

Ignacio Pacheco Branch News

Independence, Dignity and Social Activities for Men

Published by Branch 22 of SIR, Inc.*

Volume 52 nb.1 January 2023



BRANCH 22, *Ignacio Pacheco*

MENU \$35 (new price for 2023)

**Beef Stew with Red Potatoes
and Carrots with Split Pea Soup
Alternative: Chicken Ceaser Salad**



JANUARY

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

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

As your BIG SIR for 2023 I want to welcome you to the first event of the year. I hope this year will be filled with fun things for us all to do. Last year Dave Thornton stepped up to arrange a wonderful Christmas lunch, Mike Dean and Steve Miller stepped up to plan and arrange a wonderful dinner attended by many at D'Angelo's in Mill Valley, Bud Pflueger stepped up and planned for us the best wine event at Roche Winery of any wine tasting event in our group of Branches, our golfers enjoyed a great season and beautiful places, our poker players had fun and a few funded some family events. This year we hope to see COVID 19 continue to decline and us do more. In addition to our own activities, we will endeavor to open the door for group participation in our events and us participating in the activities of other Marin branches. You may recall the beginning efforts at this sharing last year. We learned a lot and hope for better results this year. We also have a branch in Oakmont which is in Sonoma Valley between Sonoma and Santa Rosa. They have a music program that as a musician and singer I think we should cultivate. Sonoma County is just a suburb of Marin after all.

I also request your help with keeping me informed of things that interest you. To be up front with you I am new to the digital world. I am coping with tablets that you do not swallow to get well, phones that talk to you even when you have not made a call, and that megabits are not what the Cookie Monster has dribbled. So, remember and help me remember that no matter how smart any of us are, all of us together are far smarter.

I plan to carry out many of the policies started by Jim Stein, your immediate past BIG SIR. In his July message he reminded us of who we are and why we are here.

The SIR INC Manual for Branches states:

SIR MISSION STATEMENT: SIR exists to enrich the lives of its members through fun activities, luncheons and events while making friends for life.

OUR VISION: To become the best active men's organization in Northern and Central California by improving longevity through providing opportunities for physical, mental and social engagement.

In the coming months I will be asking you to do specific tasks to help us grow and prosper. In the last year I made new friends, got us interesting speakers, learned a lot, all because I did not say no when asked. Saying yes is not painful and is rewarding. Just ask Mike Dean who is knocking it out of the park sharing with us what he knows about local restaurants.



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.
Friday, December 9, 2022

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

ROLL CALL: Present: Officers: Big Sir: Jim Stein, Little Sir: James Sasse, Secretary, Otto Pflueger, Treasurer, Dave Thornton, Directors: Jim Boughey, Floyd Heckman, Steve Miller, Bill Wilhelm, Mike Dean
Absent: Assist. Secretary James Filippo

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

MINUTES: The minutes from the October 4, 2022, Board Meeting were approved by a vote of ten to approve and one objection to the minutes.

TREASURER'S REPORT: Balance as reported by treasurer, Dave Thornton is: \$4552.41 MSP, subject to audit

MEMBERSHIP: Membership currently stands at 59. Two new applications for membership were approved by the Board: Matthew Petri and Thomas McGuire. There are one or two possible new members and one or two who will no longer be members. Membership is sixty-one. Long open discussion on increasing membership. Bill Wilhelm will bring out a new membership roster book in February after the Board meeting. Any members not paying dues will not be in the roster but will not be dropped before discussion with the Board. Small photos like passport photos can be mailed or attached to an email to Wilhelm if members want an updated photo. That information will be in the next Newsletter. Many have already paid dues for next year (\$30.00)

Big Sir Report

1. Officers now have James Sasse as Big Sir, no Little Sir and other officers and activity chairpersons remain unchanged. New officers will be sworn in at the January 2023 lunch by James Filippo or if not present by Jim Stein. Stein will find the proper swearing in wordage. Jim had questions regarding the "Branch Administration Roster. Rich Seyler is the Webmaster, with Wilhelm doing most of the actual communication.

