



Editor's Remarks:

Sir John Skarpelos and Sir Don MacGregor published the *SIR Happenings Newsletter* for nearly 11 years until John passed away in 2016. Before John's death he asked me to help him out in the future, but the future came too soon. I took over the publication of our Branch Newsletter, The *Pathfinder*, but I wasn't aware of the fact that John also published the Happenings. There were a few issues of the Happenings missing and I gave it little thought until State Big Sir Derek Southern resurrected the newsletter and did an awesome job of publishing Volume 14, Issue 1.



Derek inspired me, and as part of my promise to John, I decided to continue his work, and have been the Editor of the *SIR Happenings* since Volume 14, Issue 2 (August 2018). Branch Newsletters have been sent to me since then and I have attempted to follow the philosophy as stated by Don MacGregor:

"Our (John and Don) key philosophy was to publish the fun things that were going on in the organization with only minimal administrative information."

I also added some special features like the President's Column, a Travel Bulletin and columns for the various State activities like the Golf Committee. The newsletter has grown considerably since then as has its content. If you happened to read my comments in the last newsletter, I said that it would be my last issue. Since then, I have talked to Derek and agreed to publish this current issue (which is my last).

I hope that someone out there will take over the job.

When I first joined SIR in 2004, I went to a few meetings and sat with a small group of friends and joined the bowling group and the computer group. I really didn't get involved—so I quit and decided to play softball. That stint didn't work very well because I was injured too often. I decided to return to SIR, but with the attitude that I needed to sit with someone new at each luncheon, then became bowling chairman for Branch 59, then State Bowling Chairman, then I took over the computer group as chairperson, then became the editor of the *Pathfinder* and finally the editor of the *Happenings*.

My point is that once you get involved in SIR, a lot of fun things happen. Unfortunately, my wife and I will be moving out of the state in a few months and that is part of the reason that we need a new Happenings Editor.

Jerry Sabo Editor

Please send your Newsletter to :

happeningseditor@gmail.com

2023 STATE OFFICERS
STATE PRESIDENT Dale Decker
VICE-PRESIDENT Lee Lamp
2nd VP & SECRETARY Rich Carlston
STATE TREASURER Carl Mason

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In Memory of
Stu Williams



*former State SIR President Stu Williams
A beautiful soul is never forgotten.
Rest in peace, my friend.*

Lee Moy

Where action trumps analyzing.



Dedicated to our pal Stu Williams

"Do something. Either lead, follow or get out of the way."

Ted Turner, Journalist.

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San Mateo

SIR

(formerly Sons
In Retirement)

“There are no strangers here, only friends that haven’t met.” W. B. Yeats

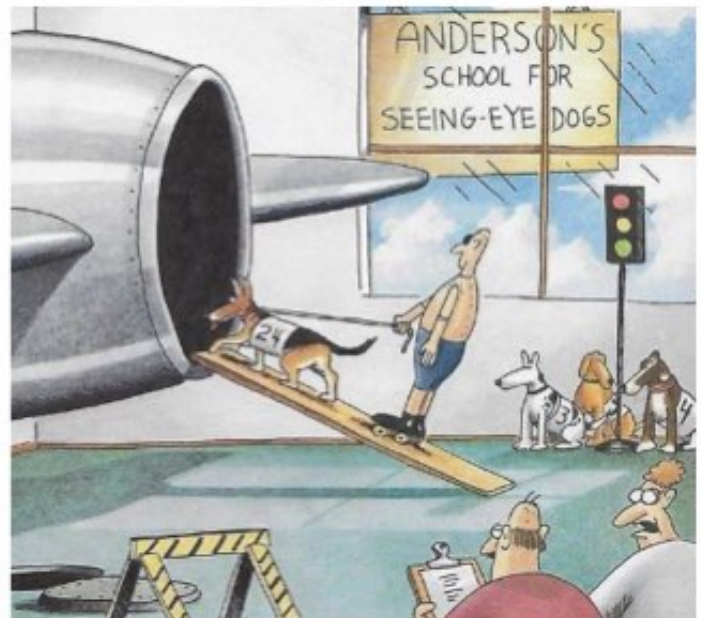
Now: No Need to Kennel Your Pet Travel with Your Dog

Gone are the days when travelers had to find a friend to dog-sit or abandon their faithful friend in a doggy motel. The recently inaugurated Bark Air provides a third option. The new airline upgrades your pet from a crate in the baggage compartment to a comfortable seat in the customer cabin.

“Bark Air says it will offer ‘white paw service’ to its canine customers — who’ll even get to socialize with other dogs in what the company calls a ‘dog-centric’ cabin configuration. Like first-class human passengers, dogs on board will be offered treats, noise-canceling ear muffs, a beverage of their choice, and other surprises,” the company said.

Bark Air flies spacious Gulfstream G5 jets. Each dog ticket comes with a pass for one human. Families may also purchase additional passes. In an ironic twist, children under the age of 18 are not permitted aboard. There are no size or breed restrictions for dogs.

The service doesn’t come cheap. A one-way flight from New York to Los Angeles costs \$6,000 for one dog and one human. A New York to London ticket costs \$8,000.



“Well, scratch number 24. He did pretty good though — right up to the jet engine test.”

Future of Search?!



All Smiles at Branch Number One's Spring Luncheon

Thank You to Michael Garb & Rich Castro



**Ray & Suzanne Abold, Lance & Judy Lund,
Alan & Shirley Melnicoe, Bill & Denise Schmid**



**Mike & Sherri Garoutte, Doug & Linda Hall,
Bill Howland & Leslie Rose, Kevin & Jo Moran**



**Jim & Roberta Lybrand, Jeff & Charlotte McFadden,
Dennis & Annette Shreve**



**Dick Jeffery, Jon & Shirley Miller,
Jack & Marie Murray, Pete Nannarone**



**David Caswell, Jim & Nancy Crampton, Allan & Mary Ellen
Huber, Jim McKim, Mary Jo Ottman, Chris Witzel**



**John & Louise Farcich, Tom & Dyanne Holmes,
David & Dorothy Miller, Scott & Catherine Stillman**



**Tony & June Brown, Dick & Joann Eigenbrod,
Doug & Carol Henton, Jim & Allison Schwandt**



**Rich Castro, Richard Hutton, Michael & Eileen Isola,
Nidia Morales, Cristine Ong, Pinto Elvira**



**Bill & Mary Ann Brown, Carolyn Keegan,
Tim & Margaret Martin, Buzz Romero, Bob & Judy Valdez**



**Max Cordoba, Michael & Judy Garb,
Frank & Karen Schwarz, Bill Stern (away from table)**

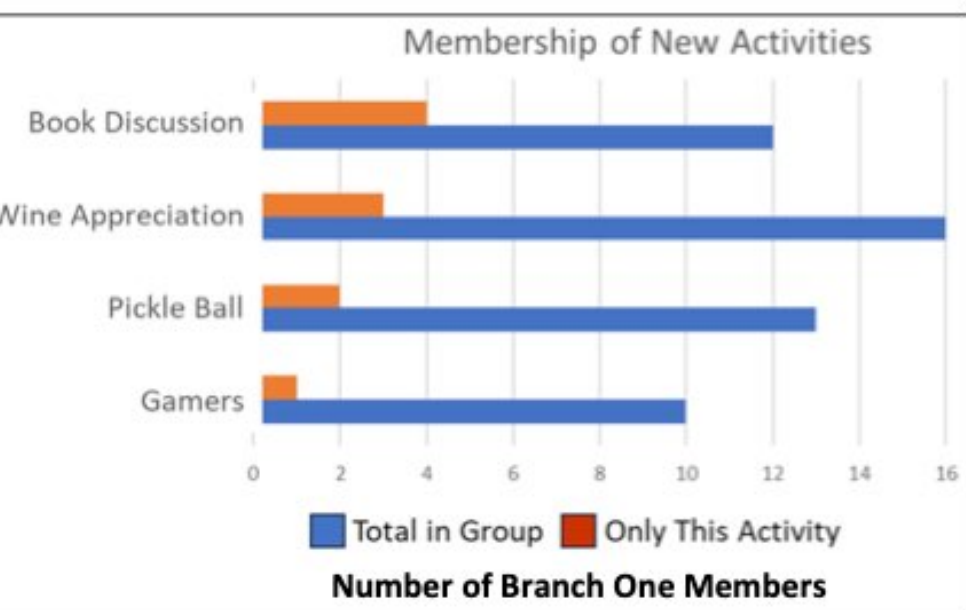
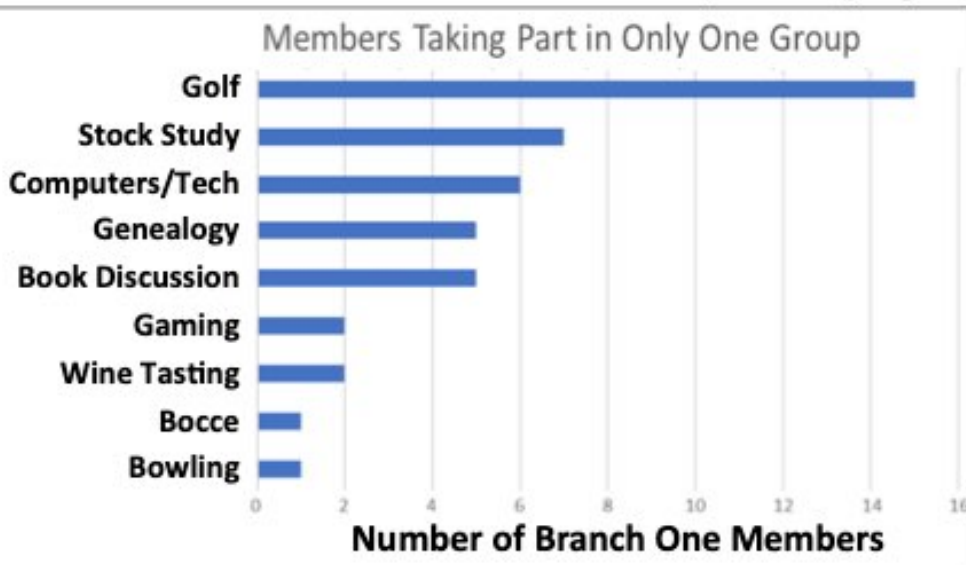
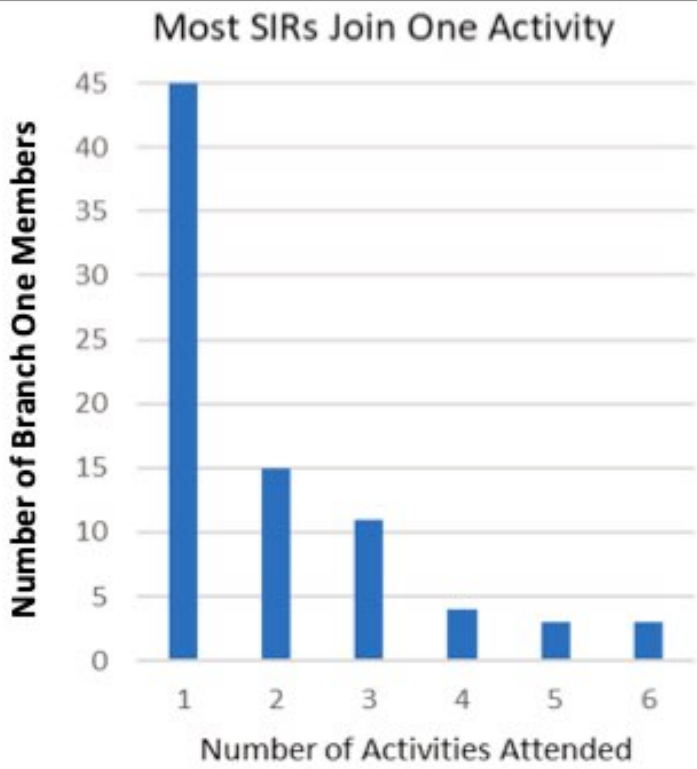
Interesting Membership Dynamics

