



The Pathfinder

Branch 59 Fremont

Forty-Eighth Year

September 2023

Bulletin No.9

BIG SIR JERRY MUSING



I want to give a BIG SIR SHOUT OUT to Branch 59's BEC (Branch Executive Committee) for its amazing work last month addressing and solving the Branch's 2024 Leadership Succession Crisis. Your current Big Sir anticipates relocating next year and cannot continue to serve; and your current Little Sir after careful consideration decided that he could not serve in 2024 either.

So our incredibly strong BEC got to work. Nominating Committee Chair Rick Henry organized a special meeting attended by a majority of the BEC at Suju's Coffee. Hopped up on caffeine the committee identified over 20 branch members as potential leadership candidates, and then committee members contacted each of those individuals.

Several members indicated an interest in club leadership now and/or in the future. Rob Ingebretson stepped forward to become Big Sir for 2024, and Rob Perrill agreed to be Little Sir for 2024. Jerry Ford will fill the position of Director left vacant by Rob Perrill. Others indicated their interest in taking on future leadership roles and were encouraged to observe future BEC meetings to better understand the issues that come before that board. (BEC meetings are held at the Elk's Lodge before our monthly luncheon meetings from 10:00 to 11:00 a.m. All members are welcome to observe.)

Volunteerism and participation in club activities are vital for this wonderful club's future. We encourage you to step up and help guide that future.

See y'all September 20,

Jerry Halligan, B.S.

RSVP to the September 20th Luncheon by responding to the eVite: <http://evite.me/yFRCQZteg3> or by notifying Sir Phil Keller at 510-366-9443 or email phil@pkeller.net

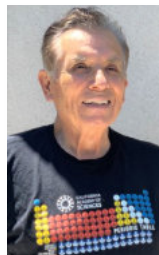
Can you find Rollie? 

You can win a bottle of wine if your name is selected. Submit your answer by placing your *name* and the *page number* where Rollie is located in the *Pathfinder* onto a slip of paper and into the Rollie "tub." The tub is located on the table where you line up for lunch or at the small table up front.



SEPTEMBER GUEST SPEAKER

Professor Emeritus Rick Arellano



Join us for our September Luncheon, where we will have the privilege of hosting Professor Emeritus Rick Arellano. He will take us on a captivating journey to the Antarctic Peninsula, renowned as one of the most breathtaking destinations on our planet. Get ready to immerse yourself in the splendor of Antarctica's natural wonders – from the charming penguins and majestic whales to the graceful seals and seabirds that call this cold paradise their home.

Professor Arellano was born in Lima, Peru and is married to Sandi and they have lived in Newark since 1973. He graduated from high school in Lima, Peru at age 16. Right after graduation he flew alone from Lima to Miami, Florida, where he boarded a Greyhound bus for the exciting (and long) seven-day trip to San Francisco.

One of his hobbies is traveling internationally. He has visited 32 countries.

He earned a B.A. in Mathematics from San Francisco State University and a Master's of Science degree in Computer Systems from City University of Seattle. He taught Computer Applications at Evergreen College, Heald College and Ohlone College. Professor Arellano was hired as an adjunct faculty member at Ohlone College beginning in August 1999 and as a full-time faculty member beginning in January 2001. He retired from Ohlone College in June 2014, after 15 years of dedicated service. Upon retirement, he was granted Emeritus status.

Rick consistently spoke with strength and conviction on behalf of his subject matter while maintaining the interests of the college throughout his years at Ohlone. As technology became more prevalent within the various curriculum areas of the college, Rick led the effort to link the Computer Applications and Office Technology courses with these areas (for example: Computer Applications and Biotechnology). Rick demonstrated distinguished leadership that pulled the entire Computer Applications and Office Technology Department (CAOT) together even in challenging budgetary times, and promoted new courses for student learning and success.

September 20th Luncheon Menu

Chicken Scallopini and Pork Ribs

Noodles and Rice

Steamed Vegetables and Green Salad

Cake for Dessert

SIR Branch 59 BEC Minutes, August 16, 2023

Branch 59 Officers

Big Sir

Jerry Halligan
(510) 623-7800

Little Sir

Bill Bauhofer
(510) 794-4873

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
Richard Henry
Phil Keller
Sammy Lum
Bob Marshall
Rob Perrill

RAMP

Jim Ulam-Recruitment
Larry Lardie/Jerry Halligan-
Activities
Rob Ingebretson-Membership
Bob Marshall-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 Jerry Halligan at 10:00am. All BEC members were present except James Vermazen.

