

WHAT'S HAPPENING?

By Big Sir Rob Ingebretson



I hope you all had a blessed Thanksgiving and now are looking forward to our wonderful Christmas Ladies Day Luncheon on the 18th of this month.

Well my tenure as your Big Sir will end at the end of this month and I want to tell you all that I thoroughly enjoyed myself. I had a special surprise at our November meeting. One of our guests,

Shannon McMahon, who played baseball for me when I coached at Mission San Jose High School greeted me. When I asked Shannon how old he is, he told me he is 72. Now I really feel old!!

Nothing would make me happier than to finish the year with a very successful Christmas Ladies Luncheon. It takes a lot of our members to pull it off. There is a section in this month's Pathfinder with a Christmas Luncheon Update. It will probably answer any questions about the gala you might have. If you still have any questions don't hesitate to call me at (510) 657-7828.

At our January luncheon, you will get to see our new Big Sir Rob Perrill and our Little Sir Rick Henry in action. They will do a great job taking our branch into 2025. Fred Serena will install our 2025 officers. We will also be collecting our 2025 dues which I am happy to say will stay at \$50. My parting wish is that many of you will say to yourself, "What have I done to make our branch flourish". If the answer is NOTHING, then step up and volunteer to do something, no matter how small. You will feel better as a member when you do.

Don't forget to join some of our members for our last business meeting of the year on Wednesday, December 4th at SUJU'S COFFEE and TEA Shop on Thornton Avenue at 10:30 am. for some fellowship and discussion of events effecting our Branch 59.

CHRISTMAS LUNCHEON

Our annual Christmas Luncheon will take place on December 18th. For an update see page 10.

Our regular luncheon will resume on Wednesday January 15th, 2025.

2025 Membership Dues

At our November BEC meeting, after reviewing our projected income and expenditures it was decided to keep the annual membership dues at \$50/yr. There will be more information on how and when to pay the dues in the January edition of the Pathfinder.

SPECIAL ANNOUNCEMENT

We are having a monthly business meeting on the first Wednesday of the month to discuss pressing issues and concerns regarding our Branch 59. The BEC and Directors will be attending, but if any member would like to join us we would love to have you. Our December 4th meeting will be held at 10:30 am at Suju's Coffee and Tea at 3602 Thornton Ave., Fremont See you there.



Rollie is on vacation and will return next month!

SIR Branch 59 BEC Minutes, November 20, 2024

Branch 59 Officers

Big Sir

Rob Ingebretson
(510) 657-7828

Little Sir

Rob Perrill
(510) 468-1274

Secretary

David Nelsen
(510) 673-5042

Asst. Secretary

OPEN

Treasurer

Larry Lardie
(510) 579-5934

Asst. Treasurer

Mark Silvera
(408) 605-3416

Directors

Ken Brunskill
Jerry Ford
Richard Henry
Nat Lord
Sammy Lum
Bob Marshall

RAMP

Jim Ulam-Recruitment
Fred Serena -Activities
Rob Ingebretson-Membership
Bob Marshall-Publicity

Branch 59

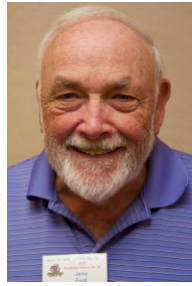
Meets at Fremont Elks
38991 Farwell Drive,
Fremont CA on the 3rd
Wednesday of each
month

10:00 AM

Executive Board Meeting

11AM Social Hour

12 Noon Lunch



The meeting was called to order by President Rob Ingebretson at 10:00am. All BEC members were present except Dave Nelsen. The October 16 meeting minutes were approved as presented. Treasurer, Larry Lardie reported the balance of our account was \$6301.79 as of November 20. The treasurers report was approved. The cost of our monthly lunches will go up \$1 in 2025 but the cost to members will remain at \$25. Dues for 2025 will remain at \$50 and we'll begin collecting at our January meeting.

