



SIR BRANCH 171

November 2020

<http://branch171.sirinc2.org/>

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



Our next meeting will be Wednesday, Nov. 18 at 10:00am

MARK YOUR CALENDARS

Branch 171 Zoom Virtual Meeting

The **Third** Wednesday of November

Wednesday, November 18 at 10:00am

We have another excellent speaker lined up !!

BIG SIR MESSAGE: RICK FEND

Would you believe the year is almost over! I for one am looking forward to 2021 with (hopefully) fewer Covid restrictions and fewer wildfires. Also, December 2020 will bring to a close my stint as your Big SIR. Hey, who would have imagined in January 2020 I would have only had to stand in front of you at the Serbian Church three times, before the Covid issues struck.



We started the Zoom meetings fairly soon after the “shutdown” and have been enjoying about a 42% attendance rate (around 60 guys at each meeting). At the last BEC meeting we discussed the attendance rate. Some thought it was low, others thought it acceptable since the reason most of you are in SIR is for the camaraderie at the luncheons and the activities, and many of them are not occurring. Thus, 42% looks pretty good, but how about more of you attending. The speaker programs have been excellent!!

I need to get very serious with all of you. Some branches have closed and the Rossmoor Branch is in the process of closing. The reasons Branches are struggling (not including the Covid 19 issue) are: High median age (80+); continued membership loss over the past 3 years; difficulty filling leadership roles; many long-term BEC members; unfilled key positions. The end of SIR 171 is a possibility!!

Right now our Branch is suffering from all of the above. High median age and very few younger men coming on board, loss of membership and not enough replacements, and the last three involve lack of volunteerism to fill positions! The key position right NOW, is finding a Little SIR to assist Graig in 2021. We also have two Directors that will not be returning in 2021. We filled one of the Direction positions, but can use another. We can deal with one fewer Director and I'm very pleased that our remaining Officers are hanging in there. But we need more leadership.

That said.....who's going to step up and help keep Branch 171 afloat while we deal with no luncheons, fewer activities, and maybe fewer monthly Zoom meetings? We need more of you to get involved and support the club. And having a Little SIR is critical. Maybe ask or volunteer one of your buddies. We will get back together eventually...but hopefully it won't be too late.

Rick Fend, Big SIR

LITTLE SIR REPORT: GRAIG CROSSLEY

Zoom information for the meeting will be provided later.

The speaker host will be Ralph Blumenthal.



November 18 Program

The speaker will be Dr. Daniel J. Levitin -- neuroscientist, cognitive psychologist, musician, and award winning best-selling author. His research encompasses music, the brain, health, productivity, and creativity. He is the author of *This Is Your Brain on Music*, *The World in Six Songs*, *The Organized Mind*, and *Weaponized Lies*.

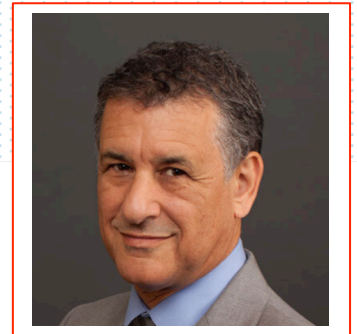
At our meeting Dr. Levitin will discuss his latest book, *Successful Aging*, where he turns his keen insights to what happens in our brains as we age, why we should think about health span, not life span, and, based on a rigorous analysis of neuroscientific evidence, what we can do to make the most of our seventies, eighties, and nineties today no matter how old we are now.

Program Topic -- "SUCCESSFUL AGING"

We should not lower our expectations during these later decades of our life. "Meaningful Aging" is another way to consider how to age well. Older age should be whatever we want it to be, and Dr. Levitin will provide some tips.

Dr. Levitin has published more than 300 articles in journals including *Science*, *Nature*, *PNAS*, *The New Yorker*, *The Atlantic*, and *The Wall Street Journal*. His research has been featured over 1900 times in the popular press.

