



SIR 101

Bulletin

January 2023

Volume 42, Number 1

SONS IN
RETIREMENT 101
LIVERMORE, CA

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

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The Big Sir Message from John Didlake

Happy 2023! May it be a brighter, happier, and more prosperous year for each of you and a year of growth and continued recovery for SIR Branch 101 and the SIR State. We have a lot of great talks coming up, a European trip, and some special events! In fact, you don't want to miss our January talk, "10 Warning Signs of Alzheimer's" by Dori Sproul is a Family Care Specialist with the Alzheimer's Association of Northern California's Lafayette office.

Thanks I would like to thank Rick Morrow, Dennis Gately and Ted Schafer for skillfully leading us through the major challenges of the pandemic and our initial steps back toward normalcy. However, as each new year begins with hope and anticipation, it also comes with its own uncertainties and challenges. Inflation and lingering vestiges of Covid-19 are a couple that are currently of concern.

Rising costs are a challenge for our Branch. At the current price of \$32 (\$35 at the door) for the luncheon, to cover the cost of the food and the rental of the Elk's Lodge, we need to have around 65 paying attendees to break-even. We had 45 at the November luncheon, which means we lost approximately \$200. While we can absorb losses for luncheons in the short-term; it is not sustainable in the long-term. Raising the

cost of the luncheons to \$35 is one option, but we believe that would reduce the number of attendees and not solve the long-term issue. Bottom line is we need you to help us bring back our members who have not been attending the luncheons and, more importantly, RECRUIT NEW MEMBERS.

Another cost issue is that the Elks are requesting an increase in their rental costs that would raise our break-even attendance to approximately 77 paying attendees. We think this level of attendance is unattainable in the near future. We are negotiating with the Elks to maintain our current cost. However, we are also investigating less expensive luncheon venues. This could mean we may need to change the day of the week or the week of the month or both that we meet.

As a final sad note, I would like to make a final tribute to fellow SIR, Len Smith, who passed away suddenly last month. Len was a faithful SIR who worked tirelessly behind the scenes each month to produce and distribute the Branch 101 Monthly Newsletter. Len



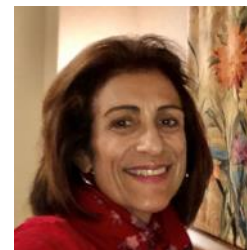
Announcements

Our next Meeting will be January 24, 2023 at the Elk's Lodge at Springtown 940 Larkspur Lane. SIR 101 members: watch for an email with the details.

Beginning with the February meeting the venue and the meeting date will change. Details will be given at the January meeting and in next month's newsletter.

January Speaker

Dori Sproul - Family Care Specialist with the Alzheimer's Association
"10 Warning Signs of Alzheimer's"



11:30AM Jan 24—Elk's Lodge, 940 Larkspur Dr, Livermore, CA

Currently more than 650,000 people in California are living with Alzheimer's disease. The presentation "10 Warning Signs of Alzheimer's" addresses what are normal signs of aging and what are warning signs that should be evaluated. Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. The program also covers how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources

Dori Sproul is a Family Care Specialist with the Alzheimer's Association of Northern California's Lafayette office. Dori has a Master's Degree in Health Education and over 25 years of experience in nonprofit social services. Dori meets with families impacted by this disease, and assists them in developing a care plan, which involves education, support and referral to services in the community. In addition, she facilitates caregiver support groups and provides educational presentations to professionals and the general public. Having experienced family members decline from this devastating disease, Dori has a passion for helping people with dementia and their

Future Speakers

A great attraction for getting potential new members to come to our SIR meetings is the speakers. Click [SIR 101 Meeting Speakers-Public](#) to see available information about each presentation.

Our Planned Speakers :

February (date uncertain)
 Ron Baskett—The world of Weather Modeling

March (date uncertain)
 Steve McGinnis—Pleasanton Pedlers Bicycling Group

Do you have ideas for speakers? Let Dwight Lang, SIR101LittleSIR@googlegroups.com know.

Steve McGinnis—Pleasanton Pedlers Bicycling Group

COVID-19 News

While we look forward to having Covid-19 in our rearview mirror, at least the more virulent strains; versions are still cycling up slightly with the winter season. Therefore, for the luncheon we ask that you wear a mask while not sitting at your table and especially in the serving line. Also, if you have any signs of illness the day of the luncheon that you forego attending. Just let me know and we will happily refund any luncheon prepayment.

