



A Non-profit Organization For Retired Men

HOROLOGIUM

Monthly Newsletter - Est. 1963

North Bay Branch No. 7, San Rafael

Website: www.sirinc2.org/branch7

59th year

Br. 7

February 2022

OUTGOING BIG SIR—*Dick Robinson*



Hello Fellow Sirs – “It ain’t over, ‘til it’s over”, Yogi Berra. Due to the recent upsurge in Covid cases, the Executive Board members approved cancellation of our monthly lunches in January and February. They felt it wasn’t worth taking a chance with Covid to hold those gatherings. So as it stands, we’ll have to wait until March 3 for our next monthly lunch. We hope that the Covid threat will subside by that time so we can safely hold a group meeting. That’s not long to wait, so hang tough, gentlemen.

Meanwhile, there are lots of good things going on in Branch 7. We’re rescheduling the speakers that were lined up for January and February lunch meetings. Annual dues are being collected by Al Wuthnow, so send him your checks for \$35. Robby Robinson and Ralph Sherer recently reviewed the Sirs Branch 7 roster info and just issued the 2022 roster booklet. Thanks guys. Out

Big Sir (Continued on page 2)

INCOMING BIG SIR—*Michael Sommer*



As my last column as Little SIR I want to give a big THANK YOU to Dick Robinson for being such a stalwart Big SIR. With the pandemic and its variants affecting everything in our lives and everything we did for the past 2 years, Dick stepped up and led us throughout this difficult period.

THANKS DICK

With the Corona virus continuing to stifle our monthly get-togethers I feel that we should look to the future and plan ahead for a continuing robust Branch 7.

The logo for SIR inc. is a rooster with the slogan “Social Activities for Men” in the logo’s banner.

In order to expand our appeal to prospective new members as well as enhance our current member’s experience, I am conducting an “Activities Survey” which you will find in this edition of the Horologium.

Please take some time to look it over and print it out, check off activities that would interest you and/or might interest members of your circle of friends. Ask yourself, Do I have a friend or acquaintance that if we had this activity, I could pique their interest in attending and then joining Branch 7?

This form, which I edited for our use, was provided to me by the Activities Chair of SIR Branch 134, Alan Dunham. Branch 134 has 20+ ongoing activities and nearly 200 members. When I learned of their many activities and membership numbers, I attended one of their lunches to learn how they’ve gone about this, and the membership survey was their starting point about 4 years ago.

Thanks in advance for your participation.

THE FEBRUARY LUNCHEON HAS BEEN CANCELLED BECAUSE OF CONCERNS WITH THE OMICRON COVID VARIANT

The NEXT LUNCHEON WILL BE MARCH 3RD, CONDITIONS PERMITTING


2022 DUES

If you have not already done so, please mail your check for \$35, made payable to Branch 7, to Al Wuthnow, 214 Melrose Avenue, Mill Valley, CA 94941.

<u>MEMBERSHIP REPORT</u> January 2022	
<u>TOTAL ACTIVE MEMBERS - 1/1/22</u>	95
<u>GAINS DURING MONTH</u>	0
<u>LOSSES DURING MONTH</u>	2
#102 Colin Fitch	
#94 Fred Hajduk	
<u>TOTAL ACTIVE MEMBERS - 2/1/22</u>	93

February 2022 Birthdays		
99	John David	February 3
50	Eddie Powell	February 3
111	Vic Macia	February 4
132	Tony Torrance	February 4
16	Ralph Sherer	February 6
53	Steve Sicher	February 21
143	Richard McKeague	February 28

Ron DeCook, Secretary



No ExCom meeting held

(Big Sir continued from page 1)


of caution from the increase in Covid cases, we canceled the Valentine lunch planned for Feb 3 with lady guests included. The Executive Board will review our lunch programs at its next meeting now planned for February 24. Unfortunately, we have to wait until the March 3 lunch for formal installation of new officers for 2022.

