

*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

There will be no Sir Luncheon in January
(Next luncheon will be in February - more info to follow)

Big Sir Message



So it starts, a New Year and a new beginning, and that goes double for me in my new role as Big Sir. We have to thank Jay Gordon profusely for the wonderful job he accomplished as Big Sir in this past year. I think the handover is essentially complete now that I have been presented with the BIG SIR BRANCH NO. 19 name tag for this next year. Oh Roger, I hear this will be your award for next year.

I don't have the fluid grasp of great writing that Jay has, but I do want to go over a few essential items. First, let's never forget that the purpose of SIR's is for all of us to have a great time together, and to renew and expand our friendships. This should be everyone's goal for the upcoming year.

And, let us not forget that we have a new location for our lunches in 2023. Lunches will commence with the February 2 luncheon to be held at the Elk's Lodge in the Pittsburg marina. See, another year and another new beginning.

On that note, I want to thank everyone who is on the Branch BEC and helps keep our Branch continuously moving forward.

I'm looking forward to seeing everyone at our new lunch location on February 2.

The new BIG SIR,

Herb Forthuber

Lunch Menu

Please Note:

Due to a recent change in luncheon venues we will not be having a Sir luncheon in January 2023

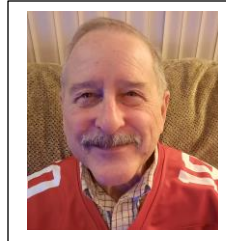
Information regarding the new venue will be available in the February newsletter

January Birthdays



Myron	Allen	John	Hayes
Larry	Amado	Robert	Hillaker
Dennis	Barbieri	Nelson	Luke
Mike	Biel	Walter	Norris
Don	Burkard	Mike	Thompson M
Kendal	Castleman	Chuck	Walls
Homer	Colvin H	Donald	Weimann
Marlow	Earle		
(Andy)			

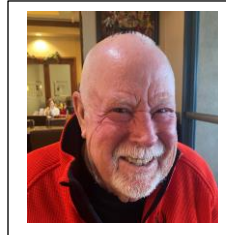
Recent Sir Members (As of Dec 19th)



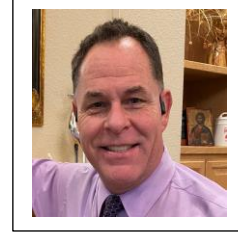
Larry Amado



Fred Fuld



Arthur Ray



Mark Mulholland

Anniversaries

First Name	Last Name	Joined Sir	YR SIR
James	Willey	01/06/00	23
Kenneth	Kuhn	01/06/11	12
Steve	Hanson	01/05/12	11
William (Bill)	Hockenson	01/02/14	9
Thomas	Kostik	01/02/14	9
James	Martin Ja	01/02/14	9
Kenneth	Konzak	01/08/15	8
Robert	Crabaugh	01/07/16	7
David	Requa	01/07/16	7
Kenneth	Bellendir	01/05/18	5
Jay	Gordon	01/05/18	5
Bob	Finch	01/03/19	4
Neil (William)	Powell	01/03/19	4

Financial Statement

Treasurer Report

November 30th 2022

Account Balances

Petty Cash	\$250.00
General Account	
Unencumbered	\$2,934.28
Excursion Fund	00.00
Holiday fund	3,450.00
Picnic Fund	00.00
Total General Acct.	\$6,384.28
Custodial Account	
Bowling	\$449.86
Golf	\$3,420.19
Total Custodial	\$3,870.05
Total Funds	\$10,504.33

Sir Dennis Barbieri

The Calendar

No Luncheon in January

Sums in Retirement - Wed, January 25th

Area 2 Fishing Group - Thursday, January 26th

Golf - (See below)

Wine Tasting - Friday, January 27th

Dine Around - Thursday, January 19th



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 are updates to the SIR State Officers positions:

- Dave Gonzales - **President** (from Branch#98 - Roseville)
- Dale Decker - **Vice President** (from Branch 136 - Sonora)
- Roy Hodgkinson - **Chief Administrative Officer** (from Branch#146 - Walnut Creek)
- Russ Salazar - **Secretary** (from Branch# 113 - Pollock Pines)
- Carl Mason - **Treasurer** (from Branch# 88 - Vallejo)

In addition, Bylaw #148 was amended to restrict the elected state officers to be restricted to no more than three years.

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.