A popular public speaker, he has given presentations on the floor of Parliament in London, to the U.S. Congress, Microsoft, Google, and Amazon. He has consulted for a number of companies including Apple, Booz-Allen, Microsoft, the United States Navy, Sonos, Philips, Sony, Fender, and AT&T.



He is Founding Dean of Arts & Humanities at the Minerva Schools at KGI in San Francisco, and Professor Emeritus of psychology and neuroscience at McGill University. He divides his time between Los Angeles and the San Francisco Bay Area.

As a musician (tenor saxophone, guitar, vocals, and bass), he has performed with Mel Tormé, David Byrne, Rosanne Cash, Sting, Bobby McFerrin, Victor Wooten, and Tom Scott. He has produced and consulted on albums by artists including Stevie Wonder, Steely Dan, Joni Mitchell and on the films *Good Will Hunting* and *Pulp Fiction*, and has been awarded 17 gold and platinum records.

David Levitin has also worked on and off as a stand-up comedian and joke writer, having performed with Robin Williams, placing second in a National Lampoon stand-up comedy competition, and has contributed jokes to Jay Leno and Arsenio Hall.

AND, he is from Moraga and was a student at JM Intermediate School when our member and speaker host, Ralph Blumenthal, was the school principal.

BIRTHDAYS

Congratulations to the October Birthday winner, Chris Lyne. He will receive a free lunch once we return to in-person meetings (TBD).

The following members have their birthday in November and are eligible to win a free luncheon at a date TBD:

Marty Aufhauser – Bruce Berman – Frank Comprelli – Rick Fend – Clair Hotten
Gary Lansman -- Lad Lynch – Dick Morrison – John Moulton – Tom Peterson
Tom Smigielski – Larry Thompson – Richard Vance

Please reply to sir171-news@comcast.net if your birthday is in November and you do not see your name on the list

BRANCH REPORTS

ATTENDANCE REPORT: FRANCIS WONG

Not a luncheon meeting. No formal report.

MEMBERSHIP REPORT: ED DRASIN (Chair)

<u>MEMBERSHIP</u>							
Prior Month:	140						
Inductees	0						
Deductions	0						
Total, This Month:	<u>140</u>						
<u>APPROVALS TODAY</u>	0						
<u>APPLICANTS AWAITING INDUCTION</u>	0						
<u>APPLICANT LIST</u>	1						
NOTES:	Total number of members in AR category is 11.						

Membership Application Forms are available from Ed Drasin, or on the Club website (<http://www.sirinc2.org/branch171/>). For the website, select "Application: from within the "Members" selection"

ROSTER CORRECTIONS: John Schick.

NOTE: Please contact John Schick whenever your personal information changes (i.e. email address, home address, and/or phone number) or whenever you wish a membership status change (i.e. to request status change or to resign). John Schick will in turn update the Master Roster.

TREASURER'S REPORT: BOB KROMPHOLZ

SEPTEMBER 2020

Beginning	4,870
Receipts	0
Disbursements	25
Ending	4,845

Please contact Bob if you would like additional details.

KNOW YOUR SIRs: RICH BELLOWS

No new bios this month.

Know Your SIR is edited by Rich Bellows. Rich captures bios from new members and they are published in a future newsletter. If you have been a member for awhile, did not have your bio published, and wish to have it published, please contact Rich (rich.bellows@gmail.com). Please write down the salient points of your life (1/2 page).

WELLNESS REPORT: ERIC CHO

Branch 171

No reports this month

Branch 174

No reports this month

In shelter in place time, social isolation can affect our wellness if we cannot physically hang out with our friends. The SIR general meetings through zoom are an effective tool to keep our members connected. Please stay healthy and positive, everyone!

Please try to contact SIR's with illnesses to offer your support and encouragement and keep them in your thoughts and prayers. A friendly call is welcome. Cards and letters are always appreciated.

Please contact Eric Cho by e-mail or phone if you are aware of a major illness or passing of a member.