But in the meantime, the new officers will be assuming their duties. We'll all lend them our support. And when weather warms up, the Lucky 7 golf club will be resuming its weekly outings in mid-March.

New officers for 2022 are: Big Sir - Michael Sommer, Little Sir - Dr Bob Bundy, Sec - Ron DeCook, Treasurer - Al Wuthnow, Asst Treasurer - Dick Robinson and Membership - Terry Aleshire. Continuing board members include Ted Pullen, Bob Rigler, Ralph Sherer, Ken Kauer and new board member is David Bernardi. Congratulations, gentlemen, and best wishes in carrying out your duties.

As always we are thinking about members who have ongoing illnesses and hope they'll be better soon. For the rest of us, take care until our next lunch meeting planned for March 3. Carry on, mates.

INCOMING LITTLE SIR—*Bob Bundy*



The arrival of omicron has thrown our meeting schedule into disarray. While it seems to be a milder illness the rapidity of the spread means more primary infections in the unvaccinated and more breakthrough infections in the vaccinated. Marin County has seen a significant uptick reporting over 2800 new cases in the past two weeks. Currently twelve covid patients are in the hospital and three are in the ICU. Marin follows the pattern in the country with unvaccinated citizens being diagnosed at six times the rate of vaccinated residents. We hope the experts are correct in that this wave is supposed to crest quickly and we can return to our regular luncheon schedule in March.

We have rescheduled our January and February speakers and look forward to hearing from Jana Haehl in March who will talk about the history of the Corte Madera marshes and wetlands. She is our local historian and incredibly knowledgeable about the history of Corte Madera. This is a topic close to my heart from my involvement on the Corte Madera Flood Board over the past decade.

**SIRS BRANCH 7
ACTIVITIES SURVEY January 2022**

1. Name _____
2. Check activities you are interested in or may be in the future.
3. Indicate if you are chairing an existing group. _____
4. Indicate if you will temporarily facilitate a group to get it started.
5. Note any additional activities or ideas for member participation.
6. Return to Michael Sommer sommermh@aol.com or bring to the March luncheon

OUTINGS:

- Field Trips
- Sporting Events
- Museums
- Special Events
- Local Festivals
- Theatre performances
- Movie-Dinner Night

MUSIC:

- Choral concert
- Chorus
- Band/Instruments
- Instrument ? _____
- Instrument learning
- Attend concerts

DANCE:

- Ballroom
- Square
- Line
- Swing

HISTORY:

- General History
- Military History
- Civil War
- WWII
- American History
- World History
- Naval History
- Local History
- Other History? _____

EXERCISE ACTIVITIES:

- Walking
- Gentle Walkers
- Hiking
- Lap Swimming
- Aerobics
- Yoga/Pilates

SPORTS:

- Bocce
- Tennis
- Swimming
- Bowling
- Golf
- Billiards-pool
- Archery
- Skiing
- Biking

ART:

- Oils
- Watercolors
- Digital

FLYING:

- Airline pilots
- Aircraft owners

BOATING:

- Sailing
- Canoe-kayaking
- Motor boating

RECREATION VEHICLES:

- Owners
- Traveling

FISHING:

- Fly fishing
- Deep Sea Fishing
- Fishing

HOBBIES & COLLECTIONS: ?

- Model trains
- Coins
- Stamps
- Minerals/Rock
- Woodworking
- Gardening
- Native Plants
- Vintage Autos
- Photography
- ? _____

APPLIED TECHNOLOGY:

- Digital Cameras
- Videos
- Computer
- CD, DVDs
- Smart Phones
- Apps
- Internet web sites
- Internet services
- Other Electronics

TRAVEL:

- Group travel
- Domestic
- International
- Overnight
- Weekend
- Cruising
- Train

TIMESHARE OWNERS:

- Owners
- ? _____

GENEALOGY:

- Research
- Documenting

RELIGION:

