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PRESIDENT'S CORNER

It is with great sorrow that I have to report that Frank Fichter, our Bridge Program Chairman, passed away on January 21, 2007. I know that Frank will be missed by all those folks who have known him, especially me. My deepest sympathies go out to Frank's wife Erna and his family.

In addition to the Programs chair that was recently vacated by Dick Schlink we now are looking for someone interested in the game of Bridge to take over the responsibilities Frank Fichter had. All interested members of LMMAR are encouraged to contact me if you can help

us out in filling these 2 immediate openings.

We are fast approaching the biannual nomination of new officers for LMMAR. The offices up for election this year are as follows: President, Vice President, Secretary, Assistant Secretary, Treasurer, and Assistant Treasurer. If there are any members interested in filling any of these positions, please advise me accordingly and I will forward the information to our Nominating Committee.

Chet Hayes
hayescf782@yahoo.com
(408) 997-1224

POSITIVE HISTORY # 36

Andrew J. Galambos (1924 - 1997), formerly an astrophysicist that worked in the aerospace industry, is one of the most important innovators in history. He, I assert, discovered and developed a theory making our social world a branch of physics with all the advantages accrued from this level of advancement. His Theory, called The Theory of

Primary Property, includes a concept - Volitional Science - that will replace what we now call Social "Science." Man has an added dimension, volitional action, which makes this branch of physics far more complex than the physical sciences, therefore, this new Theory must account for and explain the significance of this added dimension. Therefore, it is understandable why no one successfully accomplished this feat before now.

The normal tools of science are employed such as: The Scientific Method, Logic, Language Precision and natural laws adapted to the social arena. And history, properly interpreted using the tools of science, is the database of human experiences from which ideas and hypotheses can be corroborated. A true science is, after all, the only way to establish what is right and, more importantly, why. A

true science also uses postulates (self evident but unproven assumptions). His First Postulate is: All men live to pursue happiness. This simple Postulate is extraordinary and explains a great deal. Heretofore, the thought process for rightness in the social "sciences" consisted of gut feelings, intuition, emotions and to reason from prior built in prejudices, all of which are not scientific and will, almost always, produce wrong answers.

The significance of this work is astounding, however, it may take several generations before our intellectuals recognize it and adapt it to our world. As an example, it took a few hundred years before any appreciable change took place after the discovery of the Law of Gravity. Only a few understood it, but these few made great strides using it to improve our existence on

this hostile planet we call earth.

Ref: Sic Itur Ad Astra, by Andrew J. Galambos, 1999 - Ralph Tamm

IMPORTANCE OF WALKING:

Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$5000 per month.

My grandmother started walking five miles a day when she was 60. Now she's 97 years old and we don't know where the hell she is.

The only reason I would take up exercising is so that I could hear heavy breathing again.

I joined a health club last year, spent about 400 bucks. I haven't lost a pound. Apparently you have to actually go there.

I have to exercise early in the morning before my brain figures out what I'm doing.

I like long walks, especially when they are taken by people who annoy me.

I have flabby thighs, but fortunately my stomach covers them.

The advantage of exercising every day is that you die healthier.

If you are going to try cross-country skiing, start with a small country.

And last but not least
You could run this over to your friends but why not just e-mail it to them.

TRAVEL

Travel Chairman Vern De Vincenzi
916-408-4852 cell 408-348-4629
For additional information call 800-662-9933

Asst. Travel Chairperson Janet Hamerlund 408-348-9933

Travel for 2007 and 2008

April 4 - 12, 2007: Savannah and Charleston. CANCELLED, NO SIGN UPS

June 21 - 27, 2007: San Juan Islands. Enjoy Orca whales and marine mammals close enough to hear the rush of their breathing. Experience cruising the rugged shorelines aboard the 32 passenger MV Island Spirit, your private yacht through the U.S San Juan Islands and the Canadian Gulf Islands. \$2785.00 per person and includes 19 meals, Round trip air and shuttle service from the Bay area. Brochures are available. There are only 2 cabins available as of January 22, 2007

Big change of plans

There were a few of us who did not get our deposits in early and lost out on the original trip. We did however were able to take the same tour in reverse with an extra two nights in Budapest. Making this trip a better trip and \$375.00 more. Those who had signed up for the original trip changed plans and will join our group from Budapest to Prague The new date **October 3 - 17, 2007.**This is a better value trip with a savings of \$25.00 per day over the original trip. Please, Please you can deposit and reserve a cabin for these cruises and can cancel at any time up to 90 days before the cruise with a return of your deposit. Believe me a few of us learned our lesson.