BRANCH 171 NEWSLETTER: Editor **STAN HOLCENBERG**. The deadline for receipt of Newsletter material by the Editor is the 15th of the month. E-mail to sir171-news@comcast.net is preferred.

Enjoy reading SIR Happenings, our State Newsletter, and find out about all the fun things that are going on throughout our organization. You can find the most recent edition of SIR Happenings on our SIR State website (August 2020) -- click on the following link, or cut and paste the link into your browser to view -- <https://sirinc.org/uploads/newsletters/Happenings2020August.pdf> Some very interesting articles highlighting news of interest from other SIR branches. CHECK WHAT OTHER BRANCHES ARE DOING. SEE SOMETHING YOU LIKE? Let your Activities Chairman know about it and we if we can adopt something similar for our Branch. Send comments and article to HappeningsEditor@gmail.com

BRANCH ACTIVITIES (BRANCHES 171 & 174)

ACTIVITY LIST

Apple Users Group	Astronomy
Barbershop Harmony	Bocce Ball
Book Club	Bowling
Bridge – Social	Bridge – ACBL Duplicate
Computers & Technology	Couples Dining Out
Dominos	Fishing
Golf – 18 Holes	Golf – 9 Holer
Historical Adventures	Investment Group
Pinochle	Poker
Stamp Club	Table Pool
Tennis	Travel
Walking – Original Group	Walking – Senior Strollers
Walking – Big Hikers	Wine Tasting

ACTIVITIES CHAIRMAN: DAVID ZEIMER (BR. 171)



The Activity Chairman's role is to support the various chairmen of our branch activities, provide liaison with those chairmen and the Branch Executive Committee, and to assist in organizing new activities of interest to our branch members. The Chair is the focal point to communicate with if you would like to chair any of the open activity groups.

There is a formal process SIR leadership has put in place for the re-opening of activities. Each of our activities fall into one or more of the following four categories:

1. Some activities have re-opened and meeting in-person and/or on Zoom
2. Some activities have not formally re-opened, but are meeting via Zoom
3. Some activity re-openings are in process (may include activities in category 2 above)
4. Some activities are not meeting via Zoom and have not yet initiated the paperwork to get the formal approvals, many because there is no practical way for the group to meet at this time. However, Zoom is a good way to keep in touch with other members of the group.

If you are a member of an activity that has not yet re-opened in some form, please contact your Activity Chair with suggestions and encouragement or for a way for the group to meet.

Those activities that fall into categories 1 & 2 are included in the following portion of the newsletter.

1. ACTIVITES THAT HAVE FORMALLY RE-OPENED

FISHING: KARL DROESE (Br. 171) RON LEW (Area 16)



All SIR members and guests are welcome and encouraged to participate in fishing trips as well as attend the monthly meetings. Our next ZOOM meeting is scheduled for Thursday, November 19, starting at 8:30 am.

Whether you fly fish, spin fish, troll, or bait fish there will be events of interest. If you are new to fishing or are interested in trying a different type of fishing we have experienced and knowledgeable members happy to share their expertise, and even their equipment. With over 100 events scheduled throughout the year, some type of fishing is available almost every week.

If you would like to join our club or would be interested in going to an event with us, call Karl Droese (cell) 925 - 788 – 0769

GOLF : GENE BELL (Br. 171) ED McBRIDE (Br. 174)



The 18 holer group will play at Monarch Bay in San Leandro on Nov. 9 and Paradise Valley in Fairfield on Nov. 23. Please refer to the schedule and other information on the golf group at their website www.sirlamorindagolf.com The SIR 171/174 golf website includes the membership application, a list of current members, and other pertinent information for members and prospective members.

9-HOLE GOLF – TIM FREEMAN (Br. 171)



For those that don't wish to play 18 holes, or want to play a shorter course on occasion, there is a 9-hole group that meets each Friday morning at Diablo Hills Golf Course in Walnut Creek. Tim Freeman coordinates this and sends out a note to all members on his interested party list each week a few days before the game to see who is interested in playing. Please contact Tim (timfre@comcast.net) for outing details and if you would like to be added to the interested party list.

