



A Non-profit Organization For Retired Men

# HOROLOGIUM

Monthly Newsletter - Est. 1963

North Bay Branch No. 7, San Rafael

Website: [www.sirinc2.org/branch7](http://www.sirinc2.org/branch7)

61st year

Br. 7

January 2024

**BIG SIR**—*Bob Bundy*



Putting together my final Horologium of the year and reflecting on the experience of being Big Sir over the past twelve months. Having served as the Chief of Emergency Medicine, Occupational Medicine and Chronic Pain over my career at Kaiser I can say that being Big Sir was a cake-walk. I have also served as President of the Corte Madera Community Foundation and the Corte Madera Lions Club which I found to be taxing and sometimes stressful but my career and license were not on the line. SIRS is somewhat unique in that it is a true social organization with no mission to raise money for charity or special cause and no big events to organize and put together. It is really all about getting together with friends for lunch and to hear a great speaker which your board has worked diligently to schedule. Other SIRS branches will put the entire burden of reaching out to potential speakers on the Little SIR but Branch 7 has for many years seen this as a responsibility of the board to pitch speakers and decide on who would be an interesting speaker with a good topic for our lunches. The Little SIR needs only to maintain the calendar for the speakers.

This past year of seeing us continue to emerge from the Covid pandemic with increased attendance at our lunches and no super spreader events has been very satisfying and rewarding. I want to encourage members who have not served on the board to talk to a board member and find out about our monthly executive committee meetings that we hold on the third Thursday of the month and consider joining us. Bring your ideas, concerns and outside interest to the meetings so we can inject some fresh thoughts into our discussions.

*(Continued on page 3)*

**LITTLE SIR**—*Michael Sommer*



I wish everyone Happy Holidays, and thank you to Tom Verkozen for writing the following two articles (as well as the Sir-of-the-Month article)

Michael

**Be A Friend**

While preparing the January 4th speaker introduction I read 'Dust' by Dorianne Laux ...

Someone spoke to me last night,  
told me the truth. Just a few words,  
but I recognized it.

We are fortunate to start 2024 hearing from the president and vice president of the Emeritas Students at College of Marin ... Gary Gonser and Leonard Weingarten ... who will present the truth to a long and meaningful life with their thoughts and excitement about life-long learning.

Gary and Leonard's upcoming presentation trig-

*Little Sir (Continued on page 8)*

**EVITE LUNCHEON SIGN-UP INSTRUCTIONS**

Remember to type your meal preference in the comments section when you say "yes" and will attend. The meal choices are shown nearby. If you are not coming, please say "no" to the Evite so we won't miss anyone.

**LUNCHEON PRICE INCREASE**

The price of our luncheons will increase by \$3 to \$38 effective January 2024.

**January 4th Luncheon**

Beef Stroganoff w/Egg Noodles, or  
Grilled Salmon w/Lemon Butter Sauce  
or Vegetarian

<b>MEMBERSHIP REPORT December 2023</b>	
<b>TOTAL ACTIVE MEMBERS - 12/1/23</b>	<b>79</b>
<b>GAINS DURING MONTH</b>	<b>2</b>
#72 John Davis Terry Fischer	
<b>LOSSES DURING MONTH</b>	<b>1</b>
#11 Wil Swalberg died 10/31	
<b>TOTAL ACTIVE MEMBERS - 1/1/24</b>	<b>80</b>

Call Don Beers at 332-3926 if you can't attend a luncheon

<b>January 2024 Birthdays</b>		
136	John Chiarenza	January 10
52	Lenny Cianciolo	January 14
168	Paul Giambra	January 31


**SIR OF THE MONTH**

We are most fortunate that 17 years ago former New Yorker Ted Pullen .... bored in retirement after the highs of raising two boys, a girl, corrupting his 6 grands and running Matthew Charles and Associates (the company he founded) ... joined Branch 7.

January's SIR of the Month has been the backbone and ribs of our club ... three times BIG SIR ... currently our outstanding activities and travel chair ... Ted has us cruising the world ... taking theatre junkets into San Francisco (this past year for Aladdin and Lion King) ... organizing our Christmas and Valentine gatherings ... and all the while playing golf and bocce. We're not sure when he and wife Patricia have time to say hello to each other ... but they must talk ... they were married while JFK was president and are still together after 61 years!

When you see Patricia at the Valentine's luncheon ask her how it is being married to a veritable whirlwind of fun and camaraderie ... and please ask Ted, who turned 85 this year, if he'll let you help him with his myriad SIRs organizational endeavors ... we appreciate his contribution and don't want to wear him out ... just think: working with Ted you'll meet guys you haven't yet gotten to know and you'll learn the Gift of Gab at the master's knee ... all the while having a blast.

