



SIR 101

# Bulletin

January, 2025

Volume 44, Number 1

SONS IN  
RETIREMENT 101  
LIVERMORE, CA

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

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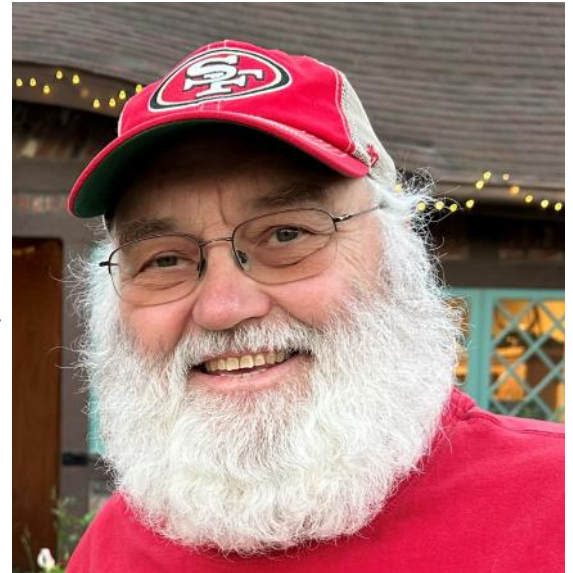
## The Big Sir Message from Bob Johnson

Happy New Year! I am looking forward to another year of good fellowship and fun activities as a member of SIR and hope you are too.

I want to thank Dwight Lang for serving as our 2024 Big SIR. He did a great job of leading us through the year and set a wonderful example for me to follow this year.

I also want to thank everyone who made our Christmas Dinner last month a real success. This includes Dwight and Marianne Lang, John and Suzanne Didlake, Ted and Sophia Schaefer, Dennis Gately and our Treasurer, Roger Grimm. It was a wonderful event! The Devil Mountain Chorus provided great musical entertainment and so did Suzanne Didlake, who played the piano as people arrived and socialized. The cranberry spritzers and eggnog at the beginning were a very classy touch and so was having the delicious dinner served at the tables. It appears that our significant others who attended enjoyed the opportunity to dress up, as did several of the guys too. Dick Crawford deserves a special mention for his impressive formal attire kilt and Chuck Molencamp for his very dapper hat. I also have it on good authority that "Santa Claus" enjoyed serving as the emcee.

Now that we are in the New Year it is time to pay our annual dues for



2025. The dues continue to be only \$30 for the entire year. The dues are due as of our January meeting on the 16th and payable by our February meeting on February 20. You can use the same method that you use to pay for lunch to pay for the annual dues. Please help us keep our SIR branch strong with the resources to carry out our programs.

Our speaker at our January 16th luncheon will be our own Kim Grandfield, who will share amazing photos and interesting stories from his recent kayaking trip in Norway. Be sure to join us for this fascinating presentation and remember to bring a guest. We need to continue to recruit new members and a terrific way to start is by inviting a possible new member to a free lunch. See you at our luncheon on the 16th!

## January Speaker

**Speaker:** Kim Grandfield

**Topic:** Kayak Circumnavigation of Norway's Lofoten Islands

**Time and Location:**

Asbury United Methodist Church  
4743 East Avenue, Livermore, CA  
Thursday, January 16, 2025 11:30AM



Kim Grandfield holds a degree in nuclear engineering from Kansas State University. He left a five-year career with General Electric in 1975 to pursue his outdoor passions and start Sunrise Mountain Sports in downtown Livermore. During his tenure operating his store Kim taught outdoor skills classes for LARPD including a mountaineering and crevasse rescue class on Mount Shasta for 23 years and igloo building in the Sierra for more than 30. He is certified at the highest level as a sea kayak instructor in the American Canoe Association and also attained the highest level of sea kayaking certification in the British Canoe Union. For nine years he operated a concession on Lake Del Valle, renting kayaks and teaching kayaking for East Bay Regional Park District. After 42 years, Kim retired from his outdoor store in 2017. Over the years Kim has participated in rock climbing, mountaineering, back

country skiing and kayak expeditions around the world including Greenland and Antarctica.

