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# TAMAL TALK

A SIR PUBLICATION

Luncheon Meeting:

**McINNIS GOLF CENTER, SAN RAFAEL**  
**Fourth Tuesday of the month**  
**Happy Hour at 11:00 am, as always**

Editor/Publisher - Ron Kosciusko -415-435-0650  
Attendance Committee—415-881-7477

## TAMALPAIS BRANCH NO. 47

A Non-Profit Public Benefit Corporation of Retired Men Devoted to the Promotion of Independence and Dignity of Retirement.

Big Sir --	Carl Dawson	303-888-4411
Little Sir--	Frank Luttringer	415-819-6534
Treasurer	Bill Stewart	415-990-2010
Asst Treasurer	Mark Rudy	415-924-4219
Asst Treasurer	Howard Foster	415-461-1460
Secretary	Alan Lutsky	415-456-1597
Asst Secretary	Charlie Panfely	415-302-4391

**Directors:** Mark Bosch, Marshall Gross, Bill McNichols, Ron Kosciusko, Rick Coburn, Bill Wickley

**State President - Dale Decker - [daledftg@gmail.com](mailto:daledftg@gmail.com) State Vice President- Stu Williams - [stuwiliamsatlake@gmail.com](mailto:stuwiliamsatlake@gmail.com)**  
**Area 8 Governor -Vacant**

**MARIN COUNTY**

**JULY 2024**  
**OUR 51ST YEAR**

**VOL. L I No. 07**

## BIG SIR'S MESSAGE

**You must make a reservation (RSVP) to attend our monthly luncheon. Please call our Lunch Line at (415) 881-7477 or send an email to [www.sirbranch47@gmail.com](mailto:www.sirbranch47@gmail.com)**



Welcome to July, the month of Cancer and the Crab. This is also the first full month of summer and full of fun activities. It is the country's birthday on July 4th, a great time to celebrate. Marin County is full of activities to help you celebrate our 248th birthday. Traditional 4th of July parades are held in Novato, Corte Madera – Larkspur, Sausalito and Geronimo Valley. It is a great time to support your local clubs, organizations and businesses. To make it through the parade you may need some nourishment from the pancake breakfasts that are held in Novato and Larkspur. Fireworks can be seen in Sausalito on the 4th and at the Marin County Fair, each night July 3-7. Remember the fair is free on July

3rd for seniors and veterans.

On June 26th, Acting State President of SIR, Lee lamp, held a Zoom meeting with over 200 attendees. The purpose of the meeting was to present some suggestions for changes suggested by the governing board of SIR. For background, SIR statewide has been losing from 3% to 7% of its members every year. They are trying to reverse this loss and turn around the loss to a gain in membership. First, they want to change the name from SIR to something else, so it does not connote "Seniors In Retirement" which was dropped from the bylaws 6 years ago.

The second change they would like to make is to rename the branches as chapters. The third change is in renaming the leaders of each "chapter" to President and Vice President from Big SIR and Little SIR. (This never seemed right when I stand next to our Little SIR, Frank Luttringer.) There was a lot of discussion about marketing our brand instead of making these changes. This is the beginning of discussions to save our organization. I would love to hear any input from you. Please share your thoughts by emailing me at [DawsonGroup@comcast.net](mailto:DawsonGroup@comcast.net).

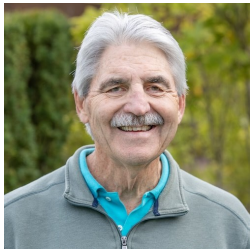
(Continued)

(Big Sir comments continued)

Be sure to take advantage of the many activities that are listed in this Tamal Talk. If you cannot find something of interest in our branch, check out the other branches. You are always welcome to join them. If you still do not find what you are looking for, let's start a new activity. Just let a board member know what you want to start, and we will make it a sanctioned event.

Get out and enjoy the summer, and sign up on line for the picnic on July 16th at Miwok Park in Novato.

Carl Dawson  
Big SIR, Branch 47



### Little Sir Report Frank Luttringer

Speaker: Bijoya Sen PhD [The Science Behind Living Better Longer](#)

I hope everyone enjoyed hearing baseball stories from Eric Grey as much as I did. From the conversations that I heard after the meeting, it seemed like many of you were sharing your own baseball stories which was great to see. The link to his YouTube channel is [https://www.youtube.com/channel/UCA\\_0l8KvhWOboFPcbBIy0Bw](https://www.youtube.com/channel/UCA_0l8KvhWOboFPcbBIy0Bw).