Some Data from Recent Activity Group "Census"

In May, the membership of every activity group was tallied and organized on a spreadsheet. It revealed that more than 75% of Branch One SIRs take part in activities. And the three graphs to the left summarize more of that data.

The top figure shows that most Branch One SIRs (45) take advantage of a single activity, a substantial number are active in two (15) or three (11) activities, and a few take part in four to six activities.

The middle figure summarizes the distribution of Branch One members who take part in *only one* activity group. The golf group stands out in this analysis, followed by Stock Study, Computers/Technology, Genealogy, and Book Discussion. Those groups that are not shown here have no



members who are taking part in only that group.

The bottom figure summarizes the membership of the four newest groups, showing that the majority of their membership are SIRs who were already a members of other groups. It also shows clearly that a total of ten Branch One SIRs who were not involved with any activity were enticed to join one or more of the new activities.

Activities are the heart and soul of SIR, and John Jordan has been doing a wonderful job of creating and maintaining a broad array of interesting groups for our pleasure. The newest ones — Book Discussion, Wine Appreciation, Pickleball, and Gamers (cards) — were created in response to a activity interest survey conducted in November 2022. Nearly 40% of Branch One members take part in one or more of these four new activities. And John is gratified to see that about 10% of our membership who attend one of these new groups are now taking part in a Branch One activity for the first time.

Big Sir Bill Brown

Branch One Activities **John Jordan, ddblljj@aol.com (650-544-8893)**



BOCCE BALL: Team play for exercise and fun. Just show up ready to play. Every Friday, 10 am-12 pm, Beresford Park, San Mateo. Chris Witzel, 650-362-3471 cawitze38@gmail.com



BOOK DISCUSSION: Bi-weekly, 1 pm Friday, alternating between in-person book discussion at a member's home and open discussion of topics of interest via

ZOOM. Jon Miller, 650-349-4106, jm330@att.net
May 17: *Clarence Darrow for the Defense* by I. Stone



BOWLING: League bowling, all skill levels. New bowlers acquire an "average" after 3 weeks, then join a team with a vacancy. Fridays, 10 am, BelMateo Bowl, Mike Garoutte, 650-867-5717, garouttes@aol.com



COMPUTER/TECHNOLOGY: Monthly on 4th Tuesday, 10:00-11:30+ Redwood Shores Library. Ralph Riviello, 650-773-9086, r.riviello@comcast.net



GAMERS' GROUP: Attendees select games, Mondays & Thursdays, 1:00-3:00 pm, San Mateo Senior Center; 2645 Alameda de las Pulgas; Jim Schwandt, 650-400-0211, jimschwandt@gmail.com



GENEALOGY: Monthly on 1st Tuesday, 10:30 am -12:00 pm via ZOOM, open discussion on topics of interest to the group, Kevin Moran, 650-477-0493, m.kevin.moran@gmail.com



GOLF: Please confirm before attending; Michael Garb, michaelgarb@comcast.net 650-218-5629, or Rich Castro, rcastro8@aol.com 650-347-8133

Wed	May 1	San Jose Muni	10:00 am
Thurs	May 9	Shoreline	10:00 am
Wed	May 15	Lake Chabot	10:00 am
Wed	May 22	Redwood Canyon	10:00 am
Wed	May 29	Callippe	10:00 am



PICKLEBALL: Show up in gym shoes (NO RUNNING SHOES) for doubles play. Currently at Central Park, San Mateo Thursdays, 10 am-12, contact

John Jordan at 650-544-8893 or ddblljj@aol.com



STOCK STUDY GROUP: Meets monthly on 2nd Monday, San Mateo Sr Ctr, 10:00-12:00 am, Alan Melnicoe melnicoe@sbcglobal.net 650-343-2074; or Jim Felker, 650-342-8103, jamesfelker@comcast.net



TENNIS: Doubles play for exercise and fun. Just show up ready to play. Every Tuesday, 9am. San Mateo Central Park Courts, San Mateo, Bill Schmid, 650-343-0959, Bill72240@aol.com



WINE APPRECIATION: 3rd Thursday, 2:00 pm, *Total Wine & More*, Bridgepointe Center, venue changeable, usually \$25 in advance; minimum 10, confirm with and send check to Nick Feimer, 317 Delmar Way, San Mateo CA 94403, 650-341-3015, nrfeimer@gmail.com

New Member

(Yeah!)

Paul G. Perez

There are always great articles in the SIR Branch One newsletter. I would like to include more of them in the SIR Happenings but can only include a few. I have provided a link to them and want to thank the editor Jon Miller for doing such a fine job. Jerry Sabo, SIR Happenings

<https://sirinc2.org/branch1/sir-publications/>



A Non-profit Organization For Retired Men

HOROLOGIUM

Monthly Newsletter - Est. 1963

North Bay Branch No. 7, San Rafael

Website: www.sirinc2.org/branch7

Welcome a new member ...
John 'Ollie' Lagomarsino

NEW MEMBER
Tom 'Travel Bug' Short

SIR OF THE MONTH

Michael 'Renaissance Man' Sommer

Two-time Big Sir Michael tells jokes, is the father of four wonderful middle-aged 'kids', a loving grandfather who plays pickle ball with gals half his age, sold more real estate subdivisions than any broker in Marin, and still finds time to be a hiker, biker, card player (although last time we played 500 rummy I beat him 11 straight games) and if he'd quit starting our meetings by bellowing, 'SHUT UP' (like the grumpy Jack in the film About Schmidt), he is a great model of a friend for life.

Michael, for all the joy, jokes and friendship you've brought to Branch 7 we thank you ... your June lunch is on the house!

P.S. We'll soon know whether Michael is a Renaissance Man or a dud called Mudd ... starting July 1, thanks to the 'silver wings' of his lovely lady friend Lois (who is this month living the life without him in Paris), this spry young man will be globe trotting like a migrating bird ... but if he doesn't wear out his passport, thus far unused except for travels north to Petaluma and once slightly further north, his name will be Mudd.

SIR OF THE MONTH

Al 'Tight Wad' Wuthnow

Hailing from far away Hope, Kansas, a tiny town of less than 500 hardy souls, KU alum Al Wuthnow brings both joy and fiscal stability to Branch 7. We were lucky 12 years ago when Al volunteered to be treasurer for a few months, or until we found a replacement we're still looking and Al, with a broken arm, is carrying on but it'd be delightful if someone would step up and volunteer ... Al's 3 word monthly report, 'We've got money' makes us smile, and by volunteering a few hours a month you can do the same! ...

We know Al for his wicked pool cue and his big heart ... 62 years married to Sondra ... but did you know that he's a cardiologist's dream? ... it took FIVE heart incidents, 34 years and a weekend of nakedness and massage at Esalen to move him from the stressful corporate world of Kodak and Alpha Photo Products to the love of his working life as massage therapist at the Institute of Health and Healing in SF.

We thank you Al, your great attitude, many years of service and the friendship you've brought to Branch 7 ... your July lunch is on the house!

Announcing ... Second Tuesday Snapshots

You are invited to the first meeting of Branch 7's unique, newly-formed, experimental book group ... where reading the whole book is optional.

To prepare, find a snippet or two that speak to you in Bob Harig's "Tiger & Phil" then join us at on July 9 from 10 to 12 for comradery, chitchat and laughter at 50 Broadmoor Avenue, San Anselmo.

If you love the idea or if your significant other thinks this'd be good for you, let us know you're coming ... by contacting Bob Rigler (415) 238-8113, Terry Aleshire, Sr (415) 669-7269 or Captain Tom (415) 637-7974.



ROOSTER TALES

SIR Luncheon – Thursday, July 11th
The Elks Lodge - 200 Marina Blvd, Pittsburg

New Branch 19 Shared Activities

Great news for SIR Branch 19 members!

Branch 8 in Walnut Creek is inviting Branch 19 members to selected activities including:

1. Pickleball

Played on Thursday mornings at 8:30 at Willow Pass Community Park in Concord. Ladies are welcome. To sign up, contact Nick Maufe at ickmaufe@gmail.com or go to <https://www.sirbr8.com/pickleball/> for more information.

2. Pinochle

Meets on the second and fourth Wednesdays of the month at Rocco's Restaurant in Walnut Creek at Encina Grande Shopping Center. Meet for lunch at noon with cards from 1:00 to 3:00. Ladies are welcome. To participate contact Stan Johnson at stan.johnson88@gmail.com, or visit their website at <https://www.sirbr8.com/pinochle/>.

