

*A Non-Profit Organization for Retired Men Devoted to the Promotion of Independence and Dignity of Retirement
Our mission is to improve the lives of our members through fun activities and events while making friends for life*



ROOSTER TALES

Next Luncheon - Thursday, April 6th
The Elks Lodge - 200 Marina Blvd, Pittsburg

Big Sir Message



Herb Forthuber

So here we are in the first quarter of the new year, and it looks like Spring is finally arriving. At least, it looks like spring in our yard. Tulips are starting to bloom, the first roses are on, and generally all the spring flowers are doing their thing. The only unfortunate aspect is we're still seeing these ongoing storms, and golf has been cancelled again for today as I write this message.

We had Mr. Ron Parish, the PGA pro and General Manager at Lone Tree Golf Course as our speaker in March. We have another great speaker lined up for our April meeting. Mr. Mark Mulholland, one of our own members of SIR Br 19 will be our guest speaker. I am personally looking forward to the presentation.

One last thing, I won't forget to wear my BIG SIR identification badge this month. I neglected to do that in February and March.

I look forward to seeing our fantastic group of Br. 19 SIRS on April 6th. Please be sure to respond to Martin Fennel's note about reserving your lunch spot in April.

Herb Forthuber (BIG SIR)

Volunteers for the Clayton Art and Wine Festival



This year on **April 29th and 30th** we will again have an information tent at the Clayton Art and Wine Festival. This is one of the big events for us to sign up new members. We will need 15 volunteers to work three-hour shifts. It is a fun experience and a chance to do something for the Branch.

Please email Dennis Wasco to sign up:
dennis.wasco@sbcglobal.net."

Buffet Lunch Menu

- Chips, Salsa & Bean dip
- Mixed Green Salad
- Choice Of:
 - Chicken Flautas
 - Beef Enchilada
 - Pork Burrito
- Spanish Rice
- Refried Beans
- Dessert



New Sir Members

No New Members in March

If you know someone (friend, relative, etc., that would enjoy meeting new people and participating in SIR activities, please ask them to introduce themselves by calling the SIR Hotline:

Hotline: 925-338-1996

Please ask them to leave their name and phone number, and a Branch 19 SIR will contact them regarding membership.

April Birthdays



Bill	Boyer
Daniel	Buhler
Silver	DeTorres
Martin	Fennell
Herb	Forthuber
Jay	Gordon

Dennis	Jones
Gordon	Monroe
Robert	Nagata
Ben	Olison
Roy	Priest
John	Rubiales

Anniversaries

First Name	Last Name	Joined Sir	YR SIR
Mike	Kropf	04/06/00	23
John	Carl Sr.	04/03/08	15
Louie	Audas	04/01/10	13
Larry	Kolano	04/01/10	13
John	Rubiales	04/01/10	13
Jerry	Burton	04/07/11	12
Robert	Lunghi	04/07/11	12
Richard	Peterson	04/05/12	11
Charles	Morones	04/02/15	8
Daniel	Buhler	04/04/19	4
Frank	O'Rourke	04/04/19	4
Jerry	Kornbau	04/02/20	3
Kirk	Polson	04/15/21	2

Financial Statement

Treasurer Report

February 28th, 2023

Account Balances

Petty Cash	\$250.00
General Account	
Unencumbered	\$5,560.47
Excursion Fund	00.00
Holiday fund	00.00
Picnic Fund	<u>00.00</u>
Total General Acct.	\$5,560.47
Custodial Account	
Bowling	\$449.86
Golf	<u>\$1,034.49</u>
Total Custodial	\$1,484.35
Total Funds	\$7,294.82

Sir Dennis Barbieri

The Calendar

- Sir Luncheon** – Thursday, April 6th
- Mitchel Canyon Hike** – Wednesday, April 12th
- Sums in Retirement** – Wednesday, April 26th
- Area 2 Fishing Group** – Thursday, April 27th
- Golf** – (See below)
- Wine Tasting** – Friday, April 28th
- Dine Around** – Friday, April 21st

April Speaker – Sir Mark Mulholland



Sir Mark Mulholland

Mark is a licensed Funeral Director and Cemetery Manager. Certified crematory operator, Licensed life Insurance and Funeral Preneed agent.

