

*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 2nd
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 it looks like Spring is finally arriving. That doesn't mean we must waive our wintertime activities, there is still skiing and golfing well in play. We also had our first luncheon the Elks Lodge 1474 in Pittsburg at 200 Marina Blvd. Based on the feedback received so far, this sure looks like we made a great choice for luncheon locations.

Last month I unfortunately had to inform everyone that we did not have a speaker for our luncheon. Well, that situation sure changed for March. We have Mr. Ron Parish, the PGA pro and General Manager at Lone Tree Golf Course as our speaker (see speaker details below). I am personally looking forward to the presentation.

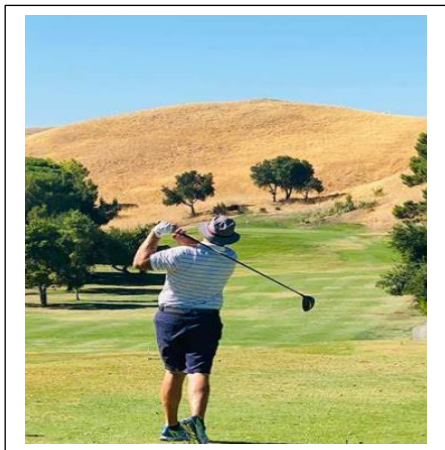
One last thing, I won't forget to wear my BIG SIR identification badge this month. I neglected to so that last month.

I look forward to seeing our fantastic group of Branch 19 SIRS on March 2nd.

Also, many thanks to Roger Moseley, he has resumed his duties as Little SIR and has made contact with a number of great guest speakers for the coming months. Thank you Roger!

Herb Forthubner (BIG SIR)

March Speaker – Ron Parish



Ron Parish
(General Manager)
Lone Tree Golf & Event Center

Biography

- 28 year PGA Member
- 16 years Lone Tree Golf & Event Center
- 11 years Troon Golf
 - Brentwood, Shadow Lakes GC
 - Chandler, Whirlwind Golf Club
 - Tucson, Golf Club at Vistoso
- 1 year Driving Range/practice center Twin Falls, Idaho
- 3 years Pelican Hill/Western Golf properties
- 3 years Landmark/Moreno Valley Ranch

Ron's presentation will include some of the hilarious things he experienced on the golf course in his career as a PGA member.

Other Information

- Grew up in Broomfield, Colorado
- PGA Assistant Professional of the year Southern California Metropolitan Chapter 1992
- Hard Goods buyer for PGA Resort Merchandiser of the Year 1994
- Psychology degree University Northern Colorado
 - All Conference Rocky Mountain Conference 1986, 1987
 - All Conference North Central Conference 1987
- Marital status: Single, Kids: Hailey, Stuart, Ethan
- President Antioch Rotary Club 2022-2023
- First Tee Board of Directors 2008 to current date
- Enjoys Golf, Golf Instruction, family, trout fishing, 49ers & Denver Broncos

Buffet Lunch Menu

In Celebration of
St. Patrick's Day
On March 17th

*Corned Beef
or
Shepherd's Pie*



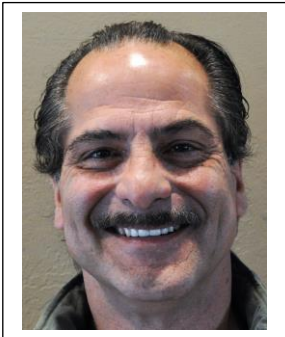
March Birthdays



Kenneth	Bellendir
Jerry	Burton
Randy	Cazes
Paul	Ferry
Bill	Hockenson
Tom	Lathrop

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

New Returning Sir Member



Vince Ciccarello

Anniversaries

First Name	Last Name	Joined Sir	YR SIR
Gordon	Monroe	03/02/00	23
Tom	Lathrop	03/05/09	14
Dwayne	Williams	03/03/11	12
Ben	Olison	03/05/15	8
Ronald	Carriveau	03/11/16	7
Steve	Nance	03/05/20	3
Terry	Scudero	03/06/20	3
Kendal	Castleman	03/04/21	2
Marlow (Andy)	Earle	03/04/21	2
James (Jim)	Cala	03/21/22	1

