



SIR 101

Bulletin

May 2022

Volume 41, Number 5

SONS IN
RETIREMENT 101
LIVERMORE, CA

Inside this issue:

(click the page # to go directly to that page)

| | |
|------------------------|-----------|
| Announcements | <u>1</u> |
| Big Sir Message | <u>1</u> |
| Birthday Boys | <u>14</u> |
| SIR 101 Officers | <u>13</u> |
| SIR Web Ad- dresses | <u>12</u> |
| Financial | <u>3</u> |
| Membership | <u>3</u> |
| Speaker's Pre- view | <u>2</u> |
| Sunshine | <u>10</u> |
| Backpacking | <u>4</u> |
| Bocce | <u>4</u> |
| Chess | <u>5</u> |
| Dining Out | <u>5</u> |
| Fishing | <u>5</u> |
| Game Day | <u>7</u> |
| Golf | <u>9</u> |
| Hiking and Walking | <u>8</u> |
| Investments | <u>7</u> |
| Kayaking | <u>6</u> |
| ROMEOS | <u>9</u> |
| Travel | <u>11</u> |
| Wine Tasting | <u>10</u> |

The Big Sir Message from Dennis Gately



We have some great activities coming up soon... This month's luncheon will include a talk by **Lori Souza of the TVC (Tri-Valley Conservancy Board)** discussing the economic viability of viticulture in the South Livermore Valley. And, for next month (Thursday, June 16), our yearly **SIR Branch 101 Picnic** is back! We'll meet up on the grounds of Asbury Methodist Church on East Avenue in Livermore and enjoy some tasty food from Back Forty BBQ! Get all the details on [Page 14](#) and please read the email invite that is coming your way! Be sure to Register as attendance is limited.

The Luncheon will be held at the [Elks Lodge](#), 940 Larkspur Dr., Livermore. Look for an email luncheon invite and **PLEASE RSVP & SEND YOUR \$30 PREPAYMENT** to Treasurer Fred Coffield's phone number ([see below](#)). We really need to give our caterer a headcount as early as possible for her to provide a great meal for all attendees! Doors open at 11:00 am. Meeting starts at 11:30 am. Please

[Big Sir >> Page 15](#)

Lunch Prepayment Instructions / Yearly Member Donation Reminder

Prepay your \$30 lunch or make your Annual Donation of \$20 using these instructions.

You can best support our branch with your yearly \$20 donation. With Alameda County updating its policies on Covid restrictions, we expect more and more members will be joining our activities. SIR promotes entertaining and enriching our lives through many activities as well as branch meetups, like in-person luncheons, restarting now after the Covid hiatus with the new policies as mentioned above. If you have not already donated for the year, please consider!

Donate/pay online or on your cell phone or computer with Zelle ([preferred](#))!

Zelle-You can easily donate/pay using your bank's app or the Zelle app on your phone. On your computer go to the [zellepay.com](#) website.

Connect Zelle to: Treasurer, Fred Coffield's cell phone: **925-216-0227**.

PayPal-Although Paypal is accepted, Paypal charges SIR 101 an additional fee of up to \$2 or more per transaction. Zelle is preferred. You can donate/pay (Lunch \$32 or Donation \$22) using the PayPal app on your phone or on your computer from the [paypal.com](#) website.

Connect PayPal to: Treasurer, Fred Coffield's cell phone: **925-216-0227**.

Mail checks to: Fred Coffield (address in the [Members Only](#) tab on our website).

Questions or more Information? See [page 12 'How to Pay'](#) or contact Treasurer: Fred Coffield, SIR101Treasurer@googlegroups.com.

Announcements

We meet the 4th Tuesday of each month. Our next **Meeting** will be May 24, 2022, SIR 101 members: watch for an email with the details. Future meetings are planned for Tuesday, May 24, 2022 and the Annual Picnic on [Thursday](#), June 16, 2022 and Tuesday, July 26, 2022.

Check out our **SIR Branch 101 web site**. Click Sirlnc2.org/Branch101 to see the latest edition. Click Mike Pocha, SIR101Web@googlegroups.com to email or call 925-443-1953 for the member id and password.

Do you need a member phone # or email address? Did you know our web site '**Members Only**' section has a Member Roster, Member Photo Gallery, Speaker Videos, Member Videos, BEC Meeting Minutes and Monthly Meeting Minutes?

Speaker's Preview

**May 24, 2022—Lori Souza - Board Chair of Tri-Valley Conservancy
"Livermore Wine Industry"**



Lori Souza, Board chair of [The Tri-Valley Conservancy \(TVC\)](#), will present a presentation addressing the results of a study TVC commissioned from UC Davis regarding the economic viability of viticulture in the South Livermore Valley.

Lori fulfilled a 40-year career at Lawrence Livermore National Laboratory (LLNL) retiring in 2016. Lori's career included 14 years in the field of Information Systems Management, and 25 years in Operations Management within several LLNL disciplines and program directorates. A computer systems analyst by training, with extensive experience in Operations, she was most recently the Associate Deputy Director, at LLNL. During her career, she served in numerous project leadership roles on behalf of the LLNL Director.

Throughout her career, Lori has been a strong advocate for education and career advancement. She has been the architect for several Leadership Development Programs within LLNL organizations. She was instrumental in the establishment of diversity and recruitment programs and led the Laboratory's award-winning Post-Doctoral Program.

Lori serves in numerous community leadership roles. She has been a Rotarian in Livermore since 1998 and has served on the Board of Directors for the Rotarian Foundation of Livermore. She now serves as the Immediate Past Chair for the Las Positas College Foundation Board, and as Chair of the Tri-Valley Conservancy Board of Directors. Lori joined the Livermore Shakespeare Organization's Capital Campaign Committee to secure funding to build a regional Black Box Theater. In 2021 she was appointed by the Alameda County Board of Supervisors to serve on the East County Zoning Adjustments Board.