He is married with two kids (boy and girl) and 3 puppies and he Lives in Benicia.

His wife Robin is a teacher at Matthew Turner School in Benicia. He is a big Bay Area sports fan fanatic of the Warriors, Niners, and Giants. Hobbies include golf, coin collecting, and animals. He is also a dog walker for the Solano County SPCA/Humane Society.

Mark will be talking about Pre-Need Plans which are a way to make sure your funeral is paid for. Some are insurance policies and some are contracts with funeral homes that use a trust for funds.

New Luncheon Policy

Branch 19 must pay for lunches that are initially reserved and then cancelled. In order to avoid financial loss, the following policy has been enacted by the Branch 19 Branch Executive Committee:

1. Luncheon cancellation is required by 5pm on the Monday of the week of the luncheon
2. If not cancelled the luncheon cost will be invoiced at the next luncheon

Member attendance at BEC meetings

Anyone is welcome to attend the Branch 19 Executive Meetings These meetings are held typically beginning at 9:30am on the morning of the monthly luncheon

If you would like to voice an issue related to SIR, or just wish to attend a Branch 19 Executive Committee meeting please email **Herb Forthhuber** herbforthuber@yahoo.com to reserve your place in the meeting room.



Pro Shop
SHOW PRIDE IN BEING A SIR!
Wear, buy, provide your Branch the SIR Brand!

SIR
SOCIAL ACTIVITIES FOR MEN
WeAreSir.com
SIRInc.org

Order From this link:
<https://sir.ourproshop.com/>:



(Note: Hats are again available on the website)

CC County Covid Updates



Covid 19 updates for Contra Costa County are available at the following link:

<https://coronavirus.cchealth.org/>



Please feel free to bring a guest to the SIR luncheons

If bringing a guest, please follow the Guest Requirements specified in the monthly SIR luncheon email notification which is sent to all SIR Branch 19 members.



Message from the Activities Chairman



Roger Moseley



Earlier this month, we announced newly available shared activities with Branch 8 in Walnut Creek. The activities vary from Pinochle to Pickleball and are available to Branch 19 members simply by contacting the activity chair (Roger Moseley r_moseley@sbcglobal.net). If you haven't already done so, please check out these new activities and see if one is right for you. (see next page).

We also announced the **Walking Tour of Chinatown** day trip scheduled for April 26, 2023 (see flyer below). This should be fun day as arrangements have been made for a personal guide to lead our Walk and sharing with us their insights into Chinatown that might otherwise go unnoticed by simply walking thru the area. We'll also be having lunch afterwards in Chinatown at a local restaurant. Although participation is limited, a few spots remain open, so if you're interested in joining us, please let me know.

Also, we're happy to announce that Dave Requa and Rick Amador will be taking over for Jack Barnaba the leadership of the SIR Annual Picnic which will be held at Concord Community Park in Concord on September 14, 2023. Please put the date on your calendar now and plan to join us for this great event. Thanks to Jack for his many years' contribution to the success of the event and to Dave and Rick for taking on this responsibility.

Lastly, we're looking for someone to join our Speakers Committee. If you're interested in helping us determine themes for our luncheon speakers and finding speakers who can address them, we'd love to hear from you. If you have an interest in joining the Committee, please contact me at r_moseley@sbcglobal.net or 925-381-5843.

Sir Roger Moseley (Little Sir / Activities Chair)

New Branch 19 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@pachell.net or go to <https://www.sirbr8.com/internet-games/>.

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 or all 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



Walking Tour of Chinatown

Wednesday, April 26th at 10:30 AM

San Francisco's Chinatown rose from the ashes of the 1906 earthquake to evolve into a Chinese community holding fast to its traditions amid a rapidly changing cityscape. Discover the local alleys where this community has continued to flourish for over 150 years, despite harsh racial discrimination. Family associations and temples, dim sum, herbal apothecaries, and jade jewelry shops built by the local community, all contribute to the vibrancy of this place, one of the oldest and largest Chinese communities outside of China.