This tour will start in BUDAPEST AND END IN PRAGUE.: When we arrive in Prague we will rest up for the half day City Tour of Prague. That afternoon and the next day are free to explore

and enjoy the many shops and restaurants along the Banks of the Vltava River. We leave the following afternoon for a drive through the countryside to Nuremburg where we will board the MS Artistry for The Legendary Danube Cruise from Nuremburg to Budapest. Our stops along the way include: Regensburg - Danube Gorge, Passau-Linz Austria, Melk-Vienna, Bratislava Slovenia, and Budapest. Prices are as follows for dbl occ. All cabins are outside. Indigo deck Category D Porthole= \$3595.00, Category B Sapphire deck sliding door=\$3895.00, Category A Sapphire deck sliding door= \$3960.00, Category P Royal Deck Sliding door=\$3995.00, Jr. Suite Royal deck=\$4395.00 Call for brochures Add \$375.00 FOR TWO NIGHTS IN BUDAPEST

November 2 - 18, 2007 Cruise NCL Spirit from New York to New Orleans with an overnight stay in New York. Categories, JJ \$2015.00, D-outside \$2165.00, BD-Balcony \$2250.00 and BC-Balcony \$2415.00 Per person prices includes round trip air; Shuttle to and from the airport. The ports of call are St. Thomas, St. Lucia, Bridgetown, Barbados, Oranjestad, Aruba, Costa Maya Mexico, Santo Thomas De Castilla, Guatemala, Belize City, Belize, Cozumel, Mexico and New Orleans.. Deposit \$400.00 and reserve your cabin. Limited number of cabins are available. Call Vern for brochures 408-348-4629 or 916-408-4852

April 24 - May 10, 2008 The Panama Canal Trip aboard the Coral Princess. Ft. Lauderdale to San Francisco in-

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cludes a one-night stay in Ft. Lauderdale. Inside II Cabin - \$2585.00, Outside F Cabin - \$2885.00, Balcony BC - \$3175 00, Outside cabin BD- \$3230.00 All prices quoted Double occupancy, Include Shuttle service to Bay area airports and shuttle service from docking terminal in San Francisco. Brochures are available

September 2008 How about Italy, Tuscany area bed and breakfast near Florence with day trips, this is in the planning stages with more details by May or June. Happy Traveling.

Vern

New Years Eve in Nashville December 30, 2006 to January 3, 2007

Nashville was a first for our group to travel for a New Years Eve Party. We left the Bay area on the 30th of December 2006 from the Oakland airport to Nashville In two different flights and arrived safely at Nashville. That same evening we attended the Rockettes Christmas show at Opryland. This was a sensational show and enjoyed by all. The following day a tour of Nashville was in order and returning to the hotel we were able to get ourselves rested for the night's festivities. Can you imagine a hotel with 2876 rooms and 4000 employee's with several restaurants, several ballrooms and a convention center that can seat 5000?

Approximately 1000 attended the New Years Eve dinner with dancing. The food was served hot and the service superb and was a very enjoyable occasion. The next morning a buffet breakfast was served in the same

ballroom with a seating of 1500. There were 5 buffet stations, service and food was impeccable with no waiting. I have never encountered such a well-managed operation.

The atrium garden area with a river and tour boats, with garden restaurants, a shopping area is laid out to where at times a map was required for directions to shops, restaurants, boutiques, and ballroom's and back to your room

The hospitality and service was very good.

Vern

ACKNOWLEDGMENT

We, the members of LMMAR, owe a debt of gratitude to Bob Spitler for his many years of service in various board and chairmanship positions. He developed the computer relational data base we use to maintain our membership records. At various times over the last fifteen plus years he was our president, our membership chairman, the editor of our newsletter and he developed our initial web site. It took several people to replace Bob.