The July 19 meeting minutes were approved as presented.

Larry Lardie reported the balance of our account was \$7,445.69. Expenses this month included \$161 for the new projection screen we purchased in partnership with the Teacher's Association. The installation of the screen was organized by Ken Brunskill in his capacity as an Elk member. A thank you note was sent to the Elk's Lodge noting our appreciation for the new screen. The Treasurer's report was approved.

Nominating Committee report; Rick Henry spoke of a meeting held at Suju's Coffee house on August 7. The purpose of that meeting was to select possible candidates for the positions of Big Sir and Little Sir for 2024. 23 Sir members were identified as potential candidates. These members were called by committee members and Rick compiled the result. Several members indicated interest in a leadership role in the future and many indicated interest in observing BEC (Branch Executive Committee) meetings.

Phil questioned, due to the difficulty of finding someone to become Big Sir, can that position be partitioned between two people? We discussed this concept and concluded that one person must hold the title, but that person can certainly delegate any portion of the job to directors of the BEC.

Nominations; Rob Ingebretson put forward his nomination to be Big Sir for 2024. A motion was made, seconded and the BEC unanimously approved the motion.

Rob Perrill put forward his nomination to be Little Sir for 2024. A motion was made, seconded and the BEC unanimously approved the motion.

Rob Ingebretson nominated Jerry Ford as Director in 2024, filling the position left vacant by Rob Perrill. A motion was made, seconded and the BEC unanimously approved the motion.

Membership; Rob Ingebretson indicated we expect three guests today. Our current membership number is 135.

Attendance; Phil reported we expect 75 for lunch today, including guests and speakers. This equates to less than 55% of membership.

Publicity; Bob Marshall has registered Branch 59 to participate in Newark Days Community Information Faire on Sunday, Sept 17. We need a few volunteers to help set up a pop-up canopy, table and promotional information about our branch. It will be held at Newark community Park between 11:00am and 3:00pm. An advertisement in the Tri-City-Voice will begin again in the next couple weeks. Work is being done on the Branch 59 Facebook page and an Instagram account.

Our program line-up is set through our February meeting.

SIR Awards and Certificates; Fred Serena presented a list of awards and certificates including; HLM (Honorary Life Member), HLM Emeritus, Senior HLM, I'm Doing My Part, Presidential Awards and Distinguished Service Awards. Some are limited to a percent of membership

Bowling News

Our Branch 59 bowling team did itself proud at a recent tournament held in Reno in early August as it finished in third place in Division 1, a mere 18 pins away from the winner. Representing the team were members Jerry Sabo and Miguel Ferras, and guest Brent Moffitt from Branch 128 and a lady guest, Denise Hupping. Brent and Denise were the winners of the Division 1 Doubles. A contingent of four bowlers are preparing for another tournament in Carson City on September 12.

~ Miguel Ferras

September Birthdays

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. Some time 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.



Bill Stannard
Age 92



Jim Harrison
Age 87



Robert West
Age 85



Ned Rendell
Age 85



John Treschetti
Age 85



Robert Ingebretson
Age 83



Jerry Ford
Age 83



Daniel Johnson
Age 82



Frank James
Age 82



Victor Wong
Age 81



Stan Peters
Age 81



Howard Elz
Age 80



Russell Pennelly
Age 78



Andrew Lang
Age 78



Richard Henry
Age 78



Craig Rothbach
Age 76



Paul Pennelly
Age 73



Carl Blincoe
Age 71



Tom McCaslin
Age 69



Sammy Lum
Age 68

August 16, 2023 Attendance Report

Total Membership: 135
Members in Attendance: 79
Members Absent from Luncheon: 52
Percent of Membership in Attendance: 59%

First Time Visitors	Sponsor
Ron Shore	Frank Steiner
Mike McDonald	Larry Jett
Bob Krieger	Doug Howd
Doug Laidlaw	Bill Briscoe

Guest Speakers
Matthew Weaver
Mike Gandy
Nicolette Dal Porto

Total Attendance: 86

Submitted by
Rob Ingebretson
Membership Chairman

SUNSHINE REPORT by Sir Rob Ingebretson

In Memoriam

Les Addison Jr.