Kim's 2024 kayaking expedition was a 14 day, 208 mile journey in Northern Norway with 2 fellow kayakers. About 200 miles north of the Arctic Circle along Norway's coast lies a rugged chain of islands, the Lofoten Islands, which protrude into the Atlantic Ocean like a peninsula. By all appearances it is a spectacular mountain range about half submerged in the north Atlantic with little flat ground anywhere in sight. At the January SIR meeting Kim will be presenting images and highlights from his 2024 Lofoten Kayak Expedition.



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

Click [SIRInc2.org/Branch101](http://SIRInc2.org/Branch101) to see the latest edition. Click on this link to email Dennis Gately, [SIR101Web@googlegroups.com](mailto: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](mailto:SIR101Treasurer@googlegroups.com)



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

Beginning Cash Balance (Total Cash)..Line 1: Month: \$10,488.02 **Jan 1:** \$8,337.78  
Ending Cash Balance (Total Cash),,,,,,Line 8: Month: \$7116.59

## Membership and Attendance

**Contact:** Larry Wiley, Chairman, 925-443-7979  
[SIR101Membership@googlegroups.com](mailto:SIR101Membership@googlegroups.com)



### WELCOME NEW MEMBERS, VISITORS and GUESTS:

**New Members: 3**

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

### MEMBER CARE GIVERS:

- ◆ Care Givers: 0.

### MEMBERSHIP CHANGES:

- ◆ Deleted: 0
- ◆ Passed: 1-Dick Ernst

### MEMBERSHIP STATUS:

- ◆ The ACTIVE Membership of SIR 101 as of January 6, 2025 is **137** members

### MEETING ATTENDANCE— All lunch meetings are planned to be in-person

- ◆ November : 66 attendees .

BEC meetings follow in-person lunch meetings.

The complete SIR Form 27 Monthly Branch Membership Report for December, 2025 is available on our website.

## Future Speakers

### **Our Planned Speakers :**

**February 20th**—TBA.

**March 20th**—Loretta Kaskey—The History of the Livermore Library.

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.

Scientists have grown human vocal chords in a Petri dish. The results speak for themselves.

## Bocce

**When:** 2nd and 4th Thursdays 10:00am

**Next:** January 23, February 13 and 27, 2025

**Where:** Bothwell Park, 8th and H St

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

[SIR101Bocce@googlegroups.com](mailto:SIR101Bocce@googlegroups.com)



Livermore SIRS play bocce on the second and fourth Thursday of each month at the Bothwell Park bocce courts at Eighth and H Streets starting at 10:00 am. There are usually 6-10 players, and we have fun playing bocce and chatting together. We would welcome a few new players. We can very easily explain the basics of bocce, and we have all the necessary equipment. An email reminder for the next Thursday game is sent out a couple days before we play to those on the SIR bocce list. If you are interested in

joining us, just ask Chuck Molenkamp (cmole44@gmail.com) to add you to the bocce reminder list.

We did not play bocce during November or December due to weather (rain) and the Thanksgiving, Christmas, and New Years holidays. We are eager to get back on the court, and I hope some of you got a set of balls for Christmas. We should have plenty of holiday stories to share as we play.

## Dining Out

**When:** Usually 2nd Tuesdays at 5:30pm

**Next:** January 14, 2025

**Where:** Emil Villa's Hickory Pit, Livermore

**Contact:** Ted Schaefer and Dave Dunlap, Chairmen,

[SIR101Diningout@googlegroups.com](mailto:SIR101Diningout@googlegroups.com)



On Tuesday, January 14th, the group plans to dine at Emil Villa's Hickory Pit, near the Civic Center in Livermore. The Hickory Pit will relocate to the Rock House at the end of January so this will be our last opportunity to enjoy the old

location. Check out the restaurant at [emilvil-laslivermore.com](http://emilvil-laslivermore.com) website.

Please send an email to Ted at [SIR101Diningout@googlegroups.com](mailto:SIR101Diningout@googlegroups.com) if you plan to attend, or if you wish to be added to the mailing list.