**Dick Robinson, Secretary**



Branch Executive Committee Meeting, December 21, 2023:  
Treasurer's report sent by Al Wuthnow gave our bank balance at about \$7,000. So far he has collected about 40 checks from members paying dues for 2024. That leaves about another 35 members to pay their dues for the coming year. Al said we lost about \$700 on the Christmas lunch due to expenses exceeding the money collected. Ken Kauer said we collected \$570 in raffle ticket sales.

Bob Rigler said he is retiring from the board to care for his wife. He will continue to help with the Evite notification of members to make reservations for the monthly lunches. Bob Rigler and Bob Bundy will be working with Club Restaurant manager, Erick Jensen, to continue the Evite system. Erick needs to know the number of lunch attendees and meal choices ahead of the lunch date. The menu choices will remain the same as this past year but the charge for monthly lunch has increased to \$38. Members can bring guests who are truly interested in joining Sirs and treat them to a complimentary lunch. Members with birthdays in Dec and Jan will be honored at Jan 4th lunch with a bottle of wine.

Ted Pullen is now taking reservations for the February 1st Valentine lunch with ladies included. The costs will be \$55/pp for prime rib and \$45/pp for salmon or pasta, but wine will not be included. Ted needs reservations for the Valentine lunch by Jan 25. It will be a regular meeting with a speaker.

Dave Bernardi is talking to the Jacuzzi winery to set up a wine tasting event in March. It was suggested that we try to get a 2nd or 4th Thursday date for this event.

Scott McKown talked about the content of Branch 7 website. He thought we should feature the activities that Branch 7 offers and the contact person for each activity. Those would include Membership – Kelley Reid, Special Events – Ted Pullen, Golf- Ron Radtke, Wine Tasting – Dave Bernardi, Road Biking – Bob Bundy, Hiking – Ladd Sevenpiper, Pool – Bob Bundy. Ladd suggested including pictures and contact information of the coordinator for each activity on the website.

Michael reviewed our lineup of speakers for monthly lunches. In January we'll have a speaker

*(Secretary continued on page 3)*

# BRANCH 7 ACTIVITIES

## ROAD BIKING

Anyone for road biking? I regularly ride with a group of friends on Friday starting at 9:30 from various locations in Marin. A leisurely pace but about 20-25 miles and some significant hills on some routes. E-bikes are used by some and welcomed on the ride. For more information contact Bob Bundy at [bundyworld@comcast.net](mailto:bundyworld@comcast.net).



## GENTLE OFF-ROAD BIKING

Contact Bob Phillips, at 415-301-1906 ([Bob.phillips3@gmail.com](mailto:Bob.phillips3@gmail.com)) if you are interested in off-road bike rides or want more information. We can set up several weekly or bi-weekly rides in advance with a meeting time and place to go on a ride together. The intent is to establish this as a SIR Branch 7 activity.



## HIKE EVERY FIRST & THIRD THURSDAY AT 9:00 AM

For November 2<sup>nd</sup>, meet at the Hamilton levee entrance in front of the former Airfield Control Tower for a group hike on the levee. For November 16th, meet at the Las Gallinas settling ponds parking lot. Water bottle, walking sticks, speed, and duration at your discretion.... +/- 60-90 min. More Information and to get onto notifications list contact Ladd Sievenpiper, [Ladd7piper@gmail.com](mailto:Ladd7piper@gmail.com)

*(Continued from page 1)*

I look forward to turning this over to Michael and listen to his jokes and commentary about life in this bubble we call Marin (never mind that Michael lives in Petaluma). Thanks to all the board members who made my term as Big SIR as stress free as possible and I thank them for all their enthusiasm and ideas that were thrown into the pot.

## CHESS

Come to the Chess Club on Friday afternoons at 2 pm at the College of Marin Kentfield Campus in the Humiston Reading Room of the Student Services Building. Usually there's about 8 players with room for more. Call for more information. Bob Phillips 415-301-1906. Or email at [bob.phillips3@gmail.com](mailto:bob.phillips3@gmail.com). This is not a SIR Club. Rather it is a club within ESCOM (Emeritus Students College of Marin).