As I mentioned at our luncheon, come out and join us on Monday morning for 9 holes of golf at McInnes Park. All you need is a set of clubs and the desire to have some fun and good conversation while hitting a golf ball around. Carts are available and they have senior rates. If you would like to join us, send an email to Jim Bitters at [jybitter@aol.com](mailto:jybitter@aol.com) and he will add you to the weekly email list.

Our July speaker will be Bijoya Sen from the Buck Institute. We can all get an update on their research to help us to live healthier and longer lives. In future months we will hear about Vietnam combat experiences from Phil Gioia author of *Danger Close* and Ted Gaebler who will discuss much needed ways of reinventing government. The year finishes out with Kent Dutrieux who will keep us up in the air with his *Fear of Flying* presentation.

This month's Luncheon Speaker: Bijoya Sen PhD  
[The Science Behind Living Better Longer](#)

Bijoya Sen, PhD is a Postdoctoral Researcher in the Hansen lab. She is from India where she received her bachelor's and master's degree in Biotechnology. Aging biology was introduced to her when she joined the lab of Gayatri Ramakrishna in Institute of Liver and Biliary Sciences, New Delhi. There she studied the role of senescence-associated pathways in the progression of liver cirrhosis to hepatocellular carcinoma and received her PhD degree in 2019. Then she joined the Brand lab at Buck Institute as a Glenn postdoctoral fellow. Her area of research was to explore mechanisms by which mitochondrial reactive oxygen species (ROS) acts as a signaling molecule to abrogate various pathways using hypoxia/HIF as a model. She recently joined the Hansen lab where she plans to delve into the cellular recycling process named autophagy and how it affects aging using mammalian cell culture and *C. elegans* as a model system. Outside of the lab, she enjoys a challenging hike and experimenting with recipes. Dr. Sen will be speaking about the work she is currently doing at Buck and how it is impacting the field of aging research, along with the work Buck is doing as a whole and the impact Buck has on our community and the world.

See you all next month.  
You can email me with your comments at [Fluttringer1@gmail.com](mailto:Fluttringer1@gmail.com).

Frank Luttringer  
Little Sir

## ANNOUNCEMENTS

### Branch 47 Roster

If you haven't had a chance to pick up the printed copy of the Branch 47 Membership Roster at the luncheons, please send an email to Erick Young, and he will mail one out to you.

The Roster has members' pictures and contact information and many find it useful for keeping in touch with other SIRs.

Erick Young

## JULY LUNCHEON MENU

All choices include, bread or rolls, butter, and dessert

(1) Chicken Rosmarino with Rice and vegetables

(2) Bay Shrimp Louie

(3) Vegan Plate- Mushroom Risotto

(4) Grilled Chicken Caesar Salad

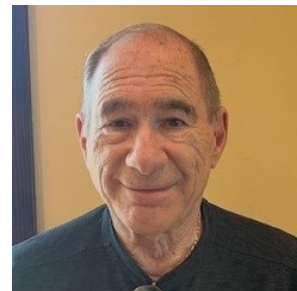
## New Members



**Bruce Abbott**

Lawyer, PanAm Pilot

Fishing  
Football Day



**David Berkowitz**

Entrepreneur/Mentor

Antique Cars, Bocce, Dine Out (Group), Dominoes  
Explore & Eat, Football Day, Games Night, Golf  
Investments, Poker, Veterans

## Bicycle ??

If you still ride a bike You might like to join me for a weekly ride on Tuesday or Wednesday, about 9:30 am. Mostly paved roads or bike paths, flat to short moderate slopes, relatively safe routes, distance about 8-12 miles. Examples: China camp loop, Tiburon loop, Rustic Bakery through Tunnel, bike path to San Rafael and San Anselmo and then route back to the bakery.

