

*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, February 2<sup>nd</sup>**  
*The Elk's Lodge - 200 Marina Blvd, Pittsburg*

## *Big Sir Message*



**Herb Forthuber**

So here we are in the first quarter of the new year, and the exciting news that we will be in a new lunch location this year. I'm hoping everyone received the message that our luncheon location has changed to the Elk's Lodge 1474 in Pittsburg at 200 Marina Blvd. We unfortunately had to change lunch locations due to pricing.

The other big change for our February lunch is that we will not have a speaker for this luncheon. We were not able to find a speaker for this month on a short basis. So, let's spend the time socializing and enjoying each other's company, which is what SIRS is all about.

The new BIG SIR,

*Herb Forthuber*

**Buffet Lunch Menu**

Chips & Salsa / bean dip  
 Mixed green salad  
 Enchiladas (chicken)  
 Chili Relleno  
 Spanish Rice  
 Refried Beans



**New Sir Members**

**There are no new members for 2023 as of 1/24/23**

*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.*

**February Birthdays**



Terry Betts  
 William Clark  
 George Darrow  
 Claes Elfving  
 Ronald Ingersol  
 Roger Mills R

Steve Nance  
 Timothy Patterson  
 Don Ruddell  
 Fredric Sorrenti  
 James Willey

**Anniversaries**

First Name	Last Name	Joined Sir	YR SIR
Frank	Carini	02/02/04	19
Michael K.	Hooper	02/05/04	19
Brian	Mulligan	02/07/08	15
Gregg	Moore	02/05/09	14
Doug	Schuster		
	(Matthew)	02/05/09	14
Fredric	Sorrenti	02/04/10	13
Joseph	Milani	02/03/11	12
Barry	Silberman	02/06/14	9
Silver	DeTorres	02/04/16	7
Mike	Thompson M	02/04/16	7
Randy	Cazes	02/14/18	5
Dave	Rege	02/07/19	4
John	Ackers	02/06/20	3
Dan	Tagliareni	02/15/22	1

**Financial Statement**

**Treasurer Report**

December 31<sup>st</sup> 2022

**Account Balances**

Petty Cash	\$250.00
<b>General Account</b>	
Unencumbered	\$4,464.71
Excursion Fund	00.00
Holiday fund	00.00
Picnic Fund	<u>00.00</u>
<b>Total General Acct.</b>	<b>\$4,464.71</b>
<b>Custodial Account</b>	
Bowling	\$449.86
Golf	<u>\$2,179.98</u>
<b>Total Custodial</b>	<b>\$2,629.84</b>
<b>Total Funds</b>	<b>\$7,344.55</b>

Sir Dennis Barbieri

**The Calendar**

- Sir Luncheon** – Thursday, February 2<sup>nd</sup>
- Benicia Hike** – Thursday, February 16<sup>th</sup>
- Sums in Retirement** – Wed, February 22<sup>nd</sup>
- Area 2 Fishing Group** – Thursday, February 23<sup>rd</sup>
- Golf** – (See below)
- Wine Tasting** – Friday, February 24<sup>th</sup>
- Dine Around** – Thursday, February 16<sup>th</sup>



**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**

*(Guests will receive a free lunch !!!)*

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.





# SIR HAPPENINGS



The following is a web link to some of the **Happenings** around that state from other SIR branches:  
<https://sirinc.org/uploads/newsletters/2022-August-Happenings-Opt.pdf>

The above link includes the development of a new SIR Awards Program which is designed to properly recognize the contributions of all our member volunteers at 3 different levels:



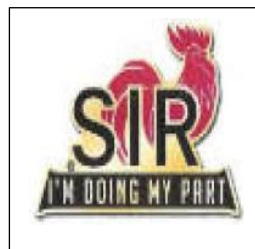
### 1. The Honorary Life Member Gold Lapel Pin

A continuation of our highest **Honorary Life Member** award earned by those who have clearly made it through exceptional and extraordinary service for five years and stepping forward whenever a need arises



### 2. The Distinguished Service Award Silver Lapel Pin

A new **Distinguished Service Award**, now the second highest award, is earned by those who have clearly earned it through exceptional and extraordinary service for three years or more and stepping forward whenever a need arises.



### 3. The "I'm Doing My Part" Lapel Pin

This award has been expanded in scope. Initially, it was implemented to recognize members that brought in new members. However, it was not intended to overlook all the other members that do so much for the Branch. From activity chairmen to check-in table attendants to directors. This award is now available to all applicants nominated by the Branch BEC and presented by the Big Sir. There are no limits as to the number that may be presented.



