

*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 March 7<sup>th</sup>**  
*The Elks Lodge - 200 Marina Blvd, Pittsburg*

### *Big Sir Message*



**Roger Moseley**

In last month's message, I mentioned promotional efforts as a key to our growth plans.

SIR Dennis Wasco, Publicity & Image Chair, has done a wonderful job taking advantage of the many promotional opportunities available to us. His efforts have kept our name visible in several ways that extend our message to a broader audience.

There are many print and online publications in our area that we use to announce coming events such as our monthly luncheons, our activities, and to keep our name in the public's view. Online publications we use include the Walnut Creek and Concord "Patch" sites, Claycord, East County Today and NextDoor.

We also use SIR Branch 19 signage at public events such as the one we display at our weekly golf outings, all designed to increase awareness of our Branch and to spark conversation about membership.

Much of Dennis' efforts have been on personal visits to local firehouses, law enforcement agencies, libraries, senior living centers, city halls, Chambers of Commerce, and such where he promotes Branch 19 with information and brochures they are willing to display on our behalf.

Participation in Community Events include our having booths at the Clayton Wine and Art Festival and the Clayton Octoberfest in April and October respectively.

As our physical presence has moved further east with our luncheon venue now at the Elks Lodge and our home golf course at Lone Tree, we are looking at increasing our promotional efforts in the area. So, for the first time, we are planning to participate in this year's Pittsburg Seafood Festival in the hope of attracting new members from the Pittsburgh, Antioch, and Brentwood areas.

All these activities are important to our bringing SIR Branch 19 to the attention of possible members. However, Dennis can't do it alone, and some of these activities require your help. For example, we will have a booth at this year's Clayton Wine & Art Festival, the Clayton Octoberfest and for the first time, the Pittsburgh Seafood Festival. In addition to set up and take down, manning a booth for two days will require a dozen or more Branch 19 SIRs who are willing to donate some of their time to the effort. It will be especially important that members living in the Pittsburgh area help with the Seafood Festival.

With all these promotional activities underway, success in reaching our Membership goals will be enhanced. Please help when you can.

*Roger Moseley (BIG SIR)*

**Lunch Menu**

Salad + 2 Dressings  
 Corned Beef & CABBAGE  
 or  
 Meatloaf and mashed potatoes  
 Dessert



**New Sir Members (February)**

No new members in February

**March Birthdays**



Ken Bellendir  
 Lee Boner  
 Jerry Burton  
 Randy Cazes  
 Bill Hockenson  
 Tom Lathrop

Dean A. Lucas  
 Mike McKay  
 Dave Rege  
 Terry Scudero  
 Dwayne Williams

**March Anniversaries**

First Name	Last Name	Joined Sir	YR SIR
Gordon	Monroe	03/02/00	24
Tom	Lathrop	03/05/09	15
Dwayne	Williams	03/03/11	13
Ben	Olison	03/05/15	9
Ronald	Carriveau	03/11/16	8
Terry	Scudero	03/06/20	4
Kendal	Castleman	03/04/21	3
Andy	Earle	03/04/21	3
James	Cala	03/21/22	2

**The Calendar**

- Sir Luncheon – Thursday, Mar 7<sup>th</sup>
- Hiking – TBD
- Sums in Retirement – Wednesday, Mar 27<sup>th</sup>
- Area 2 Fishing Group – Thursday, Mar 28<sup>th</sup>
- Golf, Bocce, Bowling – (See below)
- Wine Tasting – TBD
- Dine Around – TBD

**Financial Statement**

**Treasurer Report**

January 31<sup>st</sup>, 2024

**Account Balances**

Petty Cash	\$250.00
<b>General Account</b>	
Unencumbered	\$9,449.70
Excursion Fund	00.00
Holiday fund	00.00
Picnic Fund	00.00
<b>Total General Acct.</b>	<b>\$9,449.70</b>
<b>Custodial Account</b>	
Bowling	\$574.44
Golf	\$3,529.32
<b>Total Custodial</b>	<b>\$4,103.76</b>
<b>Total Funds</b>	<b>\$13,803.46</b>

Sir Dennis Barbieri



## **March Speaker – Jason Jackson**



**Jason Jackson**

Jason Ray Jackson has exhibited perseverance, determination, and a love of learning throughout his 50 years of life. He is also an author and has published a book titled: My Life Inspiring Journal (My journey through Autism and Mental Illness). This is his first self-published book and he hopes to self publish more books in the future.