Contact George at [pikkdata@sbcglobal.net](mailto:pikkdata@sbcglobal.net)

# 2024 SIR Annual Garden/Bocce Party

On June 18<sup>th</sup> the sun once again shined down on the SIR annual Garden/Bocce Party held at the Marin Bocce Federation courts on B Street in San Rafael. It never fails that when this event is held it turns out to be a beautiful day. The branch had reserved 6 courts, two of which were indoors, where instructions were given to those who were new to the game or who wanted some expert help from one of our instructors. At 10:00am the party started with check-ins and Bocce games beginning, by 10:30 everything was in full swing. Most of the wives got an early start, gathering with other spouses to find out what crazy antics their husbands were doing according to the tales being told to their wives by other members. Most of us were very quiet during this period. Almost everyone had a try at a non-competitive game of Bocce, and a stroll through the Rose Garden located on property, it was very enjoyable out in the open sun. Drinks and appetizers were served throughout the morning until lunch was served. After lunch, which was very tasty, we had a raffle where prizes were handed out to the lucky winners who received raffle tickets at check-in, everyone had a good time cheering on those that won. Once again, this event turned out to be a most enjoyable day and the sun always seems to shine on us. The following people made this event possible and run smoothly; Roger and Arlene Burstrem, Jim Phelan, Bob McLaughlin, Bruce Bernott, Bill Bunderson, Jim and Brigitte Waltz, Jim Bitter, and John Zeiter. To put frosting on the cake, this event went under budget, and we were able to put some extra money into the branch's coffers. Here's looking to next year and another enjoyable time at the Annual Garden Party.



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# SIR BR 47 BYO PICNIC

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TUESDAY, July 16, 2024

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From Noon to 2 pm @ Miwok Park in Novato

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Like last year, there is **NO CHARGE** for attending. Members, spouses and guests are invited. **But we do need to know who is attending.**

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**Please bring your own lunch, drinks, and utensils for your party.**

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The costs for the park rental and incidentals are paid for by SIR BR 47. Table cloths, soft drinks, water and desert will be provided at no cost.

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We have reserved the Trout BBQ Area @ Miwok Park for Br 47 members, spouses & other guests. Miwok Park in is Novato (*on Novato Blvd. between San Miguel Way & Eucalyptus*). There is limited parking in Miwok Park. However, you can park on Novato Blvd., or on San Miguel Way (*from which you can also enter via the back of the Park*).

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**You can enroll on line @ SIR47.org. If you have difficulty enrolling on line, contact Tom Culhane @ 415-310-0835 for help.**

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## BRANCH BUSINESS

SIR Branch 47 Board Meeting  
April 23, 2024

Meeting was called to order at 9:30 a.m. by Big Sir Carl Dawson. A quorum was in attendance.

**Attendees:** Officers and Directors were present as follows: Carl Dawson, Frank Luttringer, Mark Bosch, Bill Stewart, Mark Rudy, Rick Coburn, Bill Wickley, Ron Kosciusko, Marshall Gross, Bill McNicholas. Membership Kent Dutrieux

Motion made, seconded and passed to accept Board agenda for April 23, 2024 and the minutes for BEC meeting of March 26, 2024.

### **Big SIR Report:**

Carl and Frank will be meeting with local Big Sirs and Little Sirs to improve communications and participation in Intra-Branch activities.

'A discussion concerning branch efforts on recruitment was made followed by a decision to maintain the status quo as a result of the recent success by members to bring new members to the branch. Future efforts can be addressed if there is a need. Branch Zoom account will continue.

### **Little Sir Report:**

Frank reported on the Buck Center tour. It was successful with 18 members attending. Tour was very informative and interesting. A Buck Center representative will be one of our future guest speakers. Today's speaker will be Dick Spotswood who is an opinion writer for the Marin IJ. Next month's speaker will be Mark Brown from Marin Wildfire.

### **Treasurer's Report:**

Nothing new to report since filing of Form 28.

### **Membership Report:**

Rick Coburn and Kent Dutrieux reporting. Membership as of today is at 164 plus 22 Alum. Medium age of branch is 81 years. Four new members will be inducted at today's luncheon. Today's luncheon rsvp is for 97 meals. Discussion noted that attendance at any SIR approved activities is to be by members only per SIRS state liability requirements. Guests allowed one time and thereafter must be a member. Activity leaders should be reminded of this requirement. Kent updated the status of unpaid dues for 2024. All unpaid members have been sent an email requesting payment and will follow up with a phone call. Lack of a response will be followed by letter of removal from membership. As of today there are 35 unpaid members.