Contributed by Bill Leach:

BART driver Jim: "So, how many derailments have you had, Frank?"

BART driver Frank: "Not sure, Jim. It's hard to keep track."

My wife just stopped talking and said "You weren't even listening, were you?!"

I thought, what a strange way to start a conversation.

I'm not saying I'm old and worn out, but I make sure I'm nowhere near the curb on trash pick-up day.

Future Speakers

A great attraction for getting potential new members to come to our SIR meetings is the speakers. Here are the speakers for future meetings. Share this information with your friends to attract them to our meetings. Click [SIR 101 Meeting Speakers-Public](#) to see available information about each presentation.

Do you have ideas for speakers? Let Ted Schaefer, SIR101LittleSIR@googlegroups.com know.

Our Planned Speakers follow with dates to be confirmed:

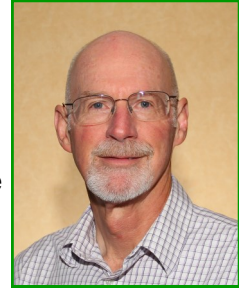
June 16, 2022—SIR 101 Picnic!

July 26, 2022—Tom Ramos, Nuclear Threats in 1961 re: Berlin

August 23, 2022—stay tuned

Financial

Contact: Fred Coffield, Treasurer, 925-216-0227,
SIR101Treasurer@googlegroups.com



SIR Form 28 Monthly Cash Report for April, 2022 See our web site for the complete Form 28.

BEGINNING CASH BALANCE (Total Cash)...Line 1 .Month \$5321.18..YTD \$5088.72
 ENDING CASH BALANCE (Total Cash),,,,,,,Line 8 .Month \$6160.82..YTD \$6160.82

Membership and Attendance

Contact: Larry Wiley, Chairman, 925-443-7979,
SIR101Membership@googlegroups.com



WELCOME NEW MEMBERS, VISITORS and GUESTS:

New Members: 0.

- ◆ **Visitors:** 0.
- ◆ **Guests:** 0.

MEMBER CARE GIVERS:

- ◆ Care Givers: 0.

MEMBER CHANGES:

- ◆ **Deleted:** 0.
- ◆ **Passed:** 3-Tim Evans, Don Moon, Bob Pankhurst.

MEMBERSHIP STATUS:

- ◆ The ACTIVE Membership of SIR 101 as of May 11, 2022 is 179 members.

MEETING ATTENDANCE— All lunch meetings are planned to be In person. BEC meetings follow in person lunch meetings.

- ◆ April: Invites sent = 179, Caterer lunch commitment (minimum) = 60. Attended = 45 (75%) included 2 guests.

SIR Form 27 Monthly Branch Membership Report for April, 2022. Our web site has the complete Form 27.

| MEMBERSHIP | | Previous Years | | | | | | | | | | | | Year Total | Year % | Min Goal | Branch Goal | | | |
|------------|---|----------------|------|------|-------|-------|------|-------|-------|-----|-----|-------|-------|------------|--------|----------|-------------|-------|-------|-------|
| | | 2019 | 2020 | 2021 | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | | | | | Oct | Nov | Dec |
| 1 | NUMBER OF MEMBERS LAST MONTH (= Line 4 last month) | 199 | 190 | 184 | 184 | 181 | 182 | 181 | | | | | | | | | ----- | ----- | ----- | ----- |
| 2 | NUMBER OF MEMBERS IN | 20 | 5 | 10 | 1 | 2 | 1 | 2 | | | | | | | | | 6 | 3.3% | 11 | 12 |
| 3 | NUMBER OF MEMBERS OUT (ATTRITION) | 29 | 11 | 10 | 4 | 1 | 2 | 1 | | | | | | | | | 8 | 4.3% | ----- | ----- |
| 4 | NUMBER OF MEMBERS (Lines 1+2-3) | 190 | 184 | 184 | 181 | 182 | 181 | 182 | | | | | | | | | ----- | ----- | 185 | 185 |
| 5 | TOTAL NUMBER OF ACTIVITIES - including Partner activities | 20 | 20 | 20 | ---- | ---- | 20 | ---- | ---- | | | ---- | ---- | | ---- | ---- | ----- | ----- | ----- | 19 |
| 6 | NUMBER OF PARTNER ACTIVITIES | 16 | 18 | 16 | ---- | ---- | 16 | ---- | ---- | | | ---- | ---- | | ---- | ---- | ----- | ----- | ----- | 15 |
| 7 | MEDIAN BRANCH AGE | 11.0 | 78.2 | 78.6 | ----- | ----- | 79.1 | ----- | ----- | | | ----- | ----- | | ----- | ----- | ----- | ----- | ----- | 78 |

Backpacking

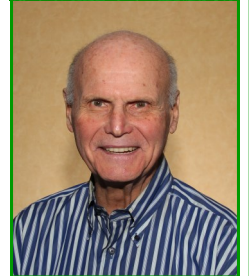
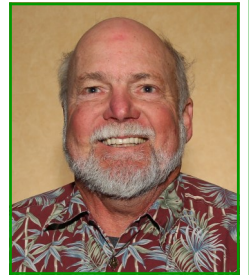
When: tbd

Where: tbd

Contact: Dave Lunn, Chairman, 925-784-2624,
SIR101Backpacking@googlegroups.com
 Leo Bennis, Asst Chairman, 925-956-3044,
SIR101Backpacking@googlegroups.com

Backpacking is on hiatus.

Contact Dave for more information.