Jason was educated at Diablo Vally College with a Associate of Arts in liberal studies 2022. He also attained a Bachelor of Arts degree at California State University of Hayward; which is now California State in 1996 and library technology in University of the East Bay in Liberal Studies in 2013.

Jason is a person who has grown up battling Autism. He will be addressing Autism which is on the rise within the world population. Jason will provide his prospective regarding this relatively new category of developmental disability and how it affects his daily life including handling daily activities, difficulty communicating, recognizing and interpreting facial expressions, self expression, How to fit into the working world and relating to co-workers, and the exhaustion his disability causes.

## **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 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** ([r\\_moseley@sbcglobal.net](mailto:r_moseley@sbcglobal.net)) 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/>

**NOTE:**

Free COVID test kits are again available at [COVID.gov](https://www.covid.gov) - [Free at-home COVID-19 tests](https://www.covid.gov)



## 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.



## ***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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:petegates10@gmail.com) or call him at 925-937-2035. Games are usually scheduled for 1-4 pm on the 4<sup>th</sup> 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*

## 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](mailto:rogermoseley855@gmail.com)*

**Activities Chair**

**Dining Out Chair**

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

## Social Ties Boost Survival by 50 Percent

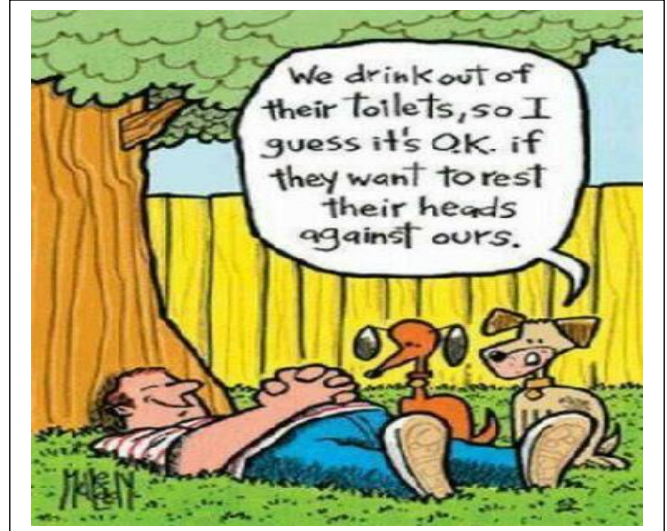
**WHO KNEW? BEING A SIR MEMBER PUTS YOU AHEAD IN THE GAME!**

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/>

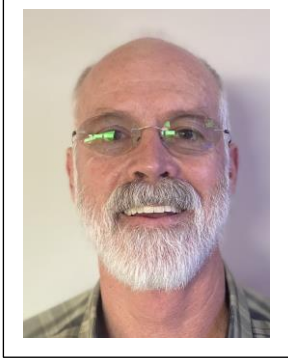


# COMEDY CORNER



# Branch 19 Activities

## Hiking Group



**SIR Don Ruddell**



**Save-the-Dates:**

**Wednesday, March 13, 10:00am - Lafayette Reservoir 3.0 mile hike**

Optional Lunch: Sideboard Lafayette, Lafayette

**Wednesday, March 27, 10:00am - Pine Canyon to Castle Rock**

Optional Lunch: Mendocino Farms, Walnut Creek

An email to all Branch 19 Sir's will follow, with more detail, approximately one week prior to each hike. Spouses and prospective Sir's are all welcome!