LES ADDISON JR.: A former Big Sir passed away on August 1, 2023

KEN PETERSON: One of our longest attending members is at home recovering from a stroke and doing well.

BILL ANDERSON: Recovering at home after a serious operation to repair his previous hip replacement. He is doing well, but still has pain.

LARRY JETT: A recent Big Sir, is home after a mild heart attack. He is smiling now.

ROBERT HIGDAY: Residing in a rehab facility for the past two months and still has long road ahead.

CYBER GEEZERS



Cyber Geezers meet on the 4th Wednesday of each month. The meeting will begin at 1:00 pm. Login information is given below.

Recent topics have included Artificial Intelligence (AI), cyber security, EVs, photography, and various other topics. Join us and get your tech questions

answered.

Please send any suggested topics to Jerry at jlsabo3@comcast.net.

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

Meeting ID: 963 5853 2596

POKER



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).

BOCCE BALL



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. For more information contact Howard Elz at ELZH663@GMAIL.COM

GENEALOGY



Are you interested in finding who your ancestors are? We have been meeting after the Wednesday Luncheon. For more information contact Paul Parhiala at PARHIALACFP@EARTHLINK.NET

BOWLING



We have plenty of room for bowlers to join us on Mondays (Earl Anthony Bowl-Dublin) beginning at 11:00 am. Arrive at least 15 minutes early for lane assignments and practice. Cost is \$15 per week including a weekly prize pot. For more information contact Miguel Ferras at MIGUELFERRAS@MSN.COM

GOLF



Golf is in full swing with regular play at Spring Valley in Milpitas every Tuesday around 9:00 am. We usually get three tee times on a first-come-first-served basis. Pairings are changed regularly to ensure everyone plays with everybody. Open to all abilities!

We will soon also open up Thursday for those interested, probably at Redwood Canyon in Castro Valley.

Call, text or email Jim Ulam or Larry Lardie with any questions.

jimulam@gmail.com (510) 371-1757

larry.lardie@yahoo.com (510) 579-5934

WEDNESDAY WALKERS



Come join us on a weekly walk every Wednesday at 9:00 am. The location is updated once a week. We walk about one hour. Get some exercise and visit with other Sirs. Everyone is welcome, we are co-ed. For more information contact Jerry Ford at

SIRJERRYFORD11@GMAIL.COM

PINOCHLE



We are meeting after the Wednesday Luncheon. For more information contact Victor Okumura at VICTOROKUMURA13@GMAIL.COM

FLY FISHING



We have been meeting after the Wednesday luncheon. For more information contact Ken Brunskill at

STEAMNTROUT@COMCAST.NET

CORNHOLE



Play after the Wednesday luncheon. For more information contact Rick Henry at RH473199@GMAIL.COM



THE BRANCH EXECUTIVE COMMITTEE (BEC)

Do you even know what it is? Well it is a bunch of members, like you, that keep our branch operating. They would love to have you come and watch and listen to one of their meetings. Their meetings start at 10:00 am near the bar at our Elk's Lodge and finish at 11:00 am. right before our social hour. Although you cannot participate in the voting, your opinion is welcomed. Attending one of their meetings might spark an interest in you to volunteer and become more of an active member or learn how to become part of the BEC.

COUPLES WINE TASTING



OUR NEXT EVENT WILL BE AT DANTE ROBERE VINEYARDS ON OCTOBER 13.



Like the other wineries that we have attended, Dante Robere has an excellent selection of award-winning wines. Each couple will have the option of enjoying and sharing bottles (like at Bent Creek) or flights. We will get the club price on the bottles, providing we buy 12 bottles in total, including take home. For those doing flights, the tasting fee will be waived if you buy a bottle to take home. Here is the link: <https://www.danterobere.com/> Check it out.

What you need to know:

- Located at 1200 Wetmore Road in Livermore.
- We will have use of their Private Patio.
- Starts at 12 noon Friday October 13.
- Bring your own food.

Let me know by October 3rd if you want to attend. Email me at fmtlangs@pacbell.net or call or text me at 510-290-6007.

Suggestions are welcome for future events.