<https://sfcityguides.org/tour/chinatown/>

We will meet at 10:30 AM in front of the Portsmouth Square Plaza Parking Garage Elevators adjacent to the corner of Walter U. Lum Place & Washington Street.

Following our tour, we will share lunch at a local Chinese restaurant.

Friends, family, and guests are welcome to join us, but our group size is limited to 15 participants so let me know right away if you'd like to attend.

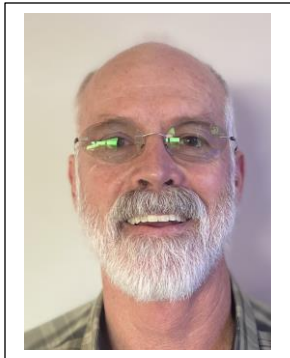
The cost of the tour will be \$20.00/per person, plus the cost of lunch and parking.

If you're interested in joining us, please contact me at r_moseley@sbcglobal.net or call me at 925-381-5843.

Roger Moseley



Hiking Group – Mt. Diablo State Park



SIR Don Ruddell



Hello fellow Sir hikers:

Unfortunately, due to heavy rains the March 22 Sir hike was canceled but the good news, it has been postponed to **Wednesday, April 12, at 10:00am.**

Here's a reminder for our hike to Mitchell Canyon, Mt. Diablo State Park, slated for April 12. I hope many of you can make it. And please remember, spouses are welcome too!

Our March hike is an easy 3 mile out-and-back with virtually no elevation gain or loss. Mitchell Canyon trail rambles alongside Mitchell Canyon Creek on a wide, flat, dirt/gravel path. An enjoyable, easy hike for **any experience level.** Lots of water in Mitchell Canyon Creek this year!

Directions: From Highway 680, take either Ygnacio Valley or Treat Blvd exit. Drive east for 4-5 miles to Clayton Road. Take a right onto Clayton Road. Approximately 3 miles from Treat Blvd or 1 mile from Ygnacio Valley Road, take a right onto Mitchell Canyon Road. Drive approximately 2 miles to the very end of Mitchell Creek Road. There is a \$5.00 entrance fee to Mt. Diablo State Park. Parking is on the left in front of the visitor's center.

For those who wish to join us after the hike, we will be having lunch at the Mudville Grill, 6200 Center Street, downtown Clayton.

Any questions or concerns, please do not hesitate to contact me at druddeldds@gmail.com or (925) 787-7585. I hope to see many of you on this hike!

Sir Don Ruddell druddeldds@gmail.com (925) 787-7585



Ways to Serve Your Branch

The following is a list of available Branch 19 positions
If you are interested in any of these volunteer positions please email
Herb Forthuber herbforthuber@yahoo.com

Little Sir (for 2024)
Assistant Secretary
Recruiting Chair
Activities Chair (*Currently: Roger Moseley*)
Member Relations Chair
Sunshine Chair

Asst. Membership Chair
DATE Chair
Executive Nomination Committee Chair
Branch Audit Committee Chair
Speaker's Committee
RAMP Members: *These roles work with the Little Sir to help grow our branch*

Social Ties Boost Survival by 50 Percent

WHO KNEW? BEING A SIR MEMBER PUTS YOU AHEAD IN THE GAME!

A meta-study covering more than 300,000 participants across all ages reveals that adults get a 50 percent boost in longevity if they have a solid social network

