

Ignacio Pacheco Branch News

Independence, Dignity and Social Activities for Men

Published by Branch 22 of SIR, Inc.*

Volume 52 nb. 2 February 2023



BRANCH 22, *Ignacio Pacheco*

MENU \$35 (new price for 2023)
Chicken Parmigiana with Torte
Alternative: Grilled Salmon



Big Sir Jim Sasse
707-996-8750
Secretary Bud Pflueger
415 383 3763
Asst. Secretary Jim Filippo
415246 9792
Treasurer Dave Thornton
415 271 0508
Asst. Treasurer Steve Miller
415 381 8255
Membership & Golf Chairman
Bill Wilhelm
415 786 6150
Newsletter Jim Boughey
415 259 1857
OTHER DIRECTORS
Floyd Heckman
Mike Dean
Jim Stein

Because Romans believed even numbers to be unlucky, each month had an odd number of days, which alternated between 29 and 31. But, in order to reach 355 days, one month had to be an even number. February was chosen to be the unlucky month with 28 days.

All activities arranged for you and or members of your family and/or guests whether by Sons In Retirement, Inc. and/or any of its branches and/or its members (jointly and severally SIRs) are for your convenience and pleasure you assume the risk of any participation in such activities and further hold SIRs harmless from and claims, demands or legal actions made by you, any member of your family or any guest of yours.



BIG SIR


JIM SASSE

We are now in the second month of 2023 and we have three new members; Matt Petri, Thomas McGuire and Mike Murray. Try to meet them so they feel a part of Branch 22. At long last we are on the road to publishing a current Membership Roster booklet. Some of you may wish to have current photos in the new booklet. If you do, please email Bill Wilhelm (bill@billandbev.com) [the](#) photo you want us to use in digital for and passport photo size.

A week ago, we attended a zoom conference by Kevin King of Branch 92 who talks frequently on SIR INC technology and marketing topics. You can see a video of this presentation on the [SIR INC](#) website. One suggestion I think we should adopt is the use of SIR business cards for you, our members < to those who ask you about SIR. Other Branches have made effective use of these cards and they are an easy way to facilitate a prospect's follow-through on contacting us about membership.

We are still in need of a Little Sir for 2023. I did it last year and found the job of arranging speakers easier than I thought it would be and interesting to learn about all the fascinating people who live around us. Raise your hand a jump aboard right now. I arranged for today's speaker, Davis Perkins, and we are looking forward to hearing about his experiences as a Smoke Jumper, artist and Medic. As a medic Davis has traveled the planet to crisis locations such as Africa to help abate the Ebola epidemic to the present day tragedy of the war in the Ukraine. Between these endeavors Davis is an accomplished painter and photographer. His eye for the beauty of nature is exceptional.

Lastly in December we lost a former SIR of long standing, Mack Staley. He was a friend of my family and a unique individual. Mack had a restaurant in Mill Valley called Sonapa Farms. When he retired he started a program of gathering no longer needed medical supplies, in good condition, and distributing them to needy people who could use them. This was a success in Marin and eventually reached out to Oakland and beyond. The name of that program was Recares. He lived in Tiburon with wife Maxine who is still with us.



SIR gives men 50+ opportunities to have fun through activities with friends old and new. Join us at our monthly lunch. It's our treat!

The 2nd Wednesday at 11:00AM
Cameron Park Country Club
3201 Royal Dr. Cameron Park

RSVP to me: _____ at _____

Get out of the house and make lifelong friends doing the things you like. In addition to our monthly lunches with interesting speakers, our branch offers a number of activities including golf, bocce ball, pickleball, wine tasting, book exchange, e-biking, fishing and bowling. We also have an annual picnic and holiday dinner for the ladies in our lives. Come check us out.

Visit us at sirinc2.org/branch95 or WeAreSIR.com



BEC DIRECTOR'S MINUTES

Bud Pflueger, Secretary

BRANCH EXECUTIVE COMMITTEE MEETING

SIRS IGNACIO PACHECO BRANCH 22

The Club at McInnis Park Golf Center, San Rafael, Ca.

