



SIR 101

Bulletin

February, 2025

Volume 44, Number 2

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

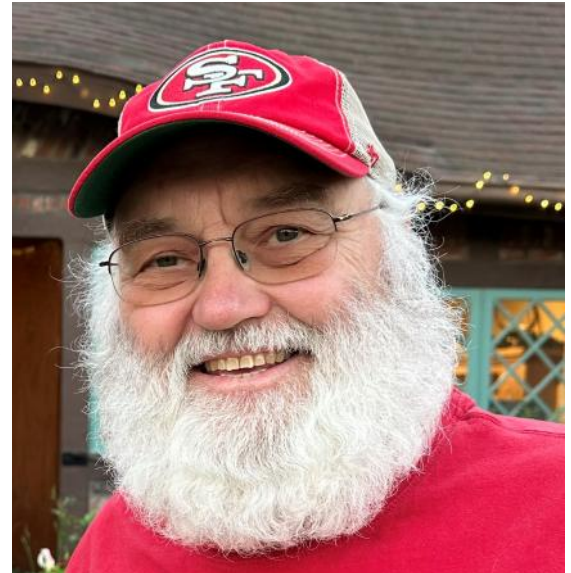
Looking back at our January luncheon we had a wonderful presentation by Kim Grandfield about his kayaking trip to circumnavigate an island in Norway. He shared his beautiful photographs and a fascinating description of the experience. Thanks Kim, you gave us another example of our many talented and interesting members. If you have a presentation to share, please let our Little SIR Terry Tikalsky know.

It was exciting to introduce four new members at the January luncheon! Please keep inviting guests to lunch so we can continue to grow.

At our upcoming luncheon on February 20th our speaker will be Carrie Oldes from Spectrum Community Services Inc. Carrie manages the Meals on Wheels Program. She will talk about that and several other services available for seniors. Join us to find out if there is a program that would be helpful to you, or someone you know, either now or in the future. As the saying goes, "Knowledge is Power." Empower yourself by knowing what is available.

Thank you to everyone who has already paid their \$30 annual dues. If you have not done so yet, please do so. We would like to have all the dues paid by our luncheon on February 20th.

Dues remain the same as last year, but as we announced in a notice sent a few weeks ago, we



have to increase the prepaid price for lunch by one dollar to \$33, effective with our February luncheon. The Branch Executive Committee voted unanimously to make the change, the first in over two years, because the cost of both the food and the facility went up. The at-the-door lunch price remains the same at \$35.

Another NFL season has concluded with the Super Bowl. The domination by the Eagles was incredible! I enjoy watching pro and college football, along with basketball and some hockey, but my favorite sport is baseball. Major League Baseball pitchers and catchers report to Spring Training this week. I am excited for the new season.

While growing up in Illinois I was a Cubs fan, which at times certainly

[Continued, next page](#)

February Speaker

Speaker: Carrie Oldes, Spectrum Community Services.

Topic: Meals on Wheels: More than a Meal

Time and Location:

Thursday, February, 2025, 11:30AM

Asbury United Methodist Church
4743 East Avenue, Livermore, CA



Meals on Wheels Program Manager, Carrie Oldes, has been with Spectrum Community Services for six years. In her role, she oversees the day to day operations of the Meals on Wheels Program including supervising two coordinators.

Ms. Oldes grew up in Livermore and has deep roots within the Tri-Valley. Our motto is "Meals

on Wheels: More Than A Meal" and with Ms. Oldes' leadership, we have continued to fulfill our mission by providing many extras to our clients including pet food and supplies, cards, gifts, personal necessities, and most of all, a friendly ear to listen.

Big Sir's Message, continued...

tested my love for the game. After living out here for a while I became an SF Giants fan, but think it is a shame the A's left. Along with the Giants we still have several minor league teams within a reasonable drive. There are the Ports in Stockton, The San Jose Giants and the Modesto Nuts. In addition to seeing possible future big leaguers,

sometimes you get to see a rehabbing big leaguer. Maybe we should organize a trip or two to see a ballgame this year? Let me know if you are interested. I have a new email: **big-sirofsir101@googlegroups.com** or talk with me at our luncheon on the 20th. Hope to see you there!



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 January, 2025
 See our web site for the complete Form 28.

Beginning Cash Balance (Total Cash)..Line 1: Month: \$7,116.59 **Jan 1:** \$8,337.78
 Ending Cash Balance (Total Cash).....Line 8: Month: \$8,861.24

Membership and Attendance

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



WELCOME NEW MEMBERS, VISITORS and GUESTS:

New Members: 5—Greg Barr, Ken Simons, David Weir, Thomas Parham, Phillip Garbutt

- ♦ **Visitors:** 0.
- ♦ **Guests:** 0

MEMBER CARE GIVERS:

- ♦ Care Givers: 0.