3. Science & Astronomy

Consists of a daily email called "Sigma Xi SmartBrief". It contains links to half a dozen science articles from English language scientific journals around the world. It covers a broad selection of topics in science, engineering, medicine, and astronomy. To learn more, contact David Bushnell at dbushn@swbell.net or go to <https://www.sirbr8.com/sir-science-online/> for more information.

4. Opera/Ballet

The Opera and Ballet activity, consists of sending out advance information and published reviews of live Met Opera performances and Bolshoi Ballet that are transmitted by Fandango in HD to our local Century theaters. To see what's coming, please go to <https://www.sirbr8.com/opera/> or contact David Bushnell at dbushn@swbell.net.

5. Internet Games

Internet Cribbage is played each month in a tournament format as a two-person game, one on one. *Mexican Train Dominoes* is also played online with all players connected by Zoom. To sign up, contact Don Atwater at datwater@pacbell.net or go to <https://www.sirbr8.com/internet-games/>.

6. Poker

SIR Branch 146 in Walnut Creek has invited Branch 19 members to join in their Poker Group #4! If you would like to play, please contact Pete Gates at petegates10@gmail.com or call him at 925-937-2035. Games are usually scheduled for 1-4 pm on the 4th Monday of each month. Hosting is rotated between members' homes. The host provides light snacks and beverages. Buy-in is \$10 and stakes are nickel, dime, and quarter with a limit of three raises. Dealer antes a nickel per player.

We are excited to offer these new activities to our Branch 19 members and want to thank the Walnut Creek Branch for inviting us to join. If you are interested in joining any of these groups, please contact them directly thru the Activity Chairs mentioned above or thru their respective websites.

When signing up, please provide your name, branch (19) and email address.

Roger Moseley

Dine Around (Follow Up) – Thursday, May 16th

On Thursday, May 16th Nancy and I hosted the first Dine Around Event for 2024. Twenty-one people shared dinner at Fiore' Restaurant in Concord, CA. It was a great opportunity to see each other again, catch up and enjoy a nice dinner.

For those of you who attended, thank you again for your support.

Sir Roger Moseley (Big Sir) RogerMoseley855@gmail.com



Dine Around Venues that Branch 19 has used in the past:

Fiore' Restaurant - 5100 Clayton Rd, Concord / (925) 969-1887

Spicy Joi Banh Mi X Lao Street Food - 1687 Willow Pass Rd, Concord / (925) 787-7508

The Old Spaghetti Factory - 1955 Mount Diablo Street, Concord / (925) 672-7711

Nepalese and Indian Restaurant - 2118 Willow Pass Rd, Concord / (925) 825-3277

La Veranda Café - Center St., Clayton / (925) 524-0011

Sichuan House - Countrywood Shop Ctr, 2064 Treat Blvd, Walnut Creek / (925) 933-3278

DVino's Pizza & Pasta - 2221 Morello Avenue, Pleasant Hill / (925) 689-6666

Aung Burma - 2051 Salvio Street, Concord / (925) 332-7957

La Veranda - 6201 Center St, Clayton / (925) 524-0011

Lazy Dog Restaurant & Bar - 1961 Diamond Blvd, Concord / (925) 849-1221

Lima Peruvian Restaurant - 2151 Salvio St suite I / (925) 309-7774

Branch 19 - SIR of the Year Award



Congratulations to 2023 SIR of the year recipient Rich Balovich. Rich has done an excellent job of Collecting, compiling, and publishing all of the information for the monthly Branch 19 Rooster tales Newsletter. He has also been a valuable member of the branch executive committee. Thanks Rich for all your contributions toward the success of branch 19.

Sir Miles Nikaido



SIR Don Ruddell



Wow, it was really a great turnout for our June hike at Fernandez Ranch on Wednesday, June 12. Eleven Sir hikers rallied up for this wonderful 3.1 mile loop hike, on a spectacular weather day, through the John Muir Land Trust land. And all 11 hikers stayed for the picnic lunch afterwards!

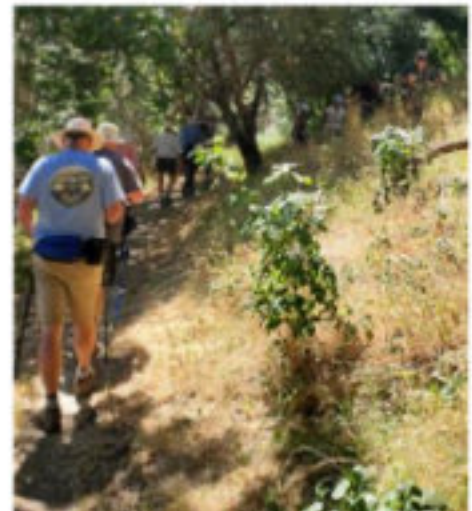
Some new hikers joined us this time so it was really a nice time. Those on the hike, besides myself, included Lee Boner, Martin Fennell, Barry and Bobbi Silberman, Stephen and Shelly Valentine, Walt and Mary Rogers, Roger Moseley, and Rich Peterson. Thank you to all for making this a great time!

Save-the-Date:

**Wednesday, July 10, 9:30am, Alhambra Creek, Briones Regional Park, Martinez
(Please note time change to 9:30am due to possible warm weather)**

More details of the hike to follow in an email around the first week of July. Spouses, partners and friends are welcome and encouraged!

Any questions or concerns, email me at:
Sir Don Ruddell druddeldds@gmail.com (925) 787-7585



Weather continues to keep us off the water locally as we are having one of the windiest springs ever. Wind is not a friend to fishermen. Tom Kostik and Mike Corker got a few black bass from the Delta. Stan Wong caught some halibut and stripers in the bay. The highlight of the month was when 8 of us went to La Paz, Mexico for 4 days boating dorado, marlin, and 8 other kinds of delicious pescados.

Contacts: Bob Lively (925-383-5193 / Carl Moyer (925) 685-5243



Gordon Linebaugh and Steve Paulick hold a big dorado caught in Mexico. Steve and Ben Lasala come to our SIR fishing group meetings from Sacramento

Dave Havlik caught this marlin fishing from La Paz, Mexico. Marlin are not usually killed, but this one bled to death on the way in. It was given to happy people



Ignacio Pacheco Branch News

Independence, Dignity and Social Activities for Men

Published by Branch 22 of SIR, Inc.

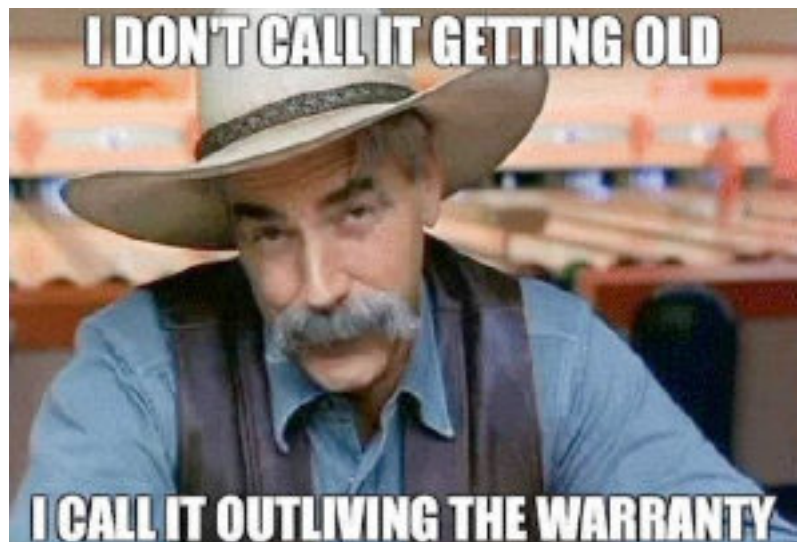
Volume 53 nb.7, July 2024



“HOLD THE DATE,” August 22, 2024. Details are in the works. We all enjoyed the Dinner at Yet Wha and here are some snaps I took.

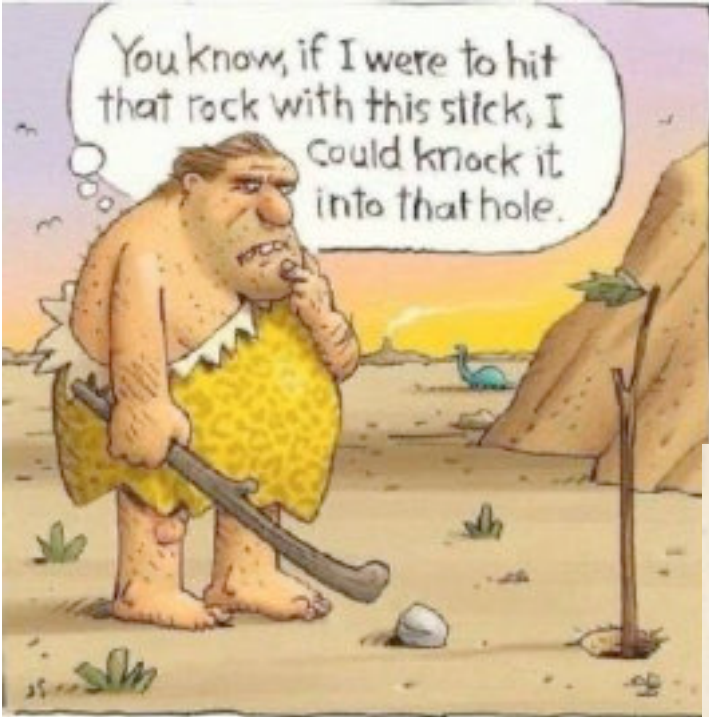
The weather is getting warmer, and it is opening many doors to explore. Life is good. Let’s get out there and enjoy our Springtime.

Jim Sasse





More From Jim Sasse: Robert Steiner was a member of BR22 of long standing. He died on March 12th, 2024, peacefully at home with his beloved family. I attended his Memorial on May 18th, 2024, and would like to share a little more about this man. Steiner was a flyer. To the right is a photo of him as he is boarding his fighter in the Korean War. After his military service he turned to commercial aviation flying in the right-hand seat for Pan Am. It was mentioned that he piloted 747s among other large passenger planes. He had just reached 94 before he passed into the heavens that he loved. He is survived by his daughter Karen. I felt honored to represent BR22 at his Celebration of Life and regretted that I learned of the date and place after it could be published in last month's BR22 NEWS. May we all go in Peace.