SIR Branch 19 Holiday Party - Dec 15th



The SIR Holiday Luncheon was held on Dec 15th at the Lone Tree Event Center in Antioch. Thirty five of our SIRs and wives/partners joined together to enjoy the delicious Christmas Buffet. No photos to prove it, but there were lots of smiling faces as the guests also exchanged "gifts" during the White Elephant portion of the luncheon.



There was another celebration that day. After 14 years of dedicated service to Branch#19 our fellow SIR Jack Barnaba officially retired, again!!

Big SIR Jay Gordon reviewed how Jack had been recruited by SIR Bill Stephens back in 2008, and then went on to serve as Little SIR, Big SIR, Picnic Chairman and Executive Chairman of the Nominating Committee.

In recognition of his service to SIR Jack is the first recipient of the *Distinguished Service Award*, and received his DSA pin on this day.

Sir Jack Barnaba

The Distinguished Service Award Silver Lapel Pin



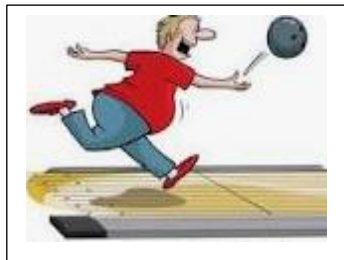
The **Distinguished Service Award**, now the second highest award, is earned by those who have clearly earned it through exceptional and extraordinary service for three years or more and stepping forward whenever a need arises.

Congratulations Jack, and thank you for your leadership.

Jay Gordon (Big Sir)



Message from the Activities Chairman



Roger Moseley



From the Activities Chair.....

Happy New Year!

As we enter the new year we continue to look at adding new activities to our menu in 2023 and would appreciate hearing from you if there is one you'd be interested in starting. Although we have several to choose from now, new activities will help us maintain your interest in SIR and help recruit new members. Just let me know if you have an idea you'd like to explore.

Next year we will continue to arrange day trips you've shown an interest in, including:

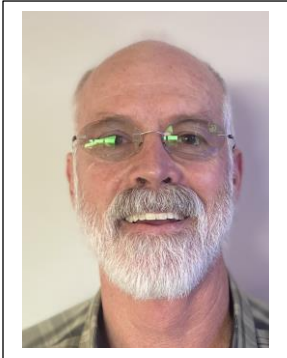
1. Touring the Anchor Steam Brewing Company in San Francisco
2. Visiting the Rosie the Riveter WW II National Park in Richmond
3. A tour of The Anheuser-Busch Factory in Fairfield
4. A Walking Tour of Chinatown
5. Attending a Giants/A's Game in Oakland, and
6. An Oracle Park Tour.

I'll be looking for your feedback at February's luncheon.

As always, continue to enjoy your current activities at SIR Branch 19 and Happy New Year!

Roger

Hiking Group (Lafayette reservoir / Dec. 19th)



SIR Don Ruddell



Hello fellow SIR's:

Cold temperatures and overcast skies couldn't stop these hearty hikers from enjoying the 3-mile loop hike around Lafayette reservoir on Monday, December 19.

White Pelicans, Cormorants, Coots and more were plentiful and as always, the conversation was friendly and interesting.

Afterward, the group enjoyed more socializing and lunch at Tutu's Cafe in Lafayette.

If you're on-the-fence whether to get out there and hike with us, please read the following link regarding the 9 Health Benefits of Hiking! And please remember, spouses are welcome too!

<https://health.clevelandclinic.org/9-benefits-of-hiking/>

Save-the-Date: Wednesday, January 18, 2023

Our only hike in January (it's ski season!) will switch to a Wednesday on January 18 at 10:00am. Location and details TBA in early January.

Sir Don Ruddell 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 (Big Sir) – (636-328-7575), jbird7271@gmail.com

Herb Forthuber (Little Sir) – (707-319-2271), herbforthuber@yahoo.com

Jack Barnaba (Executive Nominating Committee Chair) – (925-672-0947), j.barnaba@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/>



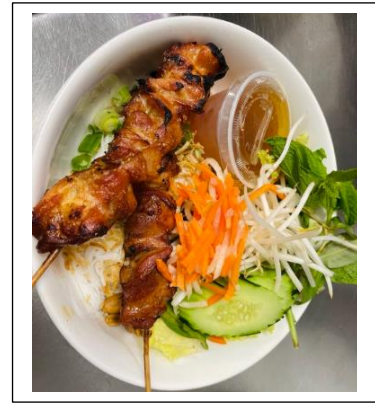
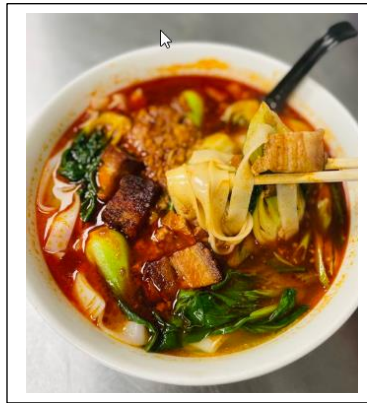
Branch 19 Activities