### **Secretary Report:**

Filling in for traveling secretaries today is Bill W.

### **Old Business:**

Mark Bosch and Ron Kosciusko gave an update on the Web Site and Word Press problems. All plugins have been updated and we should be back in business as of now.

Ron should be notified asap if any problems are noted. Mark updated the committee work on the new Test Web Site is still in progress and needs more work.

Roger Burstrem will update the Bocce Garden Party at today's luncheon. No new info on the Bay Cruise or BYO Picnic.

### **New Business:**

With no new business or new topics, it was moved, second and passed to adjourn at 10:30 am. Next meeting is scheduled for May 28, 2024.

Respectfully submitted,

Bill Wickley  
Fill in Secretary



**SIR Branch Travel Chair Trips and News**      **Milt Smith State Travel Chair** [miltsmith549@gmail.com](mailto:miltsmith549@gmail.com) 925-285-2897c

August 2023

[Memorials of WWII Tour Sept. 6 – 15, 2024 Cost \\$4,972pp dbl.Occ. London, Portsmouth, Paris, D-Day Museum, Landing R/T air, motor coach, ferry from England to France. 8 brkfst. 4 dinner. Contact Glenn Breslin](#)  
[glennbreslin@gmail.com](mailto:glennbreslin@gmail.com)  
925-288-6520

### Grand Circle River Trip Prague to Budapest 2024

Here is information about a river trip Prague to Budapest 11/6-11/20 2024, **discounted by \$1000 if booked by 12/31/23**; also pre and post trips are available, see below. I have attached a video at the end. **Do not pay attention to those prices in the video the prices I have listed in the email body are correct for SIRs.** Along with the group number etc.

**This trip has an additional \$1000 off my listed prices if you book by December 31. So act now, If you have any questions call or email Milt Smith State Travel Chair. Br 146, 925-285-2897**[miltsmith549@gmail.com](mailto:miltsmith549@gmail.com)

Take a look let us know what you think. We can give you chapter and verse on shipboard life, cabins, weather, air etc. I am sending this to all SIRs statewide, we could get a large group. **Also, excellent prices for solo travelers.**

Dates: 11/6 thru 11/20

Pre-trip to Dresden and Berlin US departure date: 11/1/24

Pre-trip to Warsaw and Krakow US departure date: 11/1/24

Post-trip to Budapest return date: 11/23/24

Per person pricing, by cabin level: \$1000 OFF IF CONFIRMED BY 12/31/23

Serenade A: \$3995

Serenade B: \$3895

Sonata C: \$3795

Sonata D: \$3695

Cantata E: \$3595

Cantata F: \$3495

Prelude G: \$3395

Prelude H: \$3195

Air from SFO: \$1100

Dresden and Berlin: \$995

Warsaw and Krakow: \$1095

Budapest: \$745

**The group code for the trip is G4-23630.** This is fully linked to the cruises date - all set for registrations to come through at 1-800-221-2610 once travelers are ready.

A link for more information:

<https://www.gct.com/trips/river-cruises/europe/romantic-blue-danube-budapest-to-prague/2021/itineraries?year=2024&jobcode=010-1514>

TRAVEL CONTINUED

**Bruce Scheibach of Br 58 in Petaluma (707 762-1948) set this up. He has 16 attendees now and can handle up to 30 attendees. So he is reaching out to other SIR Branches to join them. You need to make a \$300 deposit to secure attendance. Final payment is due May 20, 2024.**

**This looks like a great five day trip from July 23-27 that covers many great sights for only \$1,785/pp for a couple, or \$2,265 for a single. (Note: If you are a single and willing to share a room with another SIR , then the two of you only pay \$1785/pp). July 23-27 custom 5-day tour to Santa Barbara, Getty Museum, Catalina, Petersen Auto Museum, Griffith Park, Huntington Library & Gardens**

**Although we depart on the train from Emeryville and return five days later to the Santa Rosa airport, transportation will be provided to/from a San Rafael Park & Ride.**

**Sign up quickly if you want to be included. Also let me know if you are single and willing to share a room to obtain the lower price.**

**I will have handouts at our Tues March 26 luncheon that provide the details and application.**

**Cheers, Kurt Heilman**



## GOLF ACTIVITIES

### NINE HOLES (Weather Permitting)

Every Monday a group of golfers plays nine holes of golf at McInnis Park Public Golf Course. McInnis offers golf, a putting green, a driving range, pull carts and electric carts, (which must be reserved). If you are a member of a SIRs Branch and you wish to play 9 hole golf on Monday morning at McInnis contact coordinator, Jim Bitter, ([jybitter@aol.com](mailto:jybitter@aol.com)) or phone 415 388-7897. . Players do not need a ghin number or golf handicap to play.