Tuesday, January 3, 2023

CALL TO ORDER: The meeting was called to order at 10:30 by Big Sir, Jim Sasse

ROLL CALL: Present: Officers: Big Sir: Jim Sasse,, Secretary, Otto Pflueger, Treasurer, Dave Thornton,. Directors:, Jim Boughey, Floyd Heckman, Bill Wilhelm, Jim Filippo

Absent: Director Steve Miller, Director Mike Dean

QUORUM: The officers and directors in attendance constitute a quorum for the BEC

MINUTES: The minutes from the December, 2022 Board Meeting were approved. MSP. (See below)

TREASURER'S REPORT : Balance as reported by treasurer, Dave Thornton is: \$4917.49

MSP, subject to audit . There was discussion about having an audit. Ted Harris and Dave Norris will be asked (by Jim Filippo?) to take the lead in this matter.

MEMBERSHIP: Membership currently stands at 59. New member, McGuire will attend the lunch today and be given his badge. Petri, another new member, not present. Bill Reid has resigned. 33 members have paid 2023 dues now due. Big Sir asked to remind members of the \$30.00 for dues.

Big Sir Report

Forms. Secretary (Pflueger) sent in form 20 months ago but will send a change to the email address of Rick Sale . That change is the name of the Newsletter: "Ignacio Pacheco Branch News". Bill Wilhelm sends in Form 27 relating to attendance every month. The title of the newly named position is "Area Representative", who replaces Dennis Pangburn, but currently no name is given. Send all forms to: sirsstatemail@gmail.com. This goes to Rick Sale. Please see his latest email . If you did not receive this email then ask Pflueger to forward it to you. Since there is no Little Sir but a "by committee" arrangement, speakers will be selected by Board Members in rotation. Jim Sasse will line up the February speaker.

Activities:

Dave Thornton says he did not pay out-of-pocket money for the dinner at Piazza D' Angelo. (His name will be crossed off in the Dec. minutes.) The additional funds were from Dean and Miller as stated. It was agreed that the annual summer picnic at Dean's house (in his absence) will take place. No other plans at this time.

Meeting adjourned at 11:15 am MSP. Minutes sent out by Secretary on Jan 4,2023



FEBRUARY SPEAKER

DAVIS PERKINS –Artist, Smoke Jumper, and Aid to the World’s Needy



Davis Perkins is a California painter who lives in San Rafael, with an unusual background.

He has had a long career as a smokejumper, firefighter, paramedic, and professional artist. After serving as a paratroop sergeant (first with the Army’s 82nd Airborne Division, and later with the 12th Special Forces Group of the Army Reserve), Davis worked 13 summers as a smokejumper, parachuting into forest fires with the U.S. Forest Service and Bureau of Land Management. During the winter he attended art school, graduating from the University of Oregon with a degree in fine arts. His early work was featured in solo exhibitions at the Alaskan State Museum and the Smithsonian Institution Air & Space Museum. Both museums selected his work for their permanent collections. In addition, one of his paintings hangs in the Pentagon with the United States Air Force Art Collection. In 2015 Davis was selected as a Signature Member of the Oil Painters of America.

Davis exhibits his work in galleries and other art venues in Northern California, while continuing his life of travel and public service. In 2007 he climbed Mt. Kilimanjaro, and created paintings from his view at the summit. He remains active as a paramedic, and as a member of the Disaster Medical Assistance Team of the Department of Health and Human Services. Since 2010 Davis has served on medical relief missions to Haiti; Ethiopia; Cambodia; Liberia (Ebola outbreak); Vanuatu; Nepal; Lesvos, Greece to aid with the recent refugee crisis; Mosul, Iraq, working with trauma patients during the Battle of Mosul; and with an international medical team in Ukraine during the current conflict.

Davis will tell us his days in the forest fires, his emergency medical experiences and his artistic concepts, including where you can see his work. Visit his website:
<https://www.davisperkins.com/>



MARIN RESTAURANT ADVICE AND NEWS

Mike Dean

MY FAVORITE RESTAURANT FOR SPECIAL EVENTS

Restaurant review by Mike Dean

BUCKEYE ROADHOUSE

Shoreline Hwy
Mill Valley

It's always good to have a favorite restaurant for special events like birthdays, anniversaries, reunions, very special friends, etc. Debbie and my special restaurant is the Buckeye Roadhouse just off 101 before the tunnel to the Golden Gate Bridge.



The Buckeye restaurant has been there for years, originally a wonderful German restaurant -with quite a history - which opened in the 1937 at the completion of the Golden Gate Bridge. Apparently, the Buckeye was once a clandestine meeting place for Nazi sympathizers before and during the second world war (or so I was told by my parents). It stayed a German restaurant until being taken over by a group headed by the renown chef, Bill Higgins, in the 90's, who remodeled it and changed the menu to up-scale American cuisine.