Bocce

When: 2nd and 4th Thursdays, 10:00 AM - 11:30AM

Next: May 26, Jun 9, Jun 23, 2022

Where: Bothwell Park, 8th and H St

Contact: Chuck Molenkamp, Chairman, 925-455-1952,
SIR101Bocce@googlegroups.com



Bocce is a SIR 101 Approved Activity. SIR 101 bocce members played only once during April this year, but what a great time we had. There was a good lively group of nine players on April 28, and we filled up both of the bocce courts at Bothwell Park with lots of enthusiasm, some good competitive bocce, and great conversations. The other scheduled date, April 14, was a rainout. We have added several new players recently as COVID restrictions have been relaxed and new members have joined our club.



The players in the photo are Dale Schauer (kneeling), Coleman Johnson, Roger Everett, Bob Johnson, Chuck Molenkamp, Harry Levin, Owen Brovant, Raul Pomares, and Werner Schlapfer. The photographer was a lovely lady who was walking through the park.

We regularly play bocce on the second and fourth Thursday of each month starting at 10:00 am and ending about 11:30. However, as summer approaches and some hot days are likely we sometimes play an hour earlier. This is done on a case by case basis depending on the predicted high temperature.

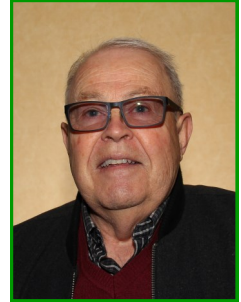
If you are interested in joining us send an email request to Chuck Molenkamp SIR101Bocce@googlegroups.com to be added to the SIR 101 bocce email list.

Chess

When: tbd

Where: tbd

Contact: Mike Miller, Chairman, 925-449-4062,
SIR101Chess@googlegroups.com



Chess is on hiatus.

Dining Out

When: Usually 2nd Tuesdays at 5:00pm, **Next:** Tuesday, June 14, 2022

Where: Yin Yin Restaurant

Contact: Doug Mansur, Chairman, 925-640-5233, SIR101Diningout@googlegroups.com



Dining Out is an Approved. Activity. Good Times at Terra Mia Ristorante Italiano. This month we came together at the Terra Mia restaurant on East Avenue to enjoy some very fine Italian food and very good service. The staff was very accommodating, arranging tables of 6 just like we prefer, and with our reservation seated us immediately. The highlight of our group gatherings is the fun conversations we have, with the folks at my table taking about travel, exciting weather they have experience (tornadoes, hurricanes), and many other topics. This time we had 16 members and spouses/SOs join us which was comfortably handled by the staff.

Next month I am planning to have us go to the **Yin Yin Restaurant** on First Street, again at 5:00 pm on the 2nd Tuesday of the month which is June 14th.

Fishing

When: tbd

Where: tbd

Contact: Roger Perry, Chairman, 925-518-8676,
SIR101Fishing@googlegroups.com



Fishing is on hiatus.

Contributed by Paul B

Golf Truisms We All Can Identify With

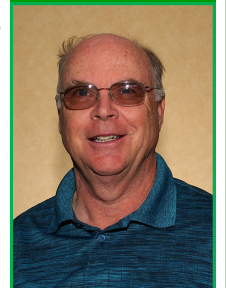
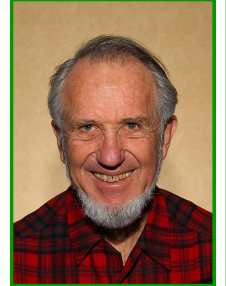
- Golf balls are like eggs - they're white, they're sold by the dozen, and a week later you have to buy more.
- The pro-shop gets its name from the fact that you must have the income of a professional golfer to buy anything in there.
- It's amazing how a golfer who never helps with house or yard work will replace his divots, repair his ball marks, and rake his sand traps.
- Did you ever notice that it's a lot easier to get up at 6:00 a.m. to play golf than at 10:00 to go to church?
- It takes longer to become good at golf than it does brain surgery. On the other hand, you seldom get to ride around in a cart, drink beer and eat hot dogs while performing brain surgery.
- A good drive on the 18th hole has stopped many a golfer from giving up the game. - A good golf partner is one who's slightly worse than you.
- The rake is always in the other trap. - If there's a storm rolling in, you'll be having the game of your life..

Kayaking

When: 1st Tuesdays **Next:** June 7, 2022

Where: tbd

Contact: Dick Ryon, 925-447-8907, SIR101Kayaking@googlegroups.com
Doug Mansur, 925-640-5233, SIR101Kayaking@googlegroups.com



Kayaking is a SIR 101 Approved Activity. Our twice-postponed April kayak outing to Lake Del Valle actually took place on May 3rd. We had 13 participants, a record for our group, if my memory is right. There were several people who had not paddled with us before, a nice addition to our group that indicates announcements at the monthly lunch meetings produce positive results.

It was a great day on the water, with the predicted low 70's temperature being perfect, and the predicted strong afternoon breeze being gentle instead. The hills are now mostly golden brown, the sun was warm, the sky a nearly cloudless beautiful blue. We paddled from the boat launch ramp to the dam; stopping for lunch and conversation nearby. Round-trip distance was about 7 miles. A small group continued past the starting point on the return to add a little more time on the water, with one going all the way to the bridge before turning due to too shallow water.



SIR Kayakers leaving the Lake Del Valle boat ramp on May 3, 2022

Our usual outing is the first Tuesday of the month, making June 7th our next scheduled date. The place has not yet been decided, with several locations being considered. We may return to the Oakland-Alameda estuary and San Francisco Bay. We would be glad to have you join our group!

If you would like to help determine where we shall go, a good source for information is the Bay Area Sea Kayakers trip planner that is open to everyone: https://www.bask.org/trip_planner/5.11/. If there is a suggestion, likely we will do it! Otherwise, Dick Ryon and Doug Mansur will decide.

