

*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

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

Big Sir Message



Roger Moseley

Some of you have asked whether our luncheon fee of \$35.00 is a good value.

There are two considerations that must be addressed to properly answer the question.

First, the fee itself.

For one flat fee, our agreement with the Pittsburgh Elks Club provides for a variety of services beyond the cost of lunch itself. These additional services include the use of their facility, set-up and take-down of the tables and chairs, the linen, glassware and silverware, the use of their A/V equipment and the use of their Boardroom for our BEC meetings. Together, all these services plus the cost of the food itself appears to be well worth the price.

The second and more important consideration is the reason we meet.

Meeting monthly is an opportunity to spend time with your fellow SIRs, enjoy each other's company, catch up on what's happening in their lives and share recent events in yours. The comradery and fellowship which comes with meeting regularly contributes to building friendships and helps meet the social and intellectual needs we all have.

While not everyone experiences it, loneliness can be present in our lives as we grow older and attending SIR luncheons is an opportunity to get out of the house, swap stories, and hear an interesting speaker, all in a relaxed comfortable environment. And doing so encourages friendships to flourish even beyond SIR.

Attending a monthly luncheon is also an opportunity to meet new members, learn about their interests, and offer your help getting them started at SIR Branch 19. Such interaction is valued by new members as they sometimes don't know anyone other than their sponsor, and having someone approach them, offer a welcome and encourage them to get involved is much appreciated.

Lastly, it's about having fun.

So, relax, enjoy yourself and rest assured your \$35.00 is well spent.

Roger Moseley (President)

Lunch Menu

- Pasta Bar
- Salad + 2 Dressings
- Cheese Tortellini + Marinara Sauce
- Chicken Fettuccini Alfredo
- Bowties + Italian Sausage + Peppers
- Dessert



New Sir Members (June)

No New Members in June

July Birthdays



Frank	Achim Jr	Fred	Fuld III
Dean	Buerke	Larry	Kolano
Raul	Cienfuegos	Mark	Mulholland
Dale	Foster	John	Prentice

July Anniversaries

First Name	Last Name	Joined Sir	YR SIR
John	Hayes	07/07/05	19
Don	Weimann	07/05/07	17
Mike	Krawesky	07/02/09	15
John	Fernando	07/01/10	14
Larry	Long	07/01/21	3
Chuck	Walls	07/01/22	2
Jason	Jackson	07/06/23	1

Financial Statement

Treasurer Report

May 31st, 2024

Account Balances	
Petty Cash	\$250.00
General Account	
Unencumbered	\$9,286.28
Excursion Fund	00.00
Holiday fund	00.00
Picnic Fund	00.00
Total General Acct.	\$9,286.28
Custodial Account	
Bowling	\$596.59
Golf	<u>\$1,855.53</u>
Total Custodial	\$2,452.12
Total Funds	\$11,988.40

Sir Dennis Barbieri

SIR Calendar

Sir Luncheon - Thursday, July 11th
Hiking - Wednesday, July 10th
Sums in Retirement - Wednesday, July 24th
Area 2 Fishing Group - Thursday, July 25th
Golf, Bocce, Bowling - (See below)
Wine Tasting - Friday, July 26th
Dine Around - Tuesday, July 16th

Sir 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 Friday prior to 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 **Roger Moseley** (rogermoseley855@gmail.com) to reserve your place in the meeting room.



Order From this link:

[https://sir.ourproshop.com/:](https://sir.ourproshop.com/)



(Note: Hats are again available on the website)

Bring a Guest

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.



July Speaker – Reporter (Nan Su)



Nan Su

Born and raised in China, Mr. Nan Su came to the United States in 1989. Mr. Su has been serving as a news commentator for SOH International Chinese Radio Network and NTD International TV network since 2003 for the news related to China. He has made many speeches at public events in the past two decades on China-related topics.