Big Sir Rob reported on two recent state zoom meetings. The first focused on increasing membership, and the second was training for all branch BEC officers. He also talked about our upcoming Christmas luncheon. Dave Padilla will provide background music during our lunch, and our Big and Little Sirs are looking for a singing group as the main attraction. Doug Howd will coordinate the merchant letters. Jerry Ford and Bill Bauhofer will sell tickets at today's luncheon.

Little Sir, Rob Perrill reported that we have one new member, John Mallon Jr. joining us today, and we'll have three guests.

Bob Marshall, program director talked about today's guest speaker, Mizpah Brown-Rich, who will enlighten us on autism issues. He said that our January speaker will be from the Tri-City Volunteers. It was suggested that we look at the state list of speakers for future meetings.

Area Representative -Fred Serena suggested that we eliminate some positions that no longer exist. He also discussed the need for first aid training. There have been two incidents at our meetings that called for medical attention. We also need to publicize the location of the nearest first aid kit. The state is trying to put as much as possible online. There was discussion of whether or not members' personal information should be available to everyone, and whether or not that information should be password protected, and who would be authorized to access the information.

Committee reports:

Membership - Rob reported that we added one and had one death this month.

Attendance - Ken Brunskill reported that a number of members are not responding to his email invitation, but show up for the meetings, which makes it difficult to give an accurate count to our caterer.

Activities - Fred Serena needs all activities chairmen to submit monthly reports on participation.

Next business meeting will be Wednesday, December 4th at SUJU'S at 10:30am.

The meeting was adjourned at 11:00am

Jerry Ford, Acting Secretary

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.

We will celebrate the December birthdays when our regular luncheon resumes in January 2025



November 20, 2024 Attendance Report

Total Membership: 135
Members in Attendance: 82
Members Absent from Luncheon: 53
Percent of Membership in Attendance: 61%

New Member
John Mallon Jr.

Sponsor
Bob Culbertson

Guests
Shannon McMahon
Mike Jay
Roger Marshall

Sponsor
Tom McCaslin
Ken Brunskill
Carl Nordling

Guest Speaker
Mizpah Brown-Rich
Co-Founder of Joshua's Gift

Total Attendance: 87

December Birthdays



Jonn Stokes
Age 99



Bud Spalding
Age 92



James Draughan
Age 87



Julian Vega
Age 88



Carl Nordling
Age 85



William Bauhofer
Age 84



Wes Murakami
83



Russell Blowers
Age 81



James Ulam
Age 79



Michael Baratz
Age 79



Raymond Ojeda
Age 78



David Shideler
Age 78



Jeffrey Roletto
Age 76



Fred Serena
Age 74



Ben Wong
Age 71



Mike Marzano
Age 70

Nickolas Klumpp
Age 68

In Memoriam

Larry Goodman (5/7/1936-10/16/2024)

Donal Spicer (8/19/1942-11/18/2024)

SUNSHINE REPORT by Sir Rob Ingebretson

The Branch 59 SIRS bowling group mourns the passing of our fellow bowler, Donal Spicer. Donal was a staunch supporter of our program and participated in many SIR tournaments over the years. He was a regular attendee during the years 2016 through 2019 when he carried a 170+ average. In the two years following the pandemic he was able to attend more than a hundred games in spite of dealing with health issues, issues which eventually forced him to drop out of the Monday SIRS League last year. ~Miguel Ferras Bowling Chairman

CYBER GEEZERS



NO MEETING IN DECEMBER

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



We have free use of the new court at the beautiful Warm Springs Age Well Center on Fridays. Meet up is every Friday at 10:00 a.m. at 47111 Mission Falls Ct. (near Warm Springs Blvd. and Warren Ave). This will be a co-ed activity; everyone is welcome. Bocce Ball is easy to learn and very fun to play. For more

information contact Howard Elz at ELZH663@GMAIL.COM

PINOCHLE



We are meeting after the Wednesday Luncheon. For more information contact Victor Okumura at

VICTOROKUMURA13@GMAIL.COM

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 \$16 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.