Thanks,

Andy Lang -Couples Wine Tasting Activity Honcho

Bent Creek Winery August 18th

We had a beautiful day for our August event at Bent Creek Winery in Livermore. I think everyone really enjoyed the wine, the weather and the comradely. Thank you all for attending. ~ Andy Lang



CHRISTMAS LUNCHEON

This is an early reminder to all of our members that we will have our annual Christmas Luncheon. The date will be **Wednesday, December 20th**. I am already at work planning for this fun gala. I hope to have some great entertainment to get us in the Christmas spirit. Our caterer will again provide us with his culinary magic. As always, I will be depending on our wonderful Sons In Retirement brothers to come through with some great raffle prizes. I hope some of you will join me in becoming part of the social committee in planning for this event. I will make available a merchant introduction letter you may use to obtain a raffle 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 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 October and November luncheons with more details regarding price and entrees in our October newsletter.



Rob Ingebretson
Social Committee Chairman



Sabercat Creek Trail

On August 9, one of the biggest walking groups we have had for some time attempted to tame the Sabercat Creek Trail. We started out with some California Gold, the cut grasses reminded me of the song lyric - "There's no gold in California" except the grasses in the summer. We walked, talked, joked, and noticed the local turkeys on the hillside. Only the turkeys were tame. Look out for the SIR walking group!

~Bruce Roberts



Valuable tip worked for seniors renewing their California driver's license

Gary Richards- Mr. Roadshow

Bay Area News Group

I just renewed my over 70 drivers' license. I have hints for those who will be doing the same thing. When you go to the DMV website do not click on Renewal option, as you will eventually get the message you are not eligible to renew online. Instead use the Driver's License Application link where you can fill out the form and schedule an appointment. Print the form and bring the appointment confirmation with you.

At the DMV you get three tries to pass the test. My advice is to read all 92 pages of the "Driver's Handbook" several times. Many questions focus on specific numbers from the handbook.

Rod Whitten- Burlingame

Thanks for sharing your experience. Drivers 70 and over must go to a DMV office and pass a knowledge test and vision exam there as part of their license renewal process.

Fun and Games

If you couldn't find Rollie last month here is the answer. Rollie is on page 8 at the red arrow

Hayward Past and Present in One Walk

Indeed, the SIR Walkers delved into Hayward's past and present on July 12. Dubbed by Jerry Ford as 'The Mural Walk', the seven of us learned history, felt sorry for downtown, found restaurants, and were awed by the expansive murals decorating the large walls of Hayward's downtown. Started as a method of combating graffiti, these mostly immense "paintings" show Hayward's past and present, Russell City, agriculture, car racing, and the glories of the movies - to state the subject of a few of the murals. Distance-wise it was a short walk, but we really saw a slice of the downtown Hayward that one whizzes by when one drives through it.

The Russell City mural shows the good times that once were had there. We viewed probably the original Round Table Pizza location and Casper's Hot Dogs (too early to stop in). Traffic control boxes painted so your eyes would go wonky started us as we waited for the lights to change. Murals on the Century Theater showed us what we remember about really going to the movies.

Traffic is loud and fast on Mission Blvd. and Foothill. Downtown is having a hard time with closed businesses and more closing. The 9/11 memorial shows great thought and is worth visiting by itself. The nearby park reminds me of city parks of my boyhood. The first mural we saw showed the stone tapers on the second City Hall 'being set up' and there they were near the top of the City Hall, very impressive. If you get a chance to take the tour, you will enjoy it. - Bruce Roberts



August 2023

Page 8

I STEPPED INTO AN ELEVATOR TODAY & A VERY LARGE BREASTED WOMAN STEPPED IN WITH ME.

AS I WAS STARING AT HER BECAUSE I COULDN'T HELP IT SHE SAYS WOULD YOU PRESS ONE PLEASE. SO I DID.

I REALLY DON'T REMEMBER MUCH AFTER THAT 😊

Bar for senior beer drinkers



DID YOU KNOW?

BANANA IS A HAPPY FRUIT. EATING JUST ONE CAN HELP YOU RELIEVE IRRITABLE EMOTIONS, ANGER OR DEPRESSION.



DID YOU KNOW?