How Man Learned to Swear.

You drop something when you were younger, you just pick it up.

When you're older and you drop something, you stare at it for a bit contemplating if you actually need it anymore.



New Members

Name	City	Former Employer(s)
Joe Sordi	Los Gatos	IBM
Venicio Navarro	Santa Clara	Hewlett Packard
Bernard Soules	Cupertino	Lockheed Martin, Sandia National Labs.
Rick Wheat	Menlo Park	Cal. Advanced Imaging, Sequoia Hosp.

Active Members: 292 Net Monthly Change: +1

A few members decided to resign end of March, so we exited March with 291 members. We had one new member join us in April. We always welcome new members so bring a friend or neighbor to the lunch as a guest to 'check us out'!!

In Memoriam



John Richardson was a longtime member of SIR Branch 35 and served as Little Sir in 2010 and Big Sir in 2011. He was passionate about bocce ball, and served as co-chairman of the bocce ball activity for 10 years. John is survived by his wife Alice and his 5 children, with many grandchildren.

A Celebration of Life will be held later in June. SIR friends are welcome. Our sympathies go out to his wife, Alice, his family and friends. He will be missed!

HIKING JOHN TUCKER
408-655-5435
tuckerjg6@gmail.com

Our hikers at Henry Cowell Redwoods State Park.



Program:

Our 2024 Annual Picnic will happen at Blackberry Farms in Cupertino, featuring

- BBQ'd ribs, chicken, sausages, hamburger, hot dog, veggiburger
- Shrimp, salads, cherries, beer, wine, soft drinks
- Music, corn hole, horseshoes, bocce ball, bingo and wine tasting contest
- A great location, only 10 miles from the Mountain View Community Center
- Level terrain, a short walk from the parking lot



CHESS

BEN KUCKENS

650-400-0353

bengk@att.net The Chess group meets on Wednesdays 9am to 1pm at the Los Altos Civic Center, 97 Hillview Avenue, Los Altos, in the senior center room. All are welcome to come and play non-competitive friendly games of chess (no time clocks). All levels of players are welcome. Ben and a few others are available to play on many other days; dates and times are flexible. If interested, contact Ben.



Ben and Friends playing chess at L.A.C.C.

BRIDGE

MARK LEVI

650-305-9132

mlevi@comcast.net

SIR Bridge Group in action! From left to right; Jack Tooley, Fred Emmenegger, Les Fisher and Mark Levi



The Bridge Club is regularly meeting at the Los Altos Senior Center on the 2nd and 4th Wednesdays of the month. We play from 12:00 to 2:00 PM. Join us for a fun afternoon of bridge and good conversation. We are looking for additional players of any experience level.

Mark

SPORTS CAR GROUP

JOHN TUCKER
(408) 655-5435
tuckerjg6@gmail.com



The SIR Sports Car group had their first FunRun on June 5th. We met on Sand Hill Road and then traveled up Highway 84 and over the mountain and down to the ocean on twisty roads that traveled through the forest to Highway 1. had a bright sunny day as we traveled south to Cascade Restaurant at the Costanoa Resort. It was a beautiful day to drive our cars on curvy roads and have lunch with new friends. Due to July 4th celebrations our next run will be Wednesday, July 10th when we will travel by way of Skyline Boulevard (Highway 35) and Highway 9 through the towns of Boulder Creek, Ben Lomond and Felton to our ultimate goal of Scotts Valley. We will have lunch there and then tour the auto and racing museum at Canepa, a high-end auto restoration company. The

highlight will be a tour of their shop floor where they work on many high-end cars including Shelby Cobra, Porsche, Ferrari, Jaguar, Ford GT, Lancia and McLaren. If you like cars or would like to take a leisurely drive through the woods plan on joining us. **Our Team, ready to roll!** The goal of the Sports Car group is to drive our cars on curvy roads to some interesting place for lunch, get together with like-minded SIR members and have FUN. Activities normally happen on the first Wednesday of the month. Don't have a sports car but want to be part of this group anyway, contact John to get added to the mailing list. John



Hallmarks of a Successful Life He has achieved success who has lived well, laughed often, and loved much. Bessie Anderson Stanley in 1904, "Brown Book Magazine" held a contest in which they asked readers to define success. When Kansas woman Bessie Anderson Stanley submitted her answer, she likely never dreamed her words would someday be incorrectly attributed to famed authors such as Ralph Waldo Emerson and Robert Louis Stevenson. In the poem Stanley submitted, she highlighted appreciation of nature, kindness toward others, and having "left the world better than [one] found it" as tenets of a successful life. Stanley's words ground us in what is truly important, and they continue to resonate more than a century later.

Computers and Technology Discussion
Bob Lewis chairs the Branch #36 Computer Club during regular monthly meetings (no meeting on Ladies Day luncheons). Bob also chairs a community computer "club" called the Felton Linux Users Group. Known as the Felton LUG for short, it is currently meeting semi-monthly using video conference software. See Bob Lewis to be added to either group. Virtual meetings are on the first and third Saturdays at 11:00 am. Members are currently diverse in their technical knowledge and there's always a problem or solution to discuss. It's not just computers, but other aspects of technology and how it is affecting our lives. Of course, there's also the plain social part of getting together and hearing how people are doing and what they are doing. The video conference tool used is Jitsi. The meeting address is: <https://meet.jit.si/FeltonLUG>. It's best to use your Firefox or Chrome browser. No download needed.

JUNE: LADIES DAY WITH JOBY AVIATION

Program: Scott Berry, Joby Aviation



Location: Elks Club, 150 Jewell Street, Santa Cruz

Bring your special someone with you to Ladies Day!

Quotes About Family Get-Togethers

Summer is a time for family get-togethers. Perhaps some of these quotes will be helpful as you gather at the cabin, beach, or picnic. Happiness is having a loving, close-knit family in another city.

– *George Burns*

A dysfunctional family is any family with more than one person in it.

– *Mary Karr*

Home is the place where, when you have to go there, they have to take you in.

– *Robert Frost*

Cousins are the barometers of how fun a family get-together will be. "Are the cousins going to be there? Fun!"

– *Jim Gaffigan*

Some family trees bear an enormous crop of nuts.

– *Wayne Huizenga*

Obviously, if I was serious about having a relationship with someone long-term, the last people I would introduce him to would be my family.

– *Chelsea Handler*

A family without a black sheep is not a typical family.

– *Heinrich Böll*

Family love is messy, clinging, and of an annoying and repetitive pattern, like bad wallpaper.

– *P.J. O'Rourke*

If you cannot get rid of the family skeleton, you may as well make it dance.

– *George Bernard Shaw*

If minutes were kept of a family gathering, they would show that "Members Not Present" and "Subjects Discussed" were one and the same.

– *Robert Breault*



The Pathfinder

Fremont Branch 59



Welcome our new members (L-R) Sir Darrell Sandeford, Sir Ed Blank sponsoring Sir Stephen Moore, Sir Victor Vasut, Sir Robert Culbertson, Sir Jeffrey Roletto and their sponsor Sir Robert Branch.



Our first event of 2024 was at Rodrigue Molyneux Winery on April 19th. I think all 31 of us who attended enjoyed a beautiful day of wine tasting, picnicking and socializing.

~Andy Lang -Couples Wine Tasting Activity Honcho



May 15th Sweetheart Luncheon



The Pitch for Small Business

Dear Sir, the Wednesday Walkers spent an hour in Old Alvarado on June 12. Jerry Ford made it a historical tour with tales of robberies in the old days and the yearly flooding of Alameda Creek (that made me wonder why anyone would want to live there) and the old buildings that still remain. But really folks, the things that impressed me were the number of businesses that flourished in Old Alvarado. Now part of Union City, the first Alameda County Seat was in Alvarado. Highway 17 ran right through town before it was moved to what is now Interstate 880.

Chinatown had thriving businesses. The first Saint Anne's Catholic Church (1862) was right there on Smith Street. Grocery stores, banks, a meat packing plant, saloons, the Alvarado Theater; you could find it all in Alvarado.

Currently, Bronco Billy's Pizza is housed in an 1896 general store building. We did not go in for pizza, but down the street we discovered The Apron and Whisk, an ice cream and coffee establishment right at 10 AM when our walk ended. Some of us tried the ice cream, others, coffee, and others their pocket sandwiches. We walked away satisfied. So, if you find yourself in Old Alvarado, check out the history and grab some pizza or maybe an ice cream. ~Bruce Roberts



SPECIAL ANNOUNCEMENT

We are having a monthly business meeting on the first Wednesday of the month to discuss pressing issues and concerns regarding our Branch 59. The BEC and Directors will be attending, but if any member would like to join us we would love to have you. Our July 3rd meeting will be held at 10:30 am at Suju's Coffee and Tea at 3602 Thornton Ave., Fremont See you there. RSVP to our Big SIR Rob Ingebretson at RobIngy@comcast.net or phone him at (510) 657-7828

Everything in this picture is now in your pocket.





The ROOSTER

The Monthly Bulletin of

Sunnyvale Branch # 62

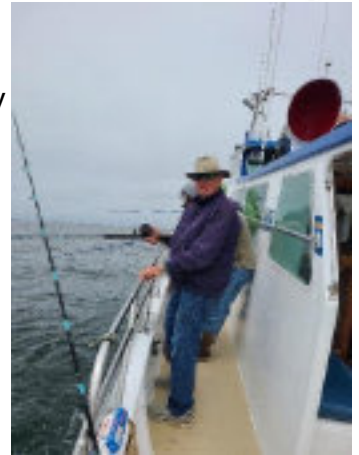
SONS IN RETIREMENT

Fishing Adventures Are Back!

After taking a brief hiatus, we're thrilled to announce that we're ramping up our fishing excursions this year! We kicked off the season with an incredibly enjoyable Rock Fishing trip aboard the Queen of Hearts out of Princeton (Half Moon Bay).

Wally and I had an amazing time catching our limits of brown rockfish, along with a lingcod and a vermillion. The weather was perfect for fishing—cool, overcast, and completely calm, with no wind to contend with.

