



SIR 101

Bulletin

March, 2024

Volume 43, Number 3

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 Dwight Lang

I don't know about you, but I am looking forward to the predicted stretch of good weather. It's good that we have fairly full reservoirs and a better-than-average snowpack, but spring is just a week away, great for all of our outside activities. I hope you were inspired by Werner Schlapfer's talk on hiking in Switzerland to hit the trails and enjoy the better weather. If you missed the talk, Dennis Gately videotapes all of our talks, and you can watch them by going to the SIR Branch 101 website menus/ members only/ videos and images/ speaker videos.

For our March 21st luncheon, we will have two Livermore Police officers making a presentation on how to "Avoid Being a Victim". We live in a fairly low crime rate city, but there are crimes going on, as a member of my family experienced. Please attend to hear the talk, find out about activities, catchup with friends and make new friends.

As you know, costs have been going up (even though inflation has slowed), including the cost of food. Our caterer has informed us that the cost of providing the substantial meal

at our luncheons, will increase by \$1.50, from \$22 to \$23.50 per meal. We are assessing the impact of this cost increase on the overall cost of the luncheon, and expect that we will need to increase the member's luncheon cost by one-dollar starting with the August 2024 luncheon. The additional \$.50 per meal cost increase could be covered by the Len Smith Fund. As we have higher attendance at our luncheons, the fixed costs are spread over more attendees. I will keep you informed of the possible cost increase.

Over 70 of our members have paid their annual dues. Thank you for taking the responsible action so that we can cover our costs! If you have not paid your dues, please pay them now as they are past due.

I hope you can get out and enjoy the spring like weather. Bring a friend along to show them how much fun we have!



From Bill:

Attention Swimmers: The pool will reopen in summer, but due to social-distancing rules there will be no water in Lanes 1, 3, and 5.

March Speakers

Avoid Becoming a Victim

Sheryl Long and Don Swanson
Livermore Police Officers

March 21, 2024

Asbury United Methodist Church
4743 East Ave, Livermore, CA

Livermore Police Officers Sheryl Long and Don Swanson will be speaking at our March luncheon on handbag/shopping safety, related crime trends, personal safety, scam safety & awareness, and a little touch of cyber security.

Officer Sheryl Long is a 54-year resident of Livermore. She has 27 years with the Livermore Police Department. Sheryl is married to an LFPD Fire Fighter and is a local business owner with her father in the property management industry.

Officer Don Swanson is a 44-year resident of Livermore. His family arrived in the Tri-Valley in the mid 1870's and had the first furniture store in Livermore. He had a 30-year career at LLNL in the IT field. Don has 17 years with Livermore Police Department. He is married and has two adult daughters and three grandchildren. Don is a local business owner with his wife in the real estate industry.



Check out our **SIR Branch 101 web site**.

Click SirInc2.org/Branch101 to see the latest edition. Click on this link to email Dennis Gately, SIR101Web@googlegroups.com or call 925-443-1953 for the member id and password.

Do you need a member phone # or email address? It's in our web site's **'Members Only'** section, which has a Member Roster, Member Photo Gallery, Speaker Videos, Member Videos, and BEC Meeting Minutes.

Financial

Contact: Roger Grimm, Treasurer, 925-290-5891
SIR101Treasurer@googlegroups.com



Monthly Cash Report for February, 2024
 See our web site for the complete Form 28.

Beginning Cash Balance (Total Cash)..Line 1: Month: \$8,772.29 JAN 1: \$8,337.78
 Ending Cash Balance (Total Cash),,,,,,Line 8: Month: \$9,334.48 YTD: \$9,334.48

Membership and Attendance

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



WELCOME NEW MEMBERS, VISITORS and GUESTS:

New Members: —Mark Kelley, Don Faul
 ♦ **Visitors:** 0.
 ♦ **Guests:** 3

MEMBER CARE GIVERS:

♦ Care Givers: 0.

MEMBERSHIP CHANGES:

♦ **Deleted:** 0
 ♦ **Passed:** 0

MEMBERSHIP STATUS:

♦ The ACTIVE Membership of SIR 101 as of March 11, 2024 is **129** members
 ♦

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

♦ February: 63.

The complete SIR Form 27 Monthly Branch Membership Report for February, 2024 is available on our website.