MEMBERSHIP CHANGES:

- ♦ Deleted: 6
- ♦ Passed: 0

MEMBERSHIP STATUS:

- ♦ The ACTIVE Membership of SIR 101 as of February 4, 2025 is **132** members

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

- ♦ November : 80 attendees .

BEC meetings follow in-person lunch meetings.

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

Future Speakers

Our Planned Speakers :

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

April 17th—John Gulick—TBA

Speakers are a great attraction for attracting potential new **members to attend our SIR meet-**

ings. Click [SIR 101 Meeting Speakers-Public](#) to see available information about each presentation.

Do you have ideas for speakers? Let Terry Titalsky, SIR101LittleSIR@googlegroups.com, know.

Bocce

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

Next: February 27, March 13 and 27, 2025

Where: Bothwell Park, 8th and H St

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

SIR101Bocce@googlegroups.com



The dry weather of January provided two lovely days for the SIR bocce players, some excellent games, and a lot of camaraderie. On January 9 there were five players, and we used Bob Johnson's new balls that he got for Christmas. They are bright and shiny red and green balls, very lovely. On January 23 there were six players, and we used Dom Saccullo's ball. They are well used and a bit faded, but we settle for any balls because they are far better than no balls at all.

SIR 101 members play bocce on the second and fourth Thursday of each month at the Bothwell Park bocce courts at 8th and H Streets in Livermore. There are two courts that are perfect for 8 players but can handle 16 of us. So there is plenty of room for more men to play. We normally start at 10:00 am and play for about 1 ½ hours. However, in the summer on days that are very warm we start an hour earlier. If you are interested in joining us to play bocce sign up with Chuck Molenkamp (cmole44@gmail.com)



Bocce players on January 23 are Chuck Molenkamp, Dom Saccullo, Dale Schauer, Scott Henderson, and Raul Pomares. Raul was the photographer.



This is what we wish for - four points. Photograph by Chuck Molenkamp.



Roger Everett rolls the green ball while Chuck Molenkamp and Werner Schlapfer wonder where it will end up. Bob Johnson took the photo.



Bocce players on January 9 are Bruce Henry, Werner Schlapfer, Bob Johnson, and Roger Everett. WE love Bob's new bright balls. The photographer was Chuck Molenkamp.

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

When: First Tuesdays

Next: Tuesday, March 4, 2025 11:30AM

Where: TBA

Contact: Vic Wheatman, Chairman

SIR101Romeos@googlegroups.com



Six ROMEOs made their way to beautiful downtown Pleasanton's newly expanded and colorfully decorated OYO for some South American-flavored fare featuring tasty concoctions and heavenly spices – not too hot, but flavorful. Pre-opening, Vic and Rick K had a brief discussion about eating goat in Portugal. Vic accepted the unspoken challenge and ordered that dish. When asked, he quipped "Tastes Like Chicken." But it was more like tasty stewed beef but with some small bones, in a savory sauce with potato, rice and some other mixins. He liked it! (Third person speaking here). Everyone else also seemed to enjoy their orders.

The rambling conversation went like this: Serving jury duty after age 70, working with celebrity lawyer John Burris, the case of the woman who was hit by a driver in Berkeley who happened to be a judge, is via Chile the best way to Antarctica? And more: A six hour layover in Istanbul, experiencing rude flight staff at a particular AAirline, the heat in Dubai ("but it's a humid heat"), Tokyo and Hong Kong adventures and impressions thereof, and comparing the local Costcos now that the Pleasanton store is open.

A fun collegiate time was had by all. The March ROMEO will be the first Tuesday March 4 at TBA - possibly Korean.



From Left: Chuck Molenkamp, Big Sir Bob Johnson, Marcos Contreas, Rick Knowles, SIRS 101 Bulletin Editor Steve Skedzielewski and Vic Wheatman

Dining Out

When: Usually 2nd Tuesdays at 5:30pm

Next: March 4, 2025

Where: Melo's Pizza, Livermore

Contact: Ted Schaefer and Dave Dunlap, Chairmen,
SIR101Diningout@googlegroups.com



Nine SIRs and their special ladies enjoyed a lovely dinner at the Zephyr Cafe & Bistro. Food was excellent and the service was efficient and friendly. It's great to have a place like the Zephyr that was so welcoming to our group. We especially enjoyed Alexa who took very good care of us!

