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February 2024

Senior Fraud Prevention

Joe Burdick

Location: Café Vitale in Los Altos



Our February guest speaker was Mr. Joe Burdick from the Santa Clara District Attorney's Office. He spoke about financial fraud and common scams that are often targeted on the elderly. He gave us examples of how it can be prevented and how to report fraud when it occurs. Topics included were:

- What is elder financial abuse?
- Why are elders targeted?
- Common scams
 - Phishing emails and business imposters
 - Tech support business imposters
 - Robocall scams
 - IRS/Treasury department scam calls/texts
 - Sweepstakes and lottery scams
 - Grandchild money troubles
- How to avoid financial abuse

[Mr. Burdick's Slides](#)

January 2024

The History of Golf

Tom Kramer

Location: Hobe's Restaurant in Sunnyvale

Link: [Mr. Kramer's Slides](#)



(Due to the unexpected closing of the Macara Bar and Grill on January 11th, we had to move our meeting to Hobe's Restaurant in Sunnyvale a week later, on the 18th).

Our speaker on January 18th was Mr. Tom Kramer from Branch 51. His topic was the history of golf. Tom shared his knowledge of how the game of golf (and its name) evolved throughout history, from its 12th century Dutch beginnings with a stick and leather ball, to Scotland, to the present. He brought two antique golf balls and golf clubs that he has collected over the years.

(Be sure to play the Fred Astaire video link in his slides that didn't work during his talk).

December 2023

Christmas Dinner

Location: Café Vitale in Los Altos

December was our annual Christmas dinner (at Café Vitale this year). There were 33 attendees. All had a great dinner and a great time.



November 2023

Photo / Film Organizing

Mark Marymee

Location: Macara Restaurant in Sunnyvale

Link: [Mr. Marymee's Slides](#)



Our speaker on November 9th was **Mr. Mark Marymee**, a certified photo manager based in Fremont. The presentation was about Photo & Film Organizing. He explained the basics of sorting through photos and film, identifying your best A-grade images, tossing out your worst, then scanning prints and slides and organizing these new digital assets into an online system where it's easy to find photos and share them with family and friends.

October 2023

Egypt and Neighboring Country Tour

Jim Hohenshelt

Location: Macara Restaurant in Sunnyvale

Our October guest speaker was our own Jim Hohenshelt. Jim gave a narrated photo presentation on his recent visit to Israel, Egypt, and neighboring countries.



Joke (Told by Don Coletti)

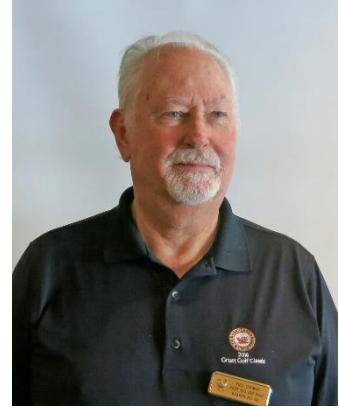
September 2023

Brown Water Navy

Phil Thomas

Location: Macara in Sunnyvale

Link: [Mr. Thomas' Slides](#)



Our September guest speaker was our own **Phil Thomas**.

Phil gave a very interesting presentation about the "Brown Water Navy", of which he was a part during the Vietnam war. This joint effort between the Army and Navy successfully stopped the North Vietnamese from using the waterways to transport their weapons and ammunition during the war.

August 2023

Alaska Fishing

John Dieckman

Location: Holders in Sunnyvale

Link: [Mr. Dieckman's Slides](#)



Our August guest speaker was our own **John Dieckman**.

John gave a great presentation on an Alaska trip he and 3 other fishermen took in June of this year.

July 2023

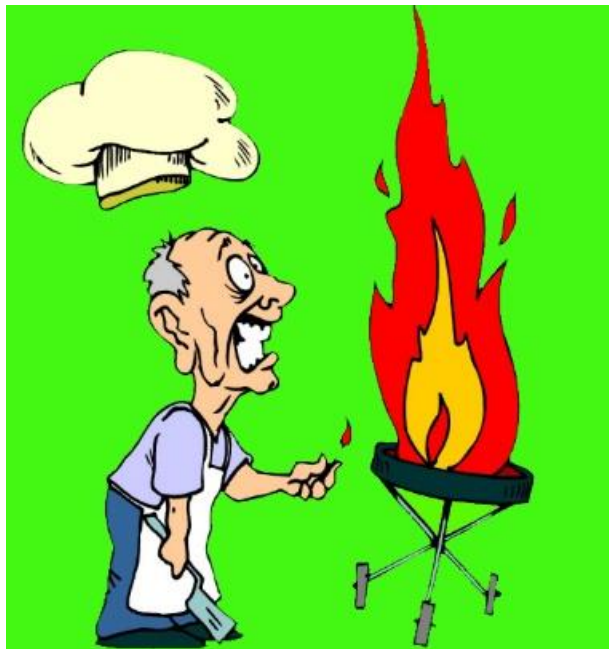
Picnic

Location: Ortega Park in Sunnyvale

Link: [2023 July Picnic Photos](#)

No formal meeting in July – That was our annual SIR Picnic.

We had about 24 in attendance.



June 2023

(No speaker)

Location: Holders in Sunnyvale

Sorry, we had no June speaker.

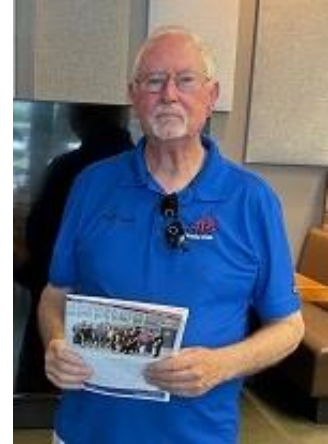
May 2023

Recruiting

Phil Thomas

Location: Holders in Sunnyvale

Our May speaker was our own **Phil Thomas**. Phil is also our Area 11 representative. His talk described ideas for recruiting, including **those** recently proposed by the State SIR group.



April 2023

Branch 62 Website

Mike Miller

Location: Holders in Sunnyvale

Link: [Branch 62 Website](#)



Our April speaker was our own **Mike Miller**. His talk described our Branch 62 **website and** included a **walkthrough** of several of the web pages.

March 2023

Making Kentucky Bourbon

John Dieckman

Location: Holders Restaurant in Sunnyvale

Link: [Mr. Dieckman's Slides](#)



Our March speaker was our own **John Dieckman**. His talk described the process of making bourbon whisky. He included a discussion about the initial ingredients used, the finished product, and all the steps in between.

February 2023

Valley Water Challenges

Mike Potter

Location: 3 Flames Restaurant (with Branch 54)

Our February guest speaker was **Mike Potter**, Valley Water Community Outreach Program Supervisor. He discussed our region's drought challenges and local water supply outlook. Mr. Potter shared information about Valley Water's conservation programs, water-saving tips, details about our region's water source, major infrastructure projects, and more.



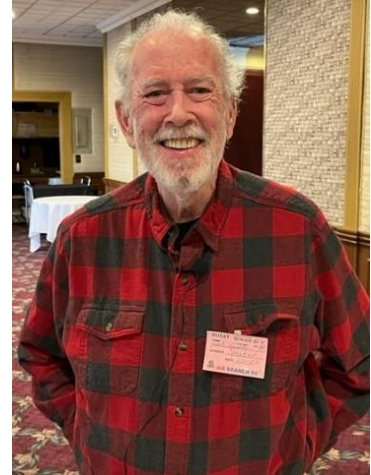
(No joke today. Branch 54 doesn't have that in their agenda.)

January 2023

Clinical Research

Mark Harville

Location: 3 Flames Restaurant (with Branch 54)



Our January speaker was **Mark Harville**. Mark has over 35 years of experience in the medical research field with various pharmaceutical companies. He spoke to us about clinical research and pharmaceutical approvals. He described how new prescriptions and over-the-counter drugs are developed: the pre-clinical studies, and the 4-phase FDA approval process (which currently takes about 10 years).

(No joke today. Branch 54 doesn't have that in their agenda.)