Future Speakers

Our Planned Speakers :

April 18th– Michael Barrington, Ph. D

Dr. Barrington is the PBS of Branch 116 and Past Governor of Area 8. He is an author of ten books and has published more than forty short stories in the USA and UK. He is also a historian. His two novels, *Let the Peacock Sing* and *No Room for Heroes* deal directly with the French Resistance. His interesting talk of facts, anecdotes, and humor, is backed by a PowerPoint presentation containing copies of original WW II photos. (<http://www.mbwriter.net>)

Speakers are a great attraction for attracting potential new **members to attend our SIR meetings**. Click [SIR 101 Meeting Speakers-Public](#) to see available information about each presentation.

Do you have ideas for speakers? Let Bob Johnson, SIR101LittleSIR@googlegroups.com, know.

Bocce

When: 2nd and 4th Thursdays 9-10:30

Next: March 28, April 11 & 15, 2024

Where: Bothwell Park, 8th and H St

Contact: Chuck Molenkamp, Chairman, 925-413-1414

SIR101Bocce@googlegroups.com



The SIR bocce players met twice during February this year on the 8th and 22nd. As in recent months, attendance has been very good with 7-10 enthusiastic players. An interesting feature this year is that the leap year day, February 29, was on a fifth Thursday which pushes our dates in March a week later to March 14 and 28.

On February 8 there were 11 players and we had a lot of fun playing bocce together and visiting. Games were competitive and the weather was excellent. Somehow bocce Thursdays seem to be dry so we have not missed any days so far this year. The scores on my court

were 10-4 and 10-6 with each team winning a game.

There was a bit of a delay for the games on February 22. The two of us who normally bring balls were both unable to participate and the 7 or 8 players had no balls. A couple of them went home and retrieved their balls and then play went on as usual. I'm sorry I missed it.

If you have an interest in playing bocce and are not on the bocce reminder email list you can be added by making a request to Chuck Molenkamp (cmole44@gmail.com). We would love to have you join us.



Scott Henderson carefully puts the green ball in play.



Bocce players on February 8 are Scott Henderson, Dale Schauer, Bob Johnson, Harry Levin, Mike Kelly, Bruce Henry, and Dick Ryon. The photographer was Chuck Molenkamp. .



Mike Kelly, new SIR and bocce player, sends the red ball on its way.



Harry Levin plays green under the watchful eye of Dick Ryon.



Dick Ryon lines up his shot. Love the hat!



Bruce Henry lines up the green ball for a winner.



Dale Schauer lets go of the red ball.

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

When: First Tuesdays

Next: March 5, 2024

Where: TBD

Contact: Vic Wheatman, Chairman
SIR101Romeos@googlegroups.com



Seven SIRS Romeos met up for a tasty and somewhat exotic lunch at Shwe Myanmar on East Stanley in Livermore on March 5. Among the discussions were trips to Latin America including Costa Rica where the alligators and monkeys might have attacked our intrepid travelers had they not gotten out of the way. Others reported armed guards carrying elephant guns on the corners in some of the more dangerous and sketchy cities. It must have worked because no elephants were observed.

One member regretted not accepting the gift of his late Grandmother's Baby Blue-colored sta-

tion wagon, only to see one year later with a surf board sticking out. What could have been? Moving on, being guys, there was some talk about favorite teams and teams that did us wrong by moving – to Las Vegas (no names). And finally, a brief discussion of favorite Ice Creams. A good time was had by all, at least as far as I could tell.

Our next ROMEO is scheduled for the first Tuesday of the month – April 2nd at a place to be determined. Contact Vic Wheatman at VictorW318@aol.com to receive the monthly invitation.



Clockwise from Left: Chuck Mollenkamp, Rick Roller, Rick Knowles, Marcos Contreras, Vic Wheatman, Ken Nuger, Jani Janakiraman.

Hiking and Walking

When: Wednesdays, 8:30 am
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 8:30 am for our hiking destination.

Spouses, friends and family are welcome.

Well, the month of February gave us some challenges and some surprises! Playing chicken with the meteorologists was tricky but so far we are on top. In fact, we had a gorgeous day at Vargas Plateau before the clouds came back in Feb. 28. In March, because of the spring wildflowers and grasslands, any location will be rewarding for our hikes. We are seeing more Amblers coming out which is a Good Thing.

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.





Always be yourself because the people who matter don't mind, and the ones who DO mind don't matter.