**EIGHTEEN HOLES Bill Wilhelm -[Bill@billbev.com](mailto:Bill@billbev.com) 18 Hole Schedule for 2024 on [WWW.SIR47.org](http://WWW.SIR47.org)**

On Monday morning golfers can join Sir Branch 134 for golf competition at 10 courses throughout the county. In order to play and enjoy different courses a player needs a ghin number and an updated handicap card. Contact Jim Larkin, Branch 134 Golf Chairman at [Jlark57@yahoo.com-or](mailto:Jlark57@yahoo.com-or)

2024 dues are collectible now if a golfer wants to have a state sponsored handicap and their scores recorded to show their current shot making ability. For those interested, send a check for \$39.00 if you are continuing a handicap number and \$59.00 if you are new to Sirs golf.

SIRS STATE GOLF [WEBSITE-WWW.SIRGOLF.ORG](http://WWW.SIRGOLF.ORG)

The information on other SIR golfing events can be found on the SIR State Golf website at [www.sirgolf.org](http://www.sirgolf.org).

**Ben Gikis, 2024 SIR State Golf Committee Chair <https://sir47.org/>**



### 18 Hole Golf 2024 Season

<i>Date</i>	<i>COURSE</i>	<i>Start Time</i>	<i>Comments</i>
July 1	Windsor	0830	\$62
July 8	Indian Valley	0830	\$57
July 15	Foxtail North	0800	\$47
July 22	Rooster Run	0730	\$56
July 29	Eagle Vines	0945	\$57

### 9 Hole Golf at McInnis Park

We play on Mondays at Mcinnis Golf Park. First tee time is 9:30.weather permitting  
Jim Bitter will be running the nine holes golf.  
Jim's email is [jybitter@aol.com](mailto:jybitter@aol.com)



## STATE SIR SANCTIONED ACTIVITIES

### Investors Lunch Bunch

Join us on the second Friday of every month for lunch followed by an hour discussion on various investment topics such as current market conditions, specific investment strategies, market cycles, and specific investments (stocks, bonds, real estate, funds, ETFs, limited partnerships, options). This is not a traditional Investment Club. It's purpose is to share knowledge and experiences of managing investments. We encourage attendees to ask questions and share their knowledge. We have had discussions on Estate Planning, appropriateness of specific types of investments, investment performance calculation tools, laddering bonds, risk management, broker selection, various internet resources, and tax issues.

Our attendees collectively have broad experience and share their specific knowledge with the group. If you have limited investment experience this is an excellent resource to learn the basics and make you more fluent with financial terms and products. This knowledge is especially useful whether you manage your own investments or use an individual or firm to manage your finances.

Join us at 11:30 AM the second Friday every month at Sam's Place, Nave Shopping Center, 1545 South Novato Blvd. Novato, . We use their private room for our lunch and discussion. You can order any breakfast or lunch item on their extensive menu. You will receive a separate check. We will conclude promptly at 1:30. See link below for menu and directions <http://www.samsplacenovato.com/index.html>

Will Kaefar, [willmary@pacbell.net](mailto:willmary@pacbell.net)



### THURSDAY 09:45 WALKING/HIKING GROUP

1 <sup>st</sup> Thursday	Jake Solomon	415-472-3069
2 <sup>nd</sup> Thursday	Mark Rudy	415-924-4219
3 <sup>rd</sup> Thursday	Al Springstead	415-250-3808
4 <sup>th</sup> Thursday	Charlie Panfely	415-302-4391
5 <sup>th</sup> Thursday	Rotation of leaders in the same order as above	

## BRANCH 47 FAMILY BOCCE

### FAMILY BOCCE PLAYERS:

Our BR 47 Family plays non-competitive bocce on the first Monday of each month. In the colder winter weather, we eat first and play bocce afterwards. Usually, we eat @ 11:30 am at Mamita Cocina on 340 Ignacio Blvd. and play bocce around @ 1 pm at the Margret Todd Senior Center in Novato. In the warmer weather, we play bocce first @ 10 am, and eat afterwards at Mamita Cocina @ noon.