- Bible studies
- Comparative religion
- Comparative philosophies

GAMES:

- Bridge-duplicate
- Bridge lessons
- Bridge-social
- Men's Bridge
- Poker
- Chess
- Pedro

INVESTMENTS:

- Stocks and bonds
- Investment Discussion
- Real Estate

READING:

- Great Books
- Book Club
- Poetry
- ? _____

WRITING:

- Fiction
- Non-Fiction
- Autobiographies
- Memoirs'
- Creative
- ? _____

CAMPING:

- Tent
- Backpacking
- RVing

COMMUNITY SERVICE:

- Tutoring ESL
- Tutoring Citizenship
- Conservation
- Environmental projects
- Prison University (PUP)
- ? _____

SCIENCE:

- Science Discussion
- ? _____

OTHER:

- Cooking
- Learning
- Meeting Programs
- University CD Lectures
- Shooting
- Ham Radio
- Politics
- Bird Watching
- Hunting
- Astronomy
- Other Activities
- ? _____

SPECIAL ACTIVITIES:

- Baseball Games
- Wine Tasting Tours
- Mystery Dinners
- City Tours
- Ranger Talks
- Day Adventures
- Factory Tours
- Other Special Activities

OTHER IDEAS WELCOME:

- _____
- _____
- _____
- _____

COMMENTS:

- _____
- _____
- _____
- _____
- _____

SIR TRAVEL OPPORTUNITIES

March 12-17, 2022: PRINCESS CRUISE: Fort Lauderdale to San Francisco aboard the Ruby Princess. Sail via the Panama Canal with ports of call at Cartagena, Colombia; Panama Canal (new locks); Panama City; Puntarenas, Costa Rica; San Juan del Sur, Nicaragua; Cabo San Lucas, Mexico; and San Francisco. Balcony Staterooms starting at \$3,824 pp. Ocean view at \$3,369. Contact Milt Smith SIR 146 miltsmith549@gmail.com or contact Lisa Mittone, agent, atlisa@tctat.com or 800-528-2223. Be sure to mention SIR 146

Holland Tulip Festival Tour Featuring Mackinac Island's Grand Hotel May 12 -19 Price: \$3,895 Per Person Double Occupancy \$5,375 Single Deposit \$650 per person, final payment January 10, 2022. Contact Bill Stires Branch #143 at 209- 988-5445 or email bstires46@gmail.com if interested in the trip.

8 Night Columbia and Snake River Cruise May 12 via the American Harmony of the American Cruise Lines. Explore the Pacific Northwest with your fellow SIR members following the path of Lewis and Clark. Unpack once and enjoy the beauty of the lush forest of the River Gorge and the high desert bordering the Snake River and Hells Canyon. Prices range from \$5,600 pp. double occupancy. For more information contact Tan Matosian Branch 128. tgmat54@gmail.com or contact The Travel Center in Pleasant Hill directly at 925-937-2223 be sure to mention Branch 128

ALASKA LAND & SEA May 23 June 4th 8-DAY CRUISE Aboard the Majestic Princess □ Anchorage/Whittier □ Hubbard Glacier Scenic Cruising □ Glacier Bay Cruising □ Skagway □ Juneau □ Ketchikan □ Vancouver 6-DAY LAND □ 1 Nights Fairbanks □ 2 Nights Denali National Park □ 1 Night Mt. McKinley Lodge □ 1 night Anchorage CONTACT Larry Yarberry (925) 890- 9245 l.yarberry42@comcast.net Or Talbot Tours 800 662-9933 info@talbottours.com Land & Cruise including roundtrip Airfare \$2995. DBL. OCCUPANCY \$4250. SINGLE