SIRS Branch 19 Dine Around Thursday, January 19

Spicy Joi Banh Mi x Lao Street Food

1687 Willow Pass Rd Ste D, Concord, CA 94520

(925) 787-7508



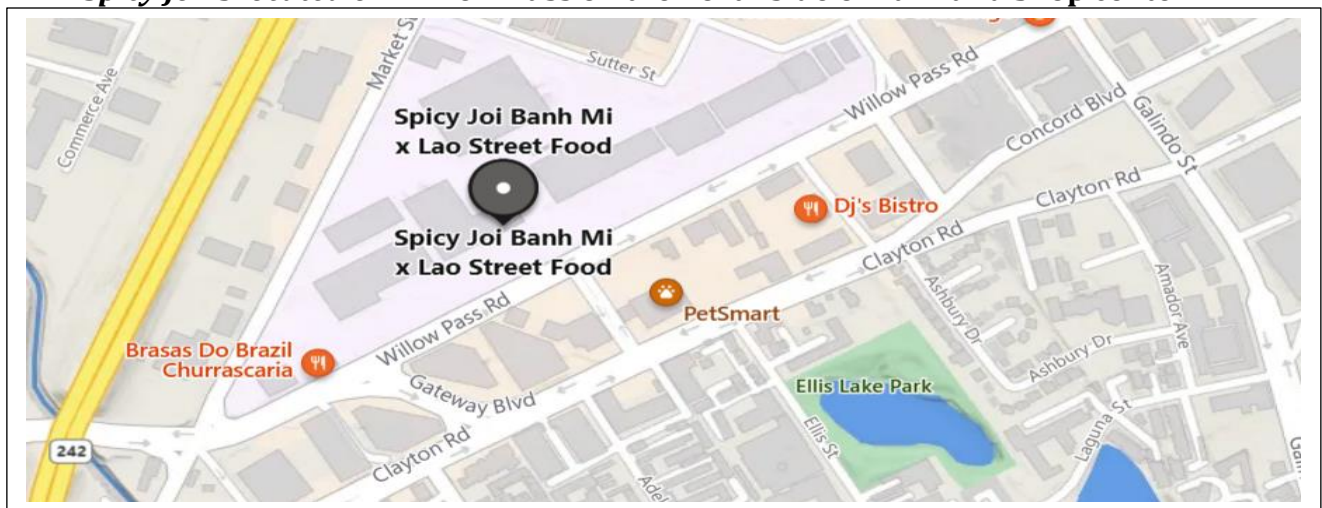
Dine Around has found a new cuisine: Laotian food

What's the main difference between Vietnamese Food and Laotian Food? **Vietnamese food** typically has foods that have. Dishes are typically brought out with herbs, vegetables, and spices on the side. Typically, it's up to the diner to put mix the food together (example is the infamous pho dish). **Lao food** typically has cuisines that have herbs and vegetables minced in. **Similar to Vietnamese food**, most often, the herbs and vegetables aren't simmered for long periods (like Thai food). Lao cuisine also uses Padaek, which is fermented fish sauce, as an ingredient for a lot of its foods. The menu at this restaurant is very broad.

Website: <https://www.spicyjoibanhmi.com/>

Menu: <https://www.spicyjoibanhmi.com/menu>

Spicy Joi is located on Willow Pass on the north side of Park and Shop center



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

weimanns@astound.net

SIR Branch 19 Wine Tasting Group Meeting

Friday, January 27, 2023

Meeting Time 6PM

Meeting Details

Theme:

Spanish or Portuguese **WHITE WINE**

These two countries are known more for red wine.