<https://www.scientificamerican.com/article/relationships-boost-survival/>



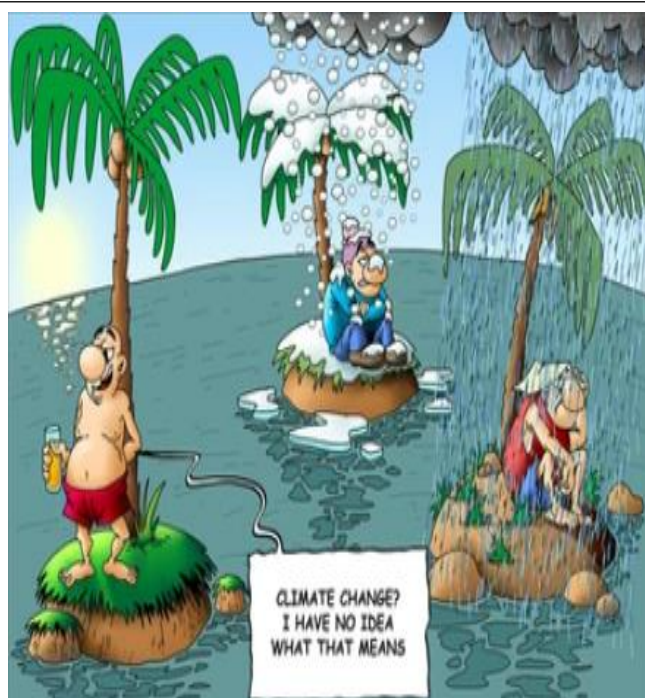
COMEDY CORNER

NEW! SELF-DRIVING VEHICLES



"And, if you fall behind on payments, it drives itself back to the dealership."

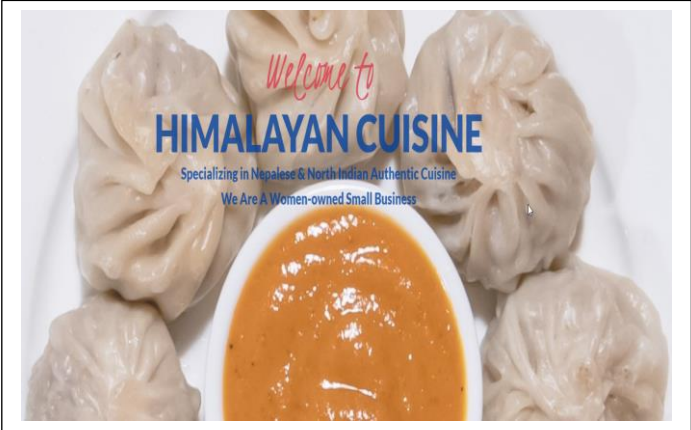
IKEA Job Interview



Branch 19 Activities

SIR Branch 19 Dine Around – Friday, April 21st

Nepalese & Indian Restaurant



Location: 2118 Willow Pass Rd, Concord, CA (925) 825-3277

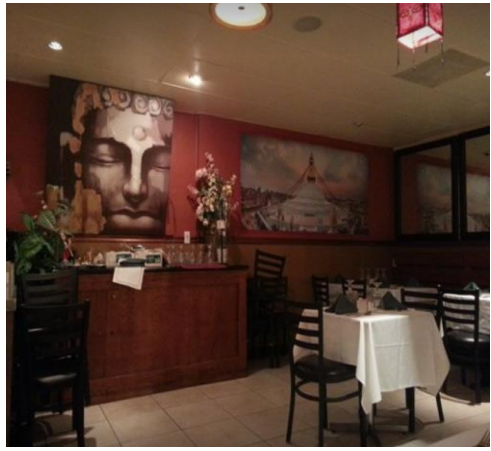
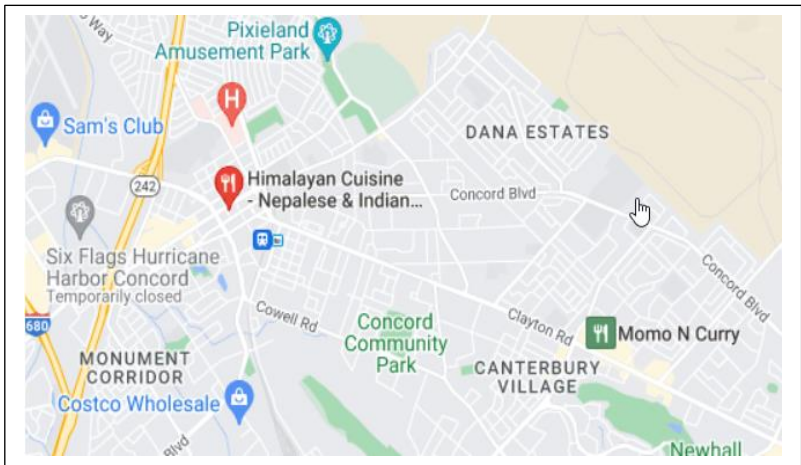
Himalayan Cuisine is the best family owned Nepalese and North Indian restaurant located in Downtown Concord, California Since 2014. We offer dishes from Himalayan region of Nepal and India. We prepare our food everyday fresh and in an authentic style buying produce at local grocery stores and farmer markets.