I will be missing from the SIR Kayakers outing in July, and maybe in June also, due to a kayak expedition in Glacier Bay, Alaska. Co-leader Doug Mansur will be in charge during my absence.

If you do not yet have a boat, some of us have extra kayaks to lend, contact Dick Ryon or Doug Mansur SIR101Kayaking@googlegroups.com.

If you would like to join us, contact Dick Ryon.

As our slogan goes, Paddle and live long.

Golf Truisms We All Can Identify With (2)

- If your opponent has trouble remembering whether he shot a six or a seven, he probably shot an eight.
- Golf appeals to the child in all of us. This is proven by our frequent inability to count past the number 5.
- It's easy to keep your ball in the fairway, if you don't care which fairway.
- If profanity had any influence on the flight of a ball, most everyone would play better.
- The greatest sound in golf is the "Whoosh, Whoosh, Whoosh" of your opponent's club as he hurls it across the fairway.

Game Day

When: tbd

Where: tbd

Contact: Ron Saltgaver, Chairman, 925-443-0693,
SIR101GameDay@googlegroups.com



Game Day is on hiatus.

I have successfully run a re-occurring Game Day for 3 years prior to the pandemic with satisfactory results. I am trying to make this available (albeit without meeting directly) via the Zoom computer tool.

I am proposing to run a Bingo session and possibly a Trivia or Timeline like game via Zoom. I need to know what you feel would be your best days and times for a 2 hour session of games. Name(s) of players, email addresses, favorite game, and how often would you like to meet. Send me an email at SIR101GameDay@googlegroups.com to express your interest.

Game day was initially designed for a group of people to get together with an agenda: General conversation until all arrive; play 1 or more games as a group or by dividing up into separate groups; Heat up Dinner; Continue the same or a new game; Stop Games; Eat dinner; Have dessert; and Adjourn. We gathered together at 3:00; Play Games; at 5:00 reheat or cook dinner items; 6:00 have dinner and dessert; and adjourn. The number of people invited was based on the table size. We chose a max of 12 as my large table will just comfortably fit that many.

Due to the pandemic, we are unable to get together in person until all participants are vaccinated and we hold to the Pandemic rules. We are not there as yet, but we are closer.

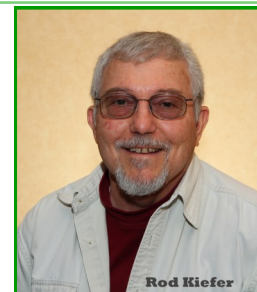
Some of the Branches in SIR are playing games like Poker, Bridge, Pinochle, and Cribbage via an Online Network programs (Not Zoom). The results of each group of 4 are reported to the Game Coordinator so that results can be tabulated and shared.

Investments

When: The last Friday of the month from 10:00 AM to 11:30 AM

Where: Zoom meeting

Contact: Rod Kiefer, Chairman, 925-447-4173,
SIR101Investments@googlegroups.com



Investments is a SIR 101 Approved Activity.

The goal of our activity is to share investment experiences, strategies, market research tools, and other investment topics the group may be interested in discussing. If you're interested in joining the investment group, please contact Rod Kiefer.

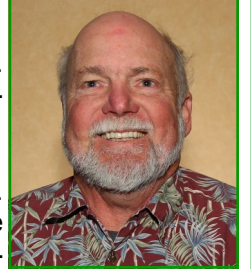
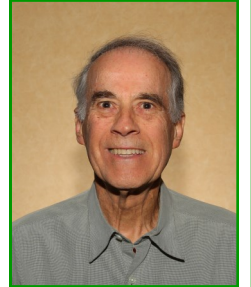
Hiking and Walking

When: Wednesdays, 8:30 am

Where: South L St. and Railroad Ave.

Contact: Art Hull, Chairman, 925-443-5479, SIR101Hiking@googlegroups.com

Dave Lunn, Asst. Chairman, 925-784-2624, SIR101Hiking@googlegroups.com



Hiking is a SIR 101 Approved Activity.

We meet every Wednesday at the southeast corner of South L St. and Railroad Ave. and leave at 8:30 AM for our hiking destination. Spouses, friends and family are welcome.

We form three groups of various hiking levels (Amblers, Ramblers, and Scramblers). Bring plenty of water. The Amblers do a level hike usually at a park such as Sycamore Grove, Shadow Cliffs, or Holdener. The Ramblers do a moderate hike and the Scramblers do a more strenuous hike at one of the many surrounding regional parks such as Del Valle, Sunol, Morgan Territory, Pleasanton Ridge, Vargas Plateau, Garin/Dry Creek, Coyote Hills, Brushy Peak or Lake Chabot.

Hiking is good for your heart, good for your brain, and good for making friends. I guarantee we have a group for you. Try it, you might like it!

Our Motto: Remember, there's no such thing as bad hiking weather, just inappropriate clothing.



Hiking April-May, 2022.

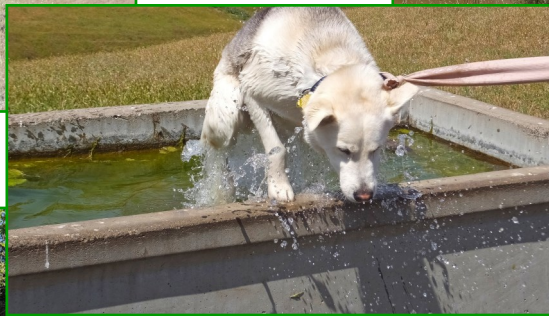
Remember to Zoom in (Ctrl+) and out (Ctrl-) of any page.

Hikers on Flag Hill
Rocky parts
Morgan Territory Hike



Hiking April-May,2022

Remember to Zoom in (Ctrl+) and out (Ctrl-) of any page.