## BOWLING

We just completed the summer session of bowling at AMF Boulevard Lanes in Petaluma. The Winter league starts September 6th. Anyone can join after the beginning date. Ralph Sherer



from College of Marin discussing their emeritus programs. Our February speaker will be Peter Robinson talking about Broadway Musicals, In March we'll have Dick Spotswood discussing the issues in this election year. No speaker yet for April. For May we'll have a speaker for the California high speed rail project. The idea of an outdoor meeting or picnic was suggested for summer. No action yet on that.

We honored Don Beers as Sir of the month in November. In January we will honor Ted Pullen as Sir of the month due to his work organizing special events.. Michael nominated Ralph Sherer for Sir of month in Feb. We received an application for membership for Terry Fischer which was approved.

At the January meeting we will hold installation of new officers. Branch 7 officers for 2024 will be: Big Sir- Michael Sommer, Little Sir -Bob Bundy, Secretary - Dick Robinson, Treasurer - Al Wuthnow, Membership – Kelley Reid, member records - Ralph Sherer, Activities – Ted Pullen and other board members will continue in their current positions. Dick Robinson filled out Form 20 listing Branch 7 officers for 2024 which will be submitted by Michael to the Sirs State organization.

# CHRISTMAS LUNCHEON



# GOLF AWARDS LUNCHEON



<b>2023 SEASON GOLF AWARDS</b>	
THE HAMMER:	Dan Edwards
THE FOX:	Ron Radtke
THE "SCRAMBLER":	Jens Erlingsson
LOW "NET":	Jim Leonard
LOW "GROSS":	Gordon Haight
"B" FLIGHT CHAMP:	Bob Giachino
"A" FLIGHT CHAMP:	Jens Erlingsson
THE ROOSTER:	Ron Radtke
WINNER STENZEL:	Jens Erlingsson

**THIS IS NOT A SIR-SPONSORED EVENT  
IF INTERESTED, SIGN UP WITH THE TRAVEL AGENT**

## **JOIN THE LUCKY 7 GOLF CLUB**

# **& Sail Roundtrip San Francisco to the Mexican Riviera**



**ABOARD THE CROWN PRINCESS SAILING FEB 7-17, 2024**

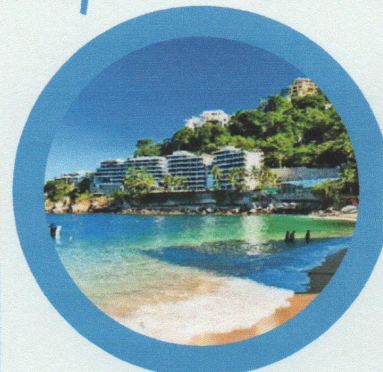
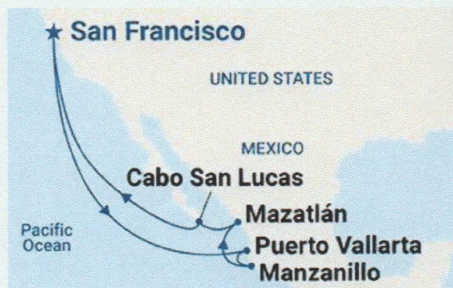
Sail roundtrip from the heart of San Francisco, to the Mexican Riviera for a 10 night cruise aboard the Crown Princess. Experience the stunning beauty and vibrant culture of Mexico as you explore sandy beaches and indulge in delicious cuisine! You will visit popular destinations such as Puerto Vallarta and Cabo San Lucas all while enjoying luxury and comfort aboard the Crown Princess!

*Sail  
Away*



### **PORTS OF CALL:**

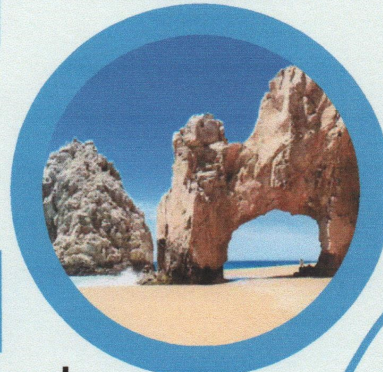
4 Ports: San Francisco,  
Puerto Vallarta, Manzanillo,  
Mazatlan, Cabo San Lucas,  
San Francisco



**BALCONY STATEROOM DOUBLE OCCUPANCY STARTING AT:  
\$3433.00 CABIN TOTAL**



**OCEAN VIEW ROOM DOUBLE OCCUPANCY: \$2723.00 CABIN  
TOTAL**



**FOR MORE PRICING &  
INFORMATION CALL:**

**Lisa at TravelCenter Tours and Travel  
at: 925-937-2223**

*All trips and tours are arranged for your pleasure. Ted Pullen and TravelCenter, Tours and Travel, assume no responsibility for any passengers or their possessions. Specific conditions apply. CST#1002945-40*

**TravelCenter, Tours and Travel, 1936 Oak Park Blvd., Pleasant Hill, CA 94523  
Phone: (925) 937-2223**

# **SIRS VALENTINE LUNCHEON**

## **THURSDAY FEB 1**

McInnis Golf Center, 350 Smith Ranch Road, 11:30

Spouse and Guests are welcomed to  
our regular February luncheon.  
Bring your sweetheart and let's celebrate  
Valentine's Day together.