December 2022

Christmas Dinner Dance

Location: Three Flames Restaurant

Band: Sounds for All Occasions

Link: [Dinner Dance Photos](#)



On December 8, 2022, at the Three Flames Restaurant in San Jose, SIR

Branch #62 held its annual Christmas Dinner Dance. The doors opened at 5:30pm and the band, Sounds for All Occasions, started around 6:00pm. Dinner of either Steak, Chicken, or Fish was served at 7:00pm. The band played wonderful music before and after dinner.

We had about 30 in attendance plus 3 in the band.

The occasion was festive, joyful, and very social. The music was relaxing and enjoyable and just the right level for those who wanted to socialize. It appeared that everyone thoroughly enjoyed themselves.

Menu: Steak, Chicken, or Fish

November 2022

California Energy Efficiency Standards

Bob Douglas

Location: 3 Flames Restaurant (with Branch 54)

Link: [Title 24 Information](#)



The guest speaker this month was **Bob Douglas**.

You might have heard California leads the nation with energy efficiency requirements, but you might not be aware of what those requirements are and why they are in place. Mr. Douglas presented the ever-changing, Title 24 Part 6 Energy Efficiency requirements in California. He spoke about the current California energy efficiency standards, with an emphasis on the installation and design of lighting systems for commercial buildings. The California lighting codes are extensive and change every three years, so staying up with them has become a full-time job.

Mr. Douglas spoke of how new building construction will require more efficient zone lighting and automatic turn on/off and dimming control for efficiency. The goal is for all buildings to be net zero in energy usage.

Menu: Turkey dinner with all the trimmings

(No joke today. Branch 54 doesn't have that in their agenda.)

October 2022

Personal Safety

Tyson Wrench

Location: 3 Flames Restaurant (with Branch 54)

Link: [Until Someone Gets Hurt](#)



Our guest speaker this month was **Tyson Wrench**.

Tyson told us of how he was a victim of an elaborate con scheme, where he lost his money, his identity, and nearly his home.

He is the co-author of the book “Until Someone Gets Hurt”.

His talk included tips on how to keep you, your family, and your money safe.

Menu: Chicken

(No joke today. Branch 54 doesn't have that in their agenda.)

September 2022

ClearCaptions

Elli Tehrani

Location: 3 Flames Restaurant (with Branch 54)

Link: [ClearCaptions Website](#).



Our guest speaker this month was **Elli Tehrani** from ClearCaptions.

Elli told us about ClearCaptions, a federally funded government program where, if you are hearing impaired, you can have a telephone captioning device installed that will transcribe the other person's voice into text to help you better understand what they're saying.

Menu: Chicken

(No joke. Branch 54 doesn't have that in their agenda.)

August 2022

Personal Safety

Brian Rainie

Location: Zoom (because Holders burned down last month)



Our speaker this month was Mr. **Brian Rainie**.

Mr. Rainie is a member and board member of [Moto-Ki](#), a non-profit association of highly skilled martial arts and healing arts instructors dedicated to promoting the positive use of earth-based energy known as Moto-Ki.

He gave us several tips on self-protection and self-awareness, including how not to be an easy target for someone that could do you harm. He also gave pointers like leaving a dog dish outside your front door to deter burglars (make them think you have a dog), and putting your butt against the wall if in public on your cell phone (so someone can't sneak up behind you- and steal your phone), and keeping a money clip with a phony \$100 bill showing (throw it one way and run the other).

He also talked about planning ahead for situations where you might be in danger. It's always better to walk with a group; how to talk to 911 to give you more priority, and shouting "The police are on their way," for a situation where you encounter a crime occurring while driving down the road.

He gave us a tip to always carry a cup at a party (so no one will offer you a drink you don't want). Keep a distance for safety of 7 or 8 ft. from someone you are unsure of; put your hand over your mouth and tell someone you have the Covid bug if you want them to go away. And finally, to shout, "Back off. I don't know you!" if someone is trying to harm you in public.

Menu: Bring your own lunch

Joke: Steve Burnham told a joke about two gorillas.

July 2022

African Safari Trip

John Dieckman

Location: Holder's Country Inn

Link: [Mr. Dieckman's Slides](#)



Our own **John Dieckman** gave an interesting talk on an African Safari tour that he and Richard Pope took in November of 2017. John described the safari with photos that were taken on his Kenya & Tanzania tour. The classic safari trip lasted 14 days; it was a motor tour of various parks and preserves in both countries. It provided many opportunities to see native animals in their natural environment.

Menu Choices:

Baked Lasagna,
New York Steak,
Tilapia,
Chicken Parmesan, or
Cobb Salad.

[Joke](#) (Told by Don Coletti)

June 2022

Picnic

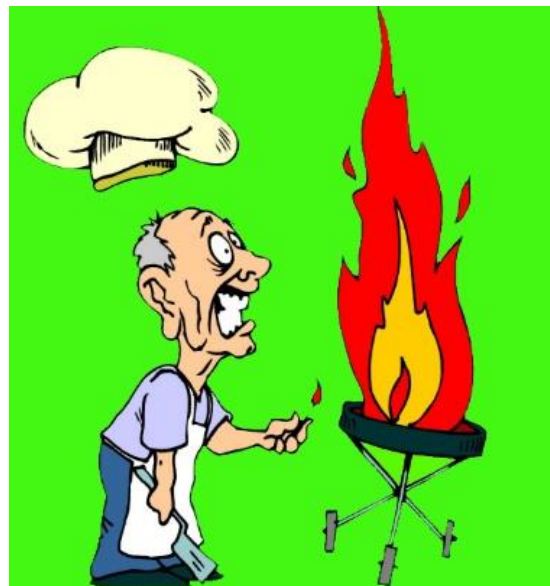
Date: June 9, 2022

Location: Ortega Park in Sunnyvale – Picnic Area

Link: [2022 Picnic Photos](#)



This was our first public picnic since the Covid-19 pandemic began.



May 2022

Current Economy

Larry Stone, Santa Clara County Assessor

Location: Holder's Country Inn

Link: [Slides](#)

Mr. Stone was first elected in 1994 and has been re-elected 6 times since. As County Assessor, Stone has overseen remarkable improvements to streamline the operations of his office, eliminate backlogs, and achieve higher levels of public service, all while consistently operating substantially under budget.



He talked about the current economy, how it has been affected by Covid-19 (supply chain shortages and delays, unemployment, housing shortage), and California's people migration.

Menu Choices:

Roast Turkey,
Tri-Tip Steak,
Trout Florentine,
Sicilian Chicken, or
Apple Harvest Salad.

[Joke](#) ("When God Sends Help..." - told by Don Coletti)

April 2022

State of the City of Sunnyvale

Sunnyvale Mayor Larry Klein

Location: Holder's Country Inn

[Slides](#)



Mayor Klein spoke on several development projects going on in Sunnyvale, including the downtown redevelopment and changing from at large council members to council districts and mayoral election by the people.

Menu Choices:

Chicken Cordon Bleu,
Salmon,
New York Steak,
Chicken Parmesan,
Or Chinese Chicken Salad.

[Joke](#) ("Flagpole Measurement" - told by Don Coletti)

March 2022

A Financial Investment Opportunity

Richard Simpson

Location: Holder's Country Inn

Our latest Branch 62 SIR member, Richard Simpson, gave us a financial presentation about structured annuities. He described this investment opportunity that can achieve reasonable gains while limiting the downside risk.



Menu Choices:

Baked Meatloaf with mushroom gravy,
Tri-Tip Steak,
Trout Florentine,
Chicken Alfredo,
or Chinese Chicken Salad.

[Joke](#) (told by Don Coletti)

February 2022

Cambodia Trip

Jim Hohenshelt

Location: Holder's Country Inn

[Jim's Slides](#)



Our own Travel Chairman, Jim Hohenshelt, gave a presentation on his recent trip to Cambodia.

Menu Choices:

Mahi Mahi,
Chicken Alfredo,
Yankee Pot Roast,
Ribeye Steak,
Chinese Chicken Salad Roast Turkey,
New York Steak,
Trout Florentine,
Sicilian Chicken,
or Strawberry Salad.