Golfers of All Abilities

If you want to play golf with other SIRs you've got to contact me, Jim Ulam or Larry Lardie! Let me put you on our email list!

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

COUPLES WINE TASTING



Yes, (by popular demand) we will be having a Winter wine tasting event.

IT WILL BE AT PAGE MILL WINERY ON FRIDAY JANUARY 17, 2025

Page Mill serves a good variety of red and white wines. We will be nice and warm on their covered and heated patio with a picturesque view. Page Mill is known for their excellent service.

- Located at 1960 S. Livermore Ave., Livermore
- 12:30 till 2:00 pm
- Friday January 17, 2025
- \$20 tasting fee for 5 pours
- Discounts for bottle purchases
- Bring your own snacks or purchase snacks from Page Mill
- Check out their website: <https://www.pagemillwinery.com>



Let me know if you wish to attend.

Email me at fmtlangs@pacbell.net or call or text me at 510-290-6007.

Thanks, ~Andy Lang -Couples Wine Tasting Activity Honcho



Strange Day At Golf



Julian Vega, playing Tuesday at Spring Valley with Branch 59 Sirs, hit his ball into another player's bag! Thinking the ball caromed off the bag, he began a frantic search for his errant ball. Just as he was about to play another ball, the player whose bag was hit checked his bag and discovered Julian's first ball nestled inside!

Rules say "no penalty and the ball is returned to the spot where the ball entered the other golfer's bag." Play continued with Julian receiving lots of grief from his playing partners. Later on Julian ran over one of the "friendly" tee box stones to the accompanied howls of his partners!

It was a day that will remain unforgettable for a long time. ~Jim Ulam-Golf Chairman

Meet our New Member



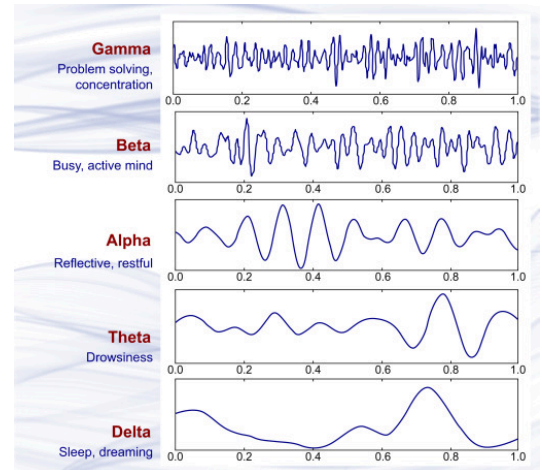
JOHN MALLON JR. – I was born on January 7, 1951. I have two sisters and one foster brother. I have been married 54 years to Denise my high school sweetheart. We have no children but two great dogs, they are my children. The towns that I have lived in after my birth in Oakland are, San Leandro, Fremont, and Union City. Advice my parents gave me was if you want something bad enough go out and work for it because you will appreciate it more. I was a distance runner at Washington High School here in Fremont where I graduated in 1969. I was never in the military. My first job was working for General Motors in Fremont and then I worked 33 years for the San Jose Mercury. The best decisions I made in my life is marrying my wife Denise and buying a house. Before I die I would like to see more of our U.S.A. In concluding, I am still on my honeymoon.

Slow-Wave Sleep Essential to Staving Off Dementia: Study



If you've been looking for a sign to work on your sleep hygiene, this is it. A new study suggests that a particular wave of sleep, called slow-wave sleep, plays an integral role in staving off dementia. Losing even a little bit of slow-wave sleep on a consistent basis could raise your risk of dementia by 27%.

As we sleep, our brains cycle through phases named for the electrical impulses, or "waves," they produce during that time. Gamma waves are the most rapid and are associated with high levels of cognitive activity; delta waves are the slowest and are thought to be behind memory consolidation. This latter "slow-wave sleep" typically comprises up to 20% of a good night's rest—but it won't happen under disruptive conditions, such as sleep apnea, caffeine over consumption, insomnia, or high stress.