**Please come out and enjoy the outdoors and good exercise with us!!!**

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

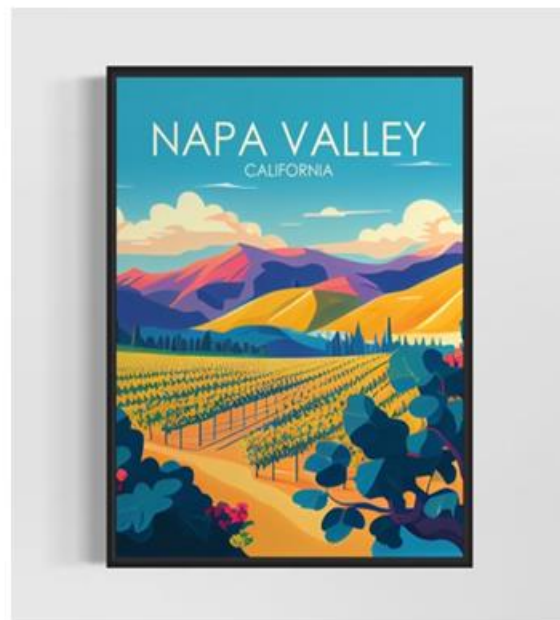




# State SIR Golf Presents

## In Concert with Branches 35 & 149

### A 2 Day Golf Event



## *2024 Spring Fling in Napa*

**Wednesday, April 24** at *Chardonney Golf Club*, a Four Man, 2-Best Ball Tournament with consecutive tee times.

**Thursday, April 25** at *Eagle Vines Vineyard & Golf Club*, a Four Man Scramble with a Shotgun Start.

*(Please see Registration Form below)*

# 2024 SPRING FLING IN NAPA

## EAGLE VINES & CHARDONNAY GOLF COURSES

**Wednesday April 24<sup>th</sup> (Chardonnay) & Thursday April 25<sup>th</sup> (Eagle Vines)**

**Men Day 1** 4-man team of your choice – 2 BEST BALL (net) – 8:00am Sequential Tee Times

**Men Day 2** 4-person team SCRAMBLE– 9:00am Shotgun Start

**Ladies Day 1** 4-person team of your choice – 2 BEST BALL (net) – 8:30am Sequential Tee Times

**Ladies Day 2** 4-person team, SCRAMBLE, computer selected – 9am Shotgun Start

Ladies may play in men’s competition or in ladies only.

Closest to Pin Contests on each Day (Both Front & Back nines)

To enter, complete the application below for you and any other playing partners and send it in with check(s) made payable to “SIR STATE GOLF” for the full amount of the Entry Fee for each player. Fees are: **Both days is \$170, only playing Day 1 is \$85 or only playing Day 2 is \$85.** Cost includes green fees, cart, range balls & prizes.

Have questions, contact Ben Gikis at either (408) 802-0794 or at [gikisben@yahoo.com](mailto:gikisben@yahoo.com)

**ONLY THE APPLICATIONS RECEIVED WITH FULL PAYMENT WILL BE CONFIRMED AND ACCEPTED (Cut here)**

### APPLICATION AND ENTRY FORM

Entry **Deadline** is Monday **April 15<sup>th</sup>** or **when Tournament is full**

Make check(s) out to “SIR State Golf”, send to *Ben Gikis, 12415 Hilltop Dr., Los Altos Hills, CA 94024*

NAME \_\_\_\_\_ NCGA # \_\_\_\_\_ BRANCH \_\_\_\_\_ TEL \_\_\_\_\_  
 STREET \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_  
 EMAIL ADDRESS \_\_\_\_\_ (for confirming receipt of entry)  
 Play Both Days  Play Only Wed  Play Only Thursday

NAME \_\_\_\_\_ NCGA # \_\_\_\_\_ BRANCH \_\_\_\_\_ TEL \_\_\_\_\_  
 STREET \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_  
 EMAIL ADDRESS \_\_\_\_\_ (for confirming receipt of entry)  
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NAME \_\_\_\_\_ NCGA # \_\_\_\_\_ BRANCH \_\_\_\_\_ TEL \_\_\_\_\_  
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NAME \_\_\_\_\_ NCGA # \_\_\_\_\_ BRANCH \_\_\_\_\_ TEL \_\_\_\_\_  
 STREET \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_  
 EMAIL ADDRESS \_\_\_\_\_ (for confirming receipt of entry)  
 Play Both Days  Play Only Wed  Play Only Thursday

**Preferred Tee Time:** Early  Mid-Morning  Late

**ELIGIBILITY:** For **men**, SIR member or guests must have a **verifiable NCGA INDEX** with any NCGA golf club. **Women** guests **competing in the men’s flight must provide a verifiable NCGA INDEX.** There is **no requirement if competing in the women’s flight.** If they do have a verifiable index, please provide it.

## Branch 19 Golf Information



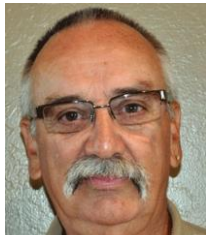
### Nine Hole Golf Group

(Buchanan Golf Course)

For Information Call Martin Fennell

925-212-9243

[Martinfennell54@gmail.com](mailto:Martinfennell54@gmail.com)



**Sir Jerry Burton**

(Golf Chair)

[ajgolf24@gmail.com](mailto: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.