[Joke](#) (told by Don Coletti)

January 2022

Vietnam Trip

Jim Hohenshelt

Location: Holder's Country Inn

[Jim's Slides](#)

Our own Travel Chairman, Jim Hohenshelt, gave a presentation on his recent trip to Vietnam.



Menu Choices:

Mahi Mahi,
Chicken Alfredo,
Yankee Pot Roast,
Ribeye Steak,
or Chinese Chicken Salad.

[Joke](#) (told by Don Coletti)

December 2021

Christmas Dinner Dance

Location: Holder's Country Inn

The Band: *"Sounds for All Occasions"*

[Dinner Dance Photos](#)

Menu: Choice of Ham, Chicken, or Tilapia



November 2021

Roy's Trip to France

Roy Jordan

Location: Holder's Country Inn

[Roy's Slides](#)

This month's speaker was our own Roy Jordan. His talk was on his latest trip to France. He spoke about the Loire Valley, Normandy, cruising the Seine River, and Paris.



Menu Choices:

Sea Bass,
Chicken Parmesan,
Roast Turkey,
Cobb Salad,
or Tri Tip Steak.

October 2021

Valley Water: Managing the Drought

Nai Hsueh and Mike Porter

Location: Holder's Country Inn

[Presenters Slides](#)

The presenters provided historical and current data showing how we got into the drought and what we will need to do to resolve it in the future. They discussed how water supply and demand has changed over the years, where our water comes from, and how it is used.



Menu Choices:

Swordfish,
Sicilian Chicken,
Salisbury Steak,
Teriyaki Chicken stir-fry,
or Tri-Tip Steak.

[Joke](#) (Told by Don Coletti)

September 2021

Fishing in Alaska

John Dieckman

Location: Holder's Country Inn

John is a member of our SIR Branch 62. He has been a member for 14 years and was Big Sir in 2019.

John gave us an interesting account of three of his fishing adventures to Alaska in 2018, 2019, and 2020. These trips were organized by Heber Slusser, but John is the only Sir that went on all three fishing trips.

He showed us slides and photos taken during the trips, including the marvels and scenery of the area, and of course, all the fish that were caught. He explained that the organized trips took care of everything, including freeze packing the salmon, halibut, and rockfish that were caught – all packed and ready for the trip home.

He estimated that each fisherman returned with between 45-50 pounds of fish, ready for the freezer, thawing and eating.

Menu: Choice of Trout Florentine, Chicken Alfredo, Chicken Cordon Bleu, Baked Lasagna, or New York Steak.

[Joke](#) (told by Don Coletti).



August 2021

The Amateur Radio Relay League (ARRL)

Judge Rodney Stafford

Location: Our first live meeting at Holder's Country Inn

Rodney Stafford (W6ROD) is an active Branch 62 member. He is a retired Superior Court Judge serving Santa Clara County and was the president of the ARRL from 1995 to 2020.



He spoke to us about the history of the ARRL (it was founded in 1914 as a means of communicating across the country using radio relay stations), and what it means to be a “ham” radio operator, including their involvement in maintaining communications during a disaster.

Judge Stafford is also a former ARRL Section Manager for the Santa Clara Valley Section (1983-1986), and a former Pacific Division Director (1986-1990). He currently serves the ARRL as International Affairs Vice President.

In addition to amateur radio, he has embarked on a second career in photography. He currently sells his travel and landscape photography at various art fairs. His website is:

www.flickr.com/rodstaffordphotography

Menu: Choice of Salmon, Sicilian Chicken, Yankee Pot Roast, Chinese Chicken Salad, Pasta Chicken, or Cheeseburger.

Joke: Humorist Don Coletti told several jokes

July 2021

Living in Austria during Hitler's Campaign

Paul Shwartzbart

Location: 3-Flames Restaurant in San Jose with Branch 54



Paul A. Schwarzbart, husband, father, respected teacher, survivor of the Holocaust, was born in Vienna in 1933. He was just 4 years old and living in Austria with his parents when Hitler began his campaign to conquer Europe and exterminate undesirables, in particular the Jewish. Paul shared with us what the next decade was like living through that nightmare.

He fled with his parents when Austria was annexed, at the end of 1938. After his father's arrest, he was hidden in a Catholic boys' school in the Belgian Ardennes. Some ten years later, he and his mother came to the United States. He eventually received his undergraduate and graduate degrees at UC Berkeley. His teaching career spanned 45 years. He has spoken well over 500 times in various venues recounting his life experiences as a hidden child. In 1988 Schwarzbart's life became the central theme of an award-winning Ken Swartz documentary, SHATTERED DREAMS, A Child of the Holocaust.

Paul spoke to our group via Zoom on the internet.

Menu: Chef's Choice or Pasta dish or a vegan salad dish.

June 2021

The Perfect Cup of Coffee

Richard Horrell

Link: [Big Bully Roasters](#)

Slides: [The Perfect Cup of Coffee](#)

Location: Three Flames Restaurant, San Jose

Mr. Horrell is one of the owners of “Big Bully Roasters”. Getting a GREAT cup of coffee is no accident. Richard is a fanatic about his coffee. He went over some of the things necessary to get that perfect cup of Joe. He told us some of the things you should be doing and what things need to be changed. For example, he told us the importance of keeping the beans away from oxygen once they are roasted. Big Bully only sells beans (ground or whole).

He and his co-owners are also fanatics about their bulldogs from which the company gets its name, **Big Bully Roasters**.

Note: This was our first in-person meeting since the pandemic started. We met at Three Flames Restaurant in San Jose, joined with San Jose Branch 54.

Menu: Meatloaf, Pasta dish and a (vegan) salad dish.



May 2021

Dirty Politics - How Corruption Was Used to Clean San Francisco on Garbage Day

Patricia Strach

Location: Zoom



San Francisco residents take their trash and recycling out to the curb. Recology, formerly Sunset Scavenger Company picks up the trash as it has since the mid-nineteenth century. Remarkably, garbage collection hasn't changed much in that time. It's easy to forget that routine, effective trash collection and disposal service was not always the norm. In fact, 19th century cities struggled with mounting trash. Dr. Strach discussed the origins of trash collection and its political struggles.

Lessons learned:

1. Garbage, like many other issues, is political.
2. Creating garbage programs required technical, political resources.
3. Governments struggled with compliance.
4. Fact that garbage is routine, "non-political" may be one of government's greatest achievements.

Menu: Your choice. Bring your own.

[Joke](#)

April 2021

Grow Strong Not Frail...Age is no Barrier

Dr. Karl Knopf

Location: Zoom

Link: [Grow Strong NOT Old or Frail](#)



Dr. Knopf has worked in almost every aspect of the fitness industry, from personal trainer and therapist, college instructor, and consultant to major universities and professional organizations. His senior fitness books are often promoted in Tuff's University Health Letters. He has been a guest of public television's "Sit and Be Fit" show and was a regular guest on KGO radio.

Menu: Your choice. Bring your own.

March 2021

Backstage Secrets of Jeopardy

Leslie Frates

Location: Zoom



Leslie is a multi-episode champ on "Jeopardy". She was a 5-time daily Jeopardy winner plus participated in an additional 6 tournaments. Leslie shared with us a few secrets of the show and insight into its long-time former host, Alex Trebek. We had several spouses who joined us for this one.

Menu: Your choice. Bring your own.

[Joke](#)

February 2021

Second Harvest of Silicon Valley

Eddy Shahin

Location: Zoom

Link: [About Second Harvest of Silicon Valley](#)

Link: [How to Help Second Harvest](#)

Need Food Assistance? Call 1-800-984-3663

Founded in 1974, Second Harvest of Silicon Valley is one of the largest food banks in the nation. Due to prohibitively expensive cost of living in Silicon Valley and the economic downturn caused by the COVID-19 pandemic, hunger is at an all-time high. Second Harvest is now serving an average of 500,000 people every month, twice as many people as it did pre pandemic. Operating expenses have increased to over \$12 million since the pandemic started. 95% of donations go into the service (only 5% overhead).

Eddy Shahin explained how Second Harvest gets this done and what you can do to help.

