocce Ball is going well with 10 participants recently playing at the Warm Springs Age Well Center. We will not be using the Elk's Bocce Ball court until next spring. Walkers are typically attracting 8 -10 members. Golfers are recruiting potential new members as they are paired with other golfers. About 10 members participate in Bowling each week. Poker is attracting about 8 players, meeting on the Monday following each SIR luncheon.

Publicity; Sammy has noticed several people have viewed the Nextdoor app, but no one has responded or inquired further.

The meeting was adjourned at 10:52am.

Dave Nelsen, Secretary





# November Birthdays



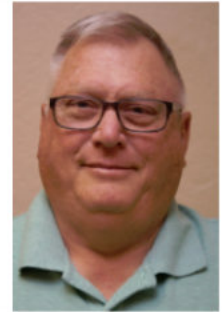
**Lloyd Anderson**  
Age 92



**James Ploor**  
Age 87



**Robert LoBue**  
Age 78



**Myron Ness**  
Age 78



**Bill Leake**  
Age 77



**Bill Pruner**  
Age 75



**Widodo Nojopranoto**  
Age 72



**Sir Sammy Lum**  
Birthday Chairman



*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.*

## ATTENDANCE REPORT

October 19, 2022

Total Membership 123  
Members in Attendance 70  
Members Absent from Luncheon 53  
Percent of Membership in Attendance  
57%

Members to be Reinstated:  
John Weed - Badge # 3  
Frank Steiner - Badge # 120  
Charles Gebhardt - Badge # 52  
Second Time Guest;  
Jim McConnell

Total Attendance 74

Submitted by  
Rob Ingebretson  
Membership Chairman



Cyber Geezers *usually* meet on the last Tuesday of the month. Our next meeting will be held on **November 22<sup>nd</sup>**. 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

**Cyber  
Geezers**

In the November Meeting we will follow up on our guest speaker's topic on how to organize and digitize our collection of photos.  
Please send requests to Jerry at [jlsabo3@comcast.net](mailto:jlsabo3@comcast.net).

*SIR Happenings is published 4 times a year—the next issue will be published for February 2023.*



*Deadline for submitting articles is January 15th.  
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](mailto:larrywjett@gmail.com)), or Sir Bob Marshall ([hdog48@gmail.com](mailto:hdog48@gmail.com)).



*We have plenty of room for bowlers to join us on Mondays (Earl Anthony Bowl–Dublin) beginning at 11:00. Arrive at least 15 minutes early for lane assignments and practice. Cost is \$15 per week including a weekly prize pot.*

**Branch 59 has added Bocce Ball** as a club activity! We have free use of the new court at the beautiful Warm Springs Age Well Center on Fridays. Meet up is 10:00 a.m. at 47111 Mission Falls Ct. (near Warm Springs and Warren (use your GPS). This will be a co-ed activity; everyone is welcome. Bocce Ball is easy to learn and very fun to play. The weather forecast is sunny and warm--PERFECT. Bring a hat and water bottle.

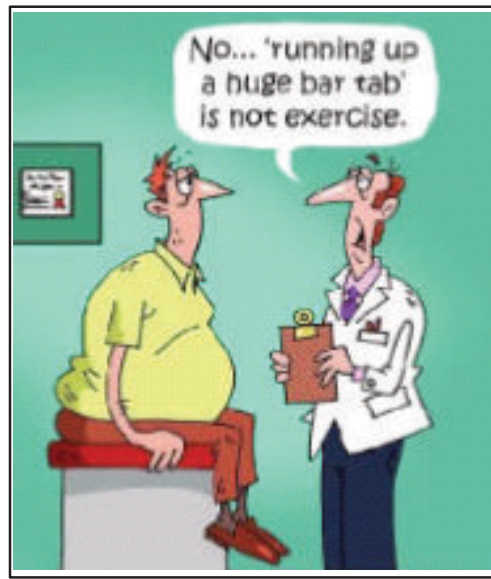
Send news and questions to:

Jerry Sabo,  
Executive Editor  
[jlsabo3@comcast.net](mailto:jlsabo3@comcast.net)  
Sammy Lum,  
Assistant Editor  
[lumsam@sbcglobal.net](mailto:lumsam@sbcglobal.net)

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



## Understanding Engineering

Three engineering students were gathered together discussing who must have designed the human body. One said, "It was a mechanical engineer. Just look at all the joints." Another said, "No, it was an electrical engineer. The nervous system has many thousands of electrical connections." The last one said, "No, actually it had to have been a civil engineer. Who else would run a toxic waste pipeline through a recreational area?"