Let's try some white for a change to find some enjoyable wine,

Many at cheap prices

Bring:

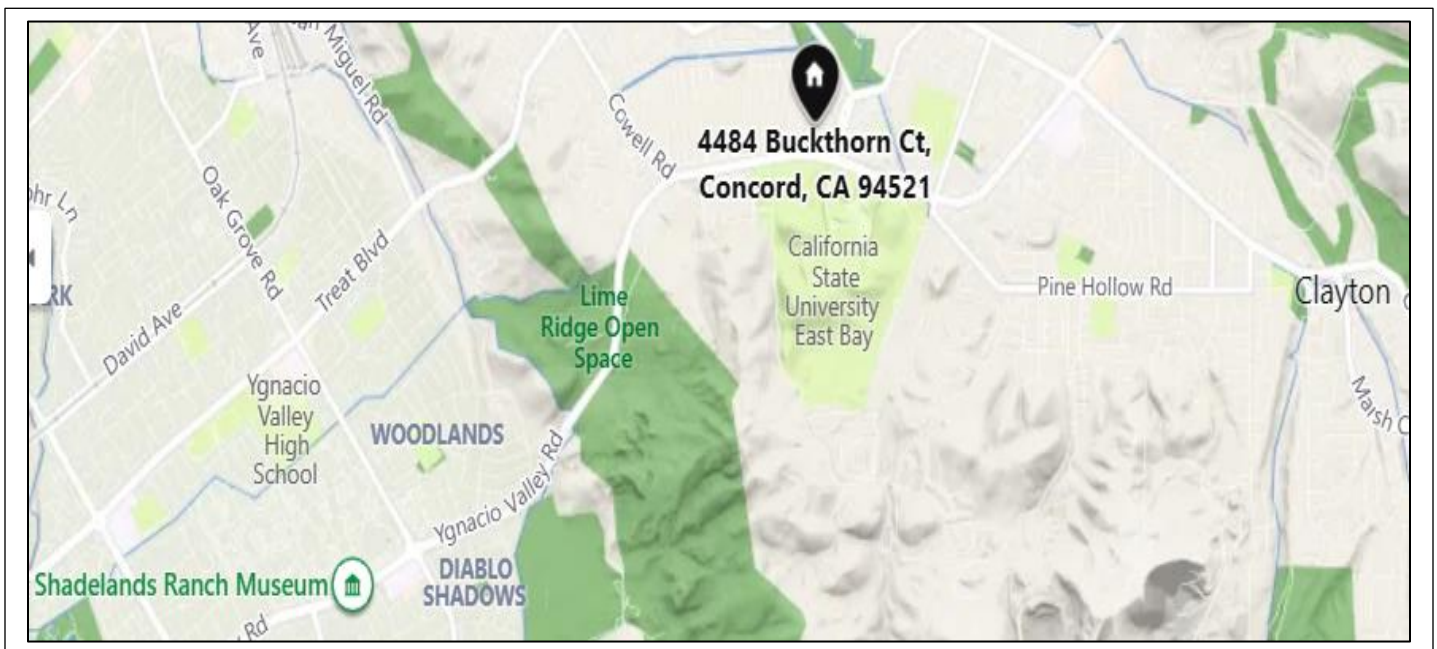
- At least a \$12 Bottle of white wine
- Hot or cold appetizers that complement white wines to share as we taste

Where:

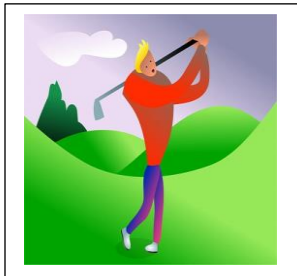
Rich & Barbara Peterson House
 4484 Buckthorn Court, Concord
 (925) 827-9375

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

(925) 672-7711 weimanns@astound.net



Branch 19 Golf Information



Nine Hole Golf Group

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

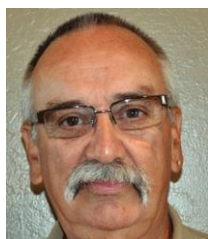
18 Hole Golf WINNERS !!

Cypress Lakes (Nov 17th)
 Flight A: Bill Hockenson
 Flight B: Jay Gordon

Lone Tree (Nov 22nd)
 Flight A: Ben Olison
 Flight B: Louie Audas
 Flight C: Jay Gordon

Diablo Creek (Dec 13th)
 Flight A: Rick Amador
 Flight B: Rich Peterson
 Flight C: Joe Gillis

Lone Tree (Dec 20th)
 Flight A: Chuck Walls
 Flight B: Rich Peterson
 Flight C: Jerry Burton



Sir Jerry Burton
 (Golf Chair)
ajgolf24@gmail.com
 (925) 682-9797

18 Hole Golf Schedule

I will need 10 days notice if you plan on playing any of these dates.