Financial Statement

Treasurer Report

January 31st 2023

Account Balances

Petty Cash	\$250.00
General Account	
Unencumbered	\$4,831.72
Excursion Fund	00.00
Holiday fund	00.00
Picnic Fund	<u>00.00</u>
Total General Acct.	\$4,831.72
Custodial Account	
Bowling	\$449.86
Golf	\$1,652.99
Total Custodial	\$2,102.85
Total Funds	\$7,184.57

Sir Dennis Barbieri

The Calendar

- Sir Luncheon** - Thursday, March 2nd
- Mitchel Canyon Hike** - Wednesday, March 22nd
- Sums in Retirement** - Wednesday, March 22nd
- Area 2 Fishing Group** - Thursday, March 23rd
- Golf** - (See below)
- Wine Tasting** - Friday, March 10th
- Dine Around** - Thursday, March 16th



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.



Message from the Activities Chairman



Roger Moseley



From the Activities Chair.....

As the new year gets underway, we are looking to grow our activities menu at SIR Branch 19.

We'll be putting together day trips and will be getting your input in a revised questionnaire to be distributed at the March luncheon on the things you'd like to do.

We will continue to evaluate activities offered to us by other SIR Branches in the hope of finding some that suit your interests. As you know, access to the weekly Science Online newsletter commenced last month and if you haven't had a chance to check it out, please email David Bushnell at bushn@swbell.net.

We are lining up an exciting new group of speakers for our monthly luncheons, including presentations by two new SIRs Mark Mulholland and Fred Fuld.

Finally, we are looking for your help. We have several activities-related openings including:

- New members of the Speaker's Committee,
- Someone to lead the Summer Picnic activity
- A new Activities Chair.

If you have an interest in becoming more involved in an SIR Branch 19 leadership role, please contact me at r_moseley@sbcglobal.net or 925-381-5843.

Sir Roger Moseley (Little Sir / Activities Chair)

New Branch 19 Shared Activities

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.

Hiking Group - Mulholland Ridge



SIR Don Ruddell



Hello fellow SIR's:

February's SIR hike to Mulholland Ridge in Moraga on February 16 had a low turnout due to a simultaneous SIR golfing event. Who Knew?!

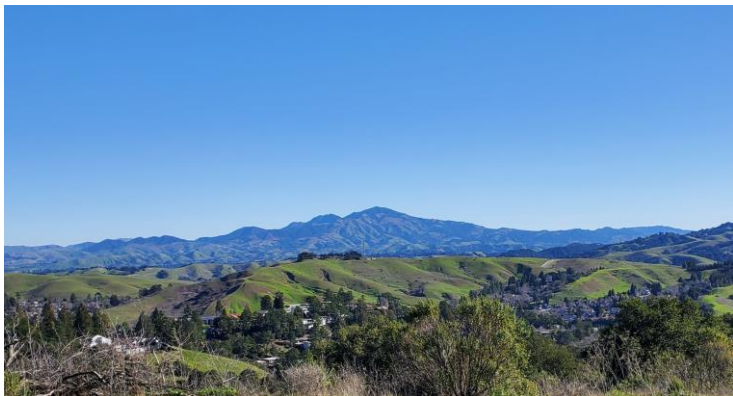
I will keep future hiking outings on Mondays or Wednesdays.

Mulholland Ridge was a wonderful hike (for the three of us) and we will probably repeat this hike in the future. Terrific views of the Moraga valley and surrounding hills and peaks! Everything is so green this time of year!

Save the Date: Wednesday, March 22, 2023 - Mitchell Canyon (Mt. Diablo State Park) 3 mile out-and-back hike.