IF YOU ARE BRINGING A GUEST TO OUR  
NEXT LUNCHEON COULD YOU PLEASE CALL,  
ROB INGEBRETSON, MEMBERSHIP  
CHAIRMAN, AT (510) 657-7828 OR EMAIL  
[ROBINGY@COMCAST.NET](mailto:ROBINGY@COMCAST.NET)

**Starting last February we notified you of our luncheon meeting two ways. First, via an EVITE to all of you who have a good email address with the club. You can RSVP via the Evite from Phil Keller, by following the directions in the Evite email. Second, you will be notified via the monthly Pathfinder, which is emailed, or U.S. mailed to every member depending on your request**

**PHIL@PKELLER.NET**

**510-656-7395**

**Do You Need A ride to our monthly luncheons?** If the answer is yes then let Rob Ingebretson know at (510) 657-7828 or email him at [ROBINGY@COMCAST.NET](mailto:ROBINGY@COMCAST.NET)

**You can get your Pathfinder**

**<https://newsletters-2022/>**

Comments, photos for site etc. email to:

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



# Can Walking (Even Fewer Than 10,000 Steps a Day) Help Prevent Dementia?

New research has found that even 3,826 steps a day was associated with a reduced risk of dementia.

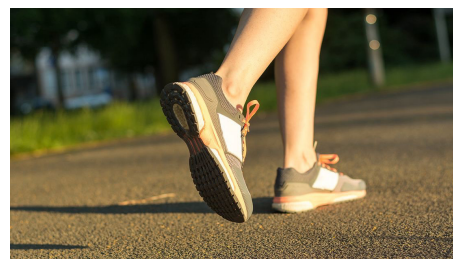
By [Becky Upham](#)  
September 9, 2022

## Fact-Checked

How many steps a day may reduce your risk of dementia? Good news for those of us who often don't achieve a goal of 10,000 steps per day — walking 3,800 to 9,800 per day was also linked to a lower risk of dementia in a study of adults in the United Kingdom.



steps  
new



The [findings, published on September 6 in JAMA Neurology](#), represent an important contribution to step-count-based recommendations for [dementia prevention](#), according to the study authors. “Step-count-based recommendations have the advantage of being easy to communicate, interpret, and measure, and may be particularly relevant for people who accumulate their physical activity in an unstructured manner,” the authors wrote.

## On Average, People Who Count Their Steps Walk More

About one in five Americans use a smart watch or fitness tracker, according to a 2020 survey by [Pew Research](#). Not surprisingly, people who live in households earning \$75,000 or more a year are more than twice as likely to count their steps with a wearable device such as Apple Watch (which can cost several hundred dollars) or Fitbit than people whose household income is below \$30,000 a year.

Although some studies have raised doubts about whether or not smart watches and trackers actually motivate people, a [meta-analysis published August 2022 in the Lancet Digital Health](#) that included close to 164,000 people found that on average, people who used the technology got an extra 1,800 steps compared with people who didn't use the devices.

## What's the Best 'Dose' of Walking to Reduce the Risk of Dementia?

Investigators set out to discover if there was a certain number of steps necessary to reduce the risk of dementia from any cause.

Dementia is a general term for an impaired ability to remember, think, or make decisions that interferes with daily life and activities, per the [CDC](#). It's estimated that about 5.8 million people have dementia, with Alzheimer's disease (AD) being the most common type.

Experts project that by 2060, 14 million Americans will have AD, with cases among Black and Hispanic people increasing at the highest rate. Women are almost twice as likely to have the disease than men, mainly because women live longer.

## 9,826 Steps per Day Help Keep Dementia at Bay

The 78,430 participants were all enrolled in the UK Biobank cohort between February 2013 and December 2015. They were between 40 and 79 years old, with an average age of 61; 55 percent were female, and 97 percent were white.