## New Branch 19 Activities



Fellow Sirs,

During 2022 we offered some special Events at the USS Hornet, Black Diamond Mines, and Blackhawk Museum. SIR Don Ruddell started a new co-ed Hiking Club of fellow SIRs from Br#19. Several SIRs participate each month in the \$ums Investment Group hosted on-line monthly by SIRs from other branches. Some SIRs participate in the Area 2 Fishing Group in the delta and reservoirs, weather permitting. We had a group of SIR men-only that played volunteer bocce at Baldwin Park in Concord (the co-ed teams always beat us!!).

And, of course, Jerry Burton had his golf group travelling to 10+ locations to play golf all season.

### **New and expanded ACTIVITY plans for 2023!!**

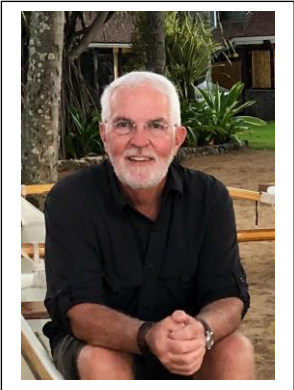
Announcements will be coming out during February for **2023 SIR Activities** include more open bocce schedules at Newhall Park, pickleball for beginners, billiards, small stakes poker, co-ed pinochle, co-ed Domino's Five. And more!!!

Have you ever thought about playing games on the Internet while relaxing at home? There are SIR groups that have invited us to play Mexican Train (Double 12 dominoes) and cribbage on-line with them too.

Do you and your wife enjoy group travelling with other SIRs to different areas of the USA via plane/bus/car? Last year the travel group went to Nashville and Churchill Downs, for example.

*Details for our first new activity (**Science On-Line**) is below:*

# Science On-Line



**Sir Jay Gordon**

**Activities** don't have to be **physical activities**, they can be **intellectual activities** also. As we get older, stimulating the brain while sitting comfortably at home could be another way to stay connected to SIR long-term.

The **Science/Astronomy group at Br#8** is a virtual activity. In other words, they don't actually meet face-to-face, but instead share interesting factoids with their fellow SIR branch members via email.

**If you are interested in receiving these interesting articles via email, please email Dave Bushnell at: [bushn@swbell.net](mailto:bushn@swbell.net)**

The following are several science articles sent out recently via email to participating SIR members.

## The Great Salt Lake

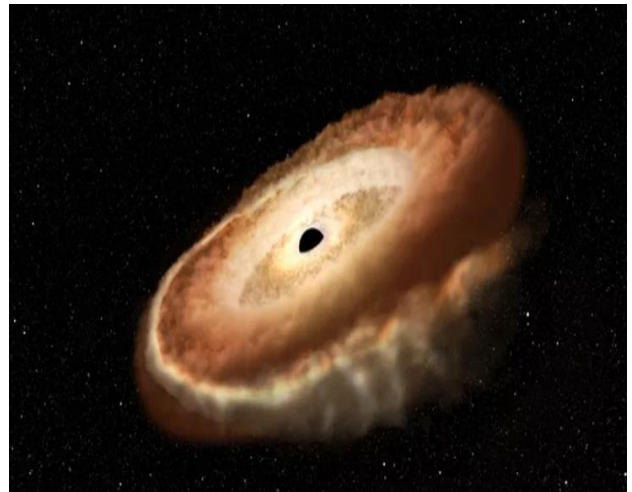


*Effects of climate change on the Great Salt Lake*

This is the same kind of overuse of water resources that caused the Aral Sea to dry up. We don't learn from history.

**Click on link text below for the full story:**  
[Utah's Great Salt Lake is on the verge of collapse, and could expose millions to arsenic laced dust | Live Science](#)

## Black Hole Eating a Star



The supermassive [black hole](#), located 300 million light-years from Earth at the core of the galaxy ESO 583-G004, snared and shredded a star after it wandered too close, sending out a powerful beam of ultraviolet light that astronomers used to locate the violent encounter.

**Click on link text below for the full story:**  
[Black hole 'spaghettified' a star into a doughnut shape, and astronomers captured the gory encounter | Live Science](#)



# Hiking Group (Benecia State Rec Area / Jan 19<sup>th</sup>)



**SIR Don Ruddell**



Hello fellow SIR's:

Twelve SIR hikers enjoyed the first day of sun on January 19 at Benecia State Recreation Area! And it was truly beautiful with no wind and plenty of sunshine overlooking the Carquinez Strait. We noted Ruddy ducks and Western Grebes along the shore, then a Western Kite and Great Blue Heron as we hiked on the ridge above the botanical gardens. And lots of snails on the trail! We had to be careful to avoid stepping on them! Why did the snail cross the trail? Don't know, but it sounds like the beginning line of a good joke.