We invite you to join us for more fishing fun this year. Whether you're a seasoned angler or a newcomer, there's nothing like the thrill of a great catch and the camaraderie of fellow fishing enthusiasts. Stay tuned for more details on upcoming trips and get ready to cast your lines for an unforgettable adventure.



Branch 62 Web Site

Have you visited our web site lately?
Want to read the joke from the luncheon?
Forgot the luncheon's speaker details?
Want to read back issues of the Rooster?
Read meeting minutes and Treasurer Reports?
Get all of this and more on our Web Site at:

<https://sirinc2.org/branch62/index.php>

BRANCH 62 TRAVEL

Chairman: Jim Hohenshelt

Assistant: Roy Jordan

Romance of the Rhine & Mosel River Cruise

July 6 – July 21, 2025

We are looking for interest in a cruise of the Rhine and Mosel Rivers from Basel Switzerland to Antwerp Belgium. Along the way we cruise by many fine castles, towns and sights such as the Lorelei rock, with stops in Strasbourg, Speyer, Boppard, Bernkastel and Trier (on the Mosel), Cochem, Bonn, Nijmegen, Willemstad, ending in Antwerp, Belgium. Prices (pp. double occupancy) start at \$6345 (\$7045 with a balcony). Prices include round-trip air fare from SFO. Single supplement is \$895. There is a 4-day pre-trip to Lucerne, Switzerland for \$1295/person and a 3-day post-trip to Bruges, Belgium for \$995/person available. Discounts are available for early sign-up and early payment.

If interested, contact **Jim Hohenshelt** at 408-394-7226, or **Roy Jordan** at 408-735-8765 and let's talk. Maybe we can make this happen.

See our SIR Travel website for all trip info:
www.branch62.sirinc2.org/Travel/Travel.php



THE MAIL POUCH



Website: branch69.org

The Pony Express Branch #69
January - 2024 Edition

Facebook: Pony Express SIR Branch 69

John Popadak, Editor

WELCOME NEW MEMBERS!!

SIR Les Kurtz



SIR Ted Nishio



SIR Nate Gauff



SIR Scott Mackey



BASEBALL DAY

Sacramento Rivercats Outing
Sunday May 19, 2024

On a pleasant Sunday last month, the 19th to be exact, a handful of SIRS Branch 69 members along with a few spouses gathered at Sutter Health Ballpark in West Sacramento for an afternoon of camaraderie and Minor League Baseball. We are also joined by members of my extended nuclear family.



The San Francisco Giants Triple A Minor League team, the Rivercats, were playing the Los Angeles Dodgers Triple A minor league team, the Oklahoma City Dodgers. The Rivercats got out to an early lead, but would eventually be outscored in the later innings. A good time was had by all and perhaps another outing can be arranged later in the season. A big thanks to all who participated.

Dennis Kramer
River Cats Chairman



ACTIVITIES CHAIRMAN

DINE-OUT

On May 21st, the Dine Out event at Vince's Restaurant in West Sacramento was a delightful experience! It's always great to have opportunities to enjoy good food and company.



The Rooster's Crow

**SONS IN RETIREMENT,
HOOKER OAK BRANCH #84**

Volume 46, Number 4

April 2024

The HOOKER OAK BRANCH #84 meets the FIRST THURSDAY of each month at MANZANITA PLACE, (inside the Elks Lodge building) 1705 Manzanita Avenue, CHICO, CA, 11:30 AM

The Branch Executive Committee meets at 10:15 AM on the same day at the same place.



Incorporated

**A Non-Profit Organization of Retired Men
Devoted to the Promotion of Independence
And Dignity of Retirement.**



Marty Nichols

New Members



Richard "Dick" Reynolds

SIR Branch 84—Current List of Special Interest Clubs



Bowling Club - Bob Gaines 530-514-5066

Fishing Club - Ron Ward 530- 354-5147

Golf Club - Paul Brossoit 530 345-2271

Hiking Club - Rich Utter (Branch 110) 925-922-7020

Movie Club - Greg Sanger 530-518-7924

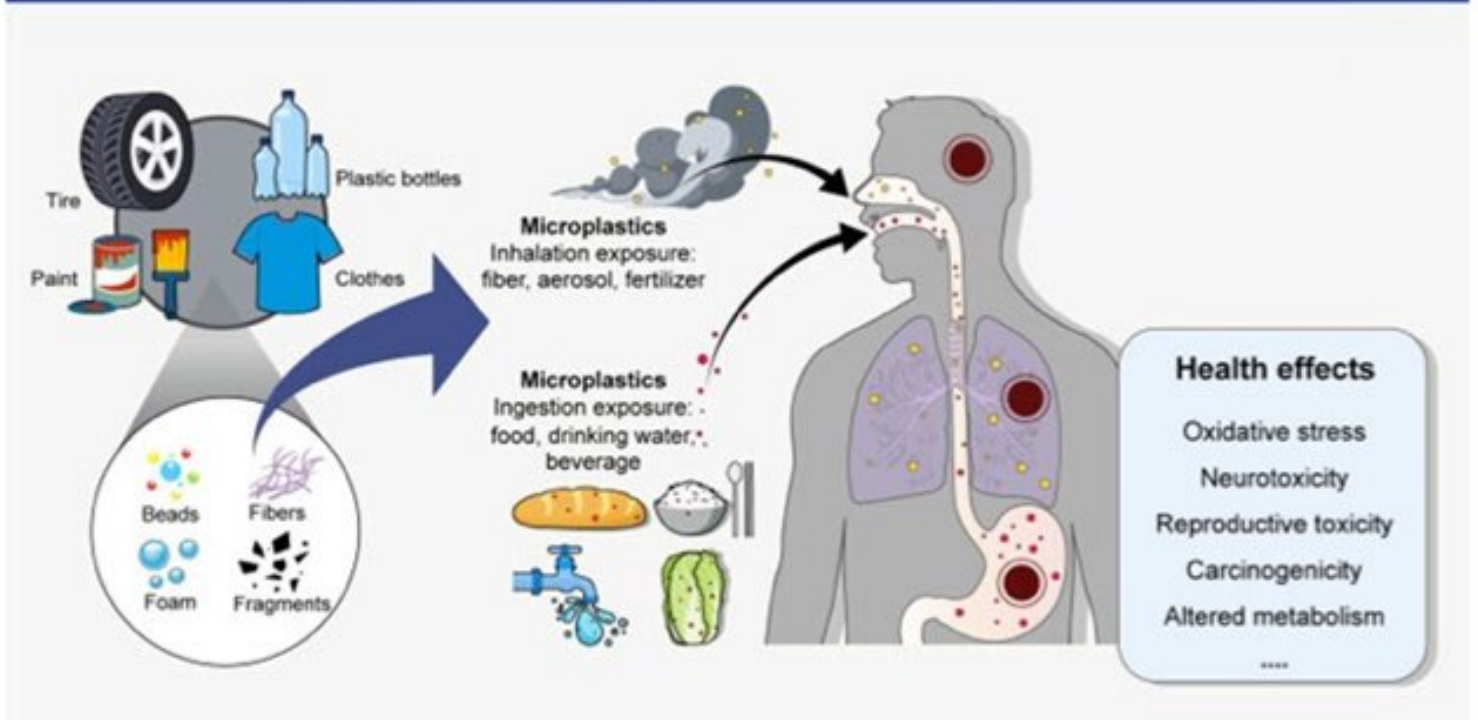
Writing & Book Club - Chip Meriam 530-228-1544

Special Activities Club - Alex Van Patten 530-566-2151

Cycling Club - Tim Kressin 951-743-1297



Health Effects of Microplastic Exposure:



So, are we going to do this in a way that will have an impact on human health? Like so many other things, probably not due to the magnitude of the problem, the cost, and the will to do it. But it's worth paying attention to in your daily life.

USELESS AND IRRELEVANT WORDS July 2024 Microplastics

A couple of months ago, this column reviewed the buildup of, and trashing of our world's oceans with millions and millions of tons of plastic waste. It also speculated on a potential way to remove and recycle the part of it that floats on the ocean surfaces. It turns out that there is a Canadian Group trying something similar (<https://www.youtube.com/watch?v=tLcnJEMnITs>). It did not, however, even mention the most real and immediate problem associated with waste plastic, the problem of microplastic pollution. Microplastics is the term given to tiny plastic particles a few microns to a couple millimeters in size. These result from breakdown of ocean plastics due to UV radiation, tire rubber wear, exfoliants, and other personal care products that use micro beads, the production of plastic itself, degradation of paints and coatings, microfibers shed from synthetic clothing during washing, and plastics used in agricultural applications. Today, these microplastics are ubiquitous. They're found almost everywhere, including marine, freshwater, and terrestrial ecosystems. We ingest them from water, as well as vegetable and animal foods. We breathe them in, if airborne. They are transported through the air and deposited in most environments, including remote areas far from direct sources. In short, everybody has microplastics in their systems, in their blood, gastrointestinal tract, lungs, and most other places in the body. It is even found in individual cells. We are all ingesting hundreds of these particles per day. Research reported in "Environmental Science & Technology" found that most of us ingest or breathe in 40,000 to 50,000 particles per year.

What are the apparent immediate effects of microplastics on the human body? Research into the effects of microplastics on the human body and its health are still very new. The results are immature or even speculative. As I've said, microplastics can be ingested through food, water, and air. Once ingested, they may accumulate in the gastrointestinal tract. Studies suggest that microplastics can cause inflammation, disrupt gut microbiota, and lead to physical damage to the gut lining. Some studies indicate that very small microplastics might relocate from the gut or lungs into the blood-stream and potentially accumulate in tissues, though more research is needed to confirm this. Microplastics often contain chemical additives used in their manufacturing. These additives, such as phthalates, bisphenol A (BPA), and flame retardants, can leach out and may disrupt endocrine function; potentially leading to hormonal imbalances. Somewhere, I read, saw, or heard there are indications that these microplastics are potentially linked to sterility in human males. While not verified, wild speculation along these lines leads one down the road toward man's demise if all males become sterile. Microplastics have also been linked to "oxidative stress." Oxidative stress is a state that occurs when there is an excess of free radicals in the body's cells. The body produces free radicals during normal metabolic processes, perhaps promoted by microplastics. Oxidative stress can damage cells, proteins, and DNA, which can contribute to aging and potentially increase the risk of diseases such as cancer. The

presence of microplastics could also trigger immune responses, potentially causing chronic inflammation and immune system instability.