When: Thursday, March 16th Happy Hour 5:30-6:00 Dinner 6:00 pm

Website: [HimalayanCuisine – HimalayanCuisine \(himalayancuisines.com\)](http://HimalayanCuisine – HimalayanCuisine (himalayancuisines.com))

Menu: [Menus – HimalayanCuisine \(himalayancuisines.com\)](http://Menus – HimalayanCuisine (himalayancuisines.com))

Contact: Don Weimann (925) 672711 Donweimann@gmail.com



SIR Branch 19 Wine Tasting Group Meeting

Friday, April 28th, 2023

Meeting Time 7PM

Benicia

Meeting Details

Theme:

Pinot Noir (Red). Any red Wine lover likes Pinot Noir!!!

Bring:

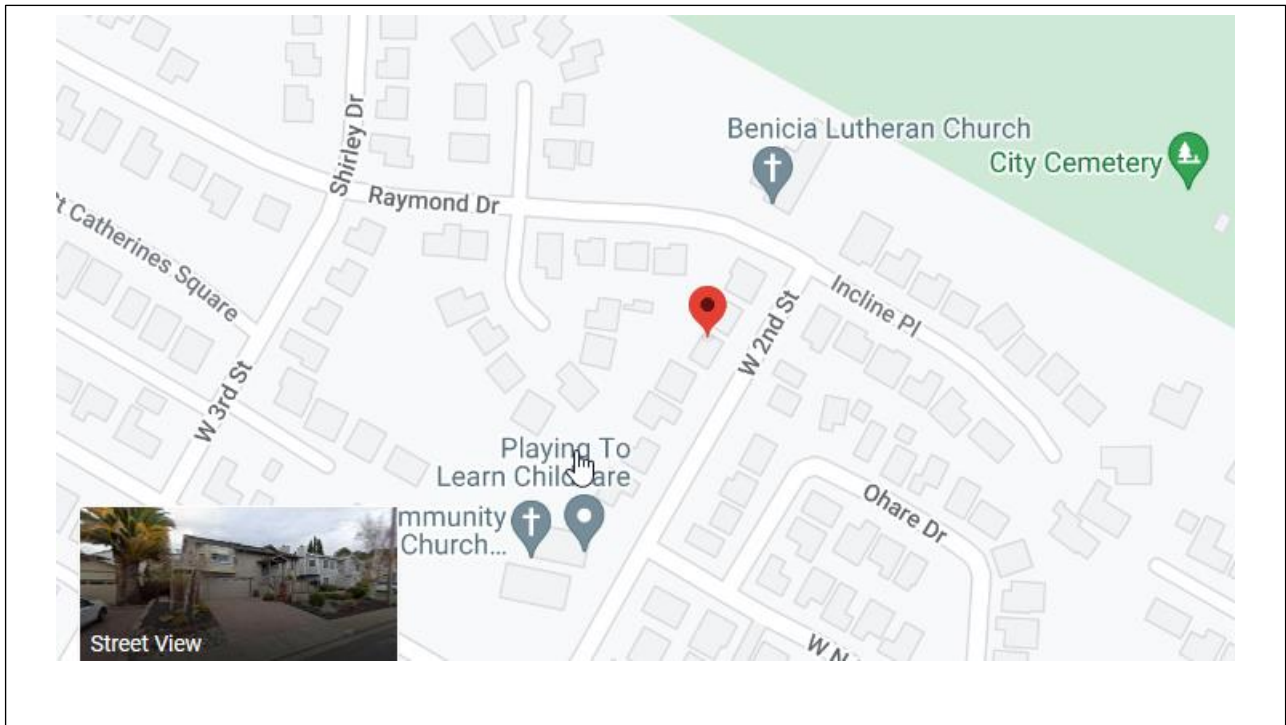
- Bring a bottle of Pinot Noir (\$10 or more) and experiment!!!
- An appetizer to share. This should complement our red wines.

