

Ignacio Pacheco Branch News

Independence, Dignity and Social Activities for Men

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Volume 55 Issue No. 1-2025



BRANCH 22, *Ignacio Pacheco*

Lunch Price \$40 check or Exact Amount no change given.

Beef Stew with Red Potatoes and Carrots with Split Pea Soup.

Alternative: Chicken Caesar

Solar flare and resulting Aua as seen in Mid-December



Big Sir
Jeff Rawles
415 497 9374
Little Sir
Ted Harris
Secretary
Bud Pflueger
415 383 3763
Treasurer
David Yam
415-883-8750
Asst. Treasurer
Steve Miller
415 381 8255
Membership & Golf
Chairman
Bill Wilhelm
415 786 6150
Newsletter
Jim Boughey
415 259 1857
OTHER
DIRECTORS
Mike Dean
Jim Stein
Floyd Heckman
Jim Sasse





BIG SIR

Jeff Rawles

Happy New Year 2025. At this point the winter solstice is well in our rearview mirror and days are starting to get longer. As someone who was born and raised in Marin, I distinctly remember cutting school and going to Stinson Beach during a sunny day in February. The days are getting longer and sunnier each day going forward and us SIRs can start thinking about a new golf season, and for me hopefully start trying my hand in our Branche's poker group.

I look forward to being your Big Sir this year, and also working with your Branch Executive Committee (BEC or Board here after) to work on increasing our membership and providing interesting activities for our group. These are my primary goals for the coming year. Lastly, I would like to thank our BEC, who are serving for another year and all the other members who continue to work making our meetings and activities occur be interesting.

BEC DIRECTOR'S MINUTES

Bud Pflueger, Secretary

DECEMBER 3, 2024, NO BEC INSTEAD BRANCH 22 ANNUAL CHRISTMAS LUNCH

Gallagher, Jim Stein, Floyd Heckman. Since Dave was absent, the drawing for three awarded the wine to Jim Stein and Happy Birthday was sung. Jim Sasse entertained us with a medley of Christmas songs (wisely abbreviating "The Twelve Days of Christmas", and others).

At the end of the party our lunch server, Carol, was handed her customary annual check for the great job that she does.

After celebrating our Christmas Lunch, Jim Filippo a long time member of Branch 22, installed the New officers for 2025 and provided a very inspirational speech for our membes and guest

Summary by Secretary, Bud Pflueger

After that members and guests partied until after 2:00. Great party!



Little SIR Ted Harris but Jeff can't stop this fun job!

Our upcoming speaker for our January 7, 2025, meeting is Dr. Harry Murphy to talk about film history. He has an interesting presentation and will be showing us some film clips. Dr. Murphy has extensive film knowledge and grew up being a film buff. He has been making his presentations on multiple cruise lines.



FOR BRANCH 22 FOR JANUARY

SUNSHINE & SHADOWS

BRANCH MOURNS THE PASSING OF SIR JACK STRECFAS



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



MORE



SIRS POKER

Submitted by Wally Holmes



The next Sirs Poker Game is scheduled for Monday January 13, 2025

We had a good turnout for poker in December even with several members not being able to make it due to traveling, emergency dental, and medical issues. Bud and I showed up early and we had breakfast at the 19th Hole Bar and Grill. It seems that the only time I win at poker is when someone treats me to breakfast, which Bud was so gracious. The following members were able to play poker, Ed Marshall, Ted Harris, Bud Pflueger, Dan Bastien and myself. Santa Clause came early for Ed Marshall, Dan Bastien, and Bud. You can guess who paid the piper as usual. Ed was the big winner. The Sir Poker Group would like to wish everyone a *Merry Christmas and Happy New Year.*



Ed Marshall



Bud Pflueger



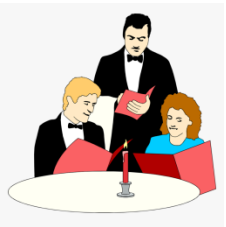
Ted Harris

We also want to invite everyone who is interested in playing poker to please come and join us. We have a great breakfast at 9 AM and we begin playing poker at 10 AM and play until 2 PM.

