



SIR 101

Bulletin

December 2022

Volume 41, Number 11

SONS IN
RETIREMENT 101
LIVERMORE, CA

**FOR MORE
INFORMATION,
ABOUT OUR
BRANCH, PLEASE
VISIT OUR
WEBSITE**

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>13</u>
SIR Web Addresses	<u>12</u>
Financial	<u>3</u>
Membership	<u>3</u>
Speaker's Preview	<u>2</u>
Sunshine	<u>10</u>
Backpacking	<u>10</u>
Bocce	<u>4</u>
Dining Out	<u>5</u>
Game Day	<u>10</u>
Golf	<u>4</u>
Hiking and Walking	<u>8</u>
Investments	<u>10</u>
Kayaking	<u>6</u>
ROMEOS	<u>5</u>
Travel	<u>7</u>
Wine Tasting	<u>10</u>

The Big Sir Message from Dennis Gately



It has been a great honor to represent SIR Branch 101 as Big Sir for 2022. It was also a privilege to have served as Little Sir during 2020 & 2021. I would like to thank our branch officers and volunteering members for their support and encouragement as we kept our branch running and true to its goals. A special thanks to Little Sir, Ted Schaefer for providing interesting and entertaining speakers throughout the year. We had some really great talks and if you missed some, you can find links to videos on the branch website. There were definitely some trying times for organizations like ours, as we waded through the precautionary closing down of activities and in-person luncheons due to the pandemic. Nonetheless, Branch 101 is alive and vibrant as we head into 2023!

As a Branch 101 member, you'll be in good hands with our incoming officers for 2023. Former Big Sir, John Didlake will return in that position to lead the branch with the help of Dwight Lang as Little Sir. Roger Grimm will take over as branch treasurer, as well. I see that we already have some great luncheon speakers lined up for 2023... Starting in January with Dori Sproul from the Alzheimer's Association of Northern California, who will discuss "10 Warning Signs of Alzheimer's". In February, member Ron Baskett, Certified Consulting Meteorologist, will be giving his talk; "The World of Weather Modeling". So stay tuned, & join-in on these great luncheon opportunities!

COVID-19 Alert

Unfortunately, several branch members contracted COVID symptoms during the time of our November 22 luncheon, and weekly Hiking activities, including a post-hike lunch at the Ale House, on Wednesday November 23. If you attended either of these events or carpoled with other members, there is a possibility of exposure. As a precaution, we want to make sure you are aware & watching out for COVID symptoms. You

may want to visit these websites that provide information about COVID exposure and what to do if you have symptoms:

[COVID Symptoms](#)
[Recommended Steps](#)
[COVID testing](#)

Holiday Luncheon

**December, 2022
Asbury Methodist Church, Livermore**

We want to thank Ron Saltgaver and all who helped put on our holiday event. Seventy-two members and guests enjoyed the buffet and each other's company.



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 Dwight Lang, SIR101LittleSIR@googlegroups.com know.

Our Planned Speakers :

- | | |
|-------------|--|
| January 24 | Dori Sproul— 10 Warning Signs of Alzheimer's |
| February 28 | Ron Baskett—The world of Weather Modeling |

Financial

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



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

Beginning Cash Balance (Total Cash)..Line 1: Month: \$3,446.33 YTD \$5,088.72
 Ending Cash Bance (Total Cash),,,,,,,.Line 8: Month: \$3,839.37 YTD \$4,839.37

Membership and Attendance

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



WELCOME NEW MEMBERS, VISITORS and GUESTS:

New Members: 1 (Jim Muir).

- ◆ **Visitors:** 1.
- ◆ **Guests:** 1.

MEMBER CARE GIVERS:

- ◆ Care Givers: 0.

MEMBER CHANGES:

- ◆ **Deleted:** Owen Brovont resigned.
- ◆ **Passed:** Ed Benson

MEMBERSHIP STATUS:

- ◆ The ACTIVE Membership of SIR 101 as of November, 2022 is 163 members.

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

The complete SIR Form 27 Monthly Branch Membership Report for November, 2022 is available on our web site.