There are also potential long-term health effects. Inhalation of microplastic particles can lead to respiratory inflammation and potential damage to lung tissue. Some chemicals associated with microplastics, like BPA and phthalates, have been shown to affect reproductive health and development. They may affect fertility, development of the fetus, and lead to birth defects. The chronic inflammation and cellular damage caused by microplastics might contribute to the development of various chronic diseases, including cardiovascular disease, diabetes, and neurodegenerative diseases.

Anyway, there is growing evidence of the potential harm caused by microplastics, but there is still a long way to go before it's fully understood. Given the current state of research, it is prudent to continue monitoring and studying the effects of microplastics on human health, including reproductive health. More research is needed to establish a clear connection and understanding of the mechanisms involved. Research on animals has shown that exposure to microplastics can affect reproductive systems. For example, studies on rodents have indicated that microplastic exposure can lead to reduced sperm quality and quantity. However, translating these findings to humans is difficult as human biology can respond differently. While there is evidence suggesting potential harm, there are currently no definitive studies conclusively linking microplastic exposure to sterility in human males.

If you are concerned about exposure to microplastics, you can take steps to reduce ingestion and inhalation, such as minimizing the use of plastic products and avoiding foods and beverages stored in plastic containers. The last thing worth considering is what things we might do to mitigate the problem of particulate plastic pollution in the first place. As I said two months ago, remove the plastic waste from our environment by collecting it and/or reusing it in ways that prevent it from entering the environment. Another path is to promote the decreased use of plastic in all packaging products and promoting mandatory recycling. The principal target should be single use plastic containers. We could also: Ban or regulate the use of microbeads in personal care products. Improving wastewater treatment technologies to capture microplastics. Encourage the use of natural fibers over synthetic fibers in textiles. Promote responsible waste management and recycling to reduce plastic waste. Promote the use of natural materials in packaging.

Comments and arguments are welcome.

Greg Sanger
gsanger@comcast.net

Useless and Irrelevant Words

A Few Thoughts On Plastics estimated that between 1.15 to 2.41 million tons of plastic are entering our oceans each year. This waste is being drawn into five major gyres around the globe (Figure 1). Gyres are large systems of circulating ocean currents, kind of like slow-moving whirlpools. The Great Pacific Garbage Patch is the largest of these five zones and is mostly located halfway between Hawaii and California. It covers an approximate surface area of 270,000 to 1.6 million square miles—an area many times the size of the state of Texas. It is difficult to determine its exact dimensions due to its constantly shifting nature.





Live Longer, Live Happier, Join SIR.

SIR Solano Branch 88 Newsletter

January 2024

Membership ... My Two Cents – Harold Persily



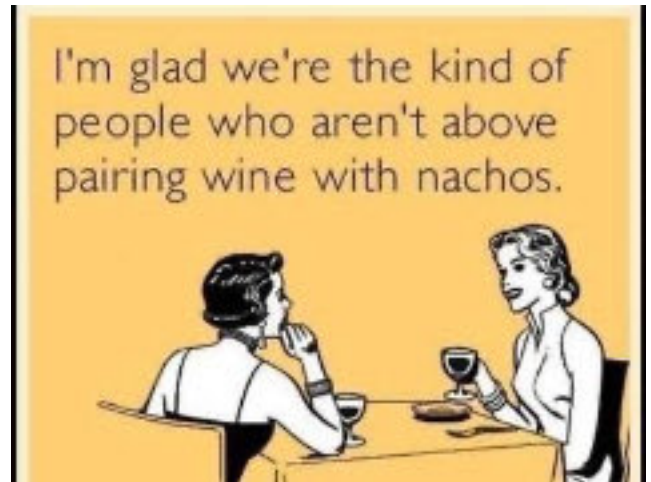
The July 3 parade in Benicia was a big success, if passing out candy is a measurement of success. Seriously, a good time was had by all, and SIR is getting its name out in the public.

There was a SIR state-wide meeting of some 270 branch and state board members. Basically, many branches are not growing, and that means SIR is not growing. That is a concern. Many ideas were discussed, some good, some ... eh. More on that to come.

Bring Your Son to SIR Day: So, Wayne and I are hanging out at the farmer's market in June. This nice gentleman drops by for a bit. Mentions that his dad was a member and thought he should check us out. Turns out he is the son of recently departed and long-time SIR, Lisso Dawson. Wayne used to bowl with Lisso and had gone to his memorial, so a much deeper conversation ensued before he walked off with an application (which he has returned).

That got me to thinking. Many members have sons (and grandsons!) that are eligible to join SIRs. So here is my pitch: If you have a son who lives in the area, bring him down to our meeting, and share the fun we have together. Consider it another son/dad bonding opportunity.

Napa River Cruise: It is disappointing that the Mare Island bridge is still not operational. I guess finding or making a part for an old draw bridge is hard to accomplish. Hang in there, the Napa River cruise will happen. **Branch Directory:** With the help of Carl Mason, we finally have the SIR Branch 88's member directory available. You should have received an email with it as an attachment. If you don't have a printer, we will have some hard copies available at the July 11 luncheon.



Men's Bocce Ball Members

SIR88 Activities

Monthly Business Luncheons

Second Thursdays
11:00 Happy Hour
12:00 Lunch
1:00 Program
Zio Fraedo's Restaurant
23 Harbor Way, Vallejo

GOLF Meets

Specified time an month.
Contact the Coordinators.

Next tournament
July 9 - Blue Rock
West

Co-Ed BOCCE BALL Meets

Fridays (9:30am)
Benicia Bocce Courts

NO Co-Ed
Bocce
July 5

POP the CORK Meet

3rd Sundays (4:00-6:00)
Host Houses
Except for special events

July 18 - Wine
Tasting at Café
the Bay (D Street
Benicia)

Men's BOCCE BALL Meets

1st, 3rd, 4th Thursdays (10:00am)
2nd Mondays (10:00am)
American Canyon Bocce Courts

Men's POKER Meets

Specified every other Wednesdays
(6:00pm)
Host Houses
Contact the Coordinator

BOWLING Meets

Wednesdays (10:00am)
Napa Bowl

POOL Meets

Mondays (1:00pm)
Rancho Benicia Club House or
Bottom of the Fifth Restaurant

CRIBBAGE Meets
Mondays (9:00am)

SIR Booth at the Farmers' Market

Saturdays (9:00am)
Vallejo Georgia Street
Contact Wayne Burdick

Interested in forming a
WALKING Group?
Contact Wayne Burdick

New Members

Sheldon Yee
Jim Von Bergen
Mark Laybourn
Glen Smith



FRUITRIDGE BRANCH 93

Bill Palmer / Editors Comments Our Little Sir Mike Husak Hosted our June 17th meeting. We also had Niko Dugay From the Sacramento River Cats speak about all the exciting news happening next year at the River Cats Stadium with the Oakland A's coming into town. We are still using the Evite App to notify us if you are attending the monthly meeting. Some of you will be getting your Evite through your email. Either way, If you are not getting the evite please make sure you contact me at bill@lazpal.com or 916-202-6389 and leave a message so we can plan to have a meal for you.



The June 24th Lunch At Freeport Grill Thank You Jack Reefer for setting up this Lifestyle Event

Please never Forget all SIRS 93 members that have gone on to

Rainbow Island

Omar Pertel

Michael Sharif

Al Machado

Bill Reiff

Jack Campbell

Vince Damyanovich

Sergay Ivazian

Mike Grubs





GOLD COUNTRY BRANCH 95

SIR is a non-profit organization whose mission is to enhance the lives of our members through fun activities, luncheons and events while making friends for life.

Scott Walberg and Byron Loney (left to right in the photo to the right) joined our Branch at our April meeting. They are seen here holding their *Certificates of Membership*. Please extend a hand and invite them to your table at an upcoming meeting.



David Tom, who joined our Branch in March and was introduced in the May newsletter, was officially sworn in at our May meeting.

Pictured left to right are Wil Brunet, Mike Bettencourt and Jack Larson displaying their Membership Certificates following their induction ceremony.



Longtime member, Joe Lampich, passed away about 1:00 am on Memorial Day

Below are some pictures of everyone enjoying their food and the company. The last picture is of Norm and Marilyn Orrick, who won a prize for the longest married couple at 66 years!



JULY ACTIVITIES & EVENTS



2nd, 9th, 16th, 23rd - see golf [schedule](#) for course and check-in times



3rd - Texas Hold'em; host varies; 6:30pm



3rd, 17th, 24th, 31st - Drop-in pickleball; Heritage Park; 8-11am



3rd, 17th, 24th, 31st - Drop-in bowling; FLB Entertainment Center; Folsom; 1-4pm



11th, 18th, 25th - Drop-in bocce Promontory Park EDH; 9am



11th, 18th, 25th - Breakfast & Walking - Denny's Cameron Park; 9:00am



10th - BEC & General Meeting; Cameron Park Country Club



19th - Best Burger Pursuit; TBD



18th - Wine Tasting Group; TBD



11th-12th; Foothills Bowl; Auburn
23rd-24th; Clayton Valley Bowl; Concord



26th - Classic Car Group; meet at The Purple Place; 10:30



Mondays and Fridays - e-Biking; various starting locations



24th - Investment Group; 6:00pm; Raley's O-N-E; El Dorado Hills

A LIGHTER MOMENT

Growing up, we knew Dad had had enough when we heard the recliner slam down. Kids these days will never know that fear.

I met my wife at a singles night. I was surprised because I thought she was home with the kids.

As I walk through the valley of the Shadow of Death, I remind myself that you can't always trust Google Maps.

Someone just gave me half a peace sign. Weird. Getting older is just one body part telling some other part...you think that's bad...watch this.

CLASSIC CARS | Rick Talone 916-761-7222

We meet the last Friday of the month in the Purple Place parking lot at 10:30am before driving a predetermined route to an agreed upon restaurant. On 6/28, we drove out to Poor Reds in El Dorado. Next month, we'll be headed out to Crawdads on the Lake in Folsom. We generally have 5-7 cars participating with 8-10 people. To be put on the group's interest list, contact me at the number above or email me at rte88a@comcast.net.