PLEASE arrive by 9:00

- March 5<sup>th</sup> Rancho Solano
- March 12<sup>th</sup> Lone Tree
- March 14<sup>th</sup> Tilden Park Thursday
- March 19<sup>th</sup> Lone Tree
- March 26<sup>th</sup> Elk Horn



## The Bocce Report



The Bocce season will resume in 2024.

SIR Tom Lathrop

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

## SIR Branch 19 Bowling News



We have just finished week 21 out of 33 weeks, and we have five teams in the run for First Place, and four teams in Second Place. The league is very close making for a fun race to the finish.

### Team#13 won the first half

Bill Anderson, Clete Sholly, Jim Erickson, Don Weimann

We have our annual SIR Branch#19 Bowling Tournament coming up March 19<sup>th</sup> & 20<sup>th</sup>, applications will be available shortly.

SIR Mike Kropf [mdkropf@astound.net](mailto:mdkropf@astound.net)

Gary Kaufmann [gkaufmann813@gmail.com](mailto:gkaufmann813@gmail.com)

# Mother's Day Luncheon

**Our Mother's Day Luncheon will be on May 2<sup>nd</sup> at the Pittsburg Elks Club**



Nicole Hackett

We have a special speaker (Nicole Hackett) who is the owner of R&M Pool, Patio, and Gardens.

We look forward to seeing you along with your better half. Stay tuned for more information as details are finalized.

## 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!!!!

# Activities at Other SIR Branches

## Area 2 - Fishing Group



**The Legends**  
*Diablo Creek Golf Course*  
*4050 Port Chicago Highway in Concord*  
**Next Meeting Date: Thurs, Mar 28<sup>th</sup>**



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, March 28th at 8:30am. Come early.

Nobody knows!! Confusion, indecision, and bewilderment rule the day. Will we have a salmon season? Nobody knows. When will rockfish season start and what will the limits be? Nobody knows. Will they change the size limit of halibut in the bay? Nobody knows. Will the party boats be able to survive? Nobody knows. Our usual winter trout bite has been slowed by wind and rain, but Gordon Linebaugh, Carl Moyer, and Bob Lively are catching a few. And that my friends is the end of this woebegone fishing report.

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



**SIR Branch 128 - Investments / Wealth Management**

**\$ums Investment Group**  
**Next Meeting (Date: Mar 27<sup>th</sup>)**



On the 4<sup>th</sup> Wednesday, March 27 at 1:30 PM, we will have an outside financial advisor speaking by Zoom. As time permits, he will discuss how to choose an advisor, using an advisor vs. selecting your own investments, and various types of income investments such as annuities vs. bonds and CD's.

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 Herb Forthuber - Distinguished Service Award**



**Sir Herb Forthuber**



The **Distinguished Serviced Award** is presented to those who have clearly earned it through exceptional and extraordinary service for three years or more and stepping forward whenever a need arises.

Sir Herb Forthuber (2023 Big Sir) was presented with the **Distinguished Service Award** by Big Sir Roger Moseley at our February Luncheon for his effort during 2022 when He stepped in to replace Big Sir Jay Gordon who was recovering from surgery.

Thanks Herb for volunteering and keeping Branch 19 functioning smoothly during Jay's absence.

## ***Branch 19 Leadership***

**Big Sir:** Roger Moseley

**Little Sir:** Jim Cala

**Secretary:** Mel Boksenbaum

**Asst. Secretary:** Mark Mulholland

**Treasurer:** Dennis Barbieri

**Asst. Treasurer:** Ken Kuhn

**Membership Chair:** Bill Hockenson

**Assistant Membership Chair:** Miles Nikaido

**Ex Officio Big Sir:** Herb Forthuber

**Activities Chair:** Vacant

**Publicity & Image Chair:** Dennis Wasco

**Golf Chair:** Jerry Burton

**Audit Committee Chair:** Bill Clark

**Bowling:** Gary Kaufmann, Mike Kropf

**Bocce Capo:** Tom Lathrop

**Wine Tasting / Dining Out:** Don Weimann

**Attendance Chair:** Martin Fennell

**Speaker Committee:** Jim Cala

**Chaplin:** John Carl

**Bulletin Editor:** Rich Balovich (Director)

**Webmaster:** Larry Long

**Executive Nomination Committee: (Chair):** Jerry Burton