Neurologists in the United States, Canada, and Australia have uncovered just what happens when the brain doesn't get enough slow-wave sleep. Published in the journal *JAMA Neurology*, their longitudinal study looks at seniors' brain health over nearly three decades. Between 1995 and 1998, a thousand participants in their 50s underwent an overnight study in which their brain waves were scanned during sleep. A few years later, between 1998 and 2001, 868 participants returned to do the study all over again; by this time, they were nearer 60 years old. Then, in 2018, 346 of those participants followed up with the researchers regarding their cognitive health.

The different types of brain waves as they appear on an EEG. Delta waves (bottom) are slow and low-frequency, while gamma rays (top) are faster and high-frequency.

The researchers found that between the first and second overnight study, sleep quality declined, with the average participant experiencing less slow-wave sleep during the second study than before. Between the second overnight study and 2018, 52 participants were diagnosed with dementia. The researchers calculated that each percentage decrease in slow-wave sleep per year was associated with a 27% increase in dementia risk—even after adjusting for other risk factors, like age, genetics, smoking status, and sleep medication use.

The study also allowed a discovery to be made in the opposite direction: Participants who possessed a genetic risk factor for Alzheimer's disease experienced accelerated declines in slow-wave sleep. Though this finding could present a "chicken or the egg" dilemma—does a lack of slow-wave sleep cause dementia, or does dementia trigger a decline in slow-wave sleep?—it only strengthened the researchers' belief that cognitive decline and delta wave sleep are interconnected.

"Slow-wave sleep, or deep sleep, supports the aging brain in many ways, and we know that sleep augments the clearance of metabolic waste from the brain, including facilitating the clearance of proteins that aggregate in Alzheimer's disease," said Matthew Pase, study lead and associate professor at Australia's Turner Institute for Brain and Mental Health. "However, to date we have been unsure of the role of slow-wave sleep in the development of dementia. Our findings suggest that slow wave sleep loss may be a modifiable dementia risk factor."

"Modifiable" here means it's something people have some modicum of control over. That's where so-called sleep hygiene comes into play. Maintaining a consistent sleep schedule, limiting alcohol and caffeine consumption, and "winding down" for the night by limiting screen time or overexcitement can help, according to many sleep and mental health experts. Separate studies have also suggested that pink noise, a lower-frequency version of white noise, can increase a person's likelihood of experiencing slow-wave sleep overnight or during midday naps.

Fun and Games

If you couldn't find Rollie last month the answer is shown below. Rollie was on page 5 circled in red below.



This little guy told his Dad that he wanted to learn how to train his dog and his Dad said there were lots of dog training videos on YouTube. So here he is, showing them to the dog!



phone booth
1988



phone booth
2018

SUPER QUIZ

Take this Super Quiz to a Ph.D. Score 1 point for each correct answer on the Freshman Level, 2 points on the Graduate Level and 3 points on the Ph.D. Level.

Answer _____
8. The Trevi Fountain.
Answer _____
9. Burj Khalifa.
Answer _____

Subject: LANDMARKS

Provide the city and country in which the landmark is located. (e.g., The Leaning Tower. Answer: Pisa, Italy.)

ANSWERS: 1. Paris, France. 2. Seattle, Washington, U.S. 3. Mecca, Saudi Arabia. 4. Rio de Janeiro, Brazil. 5. Agra, India. 6. San Antonio, Texas, U.S. 7. Giza, Egypt. 8. Rome, Italy. 9. Dubai, United Arab Emirates.

FRESHMAN LEVEL

1. The Louvre.
Answer _____
2. The Space Needle.
Answer _____
3. The Kaaba, the holiest shrine in Islam.
Answer _____

SCORING:

18 points — congratulations, doctor; 15 to 17 points — honors graduate; 10 to 14 points — you're plenty smart, but no grind; 4 to 9 points — you really should hit the books harder; 1 point to 3 points — enroll in remedial courses immediately; 0 points — who reads the questions to you?