Nan Su is currently a Senior Reporter for the Epoch Times, a newspaper published in 36 countries and 21 languages.

Mr. Su has been married for more than 30 years and currently lives with his wife and two daughters in San Jose, California.

About the Presentation

The Indo-Pacific Region has been called by US global security strategy the “world’s center of gravity”, because this region encompasses half of the world’s total population, and two third of the global economy.

As the tensions escalating along borders between China and many of its neighboring countries, and specifically in Taiwan Strait, it has become clear to the Western World that keeping the peace in Taiwan Strait is key for the stability of the Indo-Pacific Region.

Are there any legal bases for the United States and its allies to defend Taiwan, in the case that the island nation is attacked or invaded militarily by the Chinese regime?

Titled “The Legal Base for the U.S. to Defend Taiwan”, this presentation is the follow-up of the popular presentation, “China’s Global Expansion - past and future”. As the previous presentation provides the overview of global threat by the Chinese regime, this new presentation focuses on the historical facts, treaties, and US legislations that allow the United States to militarily defend Taiwan.

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

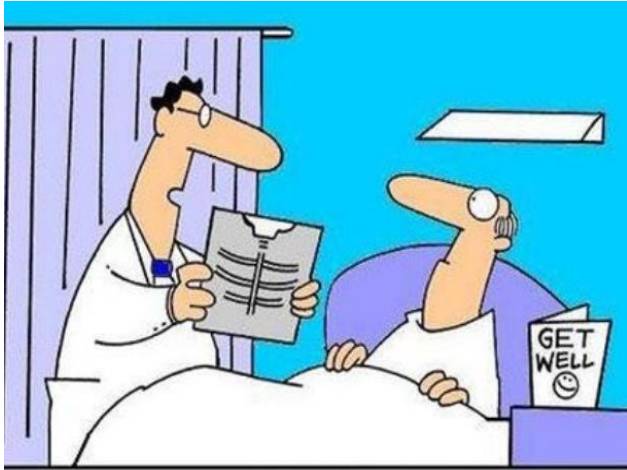
SIR Branch 146 in Walnut Creek has invited Branch 19 members to join in their Poker Group #4! If you would like to play, please contact Pete Gates at petegates10@gmail.com or call him at 925-937-2035. Games are usually scheduled for 1-4 pm on the 4th Monday of each month. Hosting is rotated between members' 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.

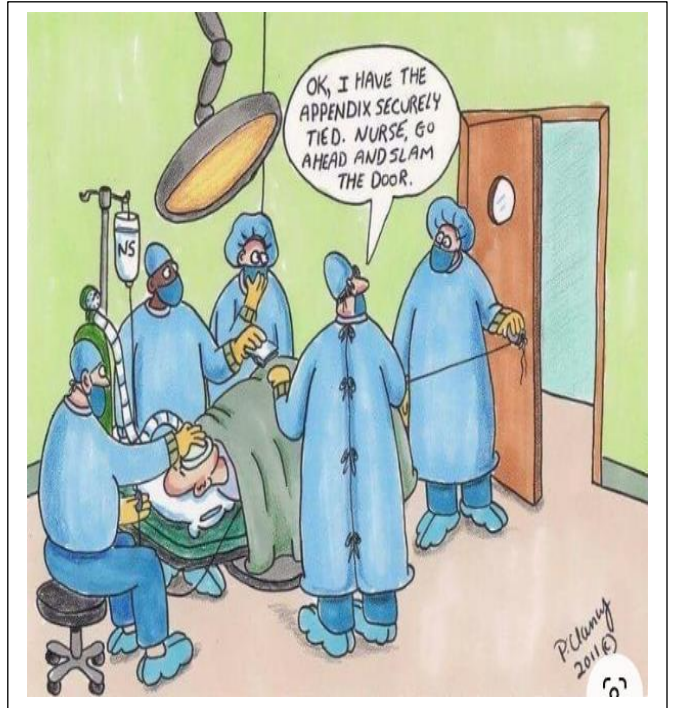
When signing up, please provide your name, branch (19) and email address.