Menu: Your choice. Bring your own.

[Joke](#)



January 2021

Words Whispered in the Water

Sandy Rosenthal

Location: Zoom once again because of the pandemic.

Links: [Slides](#) [Words Whispered in the Water](#)

The catastrophic flooding of New Orleans 15 years ago brought levees into the public conscience. Now flooding seems to be a problem almost everywhere. Much of the nation's population lives in counties protected by levees.



Our speaker this month was Sandy Rosenthal. She is the founder of the major nonprofit, [Levees.org](#) – which has 25,000 supporters and chapters in five states. She did this after she and her family were evacuated from the New Orleans flooding from Hurricane Katrina.

Sandy's new book – “Words Whispered in Water”, which is also the topic of her talk today, is about how she changed the national narrative on how the flooding disaster in 2005 classified as an act of Mother Nature is more likely a federal civil engineering mistake.

In March of 2019, Sandy Rosenthal unveiled the first of its kind, Flooded House Museum at the site of a major levee breach. She hosts an annual guided Levee Breach Bike Tour. These are just a couple of the sustainable ways that she separates fact from fiction.

For those efforts, Sandy has been honored with numerous awards including most recently “Outstanding Social Entrepreneur of the Year” from Tulane University in 2018, and also “Most Influential Woman” by Mount Holyoke College. She is an advocate for the 63% of the American population living in counties protected by levees.

Sandy's been married to Stephen Rosenthal since 1979, has three adult children and one granddaughter. She also has two small dogs named Twinkie and Cupcake.

Menu: Your choice. Bring your own.

[Joke](#)

December 2020

Protecting Your Personal Information Online

Ilze Duarte

Location: Zoom once again because of the pandemic.

Link: [Slides](#)



Ilze Duarte's presentation covered the ins and outs of how to protect your personal information online. She gave us tips for staying safe in cyberspace, like safe browsing, how to recognize online scams, and when it's OK - or not - to share your personal information online. See more detail on her slides link (above).

Menu: Your choice. Bring your own.

November 2020

Geology from the Pacific to the Rockies

Dr. Horace Hines

Location: Zoom once again because of the pandemic.



Horace Hines, who spoke to our SIR group two years ago on the Science of Baseball, returned with a discussion on Geology. Have you ever wondered why there is a mountain range on the California coast followed by the great Central Valley and then the Sierras? Why is the descent from the Sierra summit down to Reno steeper than the rise from the Sacramento Valley to the summit? What created the Great Basin where rivers go to die? Dr. Hines answered these questions and more.

Menu: Your choice. Bring your own.

[Joke](#)

October 2020

Sunnyvale Services During Covid-19

Tracey Gott

Location: Zoom once again because of the pandemic.

Link: [Slides](#)



Tracey Gott is the Community Services Manager with the City of Sunnyvale. She has over 20 years of experience in municipal recreation, including 15 years in leadership roles. Tracey has extensive experience with creating community through programs, events and services for older adults and people with disabilities. She previously worked for the City of San Jose where she was responsible for overseeing the citywide senior services programming. Tracey received her bachelor's degree in Recreation and Leisure Studies with an emphasis in Therapeutic Recreation from San Jose State University and received her master's degree in the Management of Aging Services from the University of Massachusetts Boston. She spoke on the various programs the Senior Center has during and after the Coronavirus pandemic.

Menu: Your choice. Bring your own.

September 2020

Picking Tomatoes When the Sky Was in Flame

Ursula Smith

Location: Zoom once again because of the pandemic.

Link: [Ursula's Book](#)



Ursula Smith was a young child in Germany when World War II broke out. Her home located in the German town of Essen was a major target of Allied bombings. She remembers vividly holding a basket of tomatoes in her front garden while B17s were dropping bombs aimed at the coal mine across the street...where her father, a coal miner, worked. *Picking Tomatoes When the Sky Was in Flame* is the title of a book she wrote about her experiences. Her story describes what life was like during the bombings in Essen. Ninety percent of the infrastructure was destroyed; sixty percent of its residents were left homeless. Her family survived but it was a physical and emotional struggle. She gave her talk to SIRs Branch 20 last February. Program Chair Jim Healey described it as "EXCELLENT ... she was polished and articulate...got quite emotional when describing the bombings in her town."

Menu: Your choice. Bring your own.

August 2020

Sunnyvale Community Services

Janette Brambila

Location: Zoom once again because of the pandemic.

Link: [Sunnyvale Community Services](#)



Janette is a long time Sunnyvale resident and immigrant from Guadalajara Mexico. She attended Fremont High School, De Anza College, and Sacramento State where she received her bachelors in Sociology with an emphasis in Legal Studies.

She became an advocate for underrepresented communities when her family disclosed their undocumented status. Janette has been working with Sunnyvale Community Services for 2.5 years. She oversees the Community Leader Program and enjoys bringing awareness to the unmet needs such as social services, healthcare, education, immigration, and affordable housing in Santa Clara County.

Ms. Ramirez is the Community Navigator for Sunnyvale Community Services. Founded in 1970, the organization is an independent, nonprofit emergency assistance agency. Its mission is to prevent homelessness and hunger in our local community.

She spoke on the Sunnyvale Community Services' impact on poverty, hunger, and homelessness.

Menu: Your choice. Bring your own.

July 2020

Title: Epidemic in a Pandemic: Opioid Overdoses and COVID-19

Opioid Crisis

Dr. Patricia Strach



Location: Zoom once again because of the pandemic.

Link: [Slides](#)

Dr. Patricia Strach is a professor of Political Science and Public Administration, University at Albany, State University of New York, and fellow at the Rockefeller Institute of Government. She is the author of *Hiding Politics in Plain Sight: Cause Marketing, Corporate Influence, and Breast Cancer Policymaking* (Oxford 2016), *All in the Family: The Private Roots of American Public Policy* (Stanford 2007), and articles appearing in *Political Research Quarterly*, *Journal of Policy History*, *Politics*, and *American Politics Research*. In 2008-2010 she was a Robert Wood Johnson Scholar in Health Policy Research at Harvard University. Dr. Strach received her doctorate in political science from the University of Wisconsin-Madison in 2004.

She is the principal investigator on the "Stories from Sullivan" project, which examines how opioid use affects local communities and what local communities are doing to address it. Her research examines public policy and mass politics. In her presentation, Dr. Strach stated that 70,000 die each year from overdose. The isolation due to the pandemic has escalated opioid use. The illegal drug market is becoming better under control, but the major problem now is doctors who over-prescribe.

She received her certificate by e-mail.

Menu: Your choice. Bring your own.

Joke: (no one offered a joke) Paul Goodwin offered to be our Zoom humorist, as Don Coletti doesn't have internet capability.

June 2020

Title: The Sunnyvale Care Management Program

Care Management

Audrey Steeples

Location: Zoom

Link: [Care Management Program](#)



Care management provides critical and valuable information, helping connect our community members to vital services to help maintain their independence. This is a service we or our loved ones will likely need as we get older.

Audrey's certificate was sent to her by mail.

Menu: Do your own thing! This was another Zoom luncheon.

Joke: (no one offered a joke over Zoom)

May 2020

Title: *ClearCaptions* Phone Captioning Service

ClearCaptions

Christen Marabate

Location: Zoom due to the pandemic

Christen Marabate is a Regional Manager for *ClearCaptions*, a phone captioning service provided free of charge for qualified individuals whose hearing loss restricts their phone use. The cost of the service is paid through a fund administered by the FCC. The money comes from a fee paid by all telephone users. Christen gave us information about the *ClearCaptions* service.



