



A Non-profit Organization For Retired Men

HOROLOGIUM

Monthly Newsletter - Est. 1963

North Bay Branch No. 7, San Rafael

Website: www.sirinc2.org/branch7

60th year

Br. 7

August 2023

BIG SIR—*Bob Bundy*



To my knowledge we have not had a medical presentation to SIRS since I have been a member. As a former Emergency Physician who looks back over the past forty years of medical progress it has been an amazing transition. When I did my internship there was no CT scan, MRI, PET scan, ultrasound or laparoscopic surgery. In my early years I would admit patients to the hospital not knowing the diagnosis and in spite of our primitive diagnostic tools some of them would have surgery to see what was the underlying problem. Toward the end of my career patients would come in with a headache and I would need to inform them they had a brain tumor and were going to be scheduled for surgery.

Prostate cancer was often diagnosed when metastatic symptoms became apparent and the treatment was not very effective. Prostate specific antigen (PSA) became the diagnostic test several decades ago, but it was not diagnostic and a biopsy is always necessary to confirm cancer. At that time both the biopsy and treatment including radical surgery had many complications so there was a protocol established that testing should only be performed on men up to a certain age, usually seventy. After seventy prostate cancer tends to be less aggressive and slower to spread but that was assuming you would not live another ten years. My PSA had been normal and according to the protocol I had not had one for several years, but I became concerned about the possibility of prostate cancer due to some non-specific symptoms (prostate cancer is usually asymptomatic) and pushed my doctor to order the PSA. Mine was elevated and led to a biopsy which confirmed cancer and I have now been success-

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LITTLE SIR—*Michael Sommer*



Our speaker for August is Arvind Nishtala M.D. He is a Cardiologist at Marin Health Cardiovascular Medicine. He is a non-invasive cardiologist with an expertise in general cardiology, advanced cardiac imaging, valvular heart disease, and cardiovascular performance. He grew up in Singapore, Japan, and New Zealand before moving to Boston for his undergraduate and medical studies. Following this, he completed his clinical training at the University of California San Francisco and Northwestern University under the mentorship of several world-renowned cardiologists. He is well-versed in the contemporary management of cardiovascular disease. He strongly believes that it is his duty to go beyond treating disease and to serve as a partner and coach in the pursuit of health and wellness.

We have scheduled speakers for the remainder of our 2023 luncheons as follows:

September- Barry Tompkins, a 48-year play by play sports broadcaster and Emmy Award winner

Little Sir (Continued on page 2)

EVITE LUNCHEON SIGN-UP INSTRUCTIONS

Remember to type your meal preference in the comments section when you say "yes" and will attend. The meal choices are shown nearby. If you are not coming, please say "no" to the Evite so we won't miss anyone.

August 3rd Luncheon

Pot Roast w/Mashed Potatoes, or
Salmon w/Lemon Butter Sauce, or
Vegetarian

MEMBERSHIP REPORT July 2023

TOTAL ACTIVE MEMBERS - 7/1/23	78
GAINS DURING MONTH	0
LOSSES DURING MONTH	1
# Hal Hester died June 19th	
TOTAL ACTIVE MEMBERS - 8/1/23	77

Call Don Beers at 332-3926 if you can't attend a luncheon

August 2023 Birthdays

12	Jens Erlingsson	August 2
32	Ron DeCook	August 3
84	Dave Miller	August 3
92	Gordon Haight	August 8
36	Russ Wallace	August 10
70	Dave Cooke	August 11
106	Jim Leonard	August 11
69	Reed McClintock	August 14
43	Robby Robinson	August 17
57	Cos Violante	August 17
47	John Campusano	August 19
7	Peter Robinson	August 24
56	George Sarantakis	August 30
15	Merrill Louks	August 31

SUNSHINE & SHADOWS

Ken Kauer, Chairman, 472-2334
(No e-mail)

(:Little Sir continued from page 1)

October- Frank Falzone and Duffy Jennings, co-authors of 5-Henry-7. A book about Frank's career as a S.F. Homicide detective.

November- Jamie Scardina, Marin County Sheriff

December- Christmas luncheon. We do not schedule a speaker for this holiday function.