My first day back at the gym was great. I did 15 minutes of cardio, 10 minutes on the defibrillator, and 3 days in the hospital.

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

**When:** First Tuesdays  
**Next:** Tuesday, February 4, 2025  
**Where:** OYO, Main St., Pleasanton  
**Contact:** Vic Wheatman, Chairman  
[SIR101Romeos@googlegroups.com](mailto:SIR101Romeos@googlegroups.com)



Seven ROMEO members joined for luncheon at Livermore's De Afghanan Kabob House for an assortment of, well, kabobs, eggplant, butternut squash, dough (yogurt drink) and more. Two regular members were extending their holiday travel and missed a fine meal. Another was down and out due to Covid, even though vaccinated. (Get well soon!)

Tales of travel over the holiday included the north coast areas of Mendocino, Ft. Bragg and Little River where things were surprising busy as our member visited various eateries and art galleries. Another visited mid-California's Solvang for Danish food and a visit to a nearby Ostrich Farm that sells giant and expensive eggs, prices rising no doubt due to Bird Flu (or maybe not). They also had Emus offering insurance (joke). Being nearby San Luis Obispo, a man-

datory visit was to the Madonna Inn to visit an ornate bathroom or two.

Looking at the southeast side of the state, another member visited the Palm Springs and Desert Hot Springs areas and all oohed and ahhed over the beauty that is Joshua Tree. Somehow a recounted years ago experience with the Conservation Corps, collecting jojoba beans for their oil as an alternative to whale oil for fine lubricant turned into finding a cache of explosives buried in the desert, labelled appropriately as T'N'T.

As a Brit might say, Winter trips for the SIRS ROMEOs were "bang up" for our group (groan).

Our next event on February 4th will be a return to Pleasanton's Oyo (it's been years) on that city's Main Street.



Photo, from left front: Jim Hermerding, Bob Johnson, Vic Wheatman, Steve Skedzielewski, "Jani" Janakiraman, Bruce Henry, Chuck Molenkamp.

## Hiking and Walking

**When:** Wednesdays, 8:00 & 8:30 am (see note 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](mailto:SIR101Hiking@googlegroups.com)

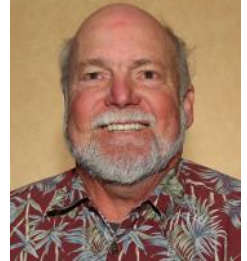
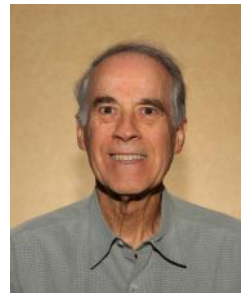
Come hike with us. Get outside, meet new people, get exercise! The Ramblers and Scramblers just did nice hikes at Pleasanton Ridge and the Amblers walked at Del Valle. All skill levels are welcome.

We hike every Wednesday in one of the many nearby parks. Ramblers and Scramblers leave at 8:00 AM and the Amblers leave at 8:30 We meet every Wednesday at the southeast corner of South L St. and Railroad Ave. Spouses, friends and family are welcome. Bring plenty of water.

We form three groups of various hiking levels (Amblers, Ramblers, and Scramblers). 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.





## SIR 101 Kayaking

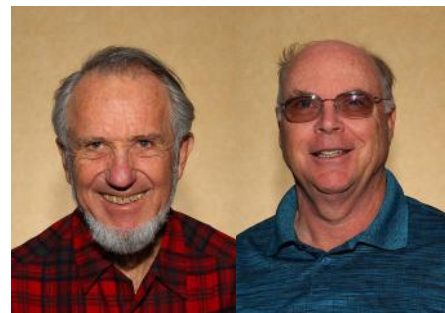
**When:** First Tuesday of the month (*usually*)

**Next:** January 14, 2025

**Where:** Alameda Island

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

[SIR101Kayaking@googlegroups.com](mailto:SIR101Kayaking@googlegroups.com)



SIR Kayakers at Big Break Seashore Park.