Speaker: Peter Robinson—From Broadway to Hollywood – the Golden Age of American Musicals - featuring clips from Ginger Rogers and Fred Astaire, The King and I, My Fair Lady, and other toe-tapping excerpts

### **MENU**

Choice of either Salmon, Chicken or Pasta at \$45  
or Prime Rib at \$55 pp. Dessert included

### **RESERVATIONS**

Ted Pullen (415-499-4610 or [tedpullen@comcast.net](mailto:tedpullen@comcast.net)) will be taking reservations during the January luncheon. Seating will be pre-assigned. All entrees must be pre-selected and prepaid not later than 1/25/24.

(Little Sir continued from page 1)

gered the memory of a delightful, informative COM class I took with Ram Dass two decades ago. A class about the power of witnessing people... quietly being there... being that friend who listens ... asking questions ... how important it is to be deeply listened to ... and how enlivening it is when we are deeply heard ...

Our outstanding January luncheon speakers present you with an opportunity to deepen a friendship: invite a friend to join us for lunch ... guaranteed ... you'll walk away with much to talk about.

Add quality to your life.  
Be a Friend

Captain Tom  
co-chair, membership

Say Hello to Harry

One of our newest members is Harry McKellop. Harry retired from running a medical engineering lab at UCLA where he co-developed a new material for hip and knee replacements, relieving pain for millions of people with joints that now last a lifetime.

Snarly traffic drove Harry and his constantly hiking, singing and belly dancing wife Tovya north, first to Cayucos with a vacation home, then as a full transplant to Marin 7 years ago. In Cayucos Harry became a benefactor to two of his nieces as they formed the world famous Brown Butter Cookie Company.

Since the cookie company start Harry and Tovya have 'Giving with Warm Hands' ... giving early inheritance to family members. Ask him about the joy that has brought to his loved ones.

To our Branch 7 billiard players, "Estar atento!" At the start of the pandemic Harry built a billiard room in his garage ... house rules are Harry's House Rules so when he looses, rare though it may be, it's either kindness or his 8 ball-itis acting up. Please extend a warm welcome to Harry 'El Tiburon' McKellop.

### SUNSHINE & SHADOWS

Ken Kauer, Chairman, 472-2334  
(No e-mail)

### January 2024 Meetings

Luncheon Thursday January 7  
Executive Committee Thursday January 21

### ANOTHER YEAR OLDER

On December 26th, Branch 7 completed 60 years as a branch of Sir and started its 61st year.

### 2024 DUES

The dues for 2024 are \$40. Bring to the luncheon or mail to Al Wuthnow at 214 Melrose Avenue, Mill Valley CA 94941. Thank you for your prompt payment.



### SIR ON THE INTERNET

www.sirinc.org  
www.sirinc.org/wearesir-2/

Gives SIR history, organization, locations, activities, travel programs etc.. Also the State newsletter, SIR Happenings. Suggested for those thinking of joining for an early orientation.

### AREA 8 MONTHLY MEETINGS

- Branch 7 McInnis Park 1st Thursday
- Branch 22 McInnis Park 1st Tuesday
- Branch 47 McInnis Park 4th Tuesday
- Branch 58 Elks Lodge Petaluma 3rd Tuesday
- Branch 134 Marin Golf & Country Club 1st Tuesday
- Branch 147 Elks Lodge Petaluma 2nd Tuesday

### 2023 EXECUTIVE COMMITTEE

**Big Sir:** Bob Bundy **Little Sir:** Michael Sommer  
**Secretary:** Dick Robinson **Asst Secretary:** Vacant  
**Treasurer:** Al Wuthnow **Asst Treasurer:** Dick Robinson  
**Directors:** Dave Bernardi, Ken Kauer, Ted Pullen, Kelly Reid, Bob Rigler, Ralph Sherer & Tom Verkozen  
**Advisor:** Dick Robinson  
**Publisher:** Kirk Beales — 415-492-2686, bear38@outlook.com  
**Webmaster:** Vacant

### NON-RESPONSIBILITY DECLARATION

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