NEAL'S ROMEOs (Retired "O" Men Eating Out)

When: tbd
Where: At various restaurants. **Next:** tbd
Contact: Roy Porfido, Chairman, 925-455-0600,
SIR101Romeos@googlegroups.com
Sorry—Men only



Neal's ROMEOs, those Retired "O" Men Eating Out, is on hiatus.

Golf

When: week of June 13, 2022
Where: Reno, Nv
Contact: **open**, SIR101Golf@googlegroups.com

Golf is on hiatus.

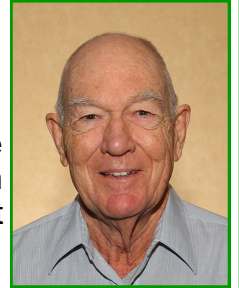
Please contact Activities chair [Ron Saltgaver](#) for more information.

2022 SIR State Golf Committee Chair, Mark Stuart, invites you to our second golfing event of the year to be held in Reno the week of June 13th. This four day event includes an option for either playing two or three days of golf. Atlantis Hotel and Casino will again be our host hotel. For much more information on this event or to find information on other future events, golf committee member contact information, golf policies and so much more by clicking on the SIR State Golf website at "www.sirgolf.org".

Sunshine

Contact: Art Molvik, 925-373-8437, SIR101Sunshine@googlegroups.com

We were sorry to hear that on May 8, 2022, Tim Evans died after a short time on Hospice. Tim was one of our youngest members, making his loss even harder. There will be a memorial service and reception on Saturday, May 21 at 11:00 am at Asbury Methodist Church, 4743 East Ave., Livermore, CA.



We were notified that Bob Pankhurst has passed.

If you hear of someone needing a word of encouragement from all of us, or hear good news of someone's recovery, please let Art know. He will spread the news and get a card out to them.

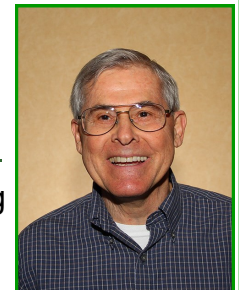
Wine Tasting

When: tbd

Where: tbd

Contact: Bill Bish, Chairman, 925-447-1266, SIR101Wine@googlegroups.com

Wine Tasting is a SIR 101 Approved Activity. Come join us at our next tasting and enjoy some friends & good wines. Contact Bill for more information.



Activities

Contact: Ron Saltgaver, Chairman, 925-443-0693,
SIR101Activities@googlegroups.com

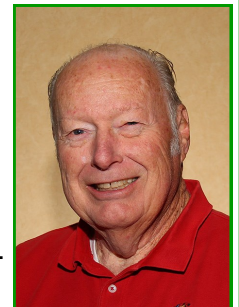
What: Do you want to start something new? Describe it in you own words.

Where: Please, suggest location based on your ideas with current restrictions considered.

When: How often and what duration would you think would be best to keep up interest?

Contact: Do you want to be the Chairman for this?

Please contact Activities chair Ron Saltgaver for more information.



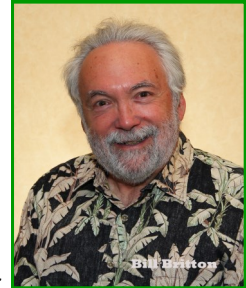
Golf Truisms We All Can Identify With (3)

- A recent survey shows that of all jobs, caddies live the longest. They get plenty of fresh air and exercise, and if there's ever a medical emergency, a doctor is always nearby.
- It's difficult to decide which is more stressful - hitting 3 off the tee or lining up your 4th putt.
- With practice and strength training you can easily get more distance off the shank.
- The only sure way to get a par is to leave a 4 foot birdie putt 2 inches from the hole.
- Nothing straightens out a nasty slice like a sharp dogleg to the right. - Golden Rule: Never wash your ball on the tee of a water hole.
- No matter how badly you are playing, it's always possible to get worse

SIR 101 Travel

"The world is a great place. You should see it!"

Contact: Bill Britton, Chairman, 925-443-9913,
SIR101Travel@googlegroups.com
 Jon Lumia, Asst. Chairman, 925-373-9412,
SIR101Travel@googlegroups.com



I would like to know what style of trip people are interested in for the future. River cruise, sea cruise, bus tour, or staying in one location and visiting specific areas. Followed by where in the world people are interested in visiting. I have been looking at a small ship cruise along the Croatian coast (like you saw in our last SIR program), Egypt, and Japan. Let Bill know what travel you would like.

The Magical Rhine/Moselle River Cruise

Bill is busy working on the details for the group's cruise. We currently have 14 cabins reserved on our September river cruise (that is 27 people).. In the past I have had people contact me closer to the trip date asking if they can possibly join the trip. We have been able to do it in the past and it could be possible for this trip as well depending on space available. So if you decide later you would like to join us I can check on availability and cost (which will likely be more). Click to see the [Discover the Magical Rhine and Moselle Rivers September 12-25, 2022](#) brochure.

Here are a few details:

- Depart for Amsterdam on September 12, 2022 (2 days ahead of the regular trip).
- Return from Zurich, Switzerland on September 26, 2022 (3 additional days at the end of the regular trip spent in Lucerne, Switzerland).
- We will be cruising on the MS Amadeus Imperial (launched in 2020).
- Travel insurance is included in the pricing along with all tips.
- Ground transportation from Livermore to SFO and return.



The Amadeus river ships are new and modern. They are taking extra special precautions since Covid, which you can read about on their website here: <https://www.amadeus-rivercruises.com>.

Here is a map of the trip:

Reminder: SIR approved Collette Travel, has provided our overseas trips. If you want to plan your own trip you can go to their website, www.gocollette.com, find a trip that interests you, and let me know. If you book through me, I can save you money on your trip.