I am looking for speakers for 2024 and appreciate the suggestions that I have received but can always use additional referrals.

Dick Robinson, Secretary



Minutes of the July 20th Branch Executive Committee meeting:

Treasurer Al Wuthnow told us our current bank balance is \$6,804. We have been accumulating a deficit on money collected for lunches compared to our cost at Club Restaurant totaling \$1,000 for this year. That is due to our slim margin on lunch costs at the Club and free lunches given to speakers and guests. Raffle ticket sales have declined to only about \$120/meeting which nets the branch only \$60. The attendance at lunch meetings is increasing and the evite system is working to make reservations.

Kelley Reid reported we have added several new members. Current membership now stands at 77 men. We can use more new members to maintain our membership count.

Branch 7 activities were discussed. Lucky 7 golfers play every Wednesday with 16-20 men participating. Sign-ups are conducted at the monthly lunches. The pool group meets twice a month on Thursdays with 6-8 men playing at the Silver Pесо. Wine tasting ideas were presented with the goal of setting up another wine tasting event in the near future. Some wineries mentioned included Cline, Jacuzzi and Viansa. Michael suggested the idea of visiting Lagunitas Brewing Co in Petaluma.

Michael Sommer reviewed our list speaker lined up for the next several months. The last speaker, Eddy Cumins, Manager of SMART trains system, was well received by our group. In August Michael told us we have a cardiologist as speaker. In September the sportswriter Barry Tompkins is speaking. In October Frank Falzon and Duffy Jennings, San Francisco homicide inspectors, are speaking. In November we will have the Marin County Sheriff James Scardina as our speaker. For the December Christmas lunch we will not have a speaker but some ideas for entertainment were proposed.

Ted Pullen was not present but Dick Robinson reviewed the activities planned. There are 41 persons going by bus to San Francisco to see the show "Aladdin" on August 9. Ted also proposed another outing to see the "Lion King" production in December. A number of Lucky 7 golfers are planning to take a cruise to Mexico in February. Ted will be giving details and asking for sign-ups soon of Branch 7 members who are interested in joining this cruise.

SIR's #7, #47, & #22,
INVITES YOU TO A
MATINEE PERFORMANCE OF:

THE LION KING

WEDNESDAY DECEMBER 13TH

DUBBED "THE MUSICAL OF A LIFETIME!" EXPERIENCE THE STUNNING ARTISTRY, UNFORGETTABLE MUSIC AND EXHILARATING CHOREOGRAPHY, PAIRED WITH BREATHTAKING, AWARD-WINNING PUPPETRY THAT BRINGS THE WILDLIFE OF THE AFRICAN DESERT ALIVE! THIS COLORFUL SAFARI SPECTACLE IS SURE TO THRILL. WITNESS THE MUSICAL THEATRE PHENOMENON THAT MOVES US ALL, A REMARKABLE TALE OF HOPE AND ADVENTURE, THE LION KING. THIS SHOW WILL TAKE PLACE AT THE ORPHEUM THEATER, YOUR RESERVED SEATS WILL BE LOCATED ON THE GROUND FLOOR IN THE REAR ORCHESTRA.



DEPART: 10:00AM RETURN: 5:30PM

PICK UP: SAN RAFAEL PARK & RIDE SMITH RANCH ROAD PARKING LOT

COST PER PERSON: \$125

COST INCLUDES: LUXURY MOTORCOACH TRANSPORTATION,
DRIVER GRATUITY, HOSTED LUNCH AT MAX'S OPERA CAFE WITH ENTREE CHOICE OF: CHICKEN COBB SALAD, REUBEN SANDWICH, VEGGIE BURGER, HALF TUNA SANDWICH & SOUP, SERVED WITH SOFT DRINK & DESSERT, AND RESERVED REAR ORCHESTRA SEATING FOR THE 1PM SHOWING OF THE LION KING

ALL CHECKS SHOULD BE MADE OUT TO SIR BRANCH 7
MAILED TO: TED PULLEN, 455 CEDAR HILL DRIVE, SAN RAFAEL, CA 94903
QUESTIONS? CALL TED AT (415) 499-4610