Researchers evaluated the total number of daily steps recorded on wrist-worn devices, whether the steps were incidental (fewer than 40 steps per minute) or purposeful (40 or more steps per minute), and peak

30-minute cadence (the highest average number of steps per minute for the 30 highest-paced minutes of the day, which were not necessarily consecutive).

Over an average follow-up of 6.9 years, 866 people developed dementia, which was determined by hospitalization or primary care records, or was listed as an underlying or contributory cause of death in registry data.

The analysis revealed that 9,826 steps per day was the optimal dose, associated with the highest dementia-risk reduction. The minimal step dose — the point at which dementia risk was half the maximum reduction — was 3,826 steps per day, according to the authors.

The average American walks between 3,000 to 4,000 steps a day, or about 1.5 to 2 miles, according to [Mayo Clinic](#).

Step intensity made a difference, too, according to the authors. The optimal cadence for the highest 30 minutes of the day was 112 steps per minute.

To put that in perspective, consider that a [study published in the \*International Journal of Behavioral Nutrition and Physical Activity\* in January 2019](#) found that walking about 100 steps per minute constituted moderate intensity. Getting up to 130 steps per minute was considered vigorous (running, also considered vigorous, generally begins at around 140 steps per minute).

## Physical Activity Has a Positive Effect on the Brain

“These findings add to a large and growing literature that physical activity is a positive influence on brain health and may help to modestly lower an individual’s risk of developing dementia,” says [Vijay Ramanan, MD, PhD](#), a neurologist at Mayo Clinic in Rochester, Minnesota, who was not involved in the research.

In an [study published in October 2021 in \*Neuroimage\*](#), researchers found that six months of regular brisk walks led to better cardiovascular fitness and improvements in memory and white matter (which is found in the deeper tissues of the brain and contains nerve fibers necessary for normal brain function) compared with people who practiced stretching and balance exercises for the same amount of time.

“There could be many reasons for this well-known beneficial influence of physical exercise, though effects on cerebrovascular health, which is one potential contributor to dementia risk, are often favored,” says Dr. Ramanan. “Cerebrovascular” refers to blood flow in the brain.

## About Those 10,000 Steps ...

This isn’t the first study to suggest that you don’t have to hit 10,000 steps a day to reap the benefits of walking. Even the [Physical Activity Guidelines Advisory Committee](#) says that “the research supporting 10,000 steps a day is limited.”

The origin of that popular goal isn’t [even based on any particular evidence](#) — it seems to have come from the name of a Japanese-manufactured pedometer sold in the 1960s called manpokei, which means “10,000 steps meter.”

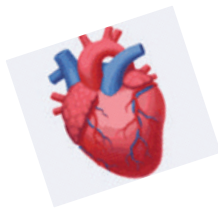
[National guidelines recommend 150 to 300 minutes](#) of moderate to vigorous physical activity per week, which is the equivalent of 7,000 to 9,000 steps per day.



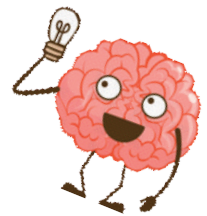
# A Healthy Lifestyle, Including Regular Exercise, Can ‘Tilt the Needle in a Positive Direction’

Regular physical activity isn’t just good for the brain — it also has a positive effect on mood, sleep, energy, and cardiovascular health, he says. “However, I would encourage avoiding looking at exercise as a simple cause-and-effect on these outcomes,” he says.

Ramanan recommends a practical outlook that aims for consistent positive lifestyle habits over the long haul, including physical, social, and cognitive engagement, [healthy sleep](#), and a balanced diet. “Although lifestyle alone may not prevent or cure the many [causes of dementia](#), it makes sense that we should maximize all safe strategies that help tilt the needle in a positive direction,” says Ramanan.



***Join our Wednesday Walkers, it’s good for your heart and good it’s for your brain!***



***Look at where we have been***

***San Francisco Bay National Wildlife Refuge***

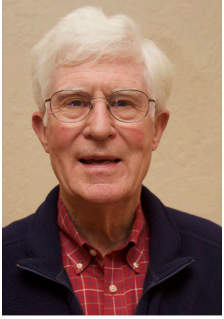


***Lakeshore Park***

***Niles***



## Lost in the Fog on the Vargas Plateau



What Landscape? No landscape appeared in Wednesday's fog. We five SIRious Walkers met in the parking lot ready for a trek up to the Vargas Plateau on October 5<sup>th</sup> in hopes of seeing Fremont and the Bay spread out before us. No such luck. Lurking nearby, deep in the fog, we spied cattle, a huge bull and a number of cows.