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.

See everyone in January 2025

Wally Holmes



MARIN RESTAURANT ADVICE AND NEWS

Mike Dean

SIR RESTAURANT REVIEW

December 2024

Mike Dean, Branch 22

BACON

1500 Grant Ave.

Novato

WOW! How could a place named “bacon” not be wonderful – unless you’re a vegetarian. Don’t go here if you’re a vegan, but I’m talking to the SIRs of which there are no vegans.

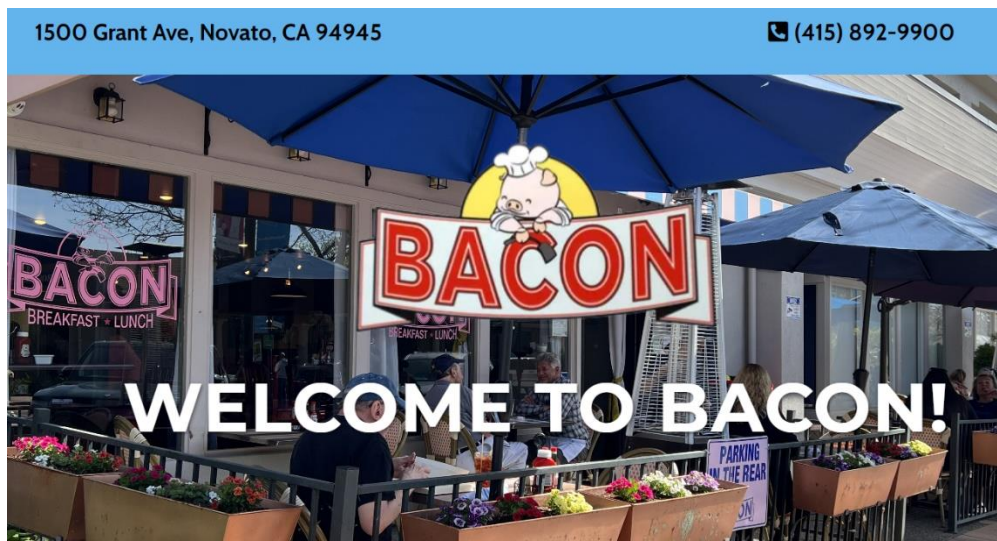
This was my first and only time at Bacon, so most of you who are reading this probably know more about the place than I do.



Breakfast for lunch is what I had and I love that. I can eat breakfast any time of the day so this place was perfect for me. They have all kinds of meats and sausages and their own bacon – all to do with as you wish. Everything from eggs benedict to salads to sandwiches – but mainly breakfast and brunch combos. I had a bacon & tomato & egg sandwich on an english muffin and it was awesome, but you can mix it up with chorizo, rib eye steak, soft shell crab and more. AND the hash browns are just as I like them-crisp on top!

Ambiance is plain with a great outdoor space and easy parking. Service is good and prices are great.

If you’re going for breakfast or brunch, this is the best, most tasty menu around. If you’re going for lunch – it’s my kind of place too – and they serve beer and wine. too.





State of the STATE JANUARY 2025

BOARD OF DIRECTORS

President	Rich Carlston 1535 Sunny Count, Walnut Creek, CA 94595	rich.carlston@icloud.com	Branch 8 (925) 324-0838
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2nd Vice President	No Name		
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CIO	Roy Hodgkinson 21 Warford Terrace, Orinda, CA 94563	a_r_hodgkinson@msn.com	Branch 146 (925) 408-2210



The state is behind on their own News Letter (Note not called a Bulletin) I guess too busy trying to destroy the organization last year. However they did publish some very interesting information on Plastics.