YOU CAN SURVIVE ENTIRELY ON A DIET OF POTATOES AND BUTTER, WHICH PROVIDE ALL THE NECESSARY NUTRIENTS THE HUMAN BODY NEEDS.



DID YOU KNOW?

Dogs are capable of understanding up to 250 words and gestures. The average dog is as intelligent as a two-year-old child.



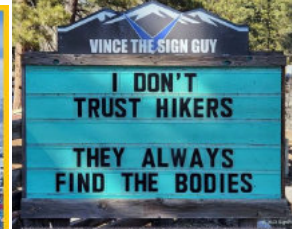
DID YOU KNOW?

HUMAN THIGH BONES ARE STRONGER THAN CONCRETE.



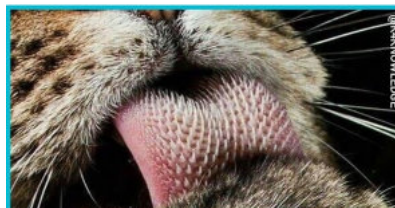
DID YOU KNOW?

Iceland is the Only Country in the World without any Mosquitoes, Snakes or other Reptiles. They also have very Few Species of Spider, which are not harmful to Humans.



DID YOU KNOW?

Beer reduces the Risk of developing Kidney Stones by 40%.



DID YOU KNOW?

A TIGER'S TONGUE IS SO ROUGH, IT CAN LICK THE PAINT OFF BUILDINGS AND STRIP THE SKIN FROM THE BONES OF AN ANIMAL.



Chocolate, We Have a (Cadmium) Problem

Reports about heavy metals in America's favorite candies have raised concerns

April 7, 2023

There has been so much conflicting information about the health attributes of chocolate over the years that it's understandable if you've begun to tune out the latest headlines. Mostly, the news is good, with studies showing that dark chocolate eaten in moderation has benefits. But there have also been some concerning reports that you might not want to ignore if chocolate is one of your favorite indulgences.



First, the good news

Studies show that cocoa powder (also called solids), a primary ingredient in dark chocolate, is a rich source of flavanols. These plant compounds have antioxidant, anti-inflammatory, and anti-clotting properties that may help reduce the risk of cardiovascular disease. Most of the studies showing benefits have not been sufficiently large or long-lasting to draw significant conclusions, but one—the COcoa Supplement and Multivitamin Outcomes Study (COSMOS), which followed 21,442 men and women for an average of 3.5 years—found a 27 percent lower risk of cardiovascular death among those who took a daily cocoa extract containing 500 milligrams of flavanols.

Just this past February, the U.S. Food and Drug Administration (FDA) approved a qualified health claim about the relationship between cocoa flavanols and reduced risk of cardiovascular disease, allowing high-flavanol cocoa powders (but not chocolate) to state on their labels something to the effect of: "Daily consumption of at least 200 milligrams of cocoa flavanols per serving may reduce the risk of cardiovascular disease. FDA has determined that the evidence is supportive, but not conclusive, for this claim." Most products do not have enough flavanols to qualify, however. For instance, none of the 12 products tested by ConsumerLab.com—a company that provides independent test results and information about health and nutrition products—passed muster for high levels of flavanols.

And now, the bad news

In December 2022, the independent consumer advocacy organization Consumer Reports got a lot of attention when it published test results on a wide range of dark chocolate bars. Also in December, ConsumerLab.com published an update of its comprehensive review of dark chocolate bars, cocoa powders, chocolate chips, hot cocoa mixes, cacao nibs, and cocoa dietary supplements. That review was further updated in February.

Much to chocolate lovers' dismay, both companies found concerning levels of cadmium in many of the products they tested. Consumer Reports also flagged several chocolate bars for exceeding California's Prop 65 lead limits, which are more

stringent than FDA's upper limits for lead. In contrast, ConsumerLab.com, which used FDA limits in its analyses, found that most cocoa-based products contained lead at levels well below that considered unsafe, though it did flag two hot cocoa mixes specifically marketed to children for exceeding the upper lead limit for that population.