Jan. 3	Lone Tree	9:30
Jan. 10	Brentwood	9:30
Jan. 17	Lone Tree	9:30
Jan. 19	Boundary Oaks	11:00 (Thurs)
Jan. 24	Diablo Creek	9:30
Jan. 31	Cypress Lakes	9:30

The Bocce Report

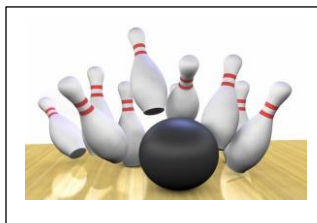


The bocce season ended in September. It was a fun season for all. We start up again next April.



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

SIR Branch 19 Bowling News



The season has ended. Bowling will resume again after the first half of January 2023.



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

Golf Awards Ceremony



(Left Pic) Bob Hillaker accepting the Tin Cup Award for the most strokes on one hole.

(Right Pic) Left to right: Rick Amador A flight, John Fernando B flight, Joe Gillis D flight, not in picture Terry Betts C flight - Club Championship, Jerry Burton - Match Play Champion.



Golf – Golden Year Championship



The 2022 Golden Year Champion is **Roy Priest**. The Golden Year contest began in 2017 and has produced another Champion, **Congratulations to Roy**. His final round at Micke Grove was a Net 60, two strokes better than Bill Hockenson who took second and shot a net 62.

Third Place- Martin Fennell (shot Net 64)

Fourth Place- John Ackers (shot Net 70)

Fifth Place- Milt Momita (shot Net 82)

Elimination Winners

Joe Gillis eliminated 10/18/2022 (with 61 Golden Year Points)

Dennis Barbieri eliminated 10/11/2022 (with 48 Golden Year Points)

Bob Hillaker eliminated 10/4/2022 (with 28 Golden Year Points)

This competition starts in April, points are earned each week based on the players' net score. The lowest net scores earn the most points. Points are tallied and standings are reported each week. The players don't have to play every week as only 50% of their golf rounds are counted. The worse scored are thrown out. We look forward to next year's completion to see who takes the Perpetual Trophy and Golden Shirt home.

Past Champions:

2021 Bill Hockenson, 2020 Corona Virus, 2019 Bill Hockenson, 2018 Duane Deonigi, 2017 Rob Crabaugh

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 January 26th, 8:30 am



SIR members and guests are welcome, and indeed encouraged, to participate in fishing trips as well as attend the monthly meetings. Come early.

We closed out the year with a flourish, catching crab and rockfish from the ocean, and stripers in the delta. On one trip on the Sea Wolf from Emeryville, 6 of us got limits of rockfish and big crabs. Many more of us participated in that bonanza. Pete Gates, Tom Kostik, Harry Sherinian, and Mike Corker continued to get stripers in the delta. Bob Lively and Stan Wong got trout from our local reservoirs, and that winter sport is just getting started. Phil Scimonelli landed a keeper sturgeon on one of our chartered boats. We have had a banner year for chartered party boats with participation from almost all of us. Ron Lew continued his shark fishing in the bay with a nice sized leopard shark. Our speaker in January will be a marine biologist who did his thesis on sharks in the bay. Don't miss that. 2023 may be the best year ever for our fishing group with many, many outings planned including long range trips to Mexico.

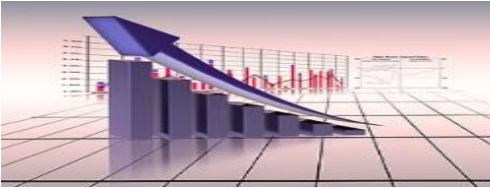


Rich Fiscina, Pedro Contreras, and Ken Bellinder have crabs

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

SIR Branch 128 - Investments / Wealth Management

\$ums Investment Group
Next Meeting (January 25th)



Sir Fred Fuld

Our next SIR128 Investment Group meeting is Wednesday, January 25, 2023 at 1:30 PM by Zoom. Fred Fuld will make a presentation on Leading Future Industries including lists of companies (and their charts) that are representative of these.

Fred retired from the financial services industry where he worked for over 30 years, working as an investment advisor, market maker at the Pacific Stock Exchange, and vice president of an investment management company. He is the author of several books and has given presentations for the museum of American Finance, Cal State University East Bay, the San Francisco Money Show, the Las Vegas Money Show, the University of Houston, American Mensa Society, and many other venues.

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 Furthuber

Little Sir: Roger Moseley

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: Roger Moseley

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 Forthuber , Bill Ogden

Chaplin: John Carl

Bulletin Editor: Rich Balovich (Director)

Asst. Membership Chair: TBD

DATE Chair: TBD

Webmaster: Larry Long

Executive Nomination Committee: (Chair) Jay Gordon , Tom Lathrop

Branch Audit Committee Chair: TBD