All trips and tours are arranged for your pleasure. TravelCenter, Tours and Travel, SIR's #7, Ted Pullen and Trip Escort assume no responsibility for any passengers or their possessions. Trips and tours are subject to change and availability. Specific conditions apply. Individual cancellations/changes must follow SIR's #7's cancellation policy. No refunds after final payment. CST#100294-40

TravelCenter, Tours and Travel, 1936 Oak Park Blvd., Pleasant Hill, CA 94523
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LUCKY 7 GOLF



Paradise Valley (Scramble)—June 28th

1	Giambra, Violante & Phillips	60.85
2	Radtke, Gioglio & Giachino	61.50
<i>Closest to Hole 3</i>		<i>Closest to Hole 12</i>
Ron Radtke	16'8"	Ron Radtke 68'8"

Foxtail South (Individual) - July 5th

<i>A Flight Net</i>		<i>B Flight Net</i>	
1	Mark Cooper 69	1	Dave Miller 72
2	Ron Radtke 73	2	Paul Donohue 72
<i>Closest to Hole 7</i>		<i>Closest to Hole 17</i>	
None		Ron Radtke	30'6"

Valley of the Moon (Individual) July 12th

<i>A Flight Net</i>		<i>B Flight Net</i>	
1	Ray Zavislak 70	1	Dick Robinson 73
2	Paul Giambra 72	2	Paul Donohue 74
<i>Closest to the Hole 8</i>		<i>Closest to Hole 16</i>	
None		Ron Radtke	13'6"

Blue Rock East (Scramble) - July 19th

1	Radtke, Erlingssen, Giachino & Bearg	56.3
2	Haight, Sarantakis, Miller & Aleshire	58.0
<i>Closest to Hole 2</i>		<i>Closest to Hole 16</i>
Cosmo Violante	4'1"	Ron Moresco 7'11"

Rooster Run (Individual) - July 25th

<i>A Flight Net</i>		<i>B Flight Net</i>	
1	Mark Swartz 73	1	Don Lytle 70
2	Gary Gioglio 74	2	Bob Giachino 72
<i>Closest to Hole 6</i>		<i>Closest to Hole 15</i>	
Ron Radtke	13'2'	Dan Edwards	2'7"

STENZEL CONTEST STANDINGS

1	Jens Erlingsson	2'4"	2	Dan Edwards	2'7"
3	Stephen Bearg	3'7"			

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fully treated with external beam radiation and my urologist assures me I will die of something else. Fortunately, there have been great advances in the biopsy technique as well as the focused radiation so side effects were minimal and I felt normal within two weeks of completing therapy. Since the diagnosis I have been carrying around a soapbox and telling all my male friends to forget the protocol and if you are healthy and expect to live another five years you should insist of having a PSA as a routine screening. I am not the only man in SIRS who has had this diagnosis because it is said to affect one in six men but if diagnosed early it is very treatable. Have an annual physical and insist on a PSA every one or two years.

2022 EXECUTIVE COMMITTEE

Big Sir: Bob Bundy **Little Sir:** Michael Sommer
Secretary: Dick Robinson **Asst Secretary:** Vacant
Treasurer: Al Wuthnow **Asst Treasurer:** Dick Robinson
Directors: Dave Bernardi, Ken Kauer, Ted Pullen, Kelly Reid, Bob Rigler, Ralph Sherer & Tom Verkozen
Advisor: Dick Robinson
Publisher: Kirk Beales — 415-492-2686, bear38@outlook.com
Webmaster: Vacant

AREA 8 MONTHLY MEETINGS

Branch 7 McInnis Park 1st Thursday
 Branch 22 McInnis Park 1st Tuesday
 Branch 58 Elks Lodge Petaluma 3rd Tuesday
 Branch 134 Marin Golf & Country Club 1st Tuesday
 Branch 147 Elks Lodge Petaluma 2nd Tuesday

NON-RESPONSIBILITY DECLARATION

All activities arranged for, or by, or sponsored by, Sons in Retirement, Inc. and its branches are for the convenience and pleasure of the members and their guests who desire to participate. Sons in Retirement, Inc. and its branches do not assume any responsibility for the well-being or safety of the participants or their property in matters pertaining to said activities.

August 2023 Meetings

Luncheon Thursday August 3
 Executive Committee Thursday August 17