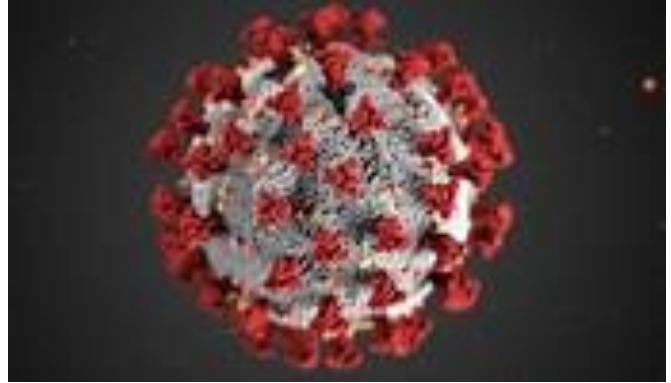
Menu: (On your own – this was our first Zoom luncheon)

[Joke](#)

March 2020 & April 2020

Coronavirus

We could not hold meetings in March or April due to the Coronavirus (Covid-19) pandemic.



February 2020

Title: Memory Fun 101 - Memory Training for Everyone

[Memory Training](#)

[Chester Santos](#)

Location: Barrel 19 Bistro, Sunnyvale Golf Course

Link: (search “Chester Santos memory” on web)



In this fun and entertaining presentation, U.S. Memory Champion, Chester Santos, taught us the basics of memory improvement. We learned a number of memory-boosting methods that Chester gave us to exercise our imagination and awaken our creativity. We were shown how to utilize both sides of our brain to make information stick and become unforgettable.

Before the presentation started, Chester went around the room and introduced himself to many of us. Then, as he started his talk, he went around the room and recalled the names of about 20 of us.

We participated in enjoyable exercises, including how to memorize a list of seemingly unrelated words... (monkey, iron, string,...), and we were actually feeling our memory ability improving throughout the presentation. Everyone left this interactive session with a sharper mind and a solid foundation in exercises and techniques that will benefit each of us for the rest of their lives.

Menu: BBQ Chicken Buffet or Chef Salad

[Joke](#)

January 2020

Title: Reading Partners - A Program Update

Reading Partners

Monique Garcia

Brian Lam

Location: Our first luncheon at Barrel 19 Bistro,
Sunnyvale Golf Course

Link: [Reading Partners](#)



Two years ago, Monique Garcia and Rennea Phillips spoke to our group about "Reading Partners", a non-profit organization that provides reading tutors for elementary school students in under performing schools. They stressed the need for volunteers. Branch 62 responded with several members volunteering and even two wives. This year Monique and Brian provided us with an update. Afterwards a few of the new volunteer Reading Partner tutors spoke about their experiences.

Menu: Chicken Cesar Salad or Meat Lasagna Buffet

[Joke](#)

January 2019

Who Sang It?

John Lehman

John Lehman is a world-class musicologist/historian. He knows more about the origins of all specific recorded songs in the USA since 1890 than probably anyone in the world.

His presentation was a fun program that he called "Who Sang It" where he played a snippet of a popular or movie-theme song dating to as far back as he felt we might be familiar, and asked us collectively to identify such things as who sang it, what movie it was from, etc. There was competition between tables as he presented approximately 20 songs. Thereafter, he shared insight into the history of the songs and singers.

Menu: Chef Salad or Beef Stroganoff

[Joke](#)



February 2019

Title: Relationship between the Ear and the Brain
Hearing Loss

Dr. John Miles

Link: <https://www.hearwell1.com/hearwell-audiology-los-gatos/>



Dr. John Miles asks, is hearing getting to be a problem? He is a practicing audiologist, who has been in a private practice at *HearWell Audiology* in Los Gatos since 1980. His talk is on the complexity of the ear and its relationship to the brain. He cited several studies analyzing different hearing deficiencies. He reminded us to consider hearing aids when we need them, because over time, that part of our brain, if not exercised by sound, will become less effective.

Menu: Caesar Chicken Salad or Chicken Marsala

[Joke](#)

March 2019

Title: Sunnyvale

Sunnyvale

Gustav Larsson

Link: [Gustav Larsson](#)



Council Member Gustav has previously held the position of Vice Mayor of Sunnyvale 2016-2017. He and Glenn Hendricks have served the longest as Council members.

Menu: Boat Fruit Salad or Grilled Ham w/Cherry Sauce

[Joke](#)

April 2019

Title: The Berlin Airlift, the Candy Bomber and I
Berlin Airlift

Gisela Zebroski

Link: [Wikipedia: Gail Halvorsen](#)



In 1948 Stalin challenged the West to a showdown between communism and democracy. Berlin set the stage. By blocking all land access routes to the Western Zones of Berlin, Stalin took 2.3 million Berliners hostage - doomed to starve to death unless the West surrendered their territory to the Soviets. A massive blackmail. Over the following 11 months the Allies airlifted 4.6 billion pounds of supplies to Berlin, thus sparing West Berlin from Soviet occupation. By treating the hungry children of West Berlin to candy, Lt. Hal Halverson, turned former enemies to friends and the airlift to a joint venture. He is known as the CANDY BOMBER. This was an exciting eyewitness story from our guest speaker.

Menu: Chef Salad or Roasted Pork Loin

Joke: None

May 2019

Title: The Use of Music in the Positive Stimulation of Dementia Patients

Music Therapy

John Lehman



Along with USC Alzheimer's researchers, John created a research protocol of cognitive tests to measure the impact on memory of two hours of vintage music immersion per week. This is also known as reminiscence therapy. Since then, he has developed vintage music for memory therapy for groups and individuals. Currently he uses this therapy while working with residents of the SarahCare residential care center in Campbell.

Mr. Lehman is the co-founder and Executive Director of Senior New Ways, a Palo Alto non-profit.

Menu: Caesar Chicken Salad or Chicken Cacciatore

[Joke](#)

June 2019

Location: Ortega Park in Sunnyvale – Picnic Area

[Picnic](#)

Photos: [2019 Picnic Photos](#)



Bob Byers - Picnic Committee Chairman, Head Shopper, Head Setup, and Organizer
Plus

Phil Thomas - Chicken Chef - Picnic Helper

Lee Wriglesworth - Picnic Helper

Lynn Grilley - Picnic Helper

Dave Riopel - Hors D'oeuvre cook, Picnic Helper

Tom Chatfield - Picnic check-in

Bud Collinson - Garlic Bread Cook

Tom Birley - Assistant Chairman, Beef Chef, Picnic Helper

Menu: BBQ Tri Tip, BBQ Chicken, Potato Salad, Corn on the Cob, & Beans

July 2019

Title: Stolen! What to Do When Identify Theft Happens to You

Identity Theft

Jen Lee

Link: [Identity Theft Flyer](#)



Do you know what to do when your credit card is compromised or identity is stolen? Our speaker, Jen Lee will go over several ways to protect private information, credit, financial, and medical details, to reduce the risk of identity theft and fraud. However, even with the best precautions, it can still happen to almost anyone. We'll review how to figure out you've been a victim and the steps to take to try and fix the unfortunate situation.

- Protecting yourself, your family, and your private information
- Red flags and identifying the problem.
- Immediate steps to take when fraud is discovered.
- Long-term actions and ongoing monitoring details.

After the 2017 Equifax data breach, it is more likely than not that your identity has already been compromised. Do you know what to do when it happens? Ms. Lee gave us valuable information about what one should do.

Menu: Boat Fruit Salad or Grilled Tilapia

[Joke](#)

August 2019

Title: Hidden War - How Special Operations Game Wardens are Reclaiming America's Wild Lands from the Drug Cartels

[Drug Cartels](#)

[Lt. John Nores Jr \(ret\)](#)



Lt. Nores was the team leader for the California Dept. of Fish and Wildlife's Special Operations Marijuana Enforcement Team (MET). He gave us an overview of the success and challenges of his team's fight to stop international drug trafficking organizations from destroying our nation's wildlife, wild lands, and waterways throughout the United States. Reviewing his team's first five years of operations, John covered cartel environmental crime trends over that time period and highlighted his team's development and use of amazing K9s (dogs) to stop the decimation inflicted on our nation's wildlife resources by these clandestine groups.

Menu: Chef Salad or Meaty-Cheese Lasagna

[Joke](#)

September 2019

Title: Dispelling the Misconceptions about Reverse Mortgages

Reverse Mortgages

Amanda Keith

Link: [Linkedin: Amanda Keith](#)



It's likely many of us are misinformed about today's reverse mortgages. Learn the facts. Tired of making monthly mortgage payments while on a fixed income? Unsure of how to pay for unexpected expenses during retirement? The truth is that the average retiree holds 70% of their net worth in home equity. A federally insured reverse mortgage allows you to tap into that wealth.