Truth be told, this is not new news: The presence of these toxic heavy metals in chocolate has been known for a long time, and the nonprofit shareholder advocacy group As You Sow has been testing chocolate products for sale in California since 2014. Based on its findings, As You Sow filed legal notices with more than 20 companies—including Godiva, Ghirardelli, Hershey's, Mars, and Trader Joe's—for failing to alert consumers about lead and cadmium in their chocolate products, and in 2018 they reached a settlement with some of these well-known brands. More recently, class action lawsuits were filed against Godiva, Hershey's, Lindt, Mars, and Trader Joe's for failing to inform the public about the presence of unsafe levels of cadmium and lead in a number of dark chocolate products.

How extensive is the problem?

Consumer Reports found excessive cadmium in 13 of the 28 dark chocolate bars tested; ConsumerLab.com found excessive amounts in eight of 18 bars. ConsumerLab.com also found high levels of this heavy metal in one of two dark chocolate chips, three of 12 cocoa powders (a fourth was over the Canadian limit for children), and both cacao nib products evaluated. As You Sow maintains a robust list of tested products, and among its more sobering results were elevated cadmium levels in chocolates from popular brands such as Dove, Ghirardelli, Godiva, Lindt, Trader Joe's, See's Candies, and Whole Foods.

Of note, chocolate isn't the only food that may be contaminated with heavy metals. In fact, testing by ConsumerLab.com this past January revealed concerning levels of cadmium in several flaxseed products. Other sources of cadmium in the U.S. Diet include rice, cereals, breads, and leafy greens. Trace amounts can also be found in seaweed, seafood, and even peanuts and mushrooms, for instance. This underscores the fact that most foods—even ones we consider to be very healthful—come with some sort of potential risk.

Why is cadmium so dangerous?

Cadmium is classified by the Environmental Protection Agency (EPA) as a probable human carcinogen that may also affect fetal development. It is especially toxic to the kidneys and bones, and because it accumulates in the body, the health effects compound over time. While the FDA has not set a limit for cadmium in cocoa or other foods, the European Union and Canada have done so, and California requires a warning on food labels if a product sold in that state contains above a certain amount of the heavy metal per daily serving.

How do heavy metals get into chocolate, and how do we get them out?

The pods (large fruits) of the cacao tree each contain some 25 to 50 cacao beans (seeds), which are used to make cocoa powder and chocolate and consist of two components: cocoa

solids and cocoa butter. Heavy metals such as cadmium and lead are found primarily in the cocoa solids.

Cadmium tends to accumulate in the beans as cacao trees grow and absorb cadmium from the soil. Some geographic regions naturally contain more cadmium, while others are contaminated by human activities such as the use of phosphate fertilizers and the manufacturing of nickel-cadmium (Ni-Cd) batteries. Lead gets onto cacao beans if dust and dirt containing lead stick to the outside of the beans as they are being dried outdoors after harvesting.

Knowing how these contaminants end up in chocolate is key to getting them out—but that's easier said than done. Recommendations for reducing lead in cacao beans include minimizing their contact with soil while they're drying, and employing practices during the cleaning, roasting, and shell removal phases that will optimize lead removal. Cadmium reduction is trickier and includes short-term solutions such as blending beans that are high and low in cadmium, and longer-term solutions such as treating or removing contaminated soil and altering cocoa genetics, so the beans take up less cadmium.

BOTTOM LINE: Reports about heavy metal contamination in dark chocolate are concerning, but there are things you can do to reduce your risk of adverse health consequences that fall short of forgoing this treat forever. Choosing safer products, eating smaller amounts, and making sure your diet contains adequate amounts of certain minerals are good

ways to protect yourself (see box). You can also support companies that test chocolate products and put pressure on companies that make your favorite ones to clean up their act.

Can't Imagine Life Without Chocolate? Here's What to Do

If you eat chocolate only on occasion, you probably don't need to be concerned. But if you're a chocoholic, here are some steps you can take to reduce contaminant risks:

- Choose products that Consumer Reports, ConsumerLab.com (subscription needed), and As You Sow have found to contain the lowest levels of cadmium and lead. That advice comes with a caveat, however, since there can be variations from batch to batch.
- Don't assume if one product from a particular brand is acceptable that all products from that brand will be as well. Maddeningly, this is not the case.
- Stick to portion sizes listed on labels—or smaller. Even just a small bite or square of a good dark chocolate may be enough to satisfy a craving, while minimizing risk. Children, in particular, should not go overboard because they are more vulnerable to the toxic effects of heavy metals. Pregnant women should also err on the side of safety by minimizing intake.
- Make sure to eat a balanced diet that supplies adequate amounts of essential minerals, particularly calcium, iron, and zinc. These minerals can help protect you by reducing absorption of cadmium and lead.