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](#)

Financial

Contact: Roger Grimm, Treasurer,
SIR101Treasurer@googlegroups.com

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

Beginning Cash Balance (Total Cash)..Line 1: Month: \$4,839.37 YTD \$5,088.72
Ending Cash Bance (Total Cash).,,,,,,.Line 8: Month: \$4,032.72 YTD \$4,032.72

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:** 34 (Holiday Luncheon).

MEMBER CARE GIVERS:

- ◆ Care Givers: 0.

MEMBER CHANGES:

- ◆ **Deleted:** Bruce Neven.
- ◆ **Passed:** Len Smith

MEMBERSHIP STATUS:

- ◆ The ACTIVE Membership of SIR 101 as of January 11, 2023 is **146** 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 January, 2023 is available on our web site.

Check out our **SIR Branch 101 web site**. Click SirInc2.org/Branch101 to see the latest edition. Click Dennis Gately, 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: Jan 26, Feb 9, Feb 23, 2023

Where: Bothwell Park, 8th and H St

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



SIR 101 members are playing bocce every second and fourth Thursday of the month at Bothwell Park at Eighth and H Streets in Livermore when it is not wet and/or raining. In December, of our three scheduled dates, only December 15 was dry. We had six enthusiastic players, several competitive games, and lots of good friendly conversations. All players were very happy to be playing and had a wonderful time,



Bocce players on December 15, 2022 are Bob Johnson, Roger Everett, Coleman Johnson, and Dom Saccullo. The photographer was Chuck Molenkamp.

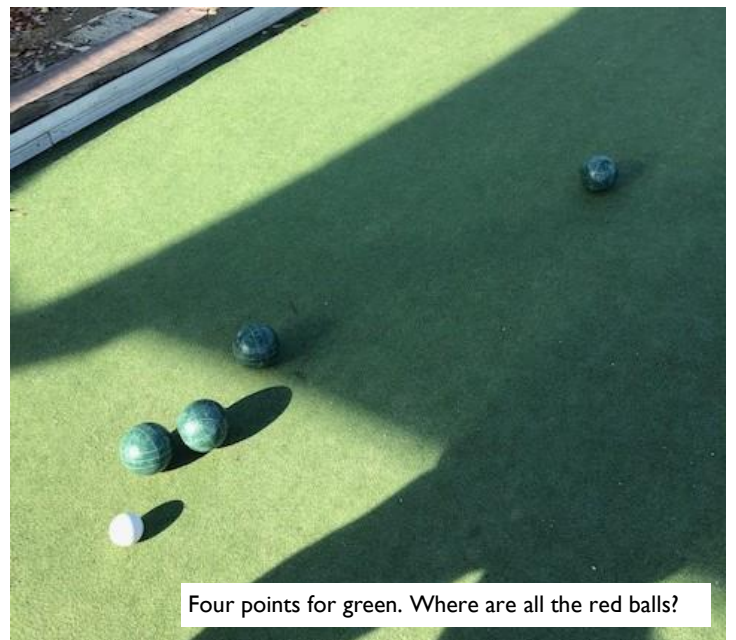
We plan to be back on the courts on January 12 and 26, and February 9 and 23, if the weather permits. A few days before each scheduled game, a reminder email is sent out to those on the SIR bocce email list. If you are interested in giving bocce a try and would like to be added to this list simply email a request to Chuck Molenkamp, cmole44@gmail.com, We would love to have you join us.

Ma'am, how did your husband die?

Poison.

But there are bruises all over his body.

Yeah. He didn't want to take it.



Four points for green. Where are all the red balls?

Dining Out

When: Usually 2nd Tuesdays at 5:00pm

Next: January, 2023

Where: TBD

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



Dining out took a holiday in January.

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

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

When: Third Tuesdays **Next:** February 21, 2023

Where: Bruno's Livermore.

Contact: Vic Wheatman, Chairman,
SIR101Romeos@googlegroups.com



January's ROMEO luncheon scheduled for January 17 was cancelled last minute when it was discovered that the chosen restaurant, Bruno's in downtown Livermore, had a "plumbing issue," which may have been a euphemism for "we got rained on." With only three registered, and given the lateness of notice, it was decided to give Bruno's another chance on Tuesday February 21 at 11:30am. Please register, even last minute but in advance, when you receive the next ROMEO notice.



Recipes, anyone?

If you boil a funny bone it becomes a laughing stock. That's humorous.

SIR 101 Kayaking

When: First Tuesdays **Next:** TBD

Where: TBD.