Roger Moseley

COMEDY CORNER



"Your x-ray showed a broken rib, but we fixed it with Photoshop."



Branch 19 Activities

Hiking Group – Alhambra Creek – July 10th (9:30 am)



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



SIR Branch 19 Wine Tasting Group Meeting

Theme:
Cabernet Sauvignon

Friday, July 26th, 2024
Meeting Time 6:00PM

Bring:

- One bottle of wine
- Hot or cold appetizers that are a compliment to the wine you bring to share as we taste

Where:

Don and Ruth Weimann's House
5738 Roanwood Way, Concord



Please let the Weimann's know if you will be attending
donweimann@gmail.com
(925) 671-9921



Directions:

The house location is noted by the red indicator on the map below:



SIR Branch 19 Dine Around – (Tuesday, July 16th)

Jack's Restaurant



Jack's Pleasant Hill has the distinction of being the first location for the Marcovici brothers, opening in 2010.

The Restaurant has become a much-loved staple of the downtown Pleasant Hill community and helped establish Jack's hospitality-focused reputation.

Jack's Menu provides something great for everyone

Location: 60 Crescent Drive, Suite A, Pleasant Hill

When: **Tuesday, July 16th** (Happy Hour 5:30-6:00 Dinner 6:00 pm)

Website and Menu: [Jack's Restaurant & Bar - American Restaurant in CA \(ilovejacks.com\)](http://ilovejacks.com)

(Order from the menu - Each couple will receive a separate check)



To register, please contact: Neil & Debbie Powell
<mailto:neildeb@pacbell.net> or call (925) 550-0872
Please provide number of people attending & (Please Respond by Friday, July 12th)

SIR Branch 19 Dine Around - Coordinators



SIR Branch 19

Dine Around Coordinators 2024/2025



We are looking for people to be Dining Out Coordinators. If you would be interested in volunteering for any of the Dining Out Dates in **RED** below, please contact Roger Moseley: rogermoseley855@gmail.com

Dining Out Coordinators are required to:

1) Pick a restaurant, 2) Verify that the restaurant will honor separate Dinner checks, 3) Three weeks prior to the dinner, notify Rich Balovich at r.balovich@aol.com regarding the chosen restaurant and date. Rich will then create the Dining Out Flyer with the coordinator's email address and phone number and send it to the SIR Branch 19 membership. (**The deadline for Sirs to respond will be 1 week prior to the event.**) 4) The coordinator will then make the reservation based on the number of responses they receive.

<u>Date</u>	<u>Coordinator</u>
May 16, 2024	Roger & Nancy Moseley
June 18, 2024	Rich & Carmen Balovich
July 16, 2024	Neal & Debbie Powell
August 22, 2024	Martin & Lori Fennell
September 26, 2024	Jerry and Audrey Burton
October 24, 2024	Jack & Michelle Barnaba
January 16, 2025	Barry & Bobbi Silberman
February 20, 2025	Chuck & Karen Morones
March 20, 2025	_____
April 17, 2025	_____

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 1 / (925) 309-7774

Dine Around (Follow Up) – Tuesday, June 18th

On Tuesday, June 18th my wife Carmen and I hosted the June Dine Around Event. Twelve people shared dinner at Lima Peruvian Restaurant in downtown Concord. My wife and I had never experienced Peruvian food and we liked it so much we plan on going again very soon. For those of you who attended, thanks for having dinner with us.