As Workers Retire, Hitachi Trains AI to Remember Their Expert Skills

These are skills learned from experience that you can't write down in a manual.

Hitachi is developing an AI system tasked with remembering the skills of workers who retire so it can train new human replacements.

As Nikkei Asia reports, the Japanese company is planning to use a generative AI to learn and then pass on the "expert skills" required for a number of maintenance and manufacturing jobs carried out by its workforce. Those jobs are spread across industries including railways, power stations, and a whole host of manufacturing and processing plants.

By expert skills, Hitachi means skills it's hard to describe in a manual, such as noticing small irregularities in sound, smell, or the temperature of machinery. In other words, situations that could lead to an accident or serious malfunction occurring and being able to react appropriately before they turn serious.

A representative of Hitachi's Advanced AI Innovation Center explained that the aim is "making it possible for employees to experience past failures and notice in a simulated manner, so that know-how can be passed on to the next generation."

Hitachi's solution for teaching such skills is to project images in a room so as to recreate different working environments. Those environments could be railroad tracks, a nuclear power plant control room, a manufacturing assembly line, or metal processing facility. The AI then projects appropriate malfunctions (smoke, blinking lights, a cave-in) on to the images to simulate a problem and the trainees are tasked with solving the problem. The same system will also be available to use with virtual reality headsets.

Alongside such training, another real-time AI is being developed to help workers troubleshoot problems as they arise. Think of it like ChatGPT, but for very specific Hitachi work situations. For example, if a light is blinking in a power plant, a worker can ask the AI for help in determining its cause and the appropriate actions to take to resolve it.

More companies are turning to AI to help solve problems. Along side the chatbots, AI is being tapped to sum up product reviews, map out environmentally friendly flight paths, reduce the cost of making movies, and watch us shop so as to suggest better products.

August 16th Luncheon



Celebrating August Birthdays (L-R) Sir Dave Nelsen, Sir Robert Compton, Sir Doug Howd and Sir Frank Steiner.



Sir Dave Nelsen winner of the birthday drawing for a bottle of wine



Sir Jokester Rick Henry facing a tough crowd!



Sir Bill Briscoe doing his part by bringing in new guest Doug Laidlaw.



Sir Larry Jett also bringing in new guest Mike MacDonald



Sir Doug Howd bringing in new guest Bob Krieger. This how we grow our membership!



Mike Gandy from Fremont Bank was our featured guest speaker. He gave an update on the state of the economy. Click [here](#) to view the slides.



The team from Fremont Bank's Investment Banking division (L-R) Nicolette Dal Porto, Matt Weaver and Mike Gandy along with our Big Sir Jerry Halligan.



Lucky winners of the wine drawing. Winners had a choice of a SIR hat or a bottle of wine. It's worth staying till the end of the meeting!



**IF YOU BRING A GUEST TO
OUR NEXT LUNCHEON COULD
YOU PLEASE CALL, ROB
INGEBRETSON, MEMBERSHIP
CHAIRMAN, AT (510) 657-7828
OR EMAIL**

ROBINGY@COMCAST.NET

Do You Need A Ride to our
monthly luncheons? If the an-
swer is yes then let Rob Inge-
bretson know at (510) 657-7828
or email at

ROBINGY@COMCAST.NET

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

PHIL@PKELLER.NET

510-656-7395

You can get your Pathfinder at

<https://newsletters-2023/>

Comments, photos for site etc. email to:

sirbranch59@gmail.com

Send news and questions to:
Sammy Lum,
Editor

lumsam@sbcglobal.net

Jerry Sabo,

jlsabo3@comcast.net

Assistant Editor

PATHFINDER DEADLINE

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

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

***Deadline for submitting articles is October 15th.
You can find past issues on our website: [https://](https://sirbranch59.org/)***



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**

COMMITTEE CHAIRMEN AND ASSISTANTS

ACTIVITIES

Larry Lardie/Jerry Halligan
Co-Chairmen

ATTENDANCE

Phil Keller - Chairman
Bob Marshall-Assistant
Bill Leake- Assistant
Bill Pruner-Assistant
Andy Lang - Assistant