CLASSIC NEW ENGLAND Sept.29-Oct 7 Day 1 Arrive Boston. Upon arrival in Boston meet your Tour Director - Day 2 Boston Sightseeing restaurants.—Day 3 Boston - Portland - Bar Harbor, ME Day 4 - Bar Harbor - Acadia National Park - Bar Harbor - Day 5 Bar Harbor - North Conway - Day 6 North Conway - Woodstock - Killington/Ruthland, VT. for an overnight stay. - Day 7 Killington - Norman Rockwell Museum - Mohegan Sun - Day 8 Newport, RI - Mystic Seaport - Mohegan Sun - Day 9 Mohegan Sun - Boston - Flight Home. Fly home filled with fond memories of your Classic New England Tour. CONTACT Larry Yarberry (925) 890-9245, l.yarberry42@comcast.net or Talbot Tours 800 662-9933 info@talbottours.com Total Land and Airfare \$3950 DBL OCCUPANCY \$5180 SINGLE

2022 the start of a new year

I was going to quit all my bad habits for the new year...but then I remembered that nobody likes a quitter.

My New Year's resolution is to stop telling you what to do all the time...here I wrote down your resolutions for you.

Got up this morning and ran around the block five times. Then I got tired, so I picked up the block and put it back in the toy box.

My New Year's resolution is to stop putting my foot in my mouth all the time, I bet yours is to lose weight, huh?

Diet Day 1: I have removed all the bad food from the house. It was delicious.

Hold on, I need to check Facebook to see if anybody liked my status about my resolution to spend less time on Facebook.

Got up at 5 a.m., 3-mile run completed, prepared a vegetable smoothie for breakfast...Don't remember the rest of the dream.

Did you know 14 muscles are activated when opening a bottle of wine? Fitness is my passion.

Wouldn't it be nice if you read a medicine bottle that says...WARNING: May cause permanent weight loss, remove wrinkles and increase energy?

I tried the Japanese method of decluttering where you hold every object that you own and if it does not bring you joy, you throw it away. So far, I have thrown out all the vegetables, my bra, the electric bill, the scale, a mirror and my treadmill.

Me: This year I resolve to procrastinate less!

Husband: Honey today is January 7th.

Me: Yes, see I'm better already! Last year I made the same resolution on February 15th

SUNSHINE & SHADOWS

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



SIR ON THE INTERNET

www.sirinc.org

Gives SIR history, organization, locations, activities, travel programs etc.. Also the State newsletter, SIR Happenings. Suggested for those thinking of joining for an early orientation.

HOROLOGIUM DISTRIBUTION

Beginning January 2022 we will no longer be mailing out printed copies of the Horologium. We will have printed copies available at our meetings for those who want one.

February 2022 Meetings

Luncheon CANCELLED
Executive Committee Tuesday February 24th

2022 EXECUTIVE COMMITTEE

Big Sir: Michael Sommer **Little Sir:** Bob Bundy
Secretary: Ron DeCook **Asst Secretary:** Vacant
Treasurer: Al Wuthnow **Asst Treasurer:** Dick Robinson
Directors: Dave Bernardi, Ken Kauer, Ted Pullen,
Bob Rigler, & Ralph Sherer
Advisor: Dick Robinson
Publisher: Kirk Beales — 415-492-2686,
bear38@outlook.com
Webmaster: Robby Robinson — robbyr67@att.net

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.

AREA 8 MONTHLY MEETINGS

Branch 7 McInnis Park 1st Thursday
Branch 22 McInnis Park 1st Tuesday
Branch 47 McInnis Park 4th Tuesday
Branch 58 Elks Lodge Petaluma 3rd Tuesday
Branch 68 McInnis Park 2nd Tuesday
Branch 134 Embassy Suites 1st Tuesday
Branch 147 Elks Lodge Petaluma 2nd Tuesday

Executive Board meets
the Thursday preceding
the Thursday Luncheon
at McInnis Golf Club in
San Rafael at 11:00 AM.
Members welcome to
attend.

Return address
North Bay Branch #7
Ron DeCook, Secretary,
39 Sulgrave Lane, San
Rafael CA 94901
Tel: 415-460-0102



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