E-BIKING | Ken Mahar 650-504-1393

Join us for one of our weekly rides. If you are interested, contact me at kmahar@comcast.net to get on the E-biking email list.

(PS—Great article about my younger cousin in the June Branch 95 Newsletter—Jerry Sabo)

The Town Crower

Volume 41, Number 1

The Monthly Newsletter for SIR Branch 103

January 2024

Modesto SIR Branch 103



Big Sir Paul Bender

Big Sir Crows By Paul Bender

Hope everyone had a great Holiday weekend, now we start June Graduations and how could we forget American Graffiti Car shows and parade. Branch 103, thanks to Little Sir Juan Salinas, will be having a booth at the car show on MJC West Campus trying to let people know what Sirs is all about and try to get some new members June 7th - 9th.

June 14th is Flag Day. The first national Flag Day was celebrated on June 14th, 1916, following a proclamation by President Woodrow Wilson. It also led to a celebration the following year, but national celebrations were sporadic. In 1949, President Harry Truman signed a bill into law making Flag Day an official annual

national observance.

It was great to see some old faces at our May luncheon and hope to see more in June.

Our speaker for June is going to be John Cardoza on travel. It should be interesting.

CouplesDine Out is going to be at B J's at the mall on June 19th. Please contact Juan Salinas as soon as possible, so that he can give them a count. (209) 605-6762 or Juangolfnut@yahoo.com.

We are still looking for ideas to make our club more enjoyable so if you have any suggestions, please let us know. We are trying to make it fun to attend meetings and enjoy the activities that we have, including bowling, golf, couples dine out and the ladies luncheon.

Creekside Golf

Creekside Golf is an activity that was created by Bob Kredit and Don Reed. This is now a SIR sponsored event. This is a weekly event held at Creekside Golf Course on Thursday mornings.

Tee times are first come, first serve, and requests must be made by email or message to Bob Kredit at 6:00 pm the prior Wednesday to the golf tee time. You must have a tee time before coming to the course.



COMMEMORATIVE
AIR FORCE

The Commemorative Air Force Central California Valley Squadron holds fund-raising meals twice a month. A Second Saturday Pancake Breakfast and a Fourth Saturday Lunch. The breakfast time is 7:30 am to 11:00 am. The lunch time is 11:30 am to 1:00 pm. The cost is \$10 per person for breakfast and \$13 for lunch. No reservations required. The meals are served at the hangar 1-5 at 700 Tioga Dr., Modesto. The breakfast will be on June 8, 2024, and the lunch will be on June 22, 2024.



The Pickleball Activity is scheduled the first and third Fridays of every month at the courts at Beyer Park at 9:00 am. Please come out and give it a try. There will be experienced players to help introduce you to the game. All the equipment will be provided. All members and their spouses are invited.



Three Shastas
Branch 129
Redding, CA

SIR

Newsletter

Activity	Date/Time	Meeting Forum
18 Hole Golf	July 1st, 9:00am	Mt Shasta (\$45 + optional skins)
Bocce	July 5th, 9:00am	South City Park
BEC Meeting	no meeting this month	
General Membership Luncheon	no luncheon this month	
9 Hole Golf	July 9th, 9:00am	Lake Redding
18 Hole Golf	July 17th, 9:30am	Lake Shastina (\$58+optional skins \$3)
Lunch Bunch	July 17th, 11:30am	Goodtimes Pizza, Palo Cedro
Bocce	July 19th, 9:00am	South City Park
9 Hole Golf	July 23rd, 8:30am	Tucker Oaks
BEC Meeting	Aug 1st, 9:30am	Elks
General Membership Luncheon	Aug 1st, 11:00am	Elks
Bocce	Aug 2nd, 9:00am	South City Park
9 Hole Golf	Aug 2nd, 9:00am	Allens
18 Hole Golf	Aug 8th, 10am	Riverview
Bocce	Aug 16th, 9:00am	South City Park
9 Hole Golf	Aug 20th, 9:00am	Lake Redding
Lunch Bunch	Aug 21st, 11:30am	Goodtimes Pizza, Palo Cedro
18 Hole Golf	Aug 26th, 9am	Canyon Oaks
Bocce	Aug 30th, 9:00am	South City Park

Share this newsletter with your friends and help us grow the membership!

Activities I'm certain that there are some types of activities that we can consider to fill other days during the month. When thinking about what SIR is, I think of the fellowship we offer and coming together to remain engaged and active. Whether it be engaging our brains with board games or card games, finding a trail to hike that is easy for some or another trail to hike that may offer a challenge. Remaining active keeps us healthy. All it takes is one person with an idea.



BULLETIN

June, 2024

Website: sonorasirs.org
SONORA BRANCH #136

SIR Classifieds

SIR Members are now invited to place ads for **items** that they want to sell— services are not allowed. A 10% fee will be charged based upon the selling price, up to a maximum fee of \$100 per item. If you are just donating an item, there is no charge.

2024 Local SIR Branches Combined Social Activities:
 All SIR members are welcome to join in any other branch activity.
 Many items are for couples so please contact the Event Chair.
 Please start and chair a new activity-if it's not listed.

Area Big Sir Roster	77 136 172	Donald Ronalter Rick Bronner Mark Knapp	(209) 984-9383 (408) 318-4826 (209) 613-7767
<u>Activity</u>	<u>Branch #</u>	<u>Activity Chair</u>	<u>Telephone (209)</u>
Biking	172	Steve Happel 2 nd Tuesday of the month	532-7240
Bowling	77	Mike Coe	769-3413
Car Club	136	Rick Bronner	(408) 318-4826
Fishing	136	Chuck Simmons	532-9550
Golf	77	Danny Laureta	586-4567
	136	Raul Santana	(925) 451-7351
	172	Richard Broddie	586-3151
Hiking	77	Mike Clay moderate hike every Friday	588-1345
Horseshoes	172	Rich Brandau Last Thursday of the month	352-4320
Kayak	136	Sol Robin	(707) 315-1284
	172	Dave Kenney 4 th Tuesday of the month	(650) 867-4671
Pinochle	136	Looking for a Chairman	
RV Travel	136	Eddie Toews	770-3776
Tech/Computer	172	Dick Chimenti	677-7070
		Rich Nedbal	247-6497
Theatre	172	Dave Tibbets	532-2453
Travel	143	Bill Stires (Modesto)	988-5445
	172	Charles Luke	533-3683

Scenes from our May Lady's Day Luncheon





Rooster Talk

Little Hills Branch 147

April 2024

Vol. 39, #3=4

Branch 147 Web Site:
sirinc2.org/branch/147

IN MEMORIAM

FRANK DETTLING (1928 – 2023)
DAN CURTIN (1939 – 2024)
RAY YOUNG (1938 – 2024)



Who is this "masked" SIR????????????????????
BTW - This was taken at the Butter & Eggs Parade, BUT
was not "The Cutest Chick" contest...or the Cow PIE
throwing contest.



“Ladies Day” SIR Luncheon Photos Taken By Tony Estes



The subject of the next meeting of the Computer and Smartphone Club will be **“Things You Can Do With a Smartphone You May Not Know”**. There are literally millions of smartphone apps. In this session we will cover a few of them that can be useful for seniors. A few for fun, a few for protection, a few crazy! This will be a fun meeting. Don't miss it.

Things You Can Do With a Smartphone You May Not Know



- Mobile Security
- Take Measurements
- Text, Pictures & Speech
- Other Apps
- Just for Fun





Wine Valley Press

SONS IN RETIREMENT
WINE VALLEY BRANCH #149



Webpage & Facebook with Adrian Fenderson:
We are proud of our SIR #149 website. Note that there is a button that will be linked to a PDF of the new person application. Please look at our site and suggest any changes you would like to see so that we can make it very user friendly. We encourage all SIRS to keep up with what is happening between newsletters by signing up for Facebook and look at our SIR Branch 149 Facebook page. Also watch the Upcoming Events column and calendar on our website Home Page at www.branch149.sirinc2.org. Please send any happenings, updates, and photos of SIR events to SIR Adrian at napadentist@sbcglobal.net or contact him at 479- 4688.

ROVING ROOSTERS The Roving Rooster's first outing of the new year will be to Lake Siskiyou near Mt. Shasta City from June 1 through June 15. Sites may still be available. If you have an RV or trailer and are interested in going on any of our outings, contact me and I'll give you more information. Stay tuned for more information about our various events and outings this year. DAVE DENNIS Feel free to contact me at 707-392-8837.



NEW MEMBERS



BRIAN ROBERTS



DAN HARDER



JOHN SOBELMAN



Sirs watching a Mixed Nuts game at Borman Field Yountville



BULLETIN

SIR# 172 • Twain Harte, CA
Website: www.sirtwain.org
PO Box 1143 • Twain Harte, CA 95383

April 2024

**I changed my horn to gunshot sounds.
Now people move out of the way much faster.**

PROPANE (Walt Moneski 209-777-5988 oneski@sbcglobal.net)



If you want to get in our excellent JS West propane program, call or email Walt, or contact him at our next meeting.



THEATER (Dave Tibbets, P: 209 532-2453)

Any member who wishes to be on the SRT Theater list, please send me an email asking to be added. My email is: dksvcs@att.net. You will then receive all information on each play and dinner as it becomes available.



We have forty tickets for "Elvis: The Ultimate Tribute," on Thursday, August 15, 2024. start time is 2:00PM at the East Sonora Theater on Mono Way in Sonora. Tickets are \$25 each and the cut-off date is Wednesday July 31, 2024. Tayler Roderigues, whom we saw last year in, "Elvis: The Musical," has written and will perform this Tribute performance. Purchase Tickets at our July Luncheon or send your check to me, Dave Tibbets 16200 Stine Ct. Sonora, CA 95370. Contact me by email: dksvcs@att.net.



TRAVEL (Charles Luke, P: 209 533-3683)


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 209-483-7722 johncardoza@hotmail.com Branch 143.



So technically Moses was the first man to download files from the cloud using a tablet.