SIR 101 Kayaking

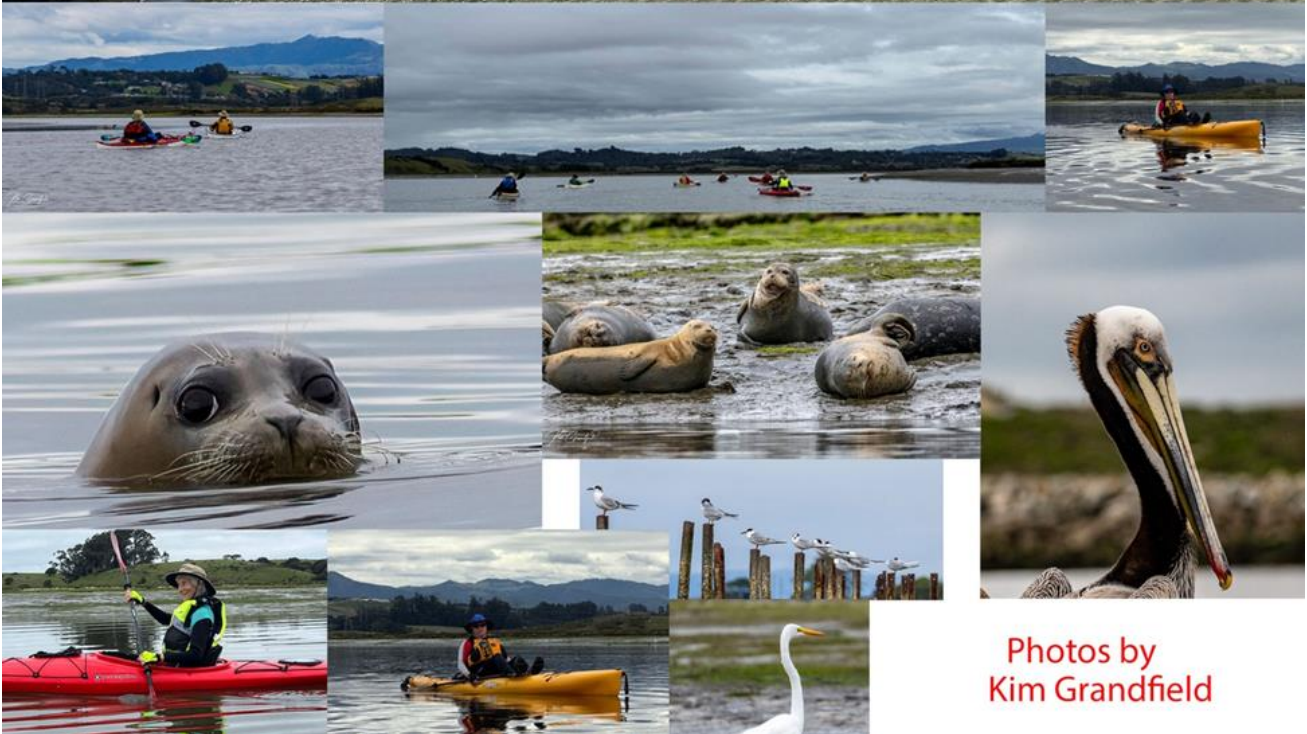
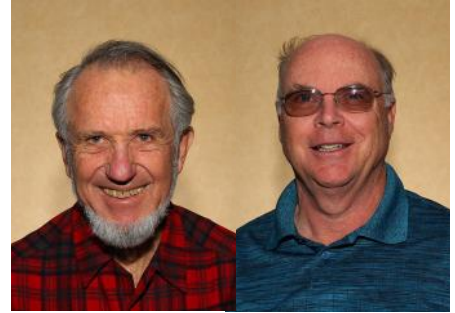
When: First Tuesday of the month (usually)

Next: April 2, 2024

Where: TBD

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

SIR101Kayaking@googlegroups.com



Photos by
Kim Grandfield

Nine SIR Kayakers had a perfect day on the water at Elkhorn Slough on Tuesday, March 5th. To begin, here's a bit of background.

The forecast in the days preceeding our First Tuesday outing was not ideal, holding pretty steady days in advance as "a 40 percent chance of rain. Partly sunny, with a high near 60 °F. SW winds 5 to 10 knots". In spite of the non-ideal conditions forecast, we decided to proceed as planned anyway, as it was somewhat better than a 50-50 chance there would be little or no rain. On Monday the forecast suddenly turned better, becoming "Partly sunny, with a high near 61. East southeast wind 6 to 8 mph becoming west southwest in the afternoon". There was no longer any mention of rain.

We arrived at Kirby Park up the slough from Moss Landing finding thin overcast grey sky with no wind. It remained pretty much that way for the remainder of the day, with patch of blue sky in the afternoon. It was perfect for our group, which included some paddlers with little or no recent paddling.