If you would like to be added to my list of interested travelers contact me here: SIR101Travel@googlegroups.com.

Membership Rules: A member will be notified in writing of the pending termination of his membership should he be responsible for any of the following: (a) missing three (3) consecutive regular luncheon meetings without having been excused by contacting Werner Schläpfer, SIR101Attendance@googlegroups.com not later than the Thursday before the meeting day; (b) not attending a minimum of five (5) of the regular luncheon meetings within the previous twelve consecutive month period. Excused absences are not included in achieving the five (5) luncheon meeting minimum. Certification of attendance at another Branch Meeting or State SIR meeting will be considered as a credit to the attendance record.

Non-responsibility clause: All activities arranged for or by, or sponsored by, Sons in Retirement, Inc., and its Branches, are for the convenience and pleasure of the members and their guests who desire to participate. Sons in Retirement, Inc. and its branches do not assume any responsibility for the well-being or safety of the participants or their property, in any matter pertaining to said activities. Travel events of four (4) or more nights and all air and sea travel must be arranged and booked through a travel agency. Members and guests shall make their checks payable to the travel agency involved. Tour and travel events of three (3) or fewer nights shall require participating members and guests to make their checks payable to the appropriate Branch of Sons in Retirement, Inc., whether or not a travel agency has booked the event.

SIR 101 web information:

SIR 101: SirInc2.org/Branch101. Our site has a 'Members Only' section. SIR 101 members may contact our Webmaster for the User Name and Password. See the Member Roster, Member Photo Gallery, Speaker Videos, Member Videos, Form 27, Form 28 and BEC Meeting Minutes.

Is your Photo Gallery photo missing? Send a digital photo similar to the Photo Gallery pictures to Webmaster Mike Pocha and to Bulletin Editor Len Smith. No photo? Contact the Bulletin Editor.

State SIR information: SIR Inc.: sirinc.org, **SIR Sports:** State SIR Sports Chair W. Lee Moy, HealthStudio@gmail.com (559) 709-9851. The **SIR newsletter** [SIR Happenings](#) features news about SIR and all the things that are still going on in our Branches.

Hyperlinks in this edition

This edition has several hyperlinks to help you quickly navigate between the pages, send an email or see a web site just by clicking on a hyperlink. Hyperlinks are underlined and of a different color than the nearby text.

'**Inside this Issue**' page numbers are hyperlinks. Click on the page number to go directly to that page. Click on '[Index](#)' on any page to go directly to Page 1.

Hover the mouse over a hyperlinked **email address** and see a small 'mailto:' window popup. Click on the hyperlinked email address and an email subsystem will appear with the email address and subject line filled in ready to complete and send an email.

Hover the mouse over a hyperlinked **internet address (URL)** and see a small 'http:' window popup. Click on the hyperlinked URL and a browser window will open with that web site address.

Updates and suggestions

Send your updates and suggestions to the [Bulletin Editor](#).

What is the Birthday Boys Program? It is a program that offers each member, who is celebrating a birthday in the current month, to have a chance to receive a free \$25 egift certificate, if that member's name is chosen in a drawing and is in attendance at the monthly meeting. Currently, three names are called for each month and awarded a free \$25 egift certificate. Click [here](#) to see the current Birthday Boys.

What is the Green Dot Program? (Editor's note: the [Green Dot](#) program continues to recognize recent new members. Nov, 2021: The Luncheon benefit is available again for 'in person' meetings.

Each member is assigned an identification number that appears on his lapel badge which is filed in numerical order near the Luncheon Meeting entrance. He will wear his badge at all meetings and must leave it when he departs the meeting. For about the first six months after he joins SIR 101, his badge will have a **Green Dot** on it which signifies he is a new member and entitles members who share his dining table early access to the buffet line. The main purpose is to encourage members to introduce themselves to the new members and help them feel comfortable and learn what SIR is all about. The badges also provide a means of noting meeting attendance.

Current Green Dot members

Jeff Anhalt, David Arterburn, Carl Asbury, Ron Baskett, Joel Bowers, Dave Burg, Guy Cummins, Brent Dixon, Vaughn Draggoo, Dave Dunlap, Patrick Epperson, Hugh Gregg, Roger Grimm, Bob Johnson, Rick Knowles, Paul McCandless, Bob McGarry, John Mulrooney, Jim Murray, Steve Plummer, Rick Roller, Steve Skedzielewski, Joe Stetter, Terry Tikalsky.

How to Pay Members now have the option to use their PC or smartphone to pay your lunch and annual contribution. Most major banks support Zelle money transfers. Want to know more? Click ZELLEPAY.COM. **On your PC** login to your bank web site. **On your smartphone** download your bank's app. If your bank doesn't have Zelle, then download the Zelle app from ZELLEPAY.COM. Connect Zelle to your bank account. Connect Zelle to Treasurer Fred Coffield's cell phone 925 216 -0227 or email fcoffield1@comcast.net. Zelle or Paypal send the money to Fred's cell phone number or email address which is linked to the SIR 101 bank account.

SIR 101 prefers Zelle for all pay transactions but some banks don't support Zelle. Paypal charges SIR 101 an additional fee of up to \$2 or more per transaction. Please add \$2 to your payment if you use Paypal. You can also pay by check by mailing or dropping your donation at Fred's house or pay by cash/check at the monthly lunch meeting. See the Member Roster on our website for Fred's street address.

Avoid the long lunch line: RSVP the meeting invitation online, pre-pay your lunch via Zelle and arrive early to visit at the lunch.