Despite the cold and drifting fog, we started the plodding up the trail in search of the plateau. We encountered a fat eucalyptus apparently yanked out by its roots and another still standing close by. As we ascended the trail, we hoped to find the rocky outcropping that was our goal - whether we knew it or not. We arrived after thirty minutes in time to peer through the fog, tell some stories and head back down the trail.

On the way down a flock of pigeons erupted from the ground near us. We *guessed* that they were pigeons on account of the fog. I'm sure Fremont was out there somewhere, but we never saw it. Drifting fog made it fun to watch the ephemeral birds and cattle. Although the park is gated to keep out the riff-raff, they did allow us to return to the parking lot so we could drive home.

~Bruce Roberts





## October 19<sup>th</sup> Luncheon



**Celebrating October Birthdays are John Ockes and Terry Dalzeil**



**Our Guest Speaker Det. Todd Nobbe from the Newark Police Department.**



**Winners of the Wine Drawing**





## FIRST CLASS MAIL

**November 2022**

### COMMITTEE CHAIRMEN AND ASSISTANTS

#### ACTIVITIES

Larry Lardie/Jerry Halligan  
Co-Chairmen

#### ATTENDANCE

Bob Marshall - Chairman  
Bill Leake - Assistant  
Bill Pruner - Assistant  
Bruce Hevelin - Assistant

#### AUDIO-VISUAL

Carl Nordling - Audio  
Sammy Lum/Jerry Sabo - Video

#### AUDIT

Carl Nordling - Chairman  
Open - Assistant

#### BIRTHDAYS

Sammy Lum - Chairman

#### BOWLING

Miguel Ferras - Chairman

#### BRIDGE

-Chairman

#### CHAPLAINS

Ted Bresler

#### CIRCULATION

Bill Briscoe - Chairman  
Sterling Strickland - Assistant

#### COUPLES DINING OUT

Jim Ulam - Chairman

#### COUPLES WINE TASTING

Open - Chairman

#### CYBER GEEZERS

Jerry Sabo - Chairman

#### DATABASE

Sammy Lum - Manager

Jerry Sabo - Assistant

#### GOLF

Larry Lardie/Jim Ulam  
Co-Chairmen

#### LIBRARIAN

Richard Holley/Rick Henry  
Co-Chairmen

#### MEMBERSHIP

Rob Ingebretson - Chairman  
Carl Nordling - Assistant

#### NOMINATING

Richard Henry - Chairman

#### PATHFINDER

Editor - Jerry Sabo  
Assistant - Sammy Lum

#### PHOTOGRAPHER

Bruce Roberts

#### POKER

Bob Marshall - Co-Chair

Larry Jett - Co-Chair

#### PUBLICITY

Sammy Lum - Chairman

Jim Ulam - Assistant

#### RECRUITMENT

Jim Ulam - Chairman

Alan Weiner - Assistant

#### ROLLIE REFEREE

Open

#### SOCIAL

Open - Chairman

#### SONG LEADER

Open - Chairman

#### SPEAKER RECRUITMENT

Bob Marshall

#### SPORTS

Bill Leake - Chairman

Nat Lord - Assistant

#### SUNSHINE

Open - Chairman

#### Walking

Jerry Halligan - Chairman

#### WEBSITE

[Sirbranch59.org](http://Sirbranch59.org)  
Sammy Lum - Webmaster

#### STATE OFFICERS

##### STATE PRESIDENT

Rick Kindle

##### VICE-PRESIDENT

Dale Decker

##### STATE SECRETARY

Dick Devoe

##### STATE TREASURER

Roy Hodgkinson

##### Chief Administrator

Dean Steichen

##### DIRECTOR, REGION 5

John Haffner

##### GOVERNOR, AREA 15

John Haffner

##### SENIOR HONORARY LIFE

##### MEMBERS

Nat Lord

##### HONORARY LIFE MEMBER

Hugh Twomey

Arthur Winkley

Rob Ingebretson

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\*

#### 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 Harvey McAninch

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.