Announcements

We meet the 4th Tuesday of each month. Our next **Meeting** will be January 24, 2023 SIR 101 members: watch for an email with the details. February's meeting is planned for Tuesday February 28.

Check out our **SIR Branch 101 web site**. Click SirInc2.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?

Bocce

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

Next: Oct 20, Nov 3, Nov 17, 2022

Where: Bothwell Park, 8th and H St

Contact: Chuck Molenkamp, Chairman, 925-413-1414,
SIR101Bocce@googlegroups.com



SIRs played bocce at Bothwell Park on November 17, a group of six of us. It was a cool day but with the sun shining most of us were shedding our jackets by the end of the game. Our next scheduled game on December 1 was canceled by rain that started about an hour before our starting time. We always hate to cancel, but given the drought conditions in California we will take all the rain we can get.



November 17: Scott Hendeson, Werner Schlapfer, Owen Brovant, Chuck Molenkamp, and Dom Saccullo. The photographer was Harry Levin .

The next scheduled game will be Thursday, December 29. In the new year our first game will be on January 12, 2023. We always have a good time playing bocce and visiting with each other. The games are played on the bocce courts at Bothwell Park at Eighth and H Streets in Livermore. There is no cost to play and current players bring the balls. So why not come and join us on the court at 10:00 am?

Branch 161 Friendship Golf Tournament

Branch 161 invites all SIR golfers and guests to a Friendship Tournament on March 6, 2023 at Discovery Bay Golf & Country Club. Click on [this link](#) to read the flyer with all of the details.

Classmates? Went to my 60th high school reunion. My old classmates are so grey and wrinkled that they didn't recognize me.

Dining Out

When: Usually 2nd Tuesdays at 5:00pm

Next: January, 2023

Where: TBD

Contact: Doug Mansur, Chairman, 925-640-5233

SIR101Diningout@googlegroups.com



The gang went to Polo's Corner this time around and I feel confident to say that everyone had a good time. I've attached a picture. This was our first visit to Polo' Corner and it did not disappoint.

Those interested in being added to our mailing list should contact the activity chair.



Traffic Jam?

The legend that there's a stairway to heaven and a highway to hell says a lot about anticipated traffic

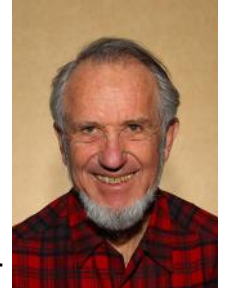
SIR 101 Kayaking

When: First Tuesdays **Next:** TBD

Where: TBD.

Contact: Dick Ryon, 925-447-8907, Doug Mansur, 925-640-523

SIR101Kayaking@googlegroups.com



In the days preceding our scheduled First Tuesday outing, the NOAA weather forecast kept deteriorating. It started as “Slight chance of rain before 10:00 AM.” It then slipped to “30% chance of rain,” then to “40% chance of rain.” The forecast for the next day, Wednesday, kept steady at “sunny, with high near 55 °F.” Only the temperature changed a bit from one day’s forecast to the next for Wednesday. I therefore changed the outing date to Wednesday. That is hiking day, and there is overlap between hikers and kayakers. At least four kayakers went hiking on Sunol Ridge instead. Not wanting to cancel our kayak outing again, as in the preceding month, I rescheduled to Wednesday anyway. Only two people beside myself signed up.

When I got to Lake Del Valle, my anticipated companions were nowhere in sight. Not even at launch time of 10:30 AM. I hung around the launch ramp until 10:45, then stayed nearby until 11:00. Seeing nobody, I set off alone. It was a beautiful day at the lake — sunny as forecast, mostly blue sky, no wind, slightly cool.

There were large flocks of big, white pelicans – maybe not as big as the “town mascot” at the Greek island of Mykonos, but big and beautiful all the same. Lots of other birds too, mostly mud hens, cormorants, and a couple other species I cannot name. Fishermen lined the shore, with a few in boats.

