SEPTEMBER 2009

Organized to promote the independence and dignity of retired men
http://www.sirinc.org

THE GRAPEVINE
BRANCH 114, THE VILLAGES
The Sweet Life!

NEXT LUNCHEON MEETING: TUESDAY, SEPTEMBER 1, 2009
10:00 AM Board Meeting - Open to all members
11:00 AM Fellowship
12:00 NOON Luncheon
1:00 PM Program

SPEAKER FOR SEPTEMBER
from Little SIR Dennis Sheehan

We return on the first day of September 2009 to our members' luncheon format, followed by our speaker Mr. Bill Randolph, who will tell us about his 'round the world trip by air - solo - in 2005 ... or, at least that portion from aircraft construction and take-off to Rome ITALY.

Bill served in the U.S. Navy in World War II (at age 15-17) 1944 to 1946, and learned to fly in 1946 upon discharge from Navy. He's been an active pilot ever since, and worked for a year as a bush pilot in the late '40's.

Bill graduated from Oregon State University with a BS in Engineering, then, worked for IBM 10 years. He left IBM to help start a new company, Memorex Corp, and his last job was as Director-General Memorex SA (Memorex Corp principal operating subsidiary in Europe).

Bill left the "corporate world" in 1975 to pursue private interests, principally flying and real estate development. Since he built an airplane in 2004 and flew this aircraft around the world - solo - in 2005, we thought Bill would have a most interesting story to share with us.

BIG SIR MESSAGE
From G. Burt Lancaster

This past week Big Sir attended the Sons in Retirement state annual meeting in Vallejo. Many of the branches were represented and new officers were elected. Our new president is Floyd (Buck) Kendrick of Palo Alto Branch 35. He is joined by:
State Vice President - Bob Mannell
San Jose Branch 39
State Secretary - Gary Gruber
Lake Tahoe Branch 160
State Treasurer - Mike Berry
Windsor Branch 176
Asst. State Secretary – Hal Stephens
Placerville Branch 137
Asst. State Treasurer - Karl Ryden
Folsom Branch 49

Some interesting statistics: There are approximately 20,000 members of the SIR organization. Forty four (44) of our members are over the age of 100. There are currently two (2) members who are 109. It pays to be a member of SIR. I will be giving more of information at our next luncheon meeting.

Last night Little Sir, Dennis Sheehan, presented us a wonderful Ladies Night. Great food, good dance music and great fellowship. This was to honor our ladies. Thanks a million Dennis. Good job.

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It is hard to believe you can have a heart attack and not know it, but studies suggest that nearly half of all heart attacks are symptomless. These silent heart attacks, known as unrecognized myocardial infarctions (UMI), are usually discovered when a change in the Q wave pattern on an EKG indicates a heart attack has occurred.

Many UMI's do not alter the Q wave pattern, however, making them nearly impossible to detect. These non-Q wave UMIs increase the risk of death significantly. A new technique called delayed-enhancement cardiovascular magnetic resonance (DE-CMR) imaging is the most reliable method of identifying these UMI's by the damage they caused.

Cardiovascular imaging specialists at Duke Univ. Medical Center and Northwestern Univ. investigated the prevalence of non-Q wave UMI and its prognosis using DE-CMR. The study enrolled 185 patients, ages 25 to 86 with suspected coronary heart disease and no prior heart attack. Eight percent of the patients showed evidence of Q-wave UMI and 27 percent had evidence of non-Q wave UMI.

The study tracked all 185 patients for over 2 years, during which 13 non-Q wave patients died (26%) while one Q wave patient (7%) and two patients without myocardial infarction died. The researchers concluded that non-Q wave UMI patients had 11 fold higher risk of death.

WHAT THIS MEANS

The prognosis for patients with non-Q wave UMI is poor. Possibly they tend to have more extensive coronary artery disease (CAD) and its contributing risk factors such as diabetes. Further studies will tell whether early diagnosis with DE-CMR will save lives. If the results are positive, guidelines will be needed to determine which patients should be sent for DE-CMR testing.
(Continued from p.1)

An Honorary Life Membership award was made to Lyle Chambers for his many years of faithful service to our organization. His three (3) sons were also present to see their father receive this award. They were brought to the dinner in secret so that Lyle did not see them before the dinner and the announcement. This award was presented by our State President, Dave Reiser. Also, a Distinguished Member Award was presented to Bill Eckert, for his fine contributions. Membership is always important. Please invite your neighbor, golf buddy, or any other Villager that you may know or meet to our next meeting. Terry Griffin is doing a great job of finding ways for us to encourage men to come for lunch. He is now planning for some Ladies luncheons. This is a great way for women to introduce their husbands to SIR #114.

SIR 114 LADIES LUNCHEON

Sir 114 will sponsor the initial Ladies Luncheon on Friday October 23, 2009. The scheduled time is 11 AM to 2 PM in the Dining Room at the Clubhouse. The ladies of 114 are “Ambassadors of Good Will” in promoting the recruitment for men of the Villages. This activity is available to all women of the Villages as we “Spread the Good News of 114”.