If you are on Kurt's bocce email list, you will be advised of any changes in the schedule by email. If you are not on the bocce email list and want to be included on our bocce email list, contact Kurt Heilman at [heilmanfour@comcast.net](mailto:heilmanfour@comcast.net), or call Kurt @ 415-892-2460. Members, spouses and all guests are invited.

PS. There is no charge for playing bocce, but we do ask you to bring your bocce balls if you have them.

Cheers,

Kurt Heilman

### BRIDGE GROUP

Br 47 BRIDGE GROUP. Future bridge games have not been determined, but likely be at a rotating host's home. If you would like to play bridge, contact Kurt Heilman ([heilmanfour@comcast.net](mailto:heilmanfour@comcast.net)) directly. Also he will put you on the bridge email list of players.

## ACTIVITIES CONTINUED

### Pickle Ball -

**Pickleball now has a fixed schedule. We will play on the Third Monday of the Month at the Margaret Todd Recreation Center in Novato at 2 pm.** The Novato courts have six dedicated pickle ball courts.

Please see the video on pickle ball basics on YouTube if you are not experienced before you come to play

Please bring your paddles and pickle balls and wear court shoes.

### Car Enthusiasts

The Car Enthusiasts group is planning a visit to the San Rafael based World War II Vehicle Museum this September. All SIR's, spouses, and guests are invited. The museum contains a large collection of World War II tanks, military vehicles, artillery, uniforms, etc. You probably have seen some of these vehicles at the Corte Madera, or Novato July 4th parade. The minimum (yes minimum) number of attendees necessary to secure this tour is 50. If you're interested, please email Joe Sauerland (see email below).

Since Branch 47's BYO picnic is July 16 (same day the car enthusiasts would normally meet), our Car Enthusiasts lunch is moved to Friday, July 19....same location and time as usual. If you'd like to attend one of our monthly get-togethers, the car enthusiasts group meets on the 3rd. Tuesday of each month (except this July) at Sams Place restaurant, 1545 South Novato Blvd., Novato. Meetings begin at 11:30 AM. If you enjoy automobiles (or motorcycles) automotive memorabilia, cars shows, etc., the car enthusiasts group is for you. Spouses and guests are always welcome. Owning a classic vehicle is not necessary. For more information contact Joe Sauerland at joesauerland@comcast.net.

### Federation Bocce

### SR Branch 47 League Bocce Report June 27, 2024

The summer league is at its midpoint as we all take a week off for the 4th of July holiday. Our six SIR teams have mixed results as follows: The Guiseppe Grasso Monday team is in 5th place and the Bravi Ragazzi SIR team is in 6th place, both in the upper division. The Wednesday Piacevoli SIR team is in 6th place in the upper division and the Gli Squalli SIR is in 2nd place in the lower division. The Thursday I Mezzo Buoni SIR is in 5th place and the Boccismo team is in 7th place, both in the upper division.

Jack Friesen  
Branch 47 Federation Bocce Chair



### POKER

After the Branch meeting. If interested in the poker group, call Jim Waltz, Geezer831-home@yahoo.com or call 415-408-8695

### BRANCH 47 WINE TASTING

Contact Kurt (heilmanfour@comcast.net) or Erick (erickt.young@gmail.com).