In this talk, Amanda educated us on how a reverse mortgage can:

- Eliminate monthly mortgage payments.
- Eliminate credit card or tax debts.
- Pay for in-home care or home improvements.
- Fund that dream vacation.
- And more...

Menu: Caesar Chicken Salad or Bay Shrimp Carbonara

[Joke](#)

October 2019

Title: Criminal Drug Treatment Court and
Rehabilitation Program

Drug Court

Judge L. Michael Clark

Link: [About Drug Courts](#)



Judge Clark shared stories about how the Santa Clara County Superior Court helps addicted criminal defendants find sobriety and avoid recidivism through an innovative program called Drug Treatment Court.

Menu: Boat Fruit Salad or Spaghetti Marinara w/Meatballs

[Joke](#)

November 2019

Title: Estate Planning

Estate Planning

Deborah Radin

Slides: [Slides](#)

Link: [About Deborah Radin](#)



Deborah Radin is an attorney with Kramer Radin, LLP. Do you have an Estate Plan? Is it up to date? If not, this is a good time to act. Ms. Radin's practice concentrates on estate planning, trusts, wills, post-mortem trust administration, probate, estate dispute resolution, charitable giving, tax planning, elder abuse, and end of life planning. The presentation may be downloaded (slides link above).

Menu: Chef Salad or Roasted Turkey

[Joke](#)

December 2019



Christmas Party

Location: Mariani's Restaurant in Santa Clara

The Band: Sounds for All Occasions

Photos: [2019 Dinner Dance Photos](#)

Note: Eating, Drinking, Dancing, Singing, Talking, and having a good time!

Menu: Probably Chicken Marsala, Grilled Ham, or Tilapia with Lemon Butter Sauce

January 2018

Title: Protection of House and Possessions in Santa Clara County

Home Safety

Rick Sung

Link: [Santa Clara County Sheriff](#)



Sherriff Sung is the assistant sheriff for Santa Clara County. His presentation deals with the many tools individual homeowners have to stop/prevent a home burglary including indoor and outside cameras, the use of ADP home monitors, securing side gates, and house windows. Oddly enough he recommends an active dog as an effective tool in discouraging burglary. A review by Branch 32 last year said he was a very polished and friendly person and gave him a 10+++ rating.

Menu: Chef Salad or Beef Stroganoff

February 2018

Reading Partners

Rennea Phillips

Rennea Phillips is a Senior Volunteer Coordinator for Reading Partners. Reading Partners is a nonprofit reading intervention program that works with underperforming schools. The program is geared for students from kindergarten to 4th Grade who are who are 1 month to 2.5 years behind on their reading.



Menu: Caesar Chicken Salad or Chicken Marsala

[Joke](#)

March 2018

Title: The Science and Strategies of Baseball

Baseball Science

Horace Hines, PhD



Baseball is a game of probabilities and Dr. Hines likes understanding both the strategies and the physics of what is going on. His talk gave us a better appreciation of the advantages the baseball pitcher has over the hitters and how hard it is to get a hit. Just in time for Baseball Season!

Menu: Boat Fruit Salad or Grilled Ham w/Cherry Sauce

[Joke](#)

April 2018

Title: Sepsis - A Serious Health Threat

Sepsis

Kelly Nguyen, RN

Kelly is a Sepsis Program Coordinator at El Camino Hospital. Sepsis is the leading cause of death of hospitalized patients. These deaths outnumber those from breast cancer, prostate cancer and AIDS combined. One person is hospitalized with Sepsis every 20 seconds. One person dies every 2 minutes. Ms. Nguyen described the symptoms, when to seek medical attention, and ways to identify it and decrease one's risk of infection. It is especially a problem for people aged 65 and older. This talk was very interesting.

Menu: Chef Salad or Roasted Pork Loin

May 2018

Title: The Hubble Space Telescope Program

[Hubble Telescope](#)

[Ron Sheffield](#)



Ron is the former Manager of Extravehicular Activity and Crew Systems of the Hubble Space Telescope Program for Lockheed Martin. His presentation covered the physical description, characteristics, and historical background of the Hubble, from 1985 to the 2009 Servicing Mission. He also touched on the many historical scientific discoveries made over the 20-plus years of activities of the Hubble.

Menu: Caesar Chicken Salad or Chicken Cacciatore

[Joke](#)

June 2018



Picnic

Location: Ortega Park in Sunnyvale – Picnic Area

Photos: [2018 Picnic Photos](#)

A lovely day, good food, and great company and conversation were all that was needed for a wonderful time. A total of 35 SIR and 23 guests participated.

Our special thanks go to:

Bob Byers - Picnic Committee Chairman, Head Shopper, Head Setup, and Organizer Plus

Phil Thomas - Chicken Chef, Picnic Helper

Bob Hebson - Cook, Picnic Helper

Lynn Grilley - Picnic Helper

Jeff Bautista – Check-in, Drawing Tickets, Picnic Helper

Tom Birley - Assistant Chairman, Beef Chef, Picnic Helper

Menu: BBQ Tri Tip & Chicken, Potato Salad, Corn on the Cob & Beans

July 2018

Title: The Making of the Phaulkon Legacy

Novel Writing

Walter Strach III



Have you ever wondered how to go about writing a novel? Five years ago, my son, Walter Strach III did just that. After spending 10 years in Southeast Asia, he returned to the USA and wrote a historical novel, "[The Phaulkon Legacy](#)". It is a mystery about the rise to power of a young Greek, Constantine Phaulkon in 17th century Siam as told through the eyes of 20th century historian Dylan Montgomery. It is a riveting novel.

Menu: Boat Fruit Salad or Grilled Tilapia

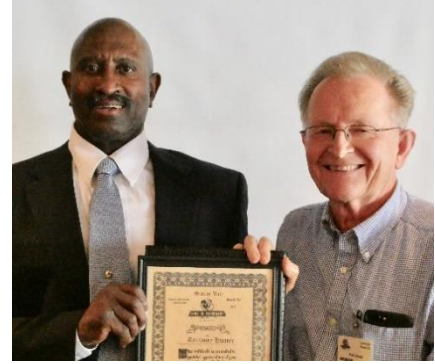
[Joke](#)

August 2018

Title: My 30 Years with the California Department of Corrections (DOC)

Dept. of Corrections

Terrance Hunter



What really goes on within the walls of the California Department of Corrections facilities? Mr. Hunter will give us the inside story in his outstanding presentation. Horace Hinds, Big SIR of Branch #54 noted Mr. Hunter received a standing ovation when he spoke to their group. His talk was also very well received by branch 62.

Menu: Chef Salad or Meaty-Cheese Lasagna

[Joke](#)

September 2018

Sunnyvale Status

Marc Berman



Representative Marc Berman from California Assembly District 24 will be our speaker. District 24 covers San Mateo County and northern Santa Clara County including Sunnyvale. He spoke on important issues that affect our district, including how Sunnyvale is focusing on new mass housing development nearer public transportation, and the recent changes to the street traffic control systems. We were told to be sure to bring along our questions.

Menu: Caesar Chicken Salad or Bay Shrimp Carbonara
[Joke](#)

October 2018

Title: My Life in Saudi Arabia

Saudi Arabia

Paul Goodwin



Paul Goodwin, a fellow Branch 62 member, will speak on "My Life in Saudi Arabia". His talk dealt with experiences he had as a consultant to FMC Arabia, a US company that was building a plant to upgrade Saudi vehicles to be compatible with US vehicles. He was the financial systems trainer and visited 5 times from 1996 to 2000. On one visit his wife was with him for 3 months. They stayed in a compound, had a car, and experienced the Saudi way of life in Riyadh.