AUDIO-VISUAL
Sammy Lum/Jerry Sabo

AUDIT
Carl Nordling - Chairman
Open- Assistant

BOCCE BALL

Howard Elz - Chairman

BIRTHDAYS

Sammy Lum - Chairman

BOWLING

Miguel Ferras- Chairman

BRIDGE

Arnold George-Chairman

CHAPLAINS

Ted Bresler and Russ Blowers

CIRCULATION

Bill Briscoe - Chairman

Sterling Strickland - Assistant

COUPLES DINING OUT

Jim Ulam - Chairman

COUPLES WINE TASTING

Andy Lang- Chairman

CYBER GEEZERS

Jerry Sabo - Chairman

FLY FISHING

Ken Brunskill - Chairman

DATABASE

Sammy Lum- Manager

Jerry Sabo - Assistant

GENEALOGY

Paul Parhiala - Chairman

GOLF

Jim Ulam -Chairman

Larry Lardie - Assistant

LIBRARIAN

Richard Holley/James Ploor

Co-Chairmen

MEMBERSHIP

Rob Ingebretson - Chairman

Carl Nordling - Assistant

NOMINATING

Open - Chairman

PATHFINDER

Editor - Sammy Lum

Assistant - Jerry Sabo

PINOCHLE

Victor Okumura - Chairman

PHOTOGRAPHER

Bruce Roberts

POKER

Bob Marshall - Co-Chair

Larry Jett - Co-Chair

PROGRAM COMMITTEE

Bob Marshall

PUBLICITY

Bob Marshall - Chairman

Jim Ulam - Assistant

RECRUITMENT

Jim Ulam - Chairman

Alan Weiner - Assistant

SOCIAL

Rob Ingebretson- Chairman

SONG LEADER

Open - Chairman

SPORTS

Nat Lord - Chairman

SUNSHINE

Rob Ingebretson - Chairman

WALKING

Jerry Ford - Chairman

WEBSITE

Sirbranch59.org

Sammy Lum -Webmaster

PATHFINDER BRANCH 59
Sammy Lum, Editor & Publisher
40150 Canyon Heights Dr.
Fremont, CA. 94539

Return Service Requested

**FIRST
CLASS
POSTAGE**

FIRST CLASS MAIL

PAST BIG Sirs

STATE OFFICERS

STATE PRESIDENT
Dave Gonzales

VICE-PRESIDENT
Dale Decker

STATE SECRETARY
Russ Salazar

STATE TREASURER
Carl Mason

CHIEF ADMINISTRATIVE OFFICER

Roy Hodgkinson

AREA REPRESENTATIVE, REGION 15

Fred Serena

SENIOR HONORARY LIFE MEMBERS

Nat Lord

HONORARY LIFE MEMBER

Arthur Winkley
Rob Ingebretson

1976 Peter Clark*	2001 Bob Beam
1977 Karl Heine*	2002 Rollin Cunningham*
1978 Harry Cooper*	2003 Don Henry
1979 Kenneth Foster*	2004 Tom Sherba*
1980 Larry Varblow*	2005 Howard Thompson*
1981 Guido Milano*	2006 Les Addison*
1982 Alex Fulton*	2007 Ted Bresler
1983 Stephen Epler*	2008 Richard Holley
1984 George Herman*	2009 Don Gillis*
1985 Ray Crosby*	2010 Frank R. Thomas
1986 Loran Coburn*	2011 Hugh Twomey*
1987 Robert Davis*	2012 James Ferenz*
1988 Robert Klindt*	2013 Skip Mugford*
1989 Martin Annen*	2014 Rob Ingebretson
1990 Lee Updegraff*	2015 Skip Mugford*
1991 Fred W. Fretter*	2016 Jim Ulam
1992 Lyle Kingery*	2017 Jim Ulam
1993 LeRoy J. King*	2018 Harvey McAninch
1994 George Hubach*	2019 HarveyMcAninch
1995 Clyde Killion*	2019 Richard Henry
1996 Bill Schwan*	2020 Richard Henry
1997 Nat Lord	2021 Larry Jett
1998 John Buchanan*	2022 Bob Marshall
1999 Art Lampert*	
2000 Harry Heyen*	*(deceased)