Where:

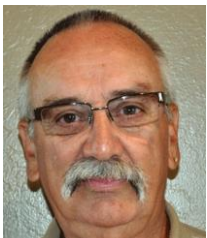
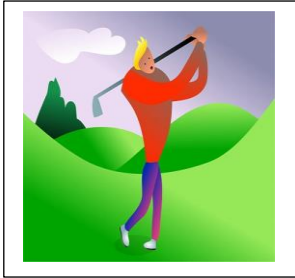
Herb & Lynn Forthuber
1477 West 2nd Street
Benicia (707) 319-2271

Please let Sir Don Weimann know if you are attending or if signed up / cancelling

Don Weimann (925) 672-7711 weimanns@astound.net



Branch 19 Golf Information



Sir Jerry Burton
(Golf Chair)
ajgolf24@gmail.com
Cell: (925) 682-9797
Home: (925) 827-1909

Nine Hole Golf Group

(Buchanan Golf Course)
For Information Call Martin Fennell
925-212-9243
Martinfennell54@gmail.com

18 Hole Golf Schedule

April 4th Lone Tree 9:30
April 11th Diablo Creek 9:30
April 18th Cypress Lakes 9:30
April 20th Lake Chabot 9:30 (THURS)
April 25th Lone Tree 9:30

18 Hole Golf WINNERS !!

Diablo Creek (Feb 21st)
Flight A: Chuck Walls
Flight B: Larry Kolano
Flight C: Dale Foster

Lone Tree (March 7th)
Flight A: Miles Nikaido
Flight B: Roy Priest
Flight C: Larry Kolano

I hope that we are able to play some golf in April. We have had 8 rainouts. I think that is more than we have had in the past 8 years.

The Bocce Report



The bocce season ended in September. It was a fun season for all. We start up again in April 2023.



If you are interested in playing Bocce, please contact Sir Tom Lathrop.

SIR Tom Lathrop
(Bocce Chairman) lathrop689@aol.com

SIR Branch 19 Bowling News



Our SIR's Branch#19 Bowling Tournament was held last week at Clayton Valley Bowl, and we had a good turnout. There were 66 bowlers from many different SIR Branches. We paid out \$1,922 in prize money.

SIR Mike Kropf mdkropf@astound.net
Gary Kaufmann gkaufmann813@gmail.com

Golf - Golden Year Championship

For only \$10.00, SIR Branch 19 Golfers enjoy a competition that starts on April 1st and ends October 31st. For each round played, the golfer earns points based on what place they finish. The points are tallied all season. At the end of the season the top point earners, 25% of all golfers, are invited to play the final Championship round during the last week in October. The victor of that final round is crowned the Golden Year Champion for SIR Branch 19 Golfers. The runner-up golfers are awarded a cash prize based on the place they finish. **The Golden Year Champion** is awarded the largest **Cash Prize**, a **Monogrammed, Golden Polo Shirt**, and the chance to keep the **Perpetual Trophy** until it is passed on to the next year's champion.

Past Champions:

- 2021 Bill Hockenson
- 2020 Corona Virus
- 2019 Bill Hockenson
- 2018 Duane Deonigi
- 2017 Rob Crabaugh
- 2018 Roy Priest



If interested, please contact Sir Bill Hockenson - billhockenson@gmail.com

Activities at Other SIR Branches

Area 2 - Fishing Group



The Legends
 Diablo Creek Golf Course
 4050 Port Chicago Highway in Concord
Next Meeting on Thursday April 27th, 8:30am