Menu: Boat Fruit Salad or Spaghetti Marinara w/Meatballs

[Joke](#)

November 2018

Title: Climate Change, Its Cause and Effect

Climate Change

Sudhanshu Jain



Sudhanshu "Suds" Jain will speak on "Climate Change, Its Cause and Effect". His talk was on the reality of climate change with a detailed slide presentation on the various factors which are causing the increase in global temperatures. The warming of our planet is already producing serious problems which are expected to get worse over time. He believes that a Cap and Trade solution has its drawbacks and that a Carbon Fee and Dividend program would be a better avenue to pursue.

Fascinating talk, very knowledgeable speaker!

Menu: Chef Salad or Roasted Turkey

December 2018



Christmas Party

Location: Mariani's Restaurant in Santa Clara

The Band: Sounds for All Occasions

Photos: [2018 Dinner Dance Photos](#)

Note: Eating, Drinking, Dancing, Singing, Talking, and having a good time!

Menu: Chicken Marsala, Grilled Ham, or Tilapia with Lemon Butter Sauce

January 2017

Title: Climbing Mt. Kilimanjaro

Mt. Kilimanjaro

Greg Horne

Mt. Kilimanjaro is in Tanzania near the Kenya border in East Africa.

His topic will be "Climbing Mt. Kilimanjaro". He covered all aspects of climbing one of the world's most beautiful mountains. His presentation included photos of every stage of the climb. He also gave some excellent advice on the dangers of mountain climbing. He is a member of Branch 20.

Menu: Chef Salad Spring Mix or Rosemary Baked Chicken

[Joke](#)



February 2017

Title: My Adventures in Cuba

Cuba

Jim Colton

Link: [Jim Colton Photography](#)



Jim presented his experiences and photos of Cuba.

Menu: Fruit Boat Salad or Roasted Pork Loin

[Joke](#)

March 2017

Title: Stroke "101"

Stroke Signs

Dr. Peter Nelson

Dr. Nelson suffered a life changing stroke in 1996 at the age of 47! As a result, he joined the Pacific Stroke Association and has educated the public about stroke prevention, stroke warning signs and treatment. He said that if one person is saved as a result of his talk, "mission accomplished."

Menu: Chicken Spinach Salad or Beef Stroganoff

[Joke](#) (A new lawyer joke)



April 2017

Title: D-Day Invasion and WWII

D-Day

Willard Gillette

Willard (Bill) Gillette was a WWII P-51 pilot during D-Day. He has a vivid talk about his not knowing about the plans leading to escorting the ships to Normandy until they were told to report for a briefing at midnight flying out at 3 AM with orders to follow the ships. He has a CD of movies taken from his plane downing several German planes in dog fights. They were from a camera mounted on the plane working when the guns are fired. Bill flew on 59 missions. He also flew into Russia and Italy before returning home.



Bill is now 98 years old, and is a member of Branch 21, and is very healthy. Still golfs, drives.

Incidentally, he explained that the D on D-Day was for Plan D. The other plans were A, B and C.

Menu: Caesar Chicken Salad or Baked Ham w/Cherry Sauce

[Joke](#) (How to maintain sanity in retirement)

May 2017

Title: Honoring Our American Veterans

Veterans

Connie Johnson



Connie Johnson is a Medical Director at the Honor Flight Bay Area Foundation and Ralph Robinson participant. She began with slides from one of her recent trips honoring our American Veterans for all their sacrifices. The organization transports our Veterans to places like Washington, D.C. to visit and reflect at these Memorials. Top priority is given to Senior Veterans of WWII along with terminally ill Veterans. Our time to express our thanks to these brave men and women is running out! In 5 to 7 years almost all the World War II Veterans will be gone. This tour is their "last hurrah"; the last time they will be recognized as the conquering victors that literally saved the world!

Menu: Chef Salad Spring Mix or Chicken Cacciatore

[Joke](#)

June 2017



Title: Ladies Day Picnic

[Picnic](#)

Location: Ortega Park in Sunnyvale

Photos: [2017 Picnic Photos](#)

Agenda: Starting at 11A.M. Lunch will be ready at 12 noon. There will be games, prizes, and entertainment just like last year.

The meal included the highly anticipated tri-tip and chicken, and brats BBQed by Tom Birley, Bob Byers, and Bud Collinson.

Wally Anderson, Jim Hohenshelt, and Jeff Bautista helped the chefs in early morning preparation.

It was rounded out with corn, beans, potato salad, garlic bread and various munchies beforehand.

Followed by desserts and even ice cream, it was a hearty feast. Raffle prizes included beautiful orchids and houseplants.

Menu: BBQ tri-tip, BBQ chicken, BBQ brats, corn on the cob, beans, potato salad, and garlic bread. There was also ice cream for dessert.

July 2017

Title: The Panama Canal (Part 1)

[Panama Canal \(1\)](#)

[Jim Hohenshelt](#)



Our July Speaker will be our Big Sir himself, giving a talk on his Travel through the Panama Canal! Because it was so fascinating, he has broken it into two parts: one this month, the other in August. This is the world's most famous short-cut, now more than a century old, which lopped 8,000 nautical miles off the trip between the Caribbean Sea and the Pacific Ocean, essentially shrinking the world. Its creation cost over 25,000 workers lives, most falling victim to yellow fever or malaria!

Menu: Fruit Boat Salad or Rosemary Baked Chicken

[Joke](#)

August 2017

Title: The Panama Canal (Part 2)

Panama Canal (2)

Jim Hohenshelt



Report On the Panama Canal (Part 2); This part includes the modern updates to the canal, which are the new, larger locks, and managing the water in Lake Gatun so it doesn't drain away when the new locks operate. He will also touch on the future of the Panama Canal.

Menu: Chicken Spinach Salad or Beef Stroganoff

[Joke](#)

September 2017

Title: Human Trafficking

Human Trafficking

Lynette Parker



Ms. Parker is very qualified for her Topic: Human Trafficking! She is Supervising Attorney, Santa Clara University School of Law, and teaches Law at Santa Clara University, and is co-founder of the "South Bay Coalition to End Human Trafficking", We will hear about Ms. Parker's efforts and successes in helping these exploited people, Her closing message was to be aware of possible human trafficking and if it is suspected to call the law-enforcement hot line:

(888) 373-7888

Menu: Caesar Chicken Salad or Bay Shrimp Carbonara

[Joke](#)

October 2017

Title: Familiar Surroundings Home Care

[Home Care](#)

[Pam Green](#)

At some point in our life, we will be faced with the fact that one of our loved ones needs extra care in the home. According to AARP, 92 % of our seniors would rather stay in their homes than be moved to a facility. The goal of Regina's Company is to inform the community about their options. Having all the facts in hand and being able to make an informed decision will go a long way to lessen the stress for the family and their senior during this time. She has a list of some of the topics that she would like to share with you!



Menu: Chef Salad Spring Mix or Roast Pork Loin

[Joke](#)

November 2017

Title: Veterans Information

VA Info

Dean Kaufman

Travis DeYoung

Dean Kaufman and Travis DeYoung are VA Spokesmen for the Santa Cruz County Veterans Office and provided information important for us veterans.

Menu: Chicken Spinach Salad or Chicken Marsala

[Joke](#)

December 2017



Christmas Party

Location: Mariani Inn in Santa Clara

Photos: [2017 Dinner Dance Photos](#)

Note: The meals are the same, month for month as last year

January 2016

Title: Vietnam Recollections

Vietnam

Dr. Chester Ward



Dr. Chester Ward is a retired Brigadier General with a long and distinguished career as a physician in the public and private sectors. After an illustrious military career in the US Army Medical Corps, Dr. Ward retired as a Brigadier General and returned to his native state of California.

Dr. Ward started his career as an Airborne Ranger. He served on the personal staffs of Presidents Nixon and Ford as a White House Physician from 1971 through 1976. His career covered many military branches and places.

Menu: Chef Salad Spring Mix or Rosemary Baked Chicken

[Joke](#)

February 2016

Title: Long Term Care Planning

[Long Term Care](#)

[Chris Long](#)

Chris is from Barron Ross Corp, which is the community leader in asset protection. His speech is "Long Term Care Planning". He will cover understanding long term care, how to pay for long term care, and understanding how Medicaid works. He will also illustrate these concepts by taking us through a real-life story of the Johnson family.