WALKERS – ORIGINAL GROUP AI DONNER (BR. 171) STEVE BEHNKE (BR. 174)



The Branch 171 group has not formally re-opened at this time. Branch 174 has formally re-opened and Branch 171 members may join that group on walks as guests. The 174 group meets every Tuesday at 9:00 am. An email is sent to all interested members and guests that provides information regarding the trail that is to be hiked and the location of the starting point. Everyone drives individually to the trailhead as carpooling is not permitted. Please contact Steve Behnke (stevebehnke@me.com) for additional information and to have your name included on their email contact list.

Please note that there is also Big Hikers Walking group to engage SIR members who want longer and more strenuous routes than the other walking groups. This activity has not re-opened at present.

WALKING -- SENIOR STROLLERS: JOHN SCHICK (Br. 171)



The Senior Strollers Walking Group has been approved by the BEC for re-opening. It is a joint 171/174 activity and is chaired by John Schick, Branch 171.

At present, the activity is on hold, pending the improvement of the air quality and the attitude of individuals with respect to COVID-19 precautions. We hope that these issues will eventually be resolved and walking will be resumed soon.

We do encourage members of both branches to express their interest in joining us at that time and to contact John for details (jschick@att.net) and to be included on the contact list.

Senior Strollers walks are intended for those who still want to continue the exercise and companionship of group walking, but desire a shorter and less strenuous walk than offered by the regular walking activity. The group had been meeting on Wednesdays.

2. ACTIVITIES THAT ARE MEETING VIA ZOOM VIRTUAL MEETINGS

APPLE USERS GROUP: STAN HOLCENBERG (Br. 171) JOE TRACY (Br. 174)



The next meeting will be on [Monday, December 7, at 10:00am](#). It will be a Zoom meeting. The Zoom meeting link will be shared with members approximately one week before the meeting.

This is a facilitated meeting with the members discussing recent announcements; members sharing information and perspective on new Apple toys; and a discussion and general roundtable on rumors, buying decisions, tips, applications, and Issues.

The new iPhone 12 models will be included in the discussion at the meeting.

Novices and advanced users are welcomed. Come and be a part of the group. Please contact Stan Holcenberg at sholcenb@comcast.net to be added the Apple User Group distribution list.

COMPUTERS & TECHNOLOGY – AREA 16: NEIL SCHMIDT (Branch 116) ; DICK CURRY (Br. 174) 376-5541



Meetings are on the third Thursday of each month and are currently held via the Zoom platform. The next meeting of the SIR Area 16 Computer & Technology Group will be on [Thursday, November 19](#).

The November Computer & Technology presentation will be on “Microsoft Access” by Dan Weller. “Access” is a program included in the Microsoft “Professional Office” suite. It provides the tools for creating Windows applications. This presentation will explain and demonstrate the main functions of Access: a relational database, a clever data query function, a form creation tool, a report creation tool, a user-friendly macro tool, and the ability to read and update data in Word, Excel and external databases. Dan will also discuss when it is a good time to use Access and when you should avoid using Access

The meetings begin at 9:30am. The Zoom "doors" open at 9:15 AM so members come a little early to chat with other members. A few days before the meeting the members receive a Zoom weblink that is needed to connect.

Information about the group, including current and past presentations, is available on the SIR Area 2 Computes and Technology website -- <https://sirinc2.org/a16cat/> Make sure you are on the CAT mailing list by sending an e-mail request to: sir.area2.cat@gmail.com

INVESTMENT GROUP:

(OPEN) Br. 171
TOM HENRY (Br. 174)
DAVID SUTTON (Br-8)



shutterstock · 104489462

The Investment Group, \$UMS in Retirement, has been periodic Zoom meetings. No meetings are scheduled at this time.

Information about the group, including past and current presentations, is available on the \$UMS website -- <http://a2sums.sirinc2.org/>