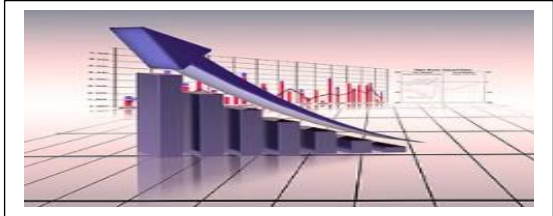
SIR members and guests are welcome, and indeed encouraged, to participate in fishing trips as well as attend the monthly meetings. Contacts are Bob Lively 925-383-5193 and Carl Moyer 925-685-5243. Next meeting will be at the Legends restaurant at the Diablo Creek golf course on Port Chicago Highway and Highway 4 on Thursday, April 27th at 8:30am. Come early.

Oh lord, didn't it rain!!! And then the wind blew. Fishing was very limited, but Stan Wong, Bob Lively, Mike Corker, Mike Browne, Brion Beetz, and Carl Moyer caught trout at Contra Loma Reservoir. Mike Corker added a catfish to the catch. He and Tom Kostik caught a few stripers in the delta. Some of us tried for halibut, Ron Lew caught one. After the 15th party boats have been getting a halibut a rod in the bay. With our salmon season most likely cancelled altogether, and rockfish delayed till summer, our spring is very limited.

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

SIR Branch 128 - Investments / Wealth Management

**\$ums Investment Group
Next Meeting (April 26th)**



We will again join Branch 128’s (San Ramon) Investment Group Zoom meeting on Wed, April 26th at 1:30 PM. The topic will be Banks.

Email Dave Sutton to be included.

Chair - Tom Henry - Branch 174 tomhenry925@gmail.com
Co-chair Dave Sutton - Branch 8 - davesutn@comcast.net

SIR State Travel Adventures



Trip through Ireland and Northern Ireland

April 14-27, 2023
Price: \$5,395 Double Occupancy Single \$6,195
\$500.00 Deposit to hold your place.
Final payment due on December 15, 2022
This is a small group Departure limited to 24 passengers.

Sign up early to reserve your spot on this exciting trip.

Highlights: 12 nights in First Class Hotels Accommodations
1 night in Limerick, 1 night in Clifden, 1 in Sligo, 2 nights in Belfast in Northern Ireland, 2 nights in Dublin, 1 night in Waterford, 1 night in Kinsale, 2 nights in Killarney, 1 night in Limerick.

18 meals. Includes gratuities on tour for Tour Manager & Bus Driver

Visit Cliffs of Moher, local farms, an Abbey, Giant’s Causeway, Titanic Experience, Hillsborough Castle, Belfast’s O’Connell Street, St. Patrick’s Cathedral, Trinity College, House of Waterford Crystal, Blarney Castle and the Kissing Stone, Garnish Island, Ring of Kerry, Dingle Peninsula, and much, much more.

Leisure time to explore most of the towns and villages.

Call Bill Stires at 209-988-5445 or email at bstires46@gmail.com to receive brochure.

Branch 19 Leadership

Big Sir: Herb Forthuber
Little Sir: Roger Moseley
Secretary: Mel Boksenbaum
Asst. Secretary: TBD
Treasurer: Dennis Barbieri
Asst. Treasurer: Ken Kuhn
Membership Chair: Bill Hockenson
RAMP Chair: Herb Forthuber
Recruiting Chair: TBD
Activities Chair: Roger Moseley
Member Relations Chair: TBD
Publicity & Image Chair: Dennis Wasco
Golf Chair: Jerry Burton
Bowling: Gary Kaufmann, Mike Kropf
Bocce Capo: Tom Lathrop
Wine Tasting / Dining Out: Don Weimann
Sunshine Chair: TBD
Attendance Chair: Martin Fennell
Speaker Committee: Herb Forthhuber
Chaplin: John Carl
Bulletin Editor: Rich Balovich (Director)
Asst. Membership Chair: TBD
DATE Chair: TBD
Webmaster: Larry Long
Executive Nomination Committee: (Chair): TBD
Branch Audit Committee Chair: TBD

State Sir

President: Dave Gonzales (Branch 98)
Area Representative: Jay Gordon