2. Lunch cost is \$35.00 Menus, as voted on before (See November minutes.) 3. Stein talked about the merger talk going on between branch seven and another branch. This has no impact on branch twenty-two, since we have voted to table such discussion for the time being. 4. Speaker by board rotation may not be necessary. Speaker lists are available, and Jim Sasse has a list of all the 2022 speakers. Steve Miller has agreed to look

into this. Dick Spottswood is a future speaker prospect.5. The State has offered a “mentor” to facilitate activities. The Board rejected this offer.

Special Events: Discussion for two outside dinners. Mike Dean suggested Don Antonio’s in Larkspur and several other venues were mentioned. No talk at this time of dates. Board agrees that the cost for such events will be higher. The very successful dinner at Piazza D’ Angelo necessitated out- of- pocket payments by Dean, Miller and Thornton. Thank you. This burden should be avoided in the future by increasing the overall cost. Activities: Lots of open discussion. Members have been informed in the past that activities not supported by Branch 22 are freely available at other branches in our area. This may be repeated in the Newsletter. There was a discussion about attending a Giants game.

There was a long “presentation” by Boughey about a meeting attended by Stein and him during which a distantly located branch presented their unique digital operation. Not for Branch 22 but it may be wise to “plan for the future”.

Little Sir: Sasse has a list of all the speakers we had in 2022. He wants this list made available to board members and to other branches. It has been suggested that the list be placed in the Newsletter, so Boughey should be sent a copy. Sasse mentioned that the speakers can present more than one subject. January speaker is Mr. Gene Giramonte, a community educator with the Alzheimer’s Association.

Newsletter: The Board likes the new header and format for the Newsletter.

The meeting was adjourned at 12:40.

Minutes submitted to all board members on December 10 by secretary, Bud Pflueger.



**“And don’t wish me a happy New Year
because I *do not* want one.”**



JANUARY SPEAKER

Our January Speaker Mr. Gene Girimonte who is a Community Educator from the Alzheimer's Association®

. 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 and know what to watch for in themselves and others. This topic is very important to our age group, and you are urged to attend.

This program:

- Explores typical age-related changes.
- Describes common signs of Alzheimer's and dementia.
- Offers tips for how to approach someone about memory concerns.
- Explains the importance of early detection and benefits of diagnosis.
- Details possible tests and assessments for the diagnostic process.
- Identifies helpful Alzheimer's Association resources.



Month

Jan & Feb

March

April

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 | alz.org/norcal

RECAP Of 2022 BRANCH 22 SPEAKERS

Month	Speaker	Topic	Phone Number	Grade From A to C, no Fs
Jan & Feb		COVID cancelation		
March	Rich Johnson, Retired SF Water Department	State projections of demand for water, desalination, other concepts.	415 883 5640	B+
April	Lisa Bryman, Coldwell Banker Real Estate	Promotor of Smith Ranch Homes and Adult Living.	415 846 3821	B for presentation, but the topic is about selling this one facility.
May	Leon DeLisle	An Airman's Story	415 457 7565	B+
July	Mick Chantler, teaches baseball issues at Dominican University and other places.	Baseball history and future trends in the game	707 996 2087	A+++ questions would have gone on for hours, guys loved it.
August	Richard Torney, Viet Nam Vet, Helicopter door gunner.	Very experienced speaker and author about the war and its challenges for Army aviation	415 265 4377	A
October	Ken Holmes, former Marin Coroner.	Storytelling about bizarre Marin cases. A real pro.	415 827 7112	A
November	Darren Walton, President Walton Knife and Saw Company	Talked about growth of small company started by his father, and serice in Recon Marines in Viet Nam	415 456 6320	A+



MARIN RESTAURANT ADVICE AND NEWS

Mike Dean



COMFY, WITH A SMALL BUT GREAT BAR

Guesthouse Marin 850 College Ave, Kentfield

Another restaurant review by Mike Dean SIR Branch 22

A few years ago, an old friend of mine said he was going to invest in a restaurant that was taking over the space of a former favorite restaurant of ours. I told him that it was a good way to lose money, but he ignored my sage advice and did it anyway – and he’s happy he did.