The weather forecast for our scheduled trip was sub-ideal, with wind at 18 to 21 mph, with gusts to 34 mph. At the launch spot of Big Break Seashore Park at Oakly, there was only a gentle breeze. The four of us who showed up nevertheless agreed it was best to stay in the vicinity of Big Break rather than to head to Antioch as planned.

We therefore set out eastward, along the sloughs and thence to the south shore of the Sacramento River. The wind gradually increased

as forecast, but to a steady rate with none of the predicted gusts. We traveled about 3 miles. With increasing wind, we decided to head back to our starting point. The wind increased to produce scattered whitecaps.

We managed to get back to our starting point at Big Break Park. It was still a good day on the water!

Our next outing may be instruction on kayaking skills, something Doug Mansur and I have considered since the formation of the SIR Kayak group. It seems appropriate that all participants have at least the same basic skills.



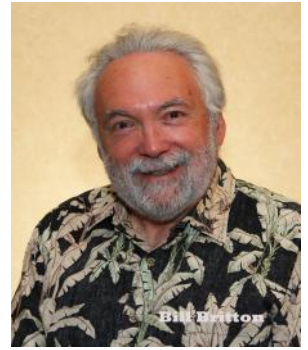
Tune in at eight tonight for "The Palindrome Family", featuring Mom, Pop, Anna, Bob, Eve, and their dog Otto, as they pop Xanax and take kayak trips.



## SIR 101 Travel

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

**Contact:** Bill Britton, Chairman, 925-443-9913,  
[SIR101Travel@googlegroups.com](mailto:SIR101Travel@googlegroups.com)



### Happy New Year and Happy Travels

Previously I made a couple of suggestions for trips later in 2025, but I have only heard from a few people. If you still want to go on one, or both trips, let me know and I can book the trips for you through Collette, but there is not enough interest for me to pursue them as a SIR sponsored trip. Contact me and I can send you information on the trips I have reserved with Collette for the fall.

The "Best of Eastern Canada" features Niagara Falls, Ottawa, Quebec City & Montreal in early October 2025.

The Christmas Markets cruise on the Danube starts in late November 2025. It visits many wonderful Christmas Markets and historic old towns along the Danube from Frankfurt to Vienna with the addition of Prague at the end. We did this in 2018 and it was great!

People have told me about trips they are interested in, but there has been no consensus.

So now what? I'm president of my local retired teacher's group which keeps me busy year round and it reduces the times I can travel. I'm hoping to get some help with my duties which should give me more flexibility to travel some other times of the year. Having said that, I'm not getting any younger and my wife has been dealing with some chronic medical problems that have made it harder for her to travel. There are several places my wife and I would like to see while we still can. Here is our wish list: New Zealand, Japan, Egypt, and Greece. Let me know if any of these destinations interest you.

At this point I'm thinking about a trip for the spring of 2026 at the earliest. I welcome your input. We have really enjoyed getting to travel with and know so many fellow SIR travelers since our first trip back in 2016.

Bill Britton  
 Sir 101 Travel Chair



## Wine Tasting

**When:** TBD

**Where:** TBD

**Contact:** Bill Bish, Chairman, 925-447-1266

[SIR101Wine@googlegroups.com](mailto:SIR101Wine@googlegroups.com)



## Golf

**When:** 7:30 Monday and/or 8:30 Thursday Mornings

**How:** Through the Livermore Valley Golf Club

**Where:** Las Positas golf course

**Contact:** Dwight Lang 925-784-1389



Many new SIR 101 members have expressed an interest in playing golf with a group. We currently do not have organized golf activity in Branch 101, as we do not have over 20 member golfers needed to form a SIR golf activity.

Many SIR 101 members now play with the Livermore Valley Golf Club, as I do, and the organizers of that club are welcoming SIR 101 members to join their club. They play on Monday and Thursday mornings at Las Positas golf course. Information about how to join this group is available from Dwight Lang.



Whenever I look at chocolate, I hear two voices in my head. The first one says "You need to eat the chocolate." The other voice says "You heard. Eat the chocolate."