Menu: Fruit Boat Salad or Roasted Pork Loin

[Joke](#)



March 2016

Title: WWII and Silicon Valley

Silicon Valley & WWII

Steve Blank



Mr. Blank was lucky enough to arrive at the beginning of the boom times of Silicon Valley in 1978. He will tell how World War II set the stage for the creation and growth of Silicon Valley, and the role of Frederick Terman and Stanford in working with government agencies (including the CIA and NSA) to set up companies in this area that then sparked the creation of hundreds of other enterprises. You can find an earlier version of his talk at:

https://youtu.be/ZTC_RxWN_xo

His web site is at:

[Error! Hyperlink reference not valid.](#)

Menu: Beef Stroganoff or Chicken Spinach Salad

[Joke](#)

April 2016

Title: The Cold War and the Bay Area's Readiness

[Cold War](#)

[Rick Deutsch](#)

Mr. Deutsch holds Degrees from the Universities of Maryland, South Carolina, and Santa Clara. He had a 30 year career as marketing manager at Intel, Sun Microsystems and others. A member of the National Speakers Association, he gives over 18 presentations a month, ranging from adventure talks to motivational keynotes at museums, colleges, associations, and companies.

Menu: Caesar Chicken Salad or Baked Ham w/Cherry Sauce

[Joke](#)



May 2016

Uber

Tom Day



Mr. Day gives a very thorough discussion of the Uber Operation including the requirements to become a driver. He described the attempts of the owners to open three other businesses until working out the details for the Uber business.

Tom is a 7-year retired Computer Software Engineer. He explored the driving opportunities for Uber and became a driver for extra income and activity.

Menu: Chef Salad Spring Mix or Chicken Cacciatore

[Joke](#)

June 2016



Picnic

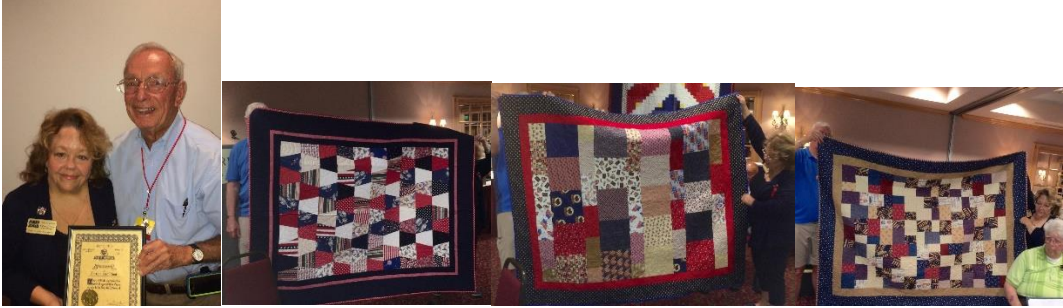
Location: Ortega Park in Sunnyvale

Photos: [2016 Picnic Photos](#)

Ladies Day Picnic at Ortega Park starting at 11A.M. Lunch will be ready at 12 noon. There will be games, prizes, and entertainment just like last year!

Menu: BBQ Tri Tip & Chicken, Potato Salad, Corn on the Cob & Beans

July 2016



Quilts of Valor
Jerilyn Lightfoot

Jerilyn is a mother of a Special Forces active-duty Marine (Recon-Sniper), and she truly understands what it means to be "touched by war". The hidden impact of military conflict is quite real!

Quilts of Valor are a powerful tactile, comforting "Thank You" for our Veterans and Troops. She is in awe of the power of our Quilts, having witnessed the healing power in action as servicemen and women are enveloped in a loving cocoon by the Quilts. Many Veterans, upon being awarded their QOV, state it was the first time they were ever really thanked for their service.

Jerilyn is currently employed as the Publication Specialist with the Sunnyvale-Cupertino Adult & Community Education since 1998. She organizes Quilts of Valor Community Sewing Events.

She presented three Quilts of Valor to three of our Branch Veterans: Ernie Huesby, Dave Joung, and George Center.

Menu: Fruit Boat Salad or Rosemary Baked Chicken

[Joke](#)

August 2016

Title: AED (Automatic Electronic Defibrillator)

AED

Captain Zach McGhie

Chris Gaffney

Klayton Williams



Our August Speakers are members of the Santa Clara Fire Dept. Station #4 will be present to describe and demonstrate the AED (Automatic Electronic Defibrillator). This device can be used by an ordinary person to save the life of another person from a fatal heart attack. See more photos under “Photos”.

During the presentation, the 3 firemen described the AED, how it is used, and that they are located in restaurants, and other key locations throughout the city for emergency use.

Menu: Chicken Spinach Salad or Beef Stroganoff

[Joke](#)

September 2016

Forensic Anthropology

Lorna Pierce

Lorna Pierce is a Forensic Pathologist. She lectures at San Jose State University, De Anza College, and Santa Clara University, and teaches classes in Introductory Forensic Anthropology. She also consults in forensic anthropology at the Santa Clara County Medical Examiner/Coroner's Office, and regularly consults with and teaches workshops for law enforcement organizations in identification of skeletal materials.



Menu: Caesar Chicken Salad or Bay Shrimp Carbonara
[Joke](#)

October 2016

Driver Safety Classes

Roland Berube

Roland "Ron" Berube is an AARP Smart Driver Instructor. He will speak about their Driver Safety Program specifically their Driver Classes. They are offered to drivers over 50 years of age and may result in the driver enjoying a reduction in his auto insurance! A first-time class is an 8-hour affair. Ron is also a member of SIR Branch 21.



Menu: Chef Salad Spring Mix or Roasted Pork Loin

[Joke](#)

November 2016

Title: A Story of Courage in the Holocaust

Holocaust

Marty Brounstein

Leah Brounstein



Marty Brounstein and his wife Leah tell a Story of Courage in the Holocaust. The Speech is "A Story of Courage in the Holocaust". It is a true, interfaith story of courage, compassion, and rescue. A Christian couple in the Netherlands who, despite great risks and dangers, saved the lives of over two dozen Jews during World War II and the Holocaust!

Menu: Fruit Boat Salad or Grilled Ham w/Cherry Sauce

[Joke](#)

December 2016

Topic: Christmas Dinner Dance

[Christmas Party](#)

Location: Mariani Inn, Santa Clara

The Band: Sounds for All Occasions



Photos: [2016 Dinner Dance Photos](#)

October 2015

Title: The Early Days of WWII in the Pacific

[WWII in Pacific](#)

[Roy Cosyn](#)



Our speaker for October is Roy Cosyn. His talk deals with the early days of WWII in the Pacific. Most Americans believe that the war in the Pacific began on December 7, 1941, the Day of Infamy, as it is known, when the Empire of Japan attacked the U.S. Naval base at Pearl Harbor in the Hawaiian Islands. But the war in the Pacific actually began in 1937 when the Japanese attacked and invaded China.

Menu: Chef Salad Spring Mix or Roast Pork Loin

[Joke](#)

November 2015

Title: Honoring the Vets Who Served in Vietnam

[Vietnam Vets](#)

[Rob Ostenberg](#)

Major General Rob Ostenberg joined the Army in 1969 as an enlisted soldier and later attended and graduated from Infantry Officer Candidate School at Fort Benning, Ga. He transferred to the Armor Cavalry Branch in 1971. He then volunteered for duty in Vietnam, where he served as a Platoon Leader in the 1st Company of the 6th Infantry and later in the 1st Company of the 1st Cavalry. During his over 39- year career, he served in every leadership position from Platoon Leader to Commanding General of a 14,000 soldier Division. In his final assignment, he served as Director, Reserve Forces, with additional duty as one of five Domestic Attack Assessors in North American Aerospace Defense Command (NORAD) and US Northern Command (USNORTHCOM) at Peterson Air Force Base, Colorado Springs, CO. The talk is to honor the vets who served in Viet Nam. 2015 marks the 50th anniversary of the ramp up of that conflict.



Menu: Chicken Spinach Salad or Chicken Marsala

[Joke](#) (What a Coincidence)

December 2015

Christmas Party

Location: Mariani Inn, Santa Clara

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