GRADUATE LEVEL

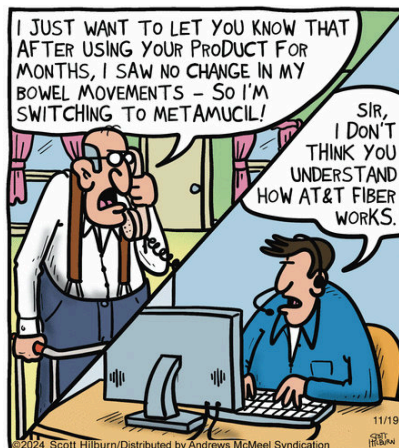
4. Sugarloaf Mountain.
Answer _____
5. The Taj Mahal.
Answer _____
6. The Alamo.
Answer _____

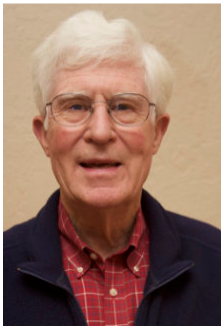
PH.D. LEVEL

7. The Sphinx.

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WUMMO Wulff & Morganthaler



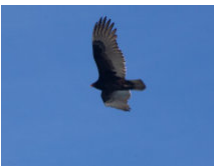


California Buckeye and SIR Walkers

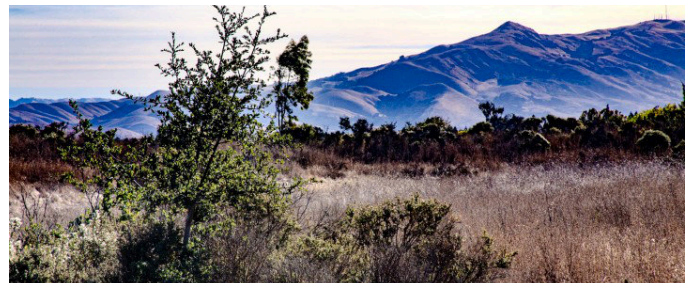
October 30, 2024, at Sabercat Creek Trail, we huffed and puffed up the trail and puffed a bit easier down the trail. On the way down one of us spotted a large husk hanging from a leafless bush. "What is it?" was the general exclamation. Well, folks, it was the husk bearing the seed of the California buckeye, *Aesculus californica*. I'm sure long-time Californians recognize seed of the plant, aka horse chestnut. It's native to northern California canyon bottoms and dry south facing slopes and hilltops (like Sabercat Park). The horse chestnut is poisonous! Yeah, poisonous. Indigenous folks boiled the seeds to get rid of the toxins and then pounded the nuts into flour. Anyway, photos show some of stages of the bush.



Fall Walk at Quarry Lakes



Truth be told, the rest of the walkers left me behind, again. Admittedly it's my own fault as I stop to take a picture as the walkers walk on. But do they see the stuff I see? Besides the horse poop, did they see the Turkey vultures hanging around watching us as we walked beneath them? Take a look at the *Pyracantha* berries, looking for birds to eat them and get drunk. And I'm sure that is a giant chameleon climbing up the side of one of the hills. What about the discarded bicycle between our path, a cactus and Horseshoe Lake? Yes, there were geese as usual, but overlooking it all was Mission Peak, always a great view but extra cool when framed with November sixth's fall foliage. ~Bruce Roberts



November 20th Luncheon



The November birthdays are (L-R) Sir James Floor, Sir John Burnett, Sir Ron Shore, Sir Ron Singler, Sir Robert LoBue, Mike McDonald, Sir Don Rose and Sir James McConnell



Winner of the birthday wine drawing is Sir Ron Singler with our Jokester and future Little Sir for 2025 Rick Henry