I followed the shoreline, making the trip a bit longer than usual, about 13 miles total. I first went up-stream, wondering if the high water would take me past the bridge to the campground. I didn’t get close, as the upper end of the lake has silted up. This end of the lake had lots of algae, which pretty much disappeared about a mile past the launch ramp, on the way to the dam. I had lunch near the dam, and a short nap in the warm sun. I returned to the starting point about 3:00 PM.

It was a fine time. As I say, “A day on the water is always a good day.” It would have been even better with company. Next time is scheduled to be the first Tuesday in January, the 3rd. I am thinking about San Francisco Bay, launching from East Bay Regional Park’s Tidewater Boating Center on the estuary. Other suggestions are welcome! As I also say, “Paddle and live long!”

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.

Paddle and live long!



Steve Skedzielewski and Connie Howe kayaking along the Blue River in New Caledonia.

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



Coming to you from northeastern Italy. Here is a picture of most of our group coming down from 6,801 feet on Mt. Pilatus near Luzern, Switzerland toward the end of our group's trip.

I am excited to announce more information on a special trip for next October 1, 2023, Croatia & Its Islands. This will be on a small luxury ship with a maximum of 38 passengers. My hope is that we will fill the whole ship with our group.



Included is roundtrip airfare from SFO, two pre-nights in Dubrovnik, all transfers, travel insurance, prepaid gratuities, all excursions except for two optional special dinner/activities. I can also email you a brochure with more information.



Hiking and Walking

When: Wednesdays, 8:30 am (sometimes 8am, see below)

Where: South L St. and Railroad Ave.

Contact

Art Hull, Chairman, 925-443-5479, Dave Lunn, Asst. Chairman, 925-784-2624
SIR101Hiking@googlegroups.com

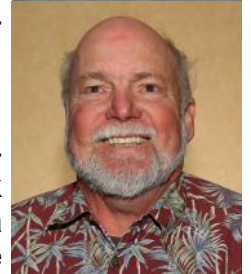
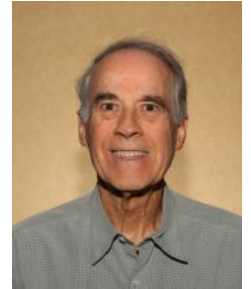
We meet every Wednesday at the southeast corner of South L St. and Railroad Ave. and leave at 8:30AM for our hiking destination.

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 cloth-



More Hiking Photos

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



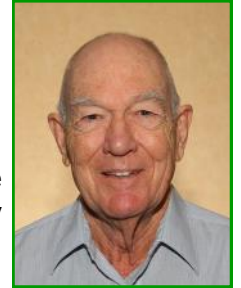
Sunshine

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

A number of our members have been down with Covid this last month, as the pandemic spikes again in the Bay Area. We hope the rest of us can stay healthy .

Howard McCue was hospitalized in November .

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.

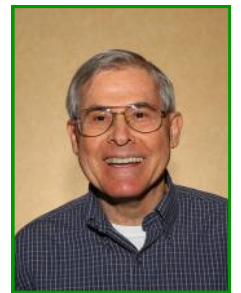


Wine Tasting

When: TBD
Where: TBD

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

No info this month—check back next month.



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

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.



Activities

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

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



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 SIR101 website, click [SIR 101 COVID Waiver](#) that is setup for SIR 01 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 September 27 – 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 "dgately+mac.com@ccsend.com". That way you won't miss any important communications from the branch.



The following groups are on hiatus.

BackPacking

Contact: Dave Lunn, Chairman, 925-784-2624, SIR101Backpacking@googlegroups.com

Game Day

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

If you are interested in the following activities we would welcome volunteers to chair them!

- **Chess**
- **Domestic Travel**
- **Golf**

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 Schlapfer, 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, Joel Bowers, Guy Cummins, Brent Dixon, Vaughn Draggoo, Roger Grimm, Bob Johnson, Rick Knowles, 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.

Birthday Boys*

December Birthday Boys Winners: Brent Dixon, Dwight Lang



Lunch Prepayment Instructions / Yearly Member Donation Reminder

Prepay your \$32 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 **\$35** 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.