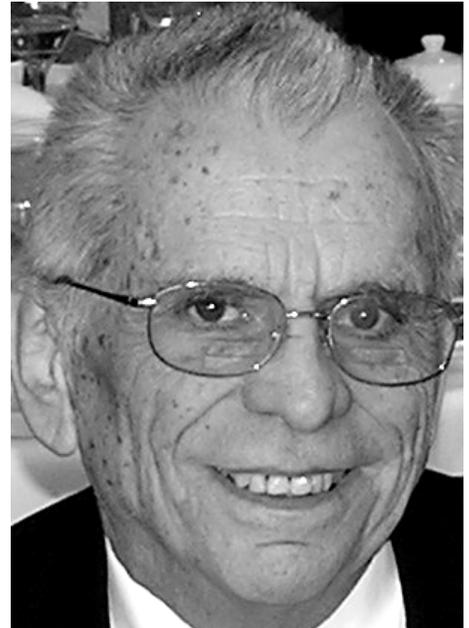
He recently had a stroke and is in the process of recovering from it. We wish him a speedy recovery.

IN MEMORIAM

Frank Fichter suffered a stroke Saturday, January 13 and died Sunday, January 21.

Frank was a vigorous supporter of LMMAR for many years. He initiated the Contract Bridge program in the early nineties and conducted it continuously since. Frank was also a

mainstay in the LMMAR Monthly Newsletter mailing activity. In addition to these contributions Frank recently arranged a location for the



LMMAR luncheons. The October and December luncheons were held at the Fremont Hills Country Club, thanks to his effort. We will sorely miss Frank's contribution to our activities.

HELP WANTED

We really need a Secretary and Assistant Secretary on the LMMAR Executive Committee. The Executive Committee meets monthly, usually on the first Monday of the month at 10:00 a.m. The principal duty of the Secretary is to record minutes of the meeting. If you can help in this capacity please call Chet Hayes - 408 997-1224.

FEBRUARY LUNCHEON REMINDER

Don't forget the LMMAR luncheon on Wednesday, February 21. No-host bar at 11:00, lunch at 12:00. Entertain-

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ment by Margie and Aldo. Send your check (payable to LMMAR) for \$17 per person to LMMAR, P.O. Box 2117, Santa Clara, CA 95055-2117.

ADVERTISEMENT

To advertise items for sale in the newsletter, write to : LMMAR Newsletter, P.O. Box 3847, Los Altos, CA 94024

SUNSHINE

Here we are several months into the new year already....and we wish a Healthy and Happy New Year to all.

For months there has been no news to report....and then we get news of two of our board members,

"Thoughts of You" and best wishes for better health are being sent to Bob Spittler . Bob has suffered a heart attack and was in the hospital some weeks back.

Condolences are being sent to the Fichter family for their loss of husband and father. Our thoughts are with his widow Erna and the family at this time. Frank passed away after a brief time in the hospital. It is with sincere sadness to his family, the LMMAR Board, and his friends to have lost him. He will be greatly missed by the

board and his Bridge followers

Joan Brock

Norm Dhom,
Membership Chairman

JOKES

1. An older gentlemen was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation.

As he was about to get the anesthesia he asked to speak to his son. "Yes, Dad, what is it?" "Don't be nervous, son; do your best and just remember, if it doesn't go well, if something happens to me .. Your mother is going to come and live with you and your wife..."

2. A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?" "Yes, I'm afraid so," the doctor told her. There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS'."

Submitted by Joan Brock

MEMBERSHIP

MONTHLY WINNERS for JAN

JUNE SYTHE of Los Gatos
JANE ULATE of Sunnyvale

NEW MEMBERS:

Charles J. Schmidt
4792 Englewood Dr
San Jose, CA 95129-4413
Spouse: Shirley
Phone: 408 253-4965

CHANGES:

Sheila B. Pelletier
PO Box 40
Whitmore, CA 96096

DECEASED:

Frank C Fichter 21 Jan 07
Joan V. Bernard 24 Jan 07

Point of contact for address changes and other member concerns:

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