**Verified Branch 47 and Area 8 Activities  
(as of 2/29/2024)**

<b>Activity</b>	<b>Frequency</b>	<b>Chair</b>	<b>Email</b>	<b>Phone</b>	<b>Branch</b>
18 Hole Golf	Twice Monthly	Bill Wilhelm	Bill@billandbev.com	415-479-6028	22
18 Hole Golf		Jim Larkin	jlark57@yahoo.com	707-766-8402	134
9 Hole Golf	Weekly	Jim Bitter	zybitter@aol.com	415-388-7897	47
Bocce (League)	Weekly	Jack Friesen	friesenjack7walter@aol.com	415-491-1086	47
Bocce (Co-Ed)	1 <sup>st</sup> Monday	Kurt Heilman	heilmanfour@comcast.net	415-408-8489	47
Investors Lunch	2 <sup>nd</sup> Friday	Will Kaefer	willmary@pacbell.net	415-927-1043	47
Vintage Cars	Varies	Joe Sauerland	joesauerland@comcast.net	415-479-8442	47
Hiking/ Walking	Thursdays	Jake Solomon	J_ksolomon@comcast.net	415-845-1645	47
Hiking	4 <sup>th</sup> Thursday	Jim Gloystein	jimg@gloyboy.com	415-717-3163	134
Book Swap	Monthly at Luncheons	Pikk Pikkarainen Lon Baldwin	pikkdata@sbcglobal.net lwbaldwin@aol.com	415-454-3843 415-453-4295	47
Bridge Member & Couples	4 <sup>th</sup> Thursday	Bill Cline	<b>wacline@comcast.net</b>	415-892-0209	134
Genealogy	2 <sup>nd</sup> Thursday	Jeff Vailant	topspinut@yahoo.com	415-897-7808	134
Gardening	Inactive	Bob Mauceli	bmauceli@comcast.net	585-734-3856	134
Foreign Policy	2 <sup>nd</sup> Wednesday	Bill Medigovich	billandky@comcast.net	415-827-1262	134
Military History	1 <sup>st</sup> Wednesday	Alan Dunham	alnberta@comcast.net	415-897-8886	134
Poker	After Luncheon	Jim Waltz	geezer831-home@yahoo.com	415-408-8695	47
Tennis		Robert Chandler	robertchandler33@comcast.net	415-464-7794	47
		Bill Cline	wacline@comcast.net	415-892-0209	134
Bowling	Possible in 2024				
Bicycling (incl. E-bikes)	Wednesday @9:30 Later Coffee	Jim Barden	jbarden@aol.com	415-897-6537	134
Book Club	Wednesday	Dick Locke	rflocke@comcast.net	415-897-1572	134
Science Discussion Group	3 <sup>rd</sup> Thursday @ 10:00 am	Don Pierce	Not listed	415-897-2701	134



## JULY SIR BIRTHDAYS

<u>Name</u>	<u>Birth Date</u>	<u>Age</u>
Wayne, Colyer	7/2/1939	85
Neil, Park	7/7/1942	82
Carl, Dawson	7/8/1948	76
Jim, Kleiser	7/13/1944	80
John, Abele	7/17/1931	93
Howie, Foster	7/17/1944	80
Edward, Samuelson	7/18/1943	81
Don, Perazzo	7/21/1939	85
Carl, Von Doymi	7/22/1943	81
Ron, Gurich	7/23/1939	85
Paul, Schofield	7/25/1942	82
George, Martinez	7/27/1934	90
Lon, Baldwin	7/30/1938	86



## JULY SIR ANNIVERSARIES

<u>Name</u>	<u>Date</u>	<u>Years</u>
Ed and Margo Lungren	7/1/2013	11
Ned and Dianna Lawrence	7/7/2007	17
Robert and Gloria Chandler	7/13/2009	15
Frank and Sue Driscoll Luttringer	7/14/1978	46
Reg and Stephanie Ricci	7/16/1960	64
Alan and Susy Lutsky	7/16/1994	30
Cobb and Carol Copperstein Blake	7/25/2013	11