Six of us had a fine lunch in Moss Landing at Phil's Snack Shack, the other three having lunch on the beach. The previous favorite for lunch, Phil's Restaurant and Fish Market, with it's ex-

cellent claim chowder, is no more. The site is now under renovation as part of the Moss Landing Research Center.

The trip back to our launch spot at Kirby Park was a pleasant, uneventful paddle, with pelicans and other seabirds, harbor seals, and otters seen. The time since launch was about 4:30 hours.

A little environment note: We were told by a park ranger that there are now about 350 sea otters in the slough. They are offspring of a mating pair and others released by the Monterey Bay Aquarium after rehabilitation. The otters are voracious eaters of burrowing crabs, said to be eating them as we eat popcorn! The crabs' burrowing destabilizes the slough banks, making them susceptible to tidal and heavy rainfall erosion.

The location of our next outing on the first Tuesday of April (the 2nd) has not been decided yet, but likely will be somewhere in San Francisco Bay. If you don't (yet) have a kayak and/or gear, some of us have extras to lend. Just let Dick Ryon <dickryon@comcast.net> or Doug Mansur <dmansurgm@gmail.com> know of your need, and likely it can be met.

Dining Out

When: *Usually* 2nd Tuesdays at 5:00pm

Next: April 9, 2024

Where: Fratello's Ristorante

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

SIR101Diningout@googlegroups.com



The Dining Out group went a bit more exotic this month and had dinner at the Roya Afghan Restaurant on First Street in Livermore. Many of us had been there at least once before; it did not disappoint! The names of the various dishes were wildly unfamiliar but were fortunately described in detail on the menu. We had such a great time sharing stories during and after our

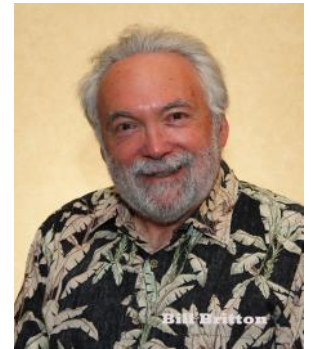
meal, frequently discussing trips that folks had taken to various places around the world, that our meal lasted over two hours.

Next month, we are going to a new Italian restaurant called Fratello's Ristorante on Railroad Avenue, where Ted and Sophia Schafer will be our hosts.

SIR 101 Travel

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

Contact: Bill Britton, Chairman, 925-443-9913,
SIR101Travel@googlegroups.com



Venice and Croatian Islands Cruise September 30 to October 12, 2024

We have a great group of 21 travelers signed up for the Venice and Croatian Islands Cruise for next September/October. Our group has 11 of the 18 cabins on the yacht. I look forward to sharing pictures next fall. The last I heard there were 2 cabins left on the yacht, but this trip fills up fast.

I have some friends interested in a Christmas Markets Cruise on the Danube for November-December 2025. I preciously organized this trip for SIR in 2018 and it was wonderful, so I'm looking at offering it again next year. I'll keep you posted later in the year.

Here are some trips offered by other SIR groups that you might be interested in joining. *Contact the leaders directly.*

Princess 11 Night Inside Passage Cruise from San Francisco to Alaska: May 26 – June 6, 2024. Ketchikan, Juneau, Skagway AK and Victoria, Canada. Cabins start \$2590 pp to \$3322 pp double occupancy. Contact John Cardoza (Branch 143) at 209-483-7722 or johncardoza@hotmail.com

Best of Spain and Portugal April 27 – May 12, 2024. Branch 146. Cost \$7,895pp. Madrid, Segovia, Porto, Lisbon, Seville, Gibraltar, Costa Del Sol, Alhambra, Valencia, Barcelona, round-trip airfare, 15-day guided tour with Travel Director, 14 nights at centrally located 4star hotels, 5 dinners and 2 lunches including wine, all tips, transfers and baggage handling. Contact Glenn Breslin Branch 146 at 925-288-6520 or glennbreslin@gmail.com

Fall Mexican Riviera Getaway Oct. 15 – 26, 2024 11 Days. Branch 98 Cost \$844 - \$944 - \$1074 - \$1424 - \$6083pp. depending on cabin. Highlights: Departs from and returns to San

Francisco, ports of call Cabo San Lucas, Mazatlán, Puerto Vallarta, Manzanillo. Contact Katherine Gervais of Branch 98 at 916-337-1623 or Kathig@shipsandtrips.com

Prague to Budapest River November 6 through 20, 2024.

Serenade A: \$3995 / Serenade B: \$3895 / Sonata C: \$3795 Sonata D: \$3695/Cantata E: \$3595 /Cantata F: \$3495/Prelude G: \$3395/Prelude H: \$3195/Air from SFO: \$1100. Ports and cities: Prague, Linz, Krems, Vienna, Bratislava, Budapest.