The Buckeye kept its warm lodge-like feel after the remodel, retaining its classy ambiance and a fireplace in the main dining room. The bar area is wonderful as well - lively and cozy with tables for dinner or lunch. There's an upstairs mezzanine for private parties or more intimate dining. A small outside area is available also for those of us who choose to take our dogs out to eat.



The fare is not cheap, but not outrageous either by Marin standards. My favorite appetizer is the Oysters Bingo, but there are plenty to choose from. I like the Brick Chicken for my entrée and there's a great House-Smoked Chicken Salad. The Key-Lime Pie is a must for Debbie and I for a special event dessert.

Marin old-timers are very familiar with the Buckeye, but if you haven't been there, it's a must – especially for special occasions.



**BREAKING
NEWS**



FOR BRANCH 22



SUNSHINE & SHADOWS

**Long Standing Former Member Mack Staley Died
in December '22**



Tal and Sarah Fletcher 02/20

Tom and Joan McGuire 02/24



Daniel Bastien 02/02

Ronald Collins 02/06

Steve Miller 02/07

Rich Seyler 02/12

Sandy Grieve 02/18

Tom McGuire 02/18

Your Branch 22 has a WEB Page as part of the SIR INC web site. This page is maintained by Member Rich Seyler who is doing a very good job. Check it out with this hyper link.

[SIR Branch 22 \(sirinc2.org\)](http://sirinc2.org)



SIR, Inc.* State of the STATE and Other Branches February 2023

Branch 161 invites all SIR golfers and guests to a Friendship Tournament on March 6, 2023, at Discovery Bay Golf & Country Club. If you have any questions or suggestions please contact:

Jim Boughey of Branch 22 for the flyer or Johnny Welton of Branch 161
5751 Prestwick Court
Discovery Bay, CA 94505
Email: johnnywelton40@gmail.com
Cell: 925-876-5844

STATE NEWS: 2023 brings significant change to the SIR organizational structure. First off, the Region Director position will be discontinued. Secondly the title Area Governor will be replaced by Area Representative with major changes in the job description. Without a Region Director and with Area 8s continuing Area Governor vacancy there are concerns about the communication link between the Area 8 branches and those at the state level in SIR. It has been recommended that the branches in Area 8 elect an Area Representative ASAP. The new Area Representative reports to the Vice President of SIR. Please note it puts the new position in a less controversial position than the old A.G. requirements. There are no compliance issues to be dealt with, all overdue reports and documents required in our incorporation business will be done by another.

See Full State News @ <https://sirinc.org/?s=Happenings>



The first 2023 quarterly issue is now posted and contains news and these interesting articles among others:

- Tech and future grocery shopping.
- Update on Charles III.
- Use of . . . nym words
- The latest on Climate Change by member L. Pitts.
- Which Generation Lies to Their Doctors the Most?

SIR STATE OFFICERS

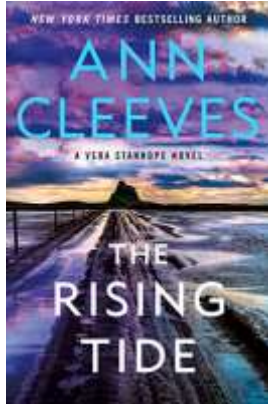
President	Richard K Kindle 3912 Eastgate Dr, Denair, CA 95316-9561	<RICK@KINDLEANDASSOC.COM> Branch 143 209-652-8608
Vice President	David Gonzales 811 Calico Dr, Rocklin, CA 95765	<YOGONZO@YAHOO.COM> Branch 98 916-587-3538
Secretary	Richard F. DeVoe 109 Terrace Rd, Walnut Creek, CA 94597	<DICKNCHRISTY@COMCAST.NET> Branch 146 925-932-5546
Treasurer	Roy Hodgkinson 21 Warford Terrace, Orinda, CA 94563-2811	<A_R_HODGKINSON@MSN.COM> Branch 146 925-408-2210
Adviser	Derek L. Southern 661 Cross Ridge Pl, Orinda, CA 94563-2418	<DEREK.SOUTHERN@GMAIL.COM> Branch 8 925-253-1646
Chf Admin Officer	Dean J. Steichen 37 Pulido Ct, Danville, CA 94526	<DJSTEICH@COMCAST.NET> Branch 8 925-820-3573



TURNING PAGES

Bud Pflueger

“*The Rising Tide*” by Ann Cleeves; 2022, Mystery Thriller genre



The latest Vera Standhope mystery takes place on Holy Island, an island in the northeast of England connected to the mainland by a causeway which floods at high tide. A group of six former high school classmates have been holding reunions every five years for the past fifty years at the old monastery, where they went for the first time on a school “Only Connect” outing led by a young teacher. On the first reunion, five years after that first outing, one of their number dies in an apparent accident on the flooding causeway. Now there is a murder of one of them, which calls in Vera and her core team of Joe, Susan and Charlie.