Email to follow in Mid March.

Sir Don Ruddell druddelldds@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.

Please refer to the last page of this newsletter for information regarding additional available Branch 19 positions.

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 (Area Representative for local SIR Area#16) – (636-328-7575), jbird7271@gmail.com
Herb Forthuber (Big Sir) – (707-319-2271), 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

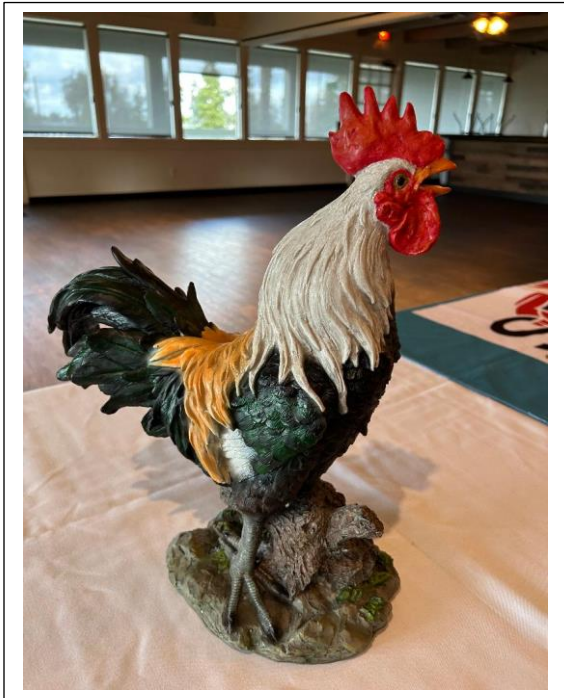
<https://www.scientificamerican.com/article/relationships-boost-survival/>



Sir Rooster - Lost & Found

Most of us didn't know that there is actually a SIR rooster. Well, it turned up missing many moons ago.

Recently in Manteca at a SIR training workshop they found the missing Sir Rooster in the back room during a recent remodel project and they decided to give it to the new SIR president.



As pictured above at a SIR Area Representative workshop in Manteca on January 29 at Manteca Park Golf Course, the recovered Sir Rooster was presented to the new Sir president Dave Gonzales from Sir Br# 98 by the catering manager.

Training was specifically for the (14) new SIR Area Representatives, their first year after SIR retired all the 2022 SIR Area Governors and SIR Regional Directors.

The workshop was presented by John Kent, Training Director, Attended by Dale Decker SIR VP Sir Branch# 136.

Sir Jay Gordon (Area Representative for local SIR Area#16)

Branch 19 Activities

SIR Branch 19 Dine Around – March 16th

The Old Spaghetti Factory



Location: 1955 Mount Diablo Street, Concord, CA 94523 (925) 672-7711

This is a long-running Italian chain restaurant with reasonably priced meals. They serve 3 course meals from \$12.99-\$16.50.

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

Website and Menu: [The Old Spaghetti Factory \(osf.com\)](http://www.osf.com)

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



Sir Don Weimann

SIR Branch 19 Wine Tasting Group Meeting

Friday, March 10th, 2023
Meeting Time 7PM

Meeting Details

Theme: Southern Hemisphere White Wines

We will taste white wines from the southern hemisphere. This includes wines from Austria, New Zealand, Argentina, Chile and South Africa. Note: Please **exclude New Zealand sauvignon blanc** which we tasted last year. Any other whites are acceptable.