The Guesthouse is a reasonably priced Michelin Star neighborhood establishment, serving contemporary American food and classic cocktails. It is a smallish modern restaurant with a smallish but lively bar. With its added enclosed outdoor seating, it can handle a decent-sized clientele and it has become very popular since it opened in 2018.

The menu is eclectic, offering creative, but “rich” appetizers (New Orleans shrimp toast in buttery red sauce, Arancini with saffron and black garlic aioli, truffle fries for example) and innovative entrees. When I say “rich”, I do mean rich. Lots of sauces and butter – mmmm! Some dishes are a little too rich for Debbie and me, but we dumb it down with oysters or something plainer. The oysters have the best mignonette sauce ever. Entrees include hand rolled gnocchi with fennel, sausage and truffle butter(rich), fried chicken with bacon truffle gravy(rich), slow cooked prime rib and more. They offer seasonal changes to the fare, so the menu changes.

If there’s just the two of us, Debbie and I like eating appetizers at the bar. Prices aren’t outta sight – you can get out of there with money in your wallet if you’re careful.

Try it, you’ll like it.





**BREAKING
NEWS**

FOR BRANCH 22



**SUNSHINE & SHADOWS
NO NEWS IS GOOD NEWS**



Bill & Bev Wilhelm 01/16

Ronald & Marge Colling 01/22



John Villa 01/06

Mario Gianetti 01/07

Fred Schwab 01/11

Mike Dean 01/26

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)

CHRISTMAS LUNCH DECEMBER 6th



44 Members and Guests





Table 2
Bettega
Dean
Fogh
Morrison
Stein



SIR, Inc.* State of the STATE and Other Branches January 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>



SIR HAPPENINGS

The last 2022 quarterly issue is now posted and contains news and these interesting articles among others:

Branch 22 Newsletter featured!

An article about temperatures in the Barents Sea region will breed severe weather emergencies in the US and Europe.

The Framing Effect is writing to persuade.

How to Spot Fake Reviews on Amazon

Breaking Free of Cognitive Biases

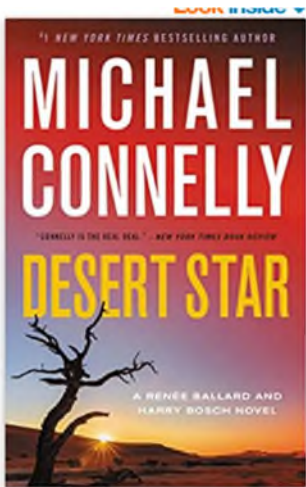


TURNING PAGES

Bud Pflueger

Left out: December Donna Leon title is: “*Give Unto Others*”.

“*Desert Star*” by Michael Connelly; 2022 Crime/thriller genre



Renee Ballard has been put in charge of a new “open-unsolved” unit and, free to select “*Desert Star*” by Michael Connelly, her non-police volunteers, has asked Harry Bosch to come out of retirement to help with the team. The new facility was arranged by a city councilman whose sister was murdered twelve years previously, and he wants Ballard’s team to find her killer. Harry joins the team, but his main agenda is to find the killer of a family of four, which included two children, whose remains were discovered in the Mojave Desert several years before. The suspected killer has never been found. There are two stories here: the former murder of the councilmember’s sister and the one on which Harry is more focused. This is a well-written crime/suspense story, as are all written by this author. Medical aspects, which play a large role in the plot, are weak, and seemingly lack medical expert advice. I recommend this to all Connelly fans.