Thoughts On Plastics estimated that between 1.15 to 2.41 million tons of plastic are entering our oceans each year. This waste is being drawn into five major gyres around the globe (Figure 1). Gyres are large systems of circulating ocean currents, kind of like slow-moving whirlpools. The Great Pacific Garbage Patch is the largest of these five zones and is mostly located halfway between Hawaii and California. It covers an approximate surface area of 270,000 to 1.6 million square miles—an area many

times the size of the state of Texas. It is difficult to determine its exact dimensions due to its constantly shifting nature.

MICROPLASTICS

Microplastics is the term given to tiny plastic particles a few microns to a couple millimeters in size. These result from breakdown of ocean plastics due to UV radiation, tire rubber wear, exfoliants, and other personal care products that use micro beads, the production of plastic itself, degradation of paints and coatings, microfibers shed from synthetic clothing during washing, and plastics used in agricultural applications. Today, these microplastics are ubiquitous. They're found almost everywhere, including marine, freshwater, and terrestrial ecosystems. We ingest them from water, as well as vegetable and animal foods. We breathe them in, if airborne. They are transported through the air and deposited in most environments, including remote areas far from direct sources. In short, everybody has microplastics in their systems, in their blood, gastrointestinal tract, lungs, and most other places in the body. It is even found in individual cells. We are all ingesting hundreds of these particles per day. Research reported in "Environmental Science & Technology" found that most of us ingest or breathe in 40,000 to 50,000 particles per year. What are the apparent immediate effects of microplastics on the human body? Research into the effects of microplastics on the human body and its health are still very new. The results are immature or even speculative. Microplastics can be ingested through food, water, and air. Once ingested, they may accumulate in the gastrointestinal tract. Studies suggest that microplastics can cause inflammation, disrupt gut microbiota, and lead to physical damage to the gut lining. Some studies indicate that very small microplastics might relocate from the gut or lungs into the blood- stream and potentially accumulate in tissues, though more research is needed to confirm this.

Microplastics often contain chemical additives used in their manufacturing. These additives, such as phthalates, bisphenol A (BPA), and flame retardants, can leach out and may disrupt endocrine function, potentially leading to hormonal imbalances. These microplastics are potentially linked to sterility in human males. While not verified, wild speculation along these lines leads one down the road toward man's demise if all males become sterile. Microplastics have also been linked to "oxidative stress." Oxidative stress is a state that occurs when there is an excess of free radicals in the body's cells. The body produces free radicals during normal metabolic processes, perhaps promoted by microplastics. Oxidative stress can damage cells, proteins, and DNA, which can contribute to aging and potentially increase the risk of diseases such as cancer. The presence of microplastics could also trigger immune responses, potentially causing chronic inflammation and immune system instability. There are also potential long-term health effects. Inhalation of microplastic particles can lead to respiratory inflammation and potential damage to lung tissue. Some chemicals associated with microplastics, like BPA and phthalates, have been shown to affect reproductive health and development. They may affect fertility, development of the fetus, and lead to birth defects. The chronic inflammation and cellular damage caused by microplastics might contribute to the development of various chronic diseases, including cardiovascular disease, diabetes, and neurodegenerative diseases. Anyway, there is growing evidence of the potential harm caused by microplastics, but there is still a long way to go before it's fully understood. Given the current state of research, it is prudent to continue monitoring and studying the effects of microplastics on human health, including reproductive health. More research is needed to establish a clear connection and understanding of the mechanisms involved. Research on animals has shown that exposure to microplastics can affect reproductive systems. For example, studies on rodents have indicated that microplastic exposure can lead to reduced sperm quality and quantity. However, translating these findings to humans is difficult as human biology can respond differently. While there is evidence suggesting potential harm, there are currently no definitive studies conclusively linking microplastic exposure to sterility in human males. If you are concerned about exposure to microplastics, you can take steps to reduce ingestion and inhalation, such as minimizing the use of plastic products and avoiding foods and beverages stored in plastic container.