### ACTIVITY SCHEDULE

Monday	Jul	1	BOCCE
Monday	Jul	1	9 Hole Golf (Weather Permits)
Monday	Jul	1	18 Hole Golf (Weather Permits)
Thursday	Jul	4	Hiking
<b>Thursday</b>	<b>Jul</b>	<b>4</b>	<b>INDEPENDENCE DAY</b>
<b>FRIDAY</b>	<b>Jul</b>	<b>7</b>	<b>ISLAMIC NEW YEAR</b>
Monday	Jul	8	9 Hole Golf (Weather Permits)
Monday	Jul	8	18 Hole Golf (Weather Permits)
Thursday	Jul	11	Hiking
Friday	Jul	12	Investors' Lunch Bunch
Monday	Jul	15	9 Hole Golf (Weather Permits)
Monday	Jul	15	18 Hole Golf (Weather Permits)
Monday	Jul	15	PickleBall
Thursday	Jul	18	Hiking
<b>Friday</b>	<b>Jul</b>	<b>19</b>	<b>Car Enthusiasts Meeting</b> <b>Note Date Change</b>
Monday	Jul	22	9 Hole Golf (Weather Permits)
Monday	Jul	22	18 Hole Golf (Weather Permits)
<b>Tuesday</b>	<b>Jul</b>	<b>23</b>	<b>Board Meeting 9:30 McINNIS</b>
<b>Tuesday</b>	<b>Jul</b>	<b>23</b>	<b>Branch 47 Luncheon Meeting</b>
Tuesday	Jul	23	Poker after Branch Meeting
Thursday	Jul	25	Hiking
Monday	Jul	29	9 Hole Golf (Weather Permits)
Monday	Jul	29	18 Hole Golf (Weather Permits)

### JUNE LUNCH ATTENDANCE REPORT

Total Members	156
Members Present	85
Guests:	3
Visitors:	
Speaker	1

### JUNE MEMBERSHIP REPORT

#### Summary:

Actives -	156
Alumni	21
Gains:	
Losses	7

### ESCOM

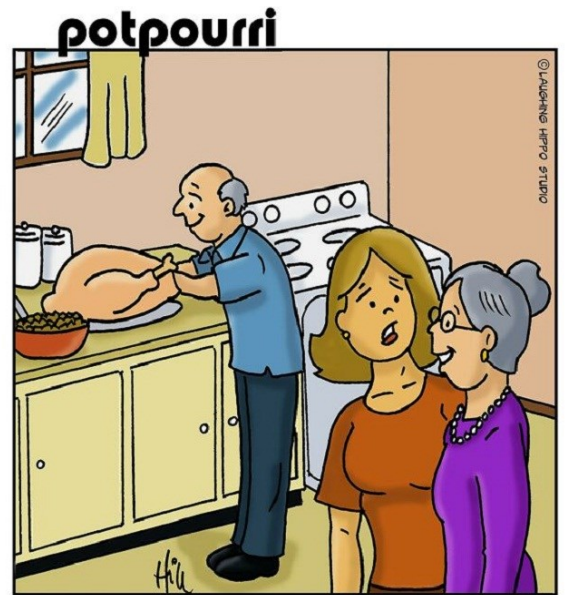
**The Emeritus Students College of Marin (ESCOM), was founded at the College of Marin (COM) in 1973. A pioneer in the innovative use of community colleges for adults, the organization enhances the lives of its greater community with a diverse selection of clubs, events and classes offered online or at COM's Kentfield and Indian Valley campuses. Check it out at:**

**<https://escom.marin.edu/>**

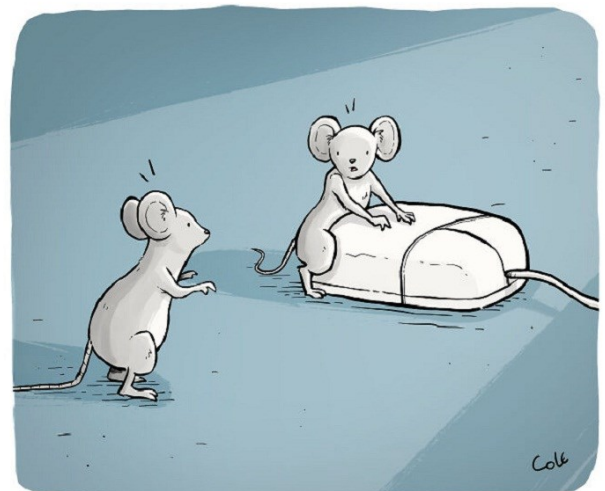
### NON-RESPONSIBILITY DECLARATION

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.

HUMOR



"OH, I ALWAYS LET HOWARD STUFF THE TURKEY... HE WAS A GYNOCOLOGIST YOU KNOW!"



"This isn't what it looks like. I'm shopping."



"And if I move Mercury over here, all the Libras go nuts."



"Whaddyer mean, they don't look like you? You idiot. They're eggs!"