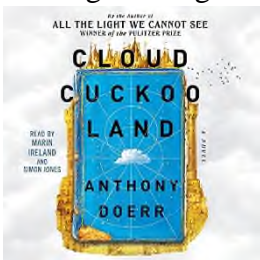
“*Cloud Cuckoo Land*” by Anthony Doerr 2021; fiction with historical connections

In the second century C.E. Antonius Diogenes wrote a story: “Cloud Cuckoo Land”, about a poor shepherd who journeys on a quest to find a utopian city in the sky, during which he is transformed into a donkey, a fish and finally a crow. Tricking his way past city guards, living his dream, he soon longs for his home and former life, to which he returns.

“Cloud Cuckoo Land”, the story attributed to Diogenes, links all of the threads in this entangled novel, whose characters take the reader to fifteenth century Constantinople during the Ottoman siege, to a small town in Idaho in current, past and future time, to a Korean Chinese prisoner of war camp and also on a spaceship headed for a distant habitable planet. The Diogenes comedy is an alternate story, revisited many times throughout the novel.

This novel is a celebration of books and reading, and about how libraries and reading can influence and inspire children. It is about love, forgiveness, redemption and a return to beginnings. It celebrates the beauty of the natural world and decries the economic and societal pressures which threaten it.

This Pulitzer Prize- winning American author (*All the Light We Cannot See*) has written another unforgettable gem.



In his Comedy “The Birds” Aristophanes, in the fifth century BCE, wrote the words “Cloud Cuckoo Land”. There is no evidence that Antonius Diogenes ever wrote “Cloud Cuckoo Land”.



TREASURER'S REPORT

Dave Thornton

Sirs Branch 22 Expenditures for the Month of
Nov-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 October 30, 2022</u>							\$ 4,668.16	
11/2/2022			Lunch Collection		\$ 690.00		\$ 5,358.16	
11/2/2022			Dinner Collection		\$ 2,030.00		\$ 7,388.16	
11/7/2022	1029	McInnis Golf	November Lunch			\$ 792.00	\$ 6,596.16	
11/10/2022	1028	Mike Dean	Dinner Party			2030.00	\$ 4,566.16	
11/28/2022	1027	SIR Inc	Quarterly Assessment			\$ 113.75	\$ 4,452.41	
<u>Totals</u>					\$ 2,720.00	\$ 2,935.75	\$ (215.75)	
<u>Outstanding Checks</u>							BANK BALANCE	\$ 4,452.41

Total Outstanding Checks:

Petty Cash Box

\$ 100.00
NET BALANCE
\$ 4,552.41

ATTENDANCE REPORT

NOVEMBER 2022

TOTAL ACTIVE MEMBERS	60
GAINS LOSSES THIS MONTH	-1
TOTAL ACTIVE MEMBERS	59
EXCUSED	34
UNEXCUSED	0
TOTAL NOT ATTENDING	34
MEMBERS ATTENDING	25
GUEST & SPEAKERS	1
% OF MEMBERS ATTENDING	42.4%



POKER

WALLY HOLMES

The Next Sirs Poker Game is scheduled for Monday January 9, 2023

We had a great turnout, seven players, for poker on December 12th. The players who showed up early were treated to a nice breakfast by Bud Pflueger at the 19th Hole Bar and Grill. The players were Steve Miller, Steve Bettega, Bud Pflueger, Jim Stein, Mike Dean, Ed Marshal, and me. We sorely missed Tom Fox, Dan Bastian, Joe Carlomagno and a few others. There was one big winner, Bud, and a couple of small winners. Like I said in the November Newsletter, Bud is a consistent winner. I concluded that he is a good poker player, and it is not luck. However, I am not sure in the long run if he will make any money. He is so generous and often picks up the breakfast tab for those who show up early for breakfast.

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.



The Sirs Poker Club plays poker on the first Monday after the regular Sirs luncheon. As a member of SIR, 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.



GOLF

Bill Wilhelm

Score Cads by Rich Seyler



2022

Club Champion – RON COLLINGS

First Flight – RON COLLINGS

Second Flight – JEFF RAWLES

Closest to the Hole – RON COLLINGS

Most Improved Golfer – BRIAN QUINN

TIME TO LIGHTEN UP