**New Member
Steve Kelley, Badge# 172**

In Memoriam


**Casamiro (Cas)
Munoz**
Oct. 14, 1931
June 9, 2024

BIKE (Steve Happel, 532-7240)

Rides are planned for the SECOND TUESDAY each month

Our bike ride for July was a request from Dave Kenny and will be on Tuesday July 9, we will meet in front of the PG&E substation on Middlecamp and car pool up to Strawberry, from there we will ride down the rail trail to Middlecamp. This ride is probably a little longer than normal but it is mostly downhill. Lunch afterwards in town



HIKE— *Moderate difficulty, weekly, along the HWY 108 corridor*

Michael Clay from Branch 77 leads the hiking group. This includes winter hiking in the lower elevations (e.g., Red Hills), snowshoeing in the higher elevations (e.g., Dodge Ridge), and hiking in the upper elevations in warmer weather. Contact Michael at 209 588-1345 and come join in the SIR adventures. Well-behaved ladies and dogs are welcome.



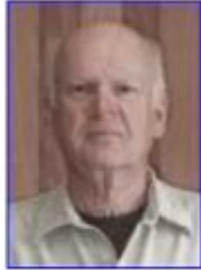
HORSESHOES (Richard Brandau, P: 209 352-4320) rbrandau1944@gmail.com

Call Richard to get on his mailing list. Games are planned for the Last Thursday of the month at Tuolumne City Park, 18603 Pine St., Tuolumne



Today we had a milestone for the horseshoe activity group. Eight members of Sir branches 172 and 77 were there to have a good time together and afterward, several went to the casino for breakfast. Those attending from Branch 172 were Rich Brandau, Jerry Lewis, Dick Chimenti, Fred Peterson and Steve Happel. Mal Perry was unable to throw shoes but did have breakfast with the group. Branch 77 players included Dick Jobe, Dave Olson and Gary Oasis. Before starting play,

Rich gathered the group for a short remembrance of Cas (Coach) Munoz, longtime horseshoe activity chair. Cas, who passed away in June, was instrumental in keeping the activity together. He was not only a great competitor, but also a fine gentleman and a good friend. Hope to see other Sir members in the coming months. Let me know if you would like to be placed on my contact list for reminder play dates.



KAYAK (Steve Happel, 532-7240)

2023 kayak trips are scheduled for the 4th Tuesday of the month.

Our Kayak outing will be on Tuesday July 23. We will meet at the usual spot at Pinecrest and be ready to paddle at 9:00. There will be a BBQ afterwards for those who are interested.



PINOCHLE (Bill Lewis, 209 604-6304)

Tuolumne County Senior Center, Sonora. Each Monday except for the 1st. Card playing starts at noon. Next play date is 2/12/ Entry fee has increased to \$5.00. (3 to 3 players—winner takes all)

Have fun with Pinochle. Join us.



Remember when you could lay in one position for hours, now you have to rotate like a rotisserie chicken every 15 minutes or a hip hurts.

Many people don't know this...but, it's possible to read something you don't agree with on the internet and simply keep scrolling and move on with your life.

■ **SCAM-DETECTOR** (<https://www.scam-detector.com/about/>): Over the last 6 months, I received several inquiries about this website. Scam Detector is the largest fraud prevention resource in the world. It provides unique and proprietary information, reporting, research, reviews, and analysis on websites, domain names, and e-commerce platforms, advising readers if these are safe and trustworthy. Scam Detector is the Wikipedia of scams. Featured or quoted over the years on several major media outlets like [ABC](#), [BBC](#), [Forbes](#), [NBC](#), [CBC](#) and [CNET](#), Scam Detector is an [official contributor to the Federal Trade Commission](#) and has been accessed in 191 countries. It updates the content daily with the newest articles so you can protect yourself from financial fraud. It is featured as of September 2023 as the #1 company to watch by [USA Today](#).



● James Quon

Source: Google.com

Note: Another good website, (<https://snopes.com>) that is good for determining whether a website is a legitimate site for checking other websites.

■ THE NEW TIPPING ETIQUETTE:

FOOD AND DRINK

Restaurant takeout: When the pandemic hit, a lot of in-person restaurants sold takeout only, prompting people to wonder: Do you tip for takeout? The answer is yes. You should tip restaurant workers for all orders, including takeout and delivery. Tip in high-end as well as casual restaurants.

Tip: 10 to 15 percent of the total check

In-person restaurant: Tip your waiter or waitress if you dine in but also tip anyone who assists you in getting your food, as waitstaff often do many jobs now. That's just good dining etiquette.

Tip: 15 to 20 percent of the total check

Food delivery: Tipping is now expected for all types of food deliveries, including DoorDash and UberEats. Most delivery drivers prefer to be tipped through the app, and this is often done when the order is placed, before the delivery happens. So, how much should you tip for pizza delivery next time you get a craving for a warm, cheesy pie? It depends on your bill's total, but the below advice is a good rule to follow.

Tip: 10 to 15 percent or \$2 to \$5 but consider increasing the amount if the weather is bad, if you live far away, or if your order is large.

Personal grocery shoppers: The pandemic popularized services like Instacart, where you place an order online or through an app and then someone else does the shopping for you. Tip your shopper, even if you go to the store and pick up the delivery yourself. Tips in the app are preferred, but cash is acceptable.

Tip: 10 to 15 percent of the bill or, if tip is already included, a few dollars extra

Bartenders: Consider tipping generously, as it is more common now for bartenders to have to split their tips with everyone working that shift.

Tip: \$2 per drink or 10 to 15 percent of the bill

Baristas: Your spare change dropped in a jar on the counter used to be enough, but now tipping is expected.

Tip: \$1 per drink or more if your order is complicated

HOSPITALITY

Hotel housekeeping: Tip daily, leaving cash in an envelope marked for the housekeeper or with "hotel housekeeping" written on the front.

Tip: \$1 to \$3 per night, plus \$5 for any extra services, like an emergency razor

Valets: Tip cash when you hand over the keys. How much to tip a valet depends on whether you have special requests; if you do, tip more.

Tip: \$5 to \$10

Doormen: Doormen do a lot more than simply hailing cabs these days, so take into account how much work they do for you. Also take the weather into consideration.

Tip: \$5 to \$20

Bellhop: Tip per bag and a little extra if they take your luggage all the way to your room.

Tip: \$2 to \$3 per bag, and \$5 for room delivery

HOME DELIVERIES

Amazon delivery drivers: Amazon drivers are allowed to accept tips, but it isn't expected. Consider a tip if you have things delivered more than twice a week. Bottled water or juice and prepackaged snacks left on your porch is a nice gesture too.

Tip: \$5 to \$20 in cash in an envelope if the delivery is extra large

USPS drivers and mail carriers: The United States Postal Service has updated its rules about what employees can and cannot accept—gifts need to be under \$50 per year. [Here's what you're legally allowed to gift your mail carrier](#). There's no limit on thank-you notes though!

Tip: No tip on individual deliveries but a small gift or cash at the holidays is always appreciated.

Special delivery people: Workers who deliver special-occasion items, like flower bouquets and gift baskets, are generally tipped by the person who ordered the gift, but it's kind to consider offering them a tip as well.

Tip: \$5 to \$10 cash

Movers: Even if your company is paying for your [move to a new house](#), you should tip movers. It's also nice to provide cold drinks and food for movers.

Tip: \$20 per person per day and \$50 for a supervisor

SALON AND SPA SERVICES

Hairstylists and barbers: Tip your stylist, barber, and their assistants. One of the biggest [salon etiquette mistakes](#) you can make is walking out without handing your stylist and the assistant who washed your hair some money in thanks.

Tip: 15 to 20 percent, plus \$5 to \$10 for the assistant

Nail technicians: [Tip for all services](#), including manicures, pedicures, foot massages, and polish changes. How much to tip for a pedicure, manicure, and the like depends on how much work is done.

Tip: 10 to 20 percent, but skew higher if you have special nail art done

Massage therapists: How much to tip a massage therapist will depend on the overall cost of your massage. But keep in mind that extra cleaning protocols have added more work to a typical massage and consider tipping a little more generously.

Tip: 15 percent of the cost or \$20

PERSONAL SERVICES

House cleaners: You should certainly tip [house cleaners](#) during the holidays or for extra work, but many people are now adding a small tip for each cleaning done well.

Tip: 15 to 20 percent of the bill

Business managers or owners: Some people have recommended tipping the salon owner in addition to the stylist or manicurist. But it's more common now for small business owners to require any tips earned by individual employees to be shared with the rest of the staff, so tipping the boss separately is unnecessary.

Tip: No tip is required, but if service is spectacular, consider writing the owner a thank-you note and leaving a five-star online review.

Lyft, Uber, and other drivers: Do you [tip Uber drivers](#) and other folks who cart you from here to there? You betcha. You can still tip cash to the driver at the end of the ride or tip electronically through the app (it often will suggest an amount). Tips are generally more generous now than they were previously.

Tip: A minimum of 15 to 20 percent of the bill

Pet care providers: How much to tip a dog groomer, dog walker, or pet sitter depends on the cost of the service, but [etiquette rules](#) dictate you tip something. It isn't necessary to tip veterinarians or vet techs, however.

Tip: 10 to 15 percent of the bill

Personal trainers and fitness instructors: No tips are necessary for a regular training session or class but consider tipping at the end of a package of sessions, like eight weeks. Group fitness instructors do not expect tips, but the occasional gift is always appreciated.

Tip: \$10 to \$20

When in doubt, tip

There are many other situations in which tipping may be appropriate, and if you're in doubt, offer a tip, says Dupree. Tipping well is one way to make things a little easier for someone else."

When to skip the tip

While service workers appreciate—and often rely on—tips, not everyone should get a monetary bonus. In addition to USPS drivers, many government workers aren't able to accept tips.

Other tips on tipping:

- Before you tip, check if gratuity has already been added to your bill.
- Calculate how much to tip based on original prices, even if it's happy hour or your order has a discount.
- If you want to become the beloved regular at your bar, tip bartenders generously (50 percent). For the same title at a coffee joint, put \$5 straight into the tip jar. Being friendly and starting conversations will also get you remembered, and getting on the employees' good side could get you a free drink in the future.
- Don't be shy about tipping more if you receive excellent service.
- If people can't or won't accept tips, still give them a handshake and a sincere "Thank you."

□ If you're traveling overseas, read up on tipping guidelines. [Tipping etiquette around the world](#) differs from etiquette in the United States.

Source: <https://www.rd.com/article/how-much-to-tip/>