It was nice to see five new hikers on this outing! I learned that Wednesdays may be better for future hike outings than Mondays. We'll see.

After our 3-mile trek, we all enjoyed sandwiches and bakery items at One House Bakery in downtown Benecia.

**Save the Date:** Weather permitting, our next SIR hike will be **Thursday, February 16<sup>th</sup> at 10:00am**. Location TBA in early to mid-February. Once Spring comes along (and ski season is over) we'll have more SIR hikes to offer!

Sir Don Ruddell [druddellds@gmail.com](mailto:druddellds@gmail.com) (925) 787-7585



## Opportunities to be a SIR Volunteer

***Fellow SIRs, we need volunteers to step up in 2023 to keep building on the restart of our branch.***

We desperately need some volunteers to step up in 2023 to keep building on our restart of the branch this year. Great thanks to our BEC for building some momentum. Ours is a 100% volunteer organization. As someone who has participated in branch leadership over the last 10+ years, I can assure you the time commitment is not significant and the opportunity to help our group is great. New volunteers with new perspectives are what help us to be successful. We need our newer members to step up. Here are some areas we can use your help:

**RAMP members** - These roles work with the Little Sir to help grow our branch, Dennis Wasco and Roger Mosley have stepped up to take on two of these roles. Their results have been excellent.

If you have any interest in volunteering or wanting to learn more about these positions, please talk to, call, or email the following Sirs to learn more:

Jay Gordon (Sir Area Manager) – (636-328-7575), [jbird7271@gmail.com](mailto:jbird7271@gmail.com)

Herb Forthuber (Big Sir) – (707-319-2271), [herbforthuber@yahoo.com](mailto:herbforthuber@yahoo.com)

## 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/>





## Branch 19 Activities

### SIRS Branch 19 Dine Around - Thursday, February 16

#### *Fiore Restaurant*



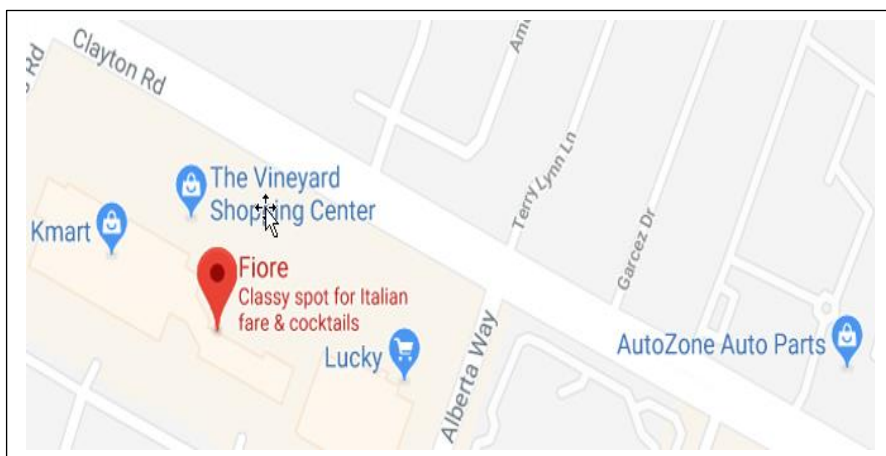
**Location:** 5100 Clayton Road - A14 Concord, CA 94521 (925) 969-1887  
 Fiore is in the Vineyards Shopping Center tucked ***between KMart and Lucky Foods***.  
 Parking is nearby.

**Date:** Friday, January 19<sup>th</sup>    **Social Hour:** 5:30 pm    **Dinner:** 6:00 pm

**Website:** <http://www.restaurantfiore.com/about-us-italian-cuisine-concord.html>

**Menu:** <http://www.restaurantfiore.com/ourmenu-italian-cuisine-concord.html>

We are returning for the 5<sup>th</sup> time to Fiore which features Italian Fusion Cuisine, Fiore has a varied, reasonably priced menu with 16 entrees and excellent salads. The Moroccan chef is classically trained. Wines are reasonably priced.