If you have pay questions, please contact Treasurer Fred Coffield, SIR101Treasurer@googlegroups.com.

| Officers and Leaders of SIR 101, Livermore, Ca, March 14, 2022 | | | |
|--|--------------------|--|-----------------------|
| Office | Officer Name | Officer Email Address | Officer Phone # |
| Big Sir | Dennis Gately | SIR101BigSir@googlegroups.com | 925-640-4492 |
| Little Sir | Ted Schaefer | SIR101LittleSir@googlegroups.com | 925-456-6356 |
| Secretary | Bill Leach | SIR101Secretary@googlegroups.com | 925-443-6815 |
| Secretary Asst | Bruce DeCoursey | SIR101Secretary@googlegroups.com | 925-449-9854 |
| Treasurer | Fred Coffield | SIR101Treasurer@googlegroups.com | 925-216-0227 |
| Treasurer Asst | Dick Crawford | SIR101Treasurer@googlegroups.com | 925-447-1441 |
| Membership chair | Larry Wiley | SIR101Membership@googlegroups.com | 925-443-7979 |
| Membership chair Asst | open | SIR101Membership@googlegroups.com | * |
| Publicity chair | Leo Bennis | SIR101Publicity@googlegroups.com | 925-956-3044 |
| Contact Title | Contact Name | Contact Email Address | Contact Phone # |
| Activities chair | Ron Saltgaver | SIR101Activities@googlegroups.com | 925-443-0693 |
| Attendance chair | Werner Schlapfer | SIR101Attendance@googlegroups.com | 925-443-8291 |
| Backpacking chair | Dave Lunn | SIR101Backpacking@googlegroups.com | 925-784-2624 |
| Backpacking chair Asst | Leo Bennis | SIR101Backpacking@googlegroups.com | 925-956-3044 |
| Bocce chair | Chuck Molenkamp | SIR101Bocce@googlegroups.com | 925-455-1952 |
| Bowling chair | open | SIR101Bowling@googlegroups.com | * |
| Bridge chair | open | SIR101Bridge@googlegroups.com | * |
| Bulletin Editor | Len Smith | SIR101Editor@googlegroups.com | 925-455-6411 |
| Bulletin Editor Asst | Nile Runge | SIR101Editor@googlegroups.com | 925-443-2237 |
| Chess chair | Mike Miller | SIR101Chess@googlegroups.com | 925-449-4062 |
| Dining Out chair | Doug Mansur | SIR101DiningOut@googlegroups.com | 925-640-5233 |
| Events chair | Ron Saltgaver | SIR101Events@googlegroups.com | 925-443-0693 |
| Fishing chair | Roger Perry | SIR101Fishing@googlegroups.com | 925-518-8676 |
| Game Day-Dining In chair | Ron Saltgaver | SIR101GameDay@googlegroups.com | 925-443-0693 |
| Golf chair | open | SIR101Golf@googlegroups.com | * |
| Hiking and Walking chair | Art Hull | SIR101Hiking@googlegroups.com | 925-443-5479 |
| Hiking and Walking chair Asst | Dave Lunn | SIR101Hiking@googlegroups.com | 925-784-2624 |
| Investments chair | Rod Kiefer | SIR101Investments@googlegroups.com | 925-447-4173 |
| Kayaking chair | Dick Ryon | SIR101Kayaking@googlegroups.com | 925-447-8907 |
| Kayaking chair Asst | Doug Mansur | SIR101Kayaking@googlegroups.com | 925-640-5233 |
| Mirth Director | Bill Leach | SIR101Mirth@googlegroups.com | 925-443-6815 |
| Sunshine chair | Art Molvik | SIR101Sunshine@googlegroups.com | 925-373-8437 |
| Travel chair | Bill Britton | SIR101Travel@googlegroups.com | 925-443-9913 |
| Travel chair Asst | Jon Lumia | SIR101Travel@googlegroups.com | 925-373-9412 |
| Webmaster | Mike Pocha | SIR101Web@googlegroups.com | 925-443-1953 |
| Webmaster Asst | Len Smith | SIR101Web@googlegroups.com | 925-455-6411 |
| Wine chair | Bill Bish | SIR101Wine@googlegroups.com | 925-447-1266 |
| Woodcarving chair | open | SIR101WoodCarving@googlegroups.com | * |
| Director Title | Director Name | Director Email Address | Director Phone # |
| Director | Leo Bennis | SIR101Directors@googlegroups.com | 925-956-3044 |
| Director | John Didlake | SIR101Directors@googlegroups.com | 925-455-6334 |
| Director | Roger Everett | SIR101Directors@googlegroups.com | 925-443-5565 |
| Director | Ron Saltgaver | SIR101Directors@googlegroups.com | 925-443-0693 |
| Director | Graham Thomas | SIR101Directors@googlegroups.com | 925-784-7476 |
| State Officer Title | State Officer Name | State Officer Email Address | State Officer Phone # |
| President | Rick Kindle | rick@kindleandassoc.com | * |
| Director Region 5 | John Haffner | johnhaffner@comcast.net | * |
| Governor Area 17 | John Kent | johnkent818@gmail.com | * |

Birthday Boys*

May Birthday Boys: you must be at the May 24th meeting for a chance to win one of up to 3 \$25 egift certificates

Ben Barrientos, Fred Coffield, Ron Colvin, Glenn Hage, Bob Hickman, Jim Kovarik, Roger Perry, Ken Poore, Rick Roller

April Birthday Boy Winners: Bob McGarry

* See page 12 'Birthday Boy Program'

Events

What: 2022 Picnic!

When: June 16, 2022 10:15 am—2:30 pm **Where:** Asbury Methodist Church

Contact: Ron Saltgaver, Chairman, 925-443-0693,
SIR101Events@googlegroups.com



Please join us at the SIR 101 2022 Picnic on Thursday, June 16, 2022 10:15 Am - 2:30 Pm at Asbury Methodist Church, 4743 East Ave in Livermore.