Next month we'll dine at Melo's Pizza & Pasta in Livermore. Please note that we will meet on the **first Tuesday, March 4 next month.**

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



The worst pub I was ever in was called The Fiddle. It was a vile inn.

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

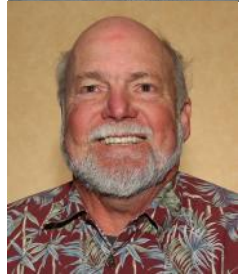
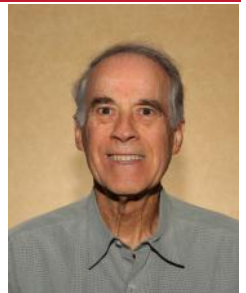
Spring is near, so put on your hiking gear, the green hills are calling. All skill levels are welcome. We try to do a different trail every Wednesday forming three groups of various hiking levels

The *Ambler*s 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. To walk in

nature is good medicine! I guarantee we have a group for you. *Ramblers* and *Scramblers* leave at 8:00 AM from the parking lot on the southeast corner of South L Street and Railroad Avenue and *Ambler*s leave at 8:30 AM, usually from the trailhead but sometimes from the aforementioned parking lot if carpooling is needed (check the *Ambler* sign-up spreadsheet which is emailed every week). Spouses, friends and family are welcome. Bring plenty of water and hiking poles if needed.

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



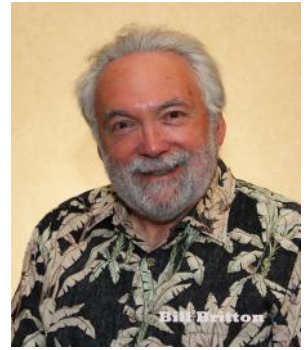
I was struck by a bottle of Omega 3 pills. Luckily, my wounds were only super fish oil.



SIR 101 Travel

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

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



I am not scheduling anything for 2025. I had proposed a trip in October to eastern Canada but there were only two couples possibly interested. As always, I am happy to work with you to book any trips with Collette through me and save some money.

I have had interest recently for the Christmas on the Danube river cruise starting November 27, 2026 to visit many of the wonderful Christ-

mas Markets and historic old towns along the Danube from Frankfurt to Vienna with the addition of Prague at the end. I will be working on a bit of customizing for this trip to include an additional pre-night and post-night. We did this in 2018 and it was great! I will work on the proposal in a few months for BEC approval and also schedule an informational meeting sometime in May or June.



If you can't think of a word, say "I forgot the English word for it." That way people will think you are bilingual instead of an idiot.

SIR 101 Kayaking

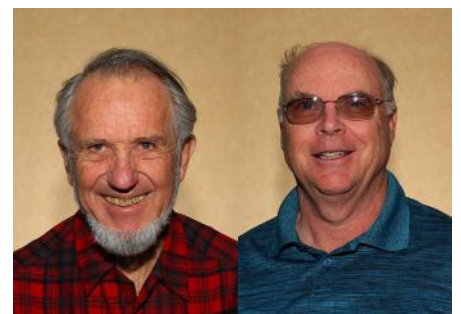
When: First Tuesday of the month (*usually*)

Next: March 10, 2025

Where: Alameda Island

Contact: Dick Ryon, 925-447-8907, Doug Mansur, 925-640-5233

SIR101Kayaking@googlegroups.com



The next outing is scheduled for the **second** week of March. Please contact Doug or Dick for the details.

Wine Tasting

When: Friday February 21 3pm

Where: TBD

Contact: Steve Skedzielewski, Chairman, 925-455-5579

SIR101Wine@googlegroups.com



We'll be visiting a winery on the 21st, but I haven't yet confirmed the reservation. I will send an email confirming the place next week.

To receive the email, please send Steve your email address at the SIR101Wine address above.

Next month, John and Suzanne Didlake are offering to host a tasting of ports. They recently visited Portugal and shipped some nice wines home. I will add some ports that that I gathered while working at Cedar Mountain Winery. It should be fun!



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.

Sunshine

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



No news is good news! 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.

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
-

Birthday Boys*

December and January Birthday Boys Winners

Bill Moran, Dwight Lang, Leo Bennis and Steve Skedzielewski

February Birthday Boys

Bob Ackley
Charles Caulfield
Dick Hatfield

Dick Ryon
Larry Suter



Geppetto wanted a son, so he made a whittle boy

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 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, 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](#), [Phillip Garbutt](#), [Mark Kelley](#), [James Knecht](#), [Harry Levin](#), [Mike Love](#), [Thomas Parham](#), [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 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 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. 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.