**Contact for Sign-Up:** Don Weimann - (925) 672-7711

[weimanns@astound.net](mailto:weimanns@astound.net)

# ***SIR Branch 19 Wine Tasting Group Meeting***

***Friday, February 24<sup>th</sup>, 2023***  
***Meeting Time 7PM***

## ***Meeting Details***

### **Theme:**

*Merlot wine*

### **Bring:**

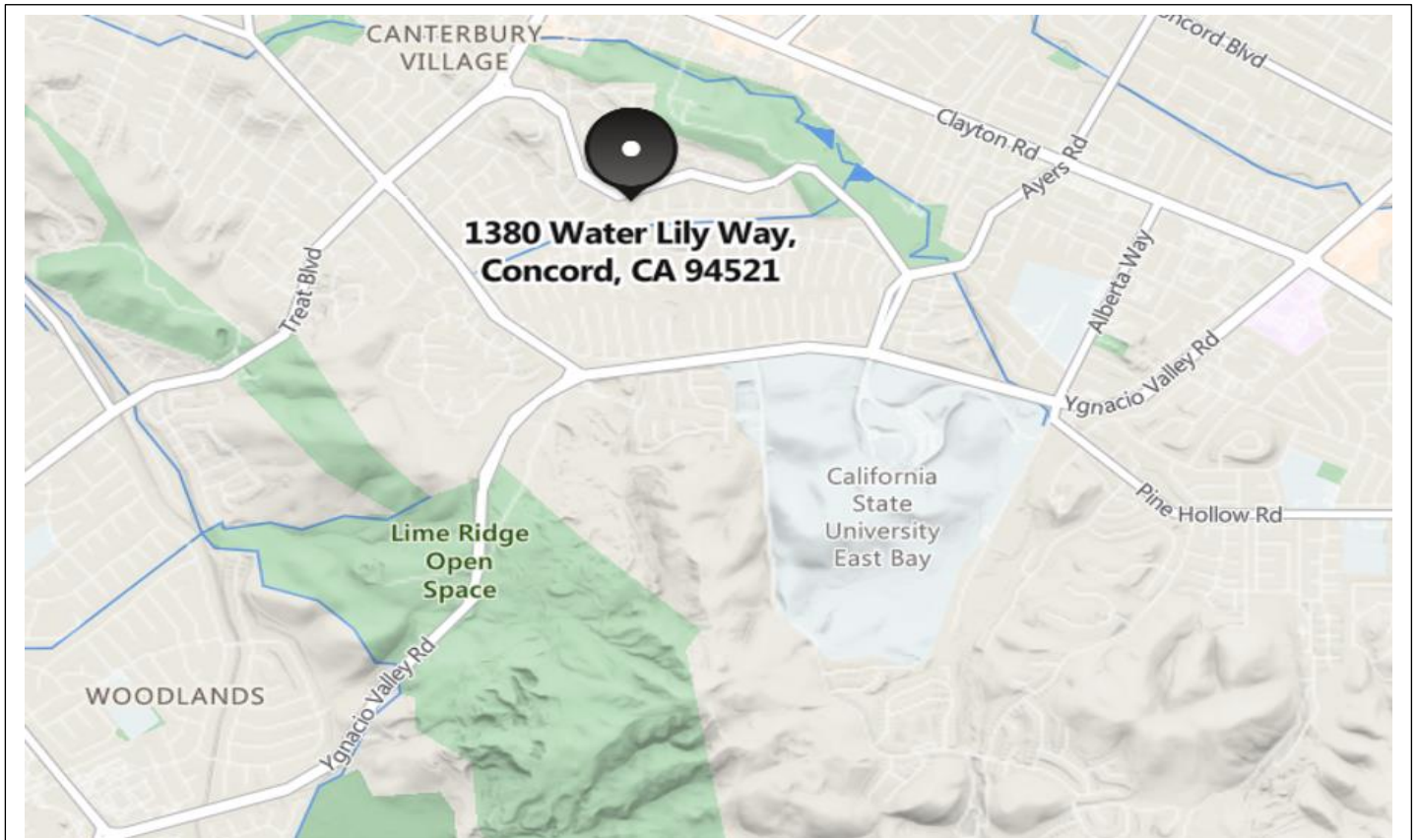
- A bottle of **Merlot** from **any Country** Priced at \$15 or more
- Hot or cold appetizers that complement wine

### **Where:**

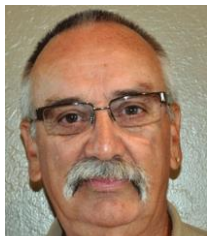
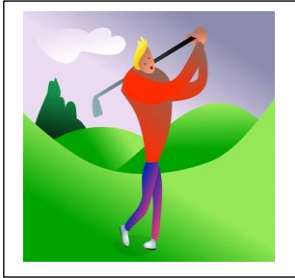
Ron & Shawne Costanzo (Hosts)  
1380 Water Lily Way, Concord  
(925) 925-4986

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

(925) 672-7711 [weimanns@astound.net](mailto:weimanns@astound.net)



## Branch 19 Golf Information



**Sir Jerry Burton**  
 (Golf Chair)  
[ajgolf24@gmail.com](mailto: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](mailto:Martinfennell54@gmail.com)

### 18 Hole Golf Schedule

Gentlemen,  
 It's time to sign up for our Feb. dates.