Sir Rich Balovich



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
Roger Moseley: rogermoseley855@gmail.com***

Activities Chair

RAMP Members: *These roles work with little Sir to help grow our branch*

Dining Out Coordinators: *This is a role which coordinates one monthly dining out activity*

Branch 19 Golf Information



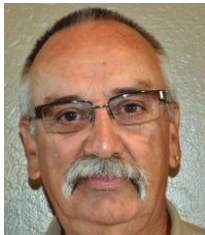
Nine Hole Golf Group

(Buchanan Golf Course)

For Information contact *Martin Fennell*

925-212-9243

Martinfennell54@gmail.com



Sir Jerry Burton

(Golf Chair)

ajgolf24@gmail.com

Cell: (925) 682-9797

Home: (925) 827-1909

18 Hole Golf Schedule

We have a 9:30 first T-time for all courses

July 2 - Lone Tree

July 9 - Manteca

July 16 - Swenson Park

July 23 - Lone Tree

July 25 - Rancho Solano (Thursday)



The Bocce Report



Bocce information will be provided later in the season.

SIR Tom Lathrop

lathrop689@aol.com

SIR Branch 19 Bowling News



Our fall league begins in the first week of September.

SIR Mike Kropf mdkropf@astound.net

Gary Kaufmann gkaufmann813@gmail.com

Activities at Other SIR Branches

Area16 - SIR Branch 128 - Investments / Wealth Management

\$ums Investment Group
Next Meeting (Date: July 24th)



As usual we will Zoom with SIR Branch 128 (San Ramon) on the 4th Wednesday of every month at 1:30 PM. Email Dave Sutton to be included or to learn the topic.

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

Area 2 - Fishing Group



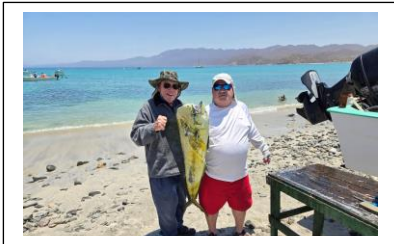
The Legends
Diablo Creek Golf Course
4050 Port Chicago Highway in Concord
Next Meeting Date: Thurs, July 25th



SIR members and guests are welcome, and indeed encouraged, to participate in fishing trips as well as attend the monthly meetings. Contacts are Phil Scimonelli 661-917-8060 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, July 25th at 8:30am. Come early.

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



State Sir Happenings

Below is a link to “The Happenings” which is produced by the State SIR organization. It contains information from State SIR and contains many of the SIR Newsletters from SIR Branches throughout California. If you have an interest in knowing what’s going on with State SIR or other SIR branches, please click on the link below.

[Click here to download your personal copy of Happenings](#)

PLEASE Donate to the Concord Food Bank



Food Drive
PLEASE BRING A NON-PERISHABLE FOOD DONATION TO THE NEXT LUNCHEON

Please bring non-perishable food *in jars, cans, and sealed packets (No Glass please)*. We recommend sauces, soups, beans, vegetables, honey, peanut butter, candy, boxed juices, long-life milk, coconut cream and fish in oil. *(Please do not bring food with expired “use by” dates)*.
Sir Jerry Burton will collect the donated food and take it to the Concord Food Bank.
Thanks for your help, it will make a big difference in someone’s life!!!!

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 Leadership

President: Roger Moseley

Vice President: Jim Cala

Secretary: Mel Boksenbaum

Asst. Secretary: Mark Mulholland

Treasurer: Dennis Barbieri

Asst. Treasurer: Joe Gillis

Membership Chair: Bill Hockenson

Assist. Membership Chair: Miles Nikaido

Webmaster: Larry Long

Ex Officio Big Sir: Herb Forthuber

Activities Chair: Vacant

Exec Nomination Committee

(Chair): Jerry Burton

Audit Committee Chair: Bill Clark

Bowling: Gary Kaufmann, Mike Kropf

Publicity & Image Chair: Dennis Wasco

Bocce Capo: Tom Lathrop

Attendance Chair: Martin Fennell

Speaker Committee: Jim Cala

Chaplin: John Carl

Bulletin Editor: Rich Balovich (Director)

Webmaster: Larry Long

Golf Chair: Jerry Burton