Space is limited to 150 so please signup before June 13, 2022. You may invite and register your family and friends up to 10 per SIR 101 member. Just #30 per person.

- Entrees Award-Winning Pork Ribs, Slow-Smoked Sliced Beef Brisket, Rotisserie BBQ Chicken
- BBQ Beans, Tossed Green Salad, Fresh Fruit Salad,
- Assorted Cookies, Assorted Sodas and Water
- Games and Contests

Click Picnic to Register now. Pay later.

Are you interested in Bowling, Bridge, Golf or Wood Carving? These former SIR 101 activities can be restarted. Please contact Ron.



Welcome recent members

Brent Dixon, Bob Johnson, Marc Palajac, Terry Tikalsky

Big Sir from Page 1 arrive early. For May Birthday Boys, be sure to attend and get a chance for one of 3 \$25 eGift awards from Amazon. You can't win if you don't attend.

Technology... And seniors.

Whomever it was that said, "You can't teach an old dog new tricks", had it wrong! It's a tired old theme and one that deserves to be put in the rear-view mirror for our times. Technology is omnipresent in these days of smartphones, tablets and the internet. Seniors are often stereotyped as "technophobic". But new research (Pew Research Center: <https://tinyurl.com/52zk2ddw>) has shown growth in the use of these types of technology by seniors over the last decade. In 2012 only 13 percent those aged 65 and older owned a smartphone. By 2021 61% of those 65 and older owned smartphones... An increase of 469 percent! Social media use shows similar increases by the same age group. Tablet ownership shows almost twice that increase! The gap between the younger generation's use of technology and that of more senior individuals has shrunk. The technophobe stereotyping just doesn't hold up... Not to state the obvious, but who do you think taught all those recent college graduates their tech skills? Someone older, of course!

How does that serve those memes about seniors and technology? Well, what's a meme, anyway? Googling the word provides: "*an element of a culture or system of behavior that may be considered to be passed from one individual to another by non-genetic means, especially imitation.*" Well, imitation is the sincerest form of flattery, right?

So, what's to be said about memes like seniors lacking text messaging abilities?

It's not our fault that smartphone screen keyboards are so tiny that we either can't see the letters or just can't fit our fingers over a single screen-provided key cap. So messages like "*Dif you bui a Christymas gif for yourt mom?*" are a common occurrence... It's not our fault!

What's with all these messaging apps? Apps like Snapchat, WhatsApp, Telegram, Viber Messenger! How are we expected to know they even exist? It's not our fault! And, how are we supposed to know these crazy text abbreviations, like:

2G2BT = Too good to be true
DQMOT = Don't quote me on this
NIMBY = Not in my backyard
PEBCAK = Problem exists between chair and keyboard
NIFOC = Naked in front of computer

You probably know:

ROFL = Rolling on the floor laughing

But did you know?

ROFLCOPTER = Rolling on the floor laughing and spinning around

I dare say it's not our fault! Technology needs to embrace seniors, not the other way around!

=====

SIR Organization In-Person Meeting Requirements (vis-a-vis COVID-19).

The State SIR organization requires everyone attending any SIR or SIR branch activity or event to be vaccinated or have a recent negative test. The State SIR organization requires everyone attending any SIR or SIR branch activity or event to have waiver forms signed.

The State SIR issued protocol and the Waiver are on the State SIR webpage. Click [Protocols-for-Minimizing-Covid-19-Liability](#) at (sirinc.org) and [SIR Waiver](#) at (sirinc.org). The Waiver is also available to view and download on our SIR 101 website, click [SIR](#) **Big Sir >> Page 16**

Big Sir from Page 1 [101 COVID Waiver](#) that is setup for SIR 101 use.

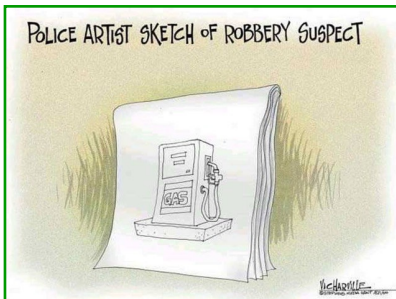
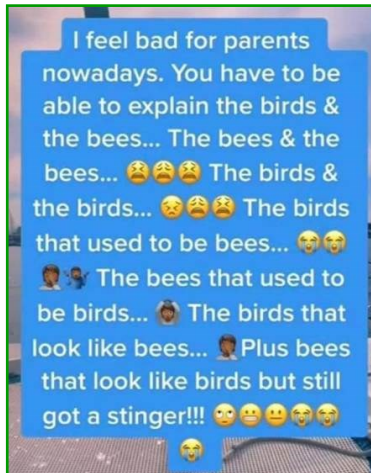
State SIR requires the Waiver to be signed and turned into SIR 101 to participate in any State SIR or SIR branch in-person activities and events. Membership Chair Larry Wiley SIR101Membership@googlegroups.com will track signed and completed Waivers. One Waiver covers all State SIR and all SIR branch activities and events. If you previously turned in a completed Waiver to Larry or your activity chair, you need not complete another.

Lunch reservation and pre-payment.

We are asking you to reserve your in-person lunch spot in advance and to send your payment to our Treasurer, Fred Coffield's cell phone: 925-216-0227. We are committing to at least 60 attendees, so please try to join us on May 24 – IN PERSON!

Branch Communications.

You will be receiving branch notifications through the Constant Contact email service. Please be sure to check your Junk/Spam/Trash mail folders and set your email program to accept messages from "dगतely+mac.com@ccsend.com". That way you won't miss any important communications from the branch.



I never thought I'd be the kind of person who'd wake up early in the morning to exercise ...

And I was right.

Remember to zoom in (Ctrl+) and out (Ctrl-) of any page.