Pre-trip US departure date: 11/01/24. Post-trip to Budapest return date: 11/23/24

Dresden and Berlin: \$995pp PRE-TRIP - Warsaw and Krakow: \$1095 PRE-TRIP. Budapest: \$745 POST-TRIP. Contact Milt Smith ASAP for more info at 925-258-2897, miltsmith549@gmail.com or book directly with Group Code G4-23630. Call 1-800-221-2610

Panama Canal Cruise San Francisco to Ft. Lauderdale. Jan. 20 – Feb. 5, 2025, 17 days. Cost from \$4,185 - \$6,295 depending on cabin choice. Ports of Call: Puerto Vallarta Mexico, Puerto Quetzal Guatemala, Puntarenas Costa Rica, Fuerte Amador Panama, Full Transit through the historic locks, and Cartagena Columbia. Includes transfers from Modesto to Port of San Francisco and airfare from Ft. Lauderdale to Sacramento. For more information contact John Cordoza (Branch 143) at 209-483-7722 or johncardoza@hotmail.com.

Happy Travels,
 Bill Britton
 SIR 101 Travel Chair

Sunshine

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



This month Art reports that he just had “the pleasure of four nights at the plush resort of Kaiser Walnut Creek.” He had an MRSA infection that the medical staff treated and will continue to treat during recuperation. Art came home on February 6 and we wish him a speedy recovery.

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: Some Friday in April
Where: Don Carter’s home
Contact: Bill Bish, Chairman, 925-447-1266
SIR101Wine@googlegroups.com



We had a good turnout in February at Occasio Winery on Vasco Road. Fifteen people met to enjoy the wine flight with a few extras thrown in. We filled the back room and overflowed into the front tasting bar. The conversations flowed

around travel, food, and wine. A splendid time was enjoyed by all...

Next month we’ll meet at Don Carter’s house to compare some cabs—the red ones, not the yellow ones...

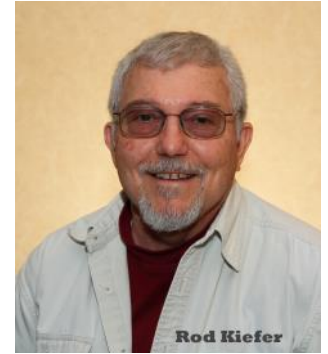


Investments

When: The first 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.

The following activities 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



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: Sirlnc2.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 Dennis Gately and to Bulletin Editor Steve Skedzielewski. 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.



Don't read the fine print:
there's no way you're
gonna like it.

The nicest thing about the
future is that it doesn't start
until tomorrow.

What is the Green Dot Program? (Editor's note: the [Green Dot](#) program continues to recognize recent new members 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](#)

[Paul Bauman, Charles Caulfield,, Bob Dashner, Jim Doggett Jr., Don Faul, Kim Grandfield, Christopher Holland, Bob Horton, Mark Kelley, Ken Nuger, Scott Peters, Walter Schindler, Philip Simon, Everitt White.](#)

Birthday Boys*

February Birthday Boys Winners

Bob Ackley and Charles Caulfield

March Birthday Boys

Paul Bauman
 Bill Bish
 Dave Burg
 Don Carter
 Marcos Contreras
 Bruce Decoursey
 Roger Everett
 Dick Fortner
 Christopher Holland

Bob Horton
 Doug Mansur
 Arthur Molvik
 Carl Rosenkilde
 Dom Saccullo
 Dale Schauer
 D. Lynn Shaeffer
 Graham Thomas

Lunch Prepayment Instructions / Yearly Member Donation Reminder

Prepay your \$32 lunch or make your Annual Dues payment of \$30.

You can best support our branch with your yearly \$30 dues. 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 mentioned in the Big SIR's message. If you have not already paid for the year, please consider doing so!

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

Check with your bank to see if it provides the Zelle service. If it does, you can use their app or web site to send money *at no cost* by just adding the SIR101Treasurer@gmail.com as a payee.

If not on your computer go to the zellepay.com website.

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

PayPal We currently can't accept PayPal payments.

Mail checks to: Roger Grimm at 3034 Chateau Way, Livermore 94550

Questions or more Information? Contact Treasurer: Roger Grimm, SIR101Treasurer@googlegroups.com.

* **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 luncheon credit, if that member's name is chosen in a drawing and is in attendance at the monthly meeting. Currently, two names are called each month.