Feb 7 <sup>th</sup>	Lone Tree	9:30
Feb 14 <sup>th</sup>	Franklin Canyon	9:30
Feb 16 <sup>th</sup>	Boundary Oak	9:30
Feb 21 <sup>st</sup>	Diablo Creek	9:30
Feb 28 <sup>th</sup>	Cypress Lakes	9:30

### 18 Hole Golf WINNERS !!

#### Boundary Oak (Jan 19<sup>th</sup>)

Flight A: John Ackers  
 Flight B: Mike Scott

#### Diablo Creek (Jan 24<sup>th</sup>)

Flight A: Miles Nikiado  
 Flight B: Mike Scott  
 Flight C: Dennis Wasco

## 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](mailto:lathrop689@aol.com)

## SIR Branch 19 Bowling News



Wednesday Senior League at Clayton Valley Bowl, has just finished week 19 of 33 weeks. Team#5 (Give Us Our Hits) won the 1st Half (members shown below)



Joe Cromwell. Dwight Needham, Tina Kaufmann, Gary Kaufmann

Gary Kaufmann, leads the league in average for men with a 222 average  
 Tina Kaufmann, leads the league in average for women with a 180 average

SIR Mike Kropf [mdkropf@astound.net](mailto:mdkropf@astound.net)  
 Gary Kaufmann [gkaufmann813@gmail.com](mailto:gkaufmann813@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 February 23<sup>rd</sup>, 8:30 am**



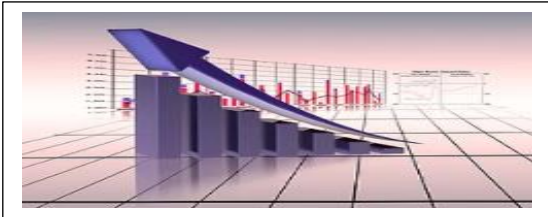
SIR members and guests are welcome, and indeed encouraged, to participate in fishing trips as well as attend the monthly meetings. Next meeting will be at the Legends restaurant at the Diablo Creek golf course on Port Chicago Highway and Highway 4 on Thursday, February 23<sup>rd</sup> at 8:30am. Come early.

Rain and Rules did us in at the start of this year. We finished 2022 with a flourish. Crab and rockfish combo trips on party boats loaded freezers for many of us. Tom Kostik, Doug Dukes, Harry Sherinian, and Mike Corker continued to catch stripers in the delta. Stan Wong caught trout in reservoirs. BUT then came the rain. The few of us who ventured forth only got wet. And then the Fish and Wildlife closed our rockfish season till May, and then only in water deeper than 300 feet. We wait till July 15<sup>th</sup> for rockfish closer. The rain has muddied our reservoirs, and our usual winter trout fishing is unproductive, In the winter we fish for sturgeon, but with whole trees coming down the river, and the constant rain, that has also been dangerous and scary. Still, with hope in our hearts we clean reels, fix rods, tie leaders, because we know the sun will come out tomorrow.

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

### SIR Branch 128 - Investments / Wealth Management

**\$ums Investment Group**  
 Next Meeting (February 22<sup>nd</sup>)



We will again join Branch 128's (San Ramon) Investment Group Zoom meeting on Wed Feb. 22 at 1:30 PM. The topic will be Interest Rate drivers and trends and their impacts on selected Investment Choices.

Email Dave Sutton to be included.

Chair - Tom Henry - Branch 174 [tomhenry925@gmail.com](mailto:tomhenry925@gmail.com)  
 Co-chair Dave Sutton - Branch 8 - [davesutn@comcast.net](mailto: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](mailto:bstires46@gmail.com) to receive brochure.

## ***Branch 19 Leadership***

**Big Sir:** Herb Forthuber

**Little Sir:** TBD

**Secretary:** Mel Boksenbaum

**Asst. Secretary:** Jay Gordon

**Treasurer:** Dennis Barbieri

**Asst. Treasurer:** Ken Kuhn

**Membership Chair:** Bill Hockenson

**RAMP Chair:** Herb Forthuber

**Recruiting Chair:** TBD

**Activities Chair:** TBD

**Member Relations Chair:** TBD

**Publicity & Image Chair:** Dennis Wasco

**Golf Chair:** Jerry Burton (Director)

**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) Jay Gordon**

**Branch Audit Committee Chair:** TBD