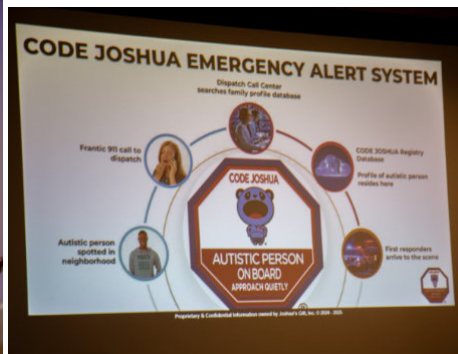
Guest Jokesters Sir Ed Blank and Sir Ted Bresler performed for our luncheon crowd.



Sir Larry Jett will be our Jokester for 2025



Sir David Lind winner of the Rollie wine drawing with Little Sir Rob Perrill



AUTISTIC BEHAVIORAL ANOMALIES

- Lack eye contact
- Facial expressions
- Increase/ decrease in verbal
- Processing speed
- Stimming/ sensory = regulation
- May be attracted to water/ objects
- Echolalia
- Non violent
- May not be aware of external threats to safety



Our guest speaker Mizpah Brown-Rich co-founder of Joshua's Gift delivered an outstanding presentation on her lifelong commitment to educating people about autism.



Excellent attendance at our luncheon.



The winners of the wine drawing (L-R) Sir John Stokes, Sir Howard Elz and Sir Jerry Sabo



New member Sir John Mallon Jr. with Big Sir Ingy.

CHRISTMAS LUNCHEON UPDATE

For those that signed up for the Christmas Luncheon at our October and November meetings here is an update. No further sign ups can be accepted at this time as it is completely sold out with over 120 people coming.

As you enter you will be put in the Christmas spirit by the decorations, especially the table centerpieces made by Gail Blalock and her helpers. I hope many of you were successful in obtaining a door prize from our wonderful community merchants. I have already received several prizes from our members. If you have a prize you have obtained you can bring it to me during our social hour so I can display it. I will be doing this between 11:00 - 11:30 am. Dave Badilla will be playing his guitar for your dancing and listening pleasure during our social hour and during lunch.

When you enter my wife will give you your name tag. Besides your name there will be a number which designates the table you have been assigned, as well as a colored dot that tells our servers the entrée you have chosen. **RED** = Tri-tip Roast, **BLUE** = Salmon, **YELLOW** = Chicken Cordon Bleu, and **GREEN** = Eggplant Parmesan. As you enter we will also be selling door prize tickets at 6 for \$5.00. The door prize drawing will take place after our luncheon. John Vickroy, one of our talented members, will lead us in a little Christmas sing along. We will then be entertained by THE JAMES LOGAN HIGH SCHOOL JAZZ CHOIR.

See you there on Wednesday, December 18th. Social hour is from 11:00 am to Noon followed by lunch. Dress will be resort casual.

Rob Ingebretson
Social Committee Chairman

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 luncheon? If the answer is yes then let Rob Ingebretson know at (510) 657-7828 or email at ROBINGY@COMCAST.NET

You can get your Pathfinder at [Newsletters-2024](#)
Comments, photos for site etc. email to: sirbranch59@gmail.com

Send news and questions to:
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Editor
lumsam@sbcglobal.net
Jerry Sabo,
jlsabo3@comcast.net
Assistant Editor

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.

PATHFINDER DEADLINE

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

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

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ATTENDANCE
Ken Brunskill- Chairman
Bob Marshall-Assistant
Andy Lang - Assistant
AUDIO-VISUAL
Sammy Lum/Jerry Sabo
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Carl Nordling - Chairman
Open- Assistant
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Howard Elz - Chairman
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Andy Lang- Chairman
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MEMBERS**

Nat Lord

HONORARY LIFE MEMBER

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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*
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1993 LeRoy J. King*	2018 Harvey McAninch*
1994 George Hubach*	2019 Harvey McAninch*
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*	2023 Jerry Halligan
2000 Harry Heyen*	
	*(deceased)