## Sunshine

**Contact:** Art Molvik, 925-373-8437  
[SIR101Sunshine@googlegroups.com](mailto:SIR101Sunshine@googlegroups.com).



I'm sorry to report that Dick Ernst died on December 28, 2024. A celebration of life will be held next Sunday, January 12, 2025 at 2 pm, at Asbury United Methodist Church, where we have our monthly SIRs luncheons.

couragement 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.

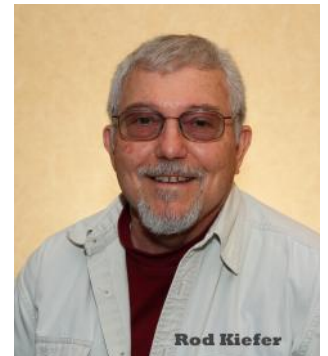
If you hear of someone needing a word of en-

## 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](mailto: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](mailto: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.

**The following activities are on hiatus.**

**BackPacking:** **Contact:** Dave Lunn, Chairman, 925-784-2624, [SIR101Backpacking@googlegroups.com](mailto:SIR101Backpacking@googlegroups.com)

**Game Day:** **Contact:** Ron Saltgaver, Chairman, 925-443-0693, [SIR101GameDay@googlegroups.com](mailto:SIR101GameDay@googlegroups.com)

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

- Chess
- Domestic Travel
- Golf
- Fishing

## Birthday Boys\*

### November Birthday Boys Winners

Roger Grimm and Art Hull

### December Birthday Boys

Brent Dixon  
Dave Dunlap  
Lloyd Garbutt  
Rick Knowles

Dwight Lang  
Bruce Langdon  
Bill Moran  
Nile Runge

### January Birthday Boys

Leo Bennis  
Dale Berven  
Roger Brown  
Robert Buckley  
Gordon Bull  
Bob Cowgill  
Jim Doggett

Patrick Epperson  
Ralph Moir  
Tarry Schmidt  
Steve Skedzielewski  
Scott Smith  
Max Tabak

#### Lunch [Prepayment Instructions](#) / Yearly Member Dues 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. If you have not already paid for the year, please do 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 your bank doesn't participate** visit the [zellepay.com](http://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](mailto: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, a chance to receive a free luncheon credit. However, that member's must be present at the monthly meeting. when the names are drawn Currently, two names are called each month.

**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 year 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 are:](#)** [Greg Barr, Dale Berven, David Cabral, Jim Durkee, Don Faul, Kim Grandfield, Mark Kelley, James Knecht, Harry Levin, Mike Love, Tarry Schmidt, Ken Simons, Larry Thompson, David Weir.](#)

#### Membership Rules:

- A Member will be considered in good standing if his annual dues are paid up. There is no longer a luncheon-attendance requirement.
- A member is responsible for replying to the RSVP alert sent via email prior to each monthly luncheon, If he responds that he will attend but later finds that he cannot, he must notify Werner Schlapfer, [SIR101Attendance@googlegroups.com](mailto:SIR101Attendance@googlegroups.com) not less than 48 hours before the luncheon.
- Each member is responsible for confirming that we have accurate contact information for him.
- If you plan to bring a guest or caregiver, please send an email to Dwight Lang, [SIR101BigSir@googlegroups.com](mailto:SIR101BigSir@googlegroups.com) at least 48 hours before the luncheon.

**Non-responsibility clause:** All activities arranged for or by, or sponsored by, SIR, 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 SIR, Inc., whether or not a travel agency has booked the event.

#### SIR 101 web information:

**SIR 101:** [SirInc2.org/Branch101](http://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 Dennis Gately and to Bulletin Editor Steve Skedzielewski. No photo? Contact the Bulletin Editor.

**State SIR information:** SIR Inc.: [sirinc.org](http://sirinc.org), SIR Sports: State SIR Sports Chair W. Lee Moy, [HealthStudio@gmail.com](mailto: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.



I tried donating blood today...never again. Too many questions. Who's blood is it? Where did you get it from? Why is it in a bucket?



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