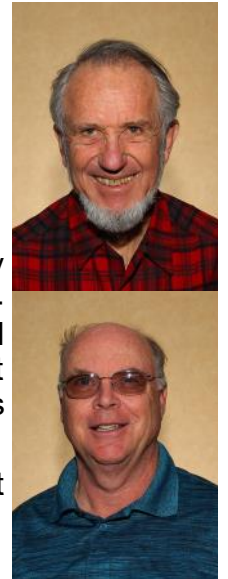
Contact: Dick Ryon, 925-447-8907, Doug Mansur, 925-640-523

SIR101Kayaking@googlegroups.com

SIR Kayakers had scheduled an outing at Alameda Island for the first Tuesday of January, the 3rd. That outing is postponed until further notice, due to the continuing rain. Notice of the re-scheduled event will be sent to those on our e-mail list once the weather clears. If you would like to be added to that list, contact Dick Ryon <dickryon@comcast.net>. If you don't yet have a kayak, some of us have extras that we would be glad to lend, with a request sent to Dick.

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!



Big Sir Message, continued

was also instrumental in setting up our original Google Groups emailing lists and more recently our Constant Contacts emailing lists. I know that I am a better person for having known Len. In that way, Len exemplified what SIR is all about: healthier and happier living through fellowship. Rest in peace, brother Len!

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.

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.

If you have any questions or suggestions

please contact:

Johnny Welton

5751 Prestwick Court

Discovery Bay, CA 94505

Email: johnnywelton40@gmail.com

Cell: 925-876-5844

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 have an update on our Croatia & Its Islands SIR trip. Our yacht got over booked and rather than Collette kicking off a bunch of other folks we got the option to leave exactly one week earlier and have the whole yacht to ourselves. We all decided to go a week earlier, now leaving on September 24 and returning October 7, 2023. The itinerary is exactly the same and we will be traveling on a new yacht that set sail in 2021. It has 18 cabins (for 36 people) and we currently have 14 cabins booked (28 people). That means we can fill four more cabins (up to 8 people) or sail with 4 vacant cabins. So if you are interested in joining the rest of our group let me know.

The trip includes 7 nights on a small luxury yacht with a maximum of 36 passengers and 5 nights of hotel stays. This is a great part of the world with a very incredible history. Here is a link to the presentation I did at a previous SIR meeting: <https://www.youtube.com/watch?v=B2CES8t8mQk>.

Collette is very good about arranging deviations pre and post trip, should you want to do some additional exploring.



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

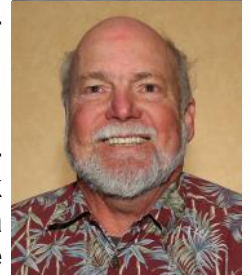
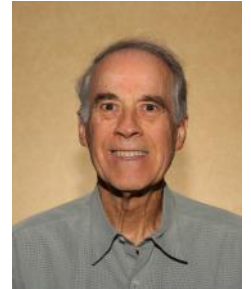
We meet every Wednesday at the southeast corner of South L St. and Railroad Ave. and leave at 8:30AM for our hiking destination.

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 clothing.



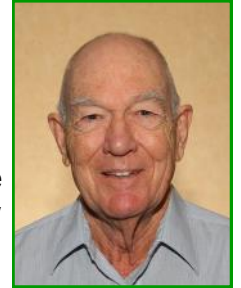
More Hiking Photos

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



Sunshine

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



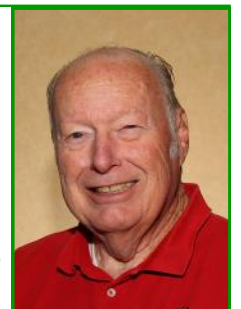
I'm sorry to announce that Len Smith passed away on December 17, 2022. We were all grateful to him for putting our Monthly Bulletin together until a few months ago. A service is being planned but has not been announced yet.



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.

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.



Wine Tasting

When: Friday February 17, 3pm

Where: Cedar Mountain Winery

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



Next month on February 17 we'll meet at Cedar Mountain Winery, 10843 Reuss Road, in Livermore at 3pm. See you there!

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
- Fishing
- Investments

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.



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

January Birthday Boys

Leo Bennis
Roger Brown
Gordon Bull
Henry Chau
Bill Cosby

Ray Culy
Royce Eckard
Patrick Epperson
Ralph Moir
Mark Palajac

Bill Shay
Steve Skedzielewski
Scott Smith
Bill Spencer
Max Tabak

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 gift 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 gift certificate. Click here to see the current Birthday Boys.

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.