This Vera Standhope mystery is the latest of many Vera novels written by Cleeves. It is an engaging, sometimes suspenseful story in her usual Vera style. If you are a fan of the “Vera” series on KQED (all old) you know well this bright, overweight, empathetic detective. She is more abrasive with her coworkers in the novels than on the TV series. I recommend this novel to those who enjoy the genre. If you are one of those, then Cleeves must be familiar to you. This is a well-written, fast-paced mystery.

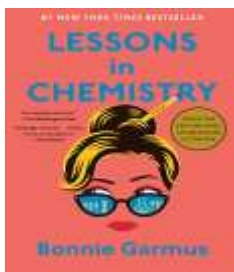
“*The Paris Apartment*” by Lucy Foley, 2022 Mystery genre



Jess has notified Ben, her half-brother, that she wants to visit him in Paris. Inconvenient

for the budding investigative journalist, Ben agrees to meet her at his apartment, and there is a vacancy in the building where she can temporarily reside. Jess is a single, underachieving London bar waitress, just fired for being a sneak thief, but manages to find enough cash for her first trip abroad. However, Ben has disappeared, cut off in mid-voicemail message. The residents of number 12 rue des Amants, a classic old Parisian apartment building, are a strange group, and, curiously, are unhelpful to Jess in her search to find Ben.

This well-written who-done-it introduces all the characters of the house as possible suspects in the mystery. All have secrets, which are gradually revealed in an ingenious narrative style, in which chapters are all narrated by the alternating residents, and by Ben and Jess. Mystery lovers will enjoy this novel by an established British mystery writer, with the additional bonus of the Paris location.



“*Lessons in Chemistry*” by Bonnie Garmus, 2022, fiction

Feminism in the 50s, this is a witty, sometimes dark, occasionally hilariously funny story with an unforgettable woman protagonist, a chemist, who refuses to bend her principles while working and living in a time in America when women are expected to be home makers, subservient to men in almost everything. This N.Y. Times bestseller deserves all the credit it has received. You will love this debut novel.



TREASURER'S REPORT

Dave Thornton

Sirs Branch 22 Expenditures for the Month of
Dec-22

<u>Date</u>	<u>Check Number</u>	<u>Payee</u>	<u>Memo</u>	<u>Category</u>	<u>Deposits</u>	<u>Expenditures</u>	<u>Balance</u>
<u>Ending Bank Balance November 30 ,2022</u>							\$ 4,668.16
12/5/2022	Cash		Waitstaff Tip			\$ 400.00	\$ 4,268.16
12/8/2022			Christmas Lunch Collection		\$ 1,995.00		\$ 6,263.16
	131 Dave Hinman		Christmas Lunch Overpayment			\$ 15.00	\$ 6,248.16
	132 McInnis Golf		Christmas Lunch Expense			2270.67	\$ 3,977.49
12/8/2022			Annual Dues		\$ 840.00		\$ 4,817.49
<u>Totals</u>					<u>\$ 2,835.00</u>	<u>\$ 2,685.67</u>	<u>\$ 149.33</u>
BANK BALANCE							\$ 4,817.49

Outstanding Checks

Total Outstanding Checks:

Petty Cash Box

\$ 100.00

NET BALANCE

\$ 4,917.49

ATTENDANCE REPORT

JANUARY 2023

TOTAL ACTIVE MEMBERS	59
GAINS LOSSES THIS MONTH	(+2-2)
	59
EXCUSED	23
UNEXCUSED	0
TOTAL NOT ATTENDING	23
MEMBERS ATTENDING	36
GUEST & SPEAKERS	1
% OF MEMBERS ATTENDING	61%



POKER

Wally Holmes

The Next Sirs Poker Game is scheduled for Monday February 13, 2023

We had a great turnout for poker on January 9th. Three players showed up early and they were treated to a nice breakfast by me at the 19th Hole Bar and Grill. The following players were Steve Miller, Bud Pflueger, Mike Dean, Ed Marshal, Dan Bastian, and me. We sorely missed Tom fox Jim Stein, Steve Bettega, and a few others. There were a few winners this time and they were Steve Miller (the big winner), Ed Marshal, and Dan Sabastian. Bud took it easy on us this time, he broke just about even. You can guess who the losers were, however, we will get even at the February poker outing. Since Steve took most of us to the cleaners, he is buying breakfast in February.