TURNING PAGES

BUD PFLUEGER

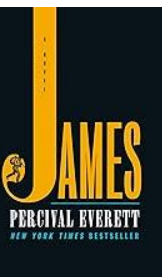


“*The Paris Library*”, by Janet S Charles; 2021; historical fiction

This is a book about books and the restorative properties of a good story to the library subscribers, gifted to soldiers in hospital and to Jewish people living in seclusion in Nazi-held Paris. Both sad and uplifting, this is a remarkable novel. It is recommended to those who particularly enjoy reading, especially fiction, since it will resonate with you own love of the fiction genres, whether ancient Greek, the classics or modern novels.

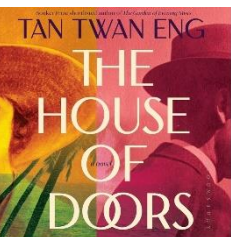
“*James*”, by Percival Everett, 2024; Fiction

This is a brilliant reinvention of Mark Twain’s famous novel about the adventures of Huck Finn and the escaped slave, Jim. The narrative, in “James” words, reveals an intelligent, well-read slave who thinks and speaks with fellow slaves in normal patois, while instructing his family in both normal English and in the imperative need to use “slave talk” in the hearing of whites. James learns that he is to be sold to a new owner in New Orleans, thus splitting up his family, so he runs away and is joined by Huck who, faking his own murder, runs away from his abusive, newly returned father. Many adventures befall them, most focused on the horrors of slavery and abuse. This much-acclaimed novel is brilliantly written and reimagined by the author, and it is highly recommended reading.



“*House of Doors*”, by Tan Twan Eng; 2023; Historical Fiction Genre

In March of 1921 W. Somerset Maugham and his partner, travelling in Southeast Asia, visit his old friend, Robert and his wife, Lesley, living in Penang, Malasia. Fans of “Willy” Maugham will find this part of the story irresistible, as it portrays a difficult chapter in the life of the famous author. But this is just one facet of a multi-layered story of love, betrayal and murder, as though lifted from a Hollywood movie. The author weaves together fact and fiction to create a masterpiece impossible to set aside. Though reviewers have found fault with this rambling epic, I found it captivating.



Golf

Bill Wilhelm

Annual SIR Branch 22 Golf Club Champions and Flight Winners 2002 - 2024

2024

Club Champion – PETER LAMBERTSON

First Flight – PETER LAMBERTSON

Second Flight – TOM ATKIN & JEFF RAWLES - TIED

Closest to the Hole – JIM LYNCH

Most Improved Golfer – TED HARRIS



TREASURER'S REPORT

DAVID YAM

SIRs - Branch 22
Cash Detail
November 2024

Date	Check Number	Payee	Memo	Category	Deposits	Expenditures	Balance
Opening Bank Balance							4,706.69
11/5/24	1077	The Club Restaurant	27 meals*	Lunch		945.00	3,761.69
		Lunch Collection		Lunch	999.00		4,760.69
11/10/24	1078	SIR Inc.	3rd Quarter dues	Dues		147.50	4,613.19
Totals					999.00	1,092.50	4,613.19
Ending Bank Balance							4,613.19
Change Cash							150.00
Total Cash							4,763.19



MEMBERS OF BR 22 ARE WELCOME TO SUBMIT ARTICLES TO THE EDITOR.

Letter from the editor January 2025, for member input for BR 22 News. Sending to me for here is a way to share thoughts, about various subjects that may be of interest to our group.

A list might include a favorite joke, picture, painting, sculpture, photo, sport, national park etc. We have not been utilizing this format to share as a group. It is there for you to use. So, if you are inclined, please share. Make use of this platform. Like a picture that was taken in of a tiger swallowtail butterfly! Just as Jim Sasse about it.

TIME TO LIGHTEN UP



**"And don't wish me a happy New Year
because I *do not* want one."**



**"Well, last year I kicked gambling ...
the odds are 3 to 1 the New Year will be a good one."**