Our guest speaker is David Keane. David grew up in San Jose and attended Bellarmine High School (taught by Sir 114 member Mike Lowney). He graduated from college with a background in Theatre Arts and majoring in English. David is an author, illustrator and writer of children’s books. He comes highly recommended as an excellent speaker, communicator and is “loved” by his audiences. More specific information will be forthcoming in the Grapevine, Villager and Television. If you have any questions call Membership Chairman Terry Griffin (532-6133).

SEPTEMBER BIRTHDAYS

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SEPTEMBER LUNCHEON MENU

Rolls & Butter
Small Caesar Salad
Meat Loaf
  with Mashed Potatoes and Chef’s Choice of Vegetable
Carrot Cake, Coffee or Tea

Alternate choices: Boneless Chicken Breast, Cobb Salad or Vegetarian. Please call Jim Cairns (532-6194) at least 4 days before the luncheon if you prefer one of the alternatives.

GOLF

from Bob Lindberg

First I would like to thank all the golfers and volunteers for playing and assisting in making the 5th Annual Villages SIRS Invitational Golf tournament a success. We appreciate everyone’s help, we couldn’t have done it without you.

There’s no Area 5/20 SIRS Tournament in August. The next SIRS Golf event will be a SIRS Twilight Tournament at 5 PM Friday, September 18th. This will be a nine hole tournament for Village SIRS and their ladies followed by dinner at the club house. There will be a sign up sheet in the posting room. More information will appear in the Villager and Grapevine.

The next regular Area 5/20 Golf Tournament will be Monday, September 28, 2009 at Rancho Canada East in Carmel. It will be an 8:00 AM shotgun. The cost is $40.00. The format will be 3-2-1. Make up your foursomes, sign up in the posting room and put your check in the little black box. Any questions Call Bob Lindberg at 274-7217

AND MORE GOLF

On Friday September 18th Sir’s 114 and 38 will have a 9 hole golf activity for men and wives or significant others. A 4 person scramble and shotgun start will begin at 5:00 PM followed by dinner in the clubhouse at 7:30 PM. Cost is $45.00 per person (or $90.00 per twosome). Cost includes green fees, prizes and dinner. Menu is chicken, salmon or pork loin. Dinner only is $25.00 per person.

Sign-up in the posting room. All Sir members are invited to extend an invitation to other villagers to assist the recruitment process for both 114 and 38. You may sign-up as a foursome. Questions regarding golf call Dave Baciagalupi (528-7912). Questions regarding dinner call Terry Griffin (532-6133).

TRAVEL

PORTUGAL and SPAIN RIVER CRUISE

September 7-18, 2010

Your Branch 114 tour escorts Jim Stoner (238-8458) and Larry Martinson (528-0746) invite you to spend 3 nights in Lisbon touring the area and then drive north to Porto to board the MS Amadouro where a luxury 7-night cruise awaits us. We will enjoy the beautiful countryside and rich vineyards of the Douro River Valley, stopping at picturesque towns along the way. Superb dining and unlimited quality wine with every dinner while cruising. Highlights include cultural lectures and on board musical performances. Prices range from $5280 to $5860 per person double occupancy. All outside state-rooms. Group medical insurance and all gratuities included! Detailed brochure available for this unique scenic adventure is available at the travel table.
## 2009 Officers, Directors and Committees - Branch 114

### Officers:
- **Big Sir:** C. Burt Lancaster
- **Little Sir:** Dennis Sheehan
- **Secretary:** Bill Eckert
- **Asst. Sec.:** Bob Lindberg
- **Treasurer:** Jim Day
- **Asst. Treasurer:** Peep Pieper

### Directors:
- Phil Anderson
- Gunther Brumme
- Lyle Chambers
- Bill Eckert
- Bill Fletcher
- Larry Martinson
- Ray Snow
- Bob Stiasny

### Honorary Lifetime Members:
- Lyle Chambers
- Bill Eckert
- Bill Fletcher
- Bob Lindberg

### Committees:

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### Membership:
- **Membership:** Terry Griffin (532-6133)
- **Member. Recruit:** Lewis McCormick
- **Member. Roster:** Ken Brady
- **Music:** Ed Flory
- **Need-a-Ride:** Chuck Jacobs (270-4429)
- **Nominating Comm.:** Bob Stiasny, Phil Anderson, Gunther Brumme, Lyle Chambers, Larry Martinson, Ray Snow
- **Special Events:** Dennis Sheehan (Aug)
- **Sunshine:** Larry Martinson (Dec)
- **Call if you know a member who is ill:** Vince Cucuzza (238-6234)
- **Travel:** Jim Stoner, Larry Martinson

### Region 7 Director:
- Gary Pelton
- 2655 Baton Rouge Dr.
- 408-251-6062
- SIRPELTON@AOL.COM

### Area 20 Governor:
- Roland Rempel
- 879 Cascade Dr.
- 408-245-7212
- SIRREMPPEL@HOTMAIL.COM

If you do not attend three consecutive meetings without a suitable excuse, or of you fail to attend seven business meetings within the prior twelve months, you may be dropped from membership. The latter rule applies even though you may have reported your absences to the Attendance Committee. All activities arranged for or sponsored by, Sons In Retirement and its Branches, are for the convenience and pleasure of the members and their guests who desire to participate. Sons In Retirement, Incorporated, its Branches and members do not assume any responsibility for the well being or safety of the participants or their property, in any matters pertaining to said activities.

Dick Mach, Editor
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