Also, if you do not know how to play poker and would like to learn, please contact us. We would love to have you join our poker group and we would be incredibly happy to work with you and teach you how to play the various games. Even if you don't play poker, join us for a great breakfast at the 19th Hole Bar and Grill.



The Sirs Poker Club plays poker on the first Monday after the regular Sirs luncheon. All member of Sirs, we have a great time. Please take the time to join us. If you think we can improve our games and get larger turnouts, give us your thoughts and comments? We would like to improve in the number of players and have a fun outing and enjoy good friends and food.

There is a \$50 buy in to play poker. The red chips are 50 cents, black chips dollar and the yellow chips are five dollars. There is a 3 raise maximum and it is dealer's choice on the game they would like to play. The deck has one joker, and it goes with aces, straights, and flushes. However, if you name a wild card game such as down and dirty, the joker automatically becomes wild unless you state at the beginning the joker is not wild.

Submitted by, Wally Holmes

January Speaker Recap

Our January Speaker was Mr. Gene Girimonte who is a Community Educator from the Alzheimer's Association®. The presentation was well attended both by our members and several spouses and guests. Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. The Alzheimer's Association® developed the new 10 Warning Signs of Alzheimer's education program to help people recognize common signs of the disease.

Lauren Hibdon | Family Services Manager | Alzheimer's Association, N. California and N. Nevada Chapter | office: 707.573.1210 | 24/7 Helpline 800.272.3900 | lhibdon@alz.org





Bill Wilhelm

Score Cads by Rich Seyler



SIR Branch 22 Golf Schedule for 2023



No.	Date	Day	Format	Time	Course	Fees
1	8-Feb	WEDNESDAY	LowNet	9:00	RANCHO SOLANO	\$60
2	13-Feb	MONDAY	LowNet	9:00	ROOSTER RUN	\$60
3	22-Feb	WEDNESDAY	LowNet	9:00	BLUE ROCK EAST	\$60
4	8-Mar	WEDNESDAY	LowNet	9:00	FOXTAIL NORTH	\$60
5	22-Mar	WEDNESDAY	LowNet	9:00	BENNETT VALLEY	\$60
6	5-Apr	WEDNESDAY	LowNet	9:00	PEACOCK GAP	\$60
7	19-Apr	WEDNESDAY	LowNet	9:00	BENNETT VALLEY	\$60
8	10-May	WEDNESDAY	LowNet	9:00	BLUE ROCK WEST	\$60
9	24-May	WEDNESDAY	LowNet	9:00	FOXTAIL SOUTH	\$60
10	7-Jun	WEDNESDAY	LowNet	9:00	BLUE ROCK EAST	\$60
11	21-Jun	WEDNESDAY	LowNet	9:00	WINDSOR	\$60
12	5-Jul	WEDNESDAY	LowNet	9:00	BENNETT VALLEY	\$60
13	19-Jul	WEDNESDAY	LowNet	9:00	RANCHO SOLANO	\$60
14	2-Aug	WEDNESDAY	LowNet	9:00	FOXTAIL NORTH	\$60
15	16-Aug	WEDNESDAY	LowNet	9:00	NAPA	\$60
16	30-Aug	WEDNESDAY	LowNet	9:00	BENNETT VALLEY	\$60
17	13-Sep	WEDNESDAY	LowNet	9:00	INDIAN VALLEY	\$60
18	27-Sep	WEDNESDAY	LowNet	9:00	WINDSOR	\$60
19	11-Oct	WEDNESDAY	LowNet	9:20	RANCHO SOLANO	\$60
20	23-Oct	MONDAY	LowNet	9:00	ROOSTER RUN	\$60
21	1-Nov	WEDNESDAY	LowNet	9:00	PEACOCK GAP	\$60
22	15-Nov	WEDNESDAY	LowNet	9:00	INDIAN VALLEY	\$60
	13-Dec	WEDNESDAY	AWARDS LUNCH	Noon	LUNCH	

We will hold Best Ball Tournaments when sign-ups permit!!

TIME TO LIGHTEN UP



“Would you say you are ‘extremely happy,’ ‘happy,’ ‘average’ or ‘bored stiff?’”