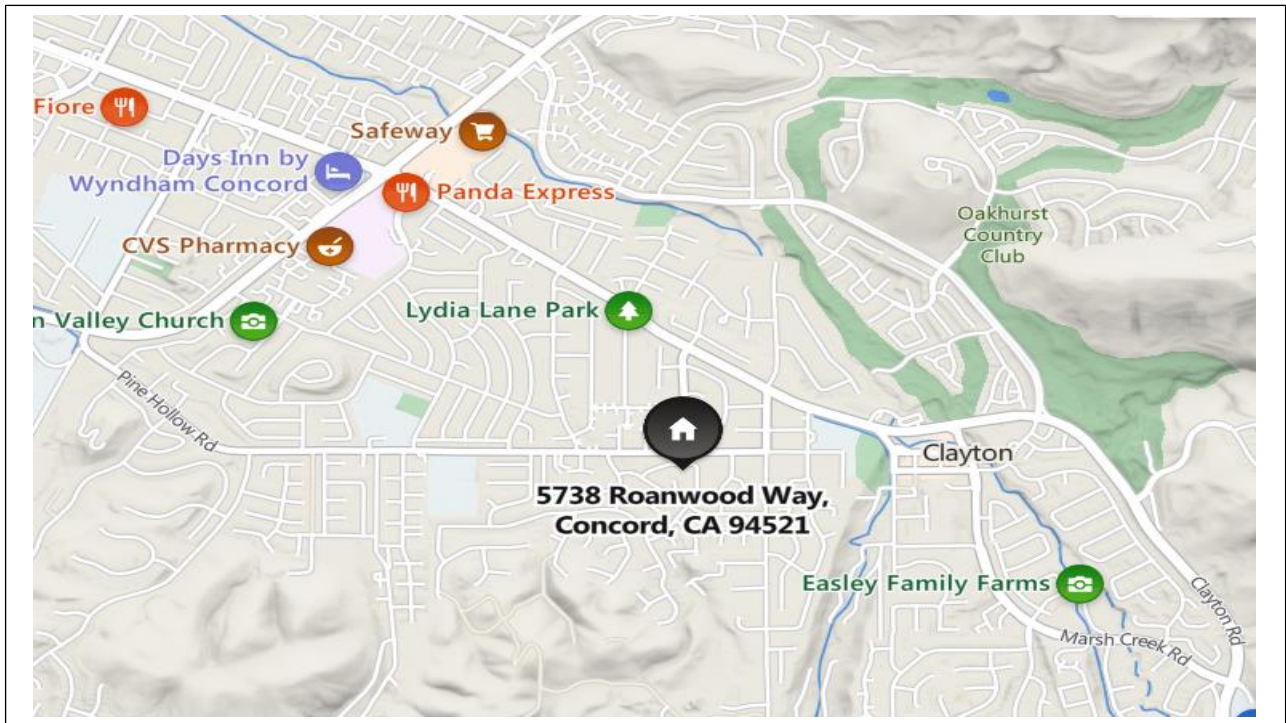
Bring:

- Your selected SA white bottle
- An appetizer to share. Hopefully, this should complement your wine (Hot ones are nice too)

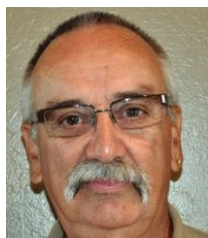
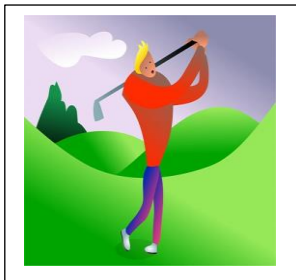
Where:

Ruth & Don Weimann
5738 Roanwood Way, Concord
672-7711 weimanns@astound.net

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



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

March 7 th	Lone Tree 9:30
March 14 th	Rancho Solano 9:30
March 16 th	Tilden Park 9:30 (Thurs)
March 21 st	Lone Tree 9:30
Match 28 th	Elk Horn 9:30

18 Hole Golf WINNERS !!

Diablo Creek (Jan 24th)
 Flight A: Miles Nikaido

Cypress Lakes (Jan 31st)
 Flight A: Bill Hockenson
 Flight B: Dennis Wasco
 Flight C: Terry Betts

Lone Tree (Feb 7th)
 Flight A: Dennis Wasco
 Flight B: Martin Fennell

Franklin Canyon (Feb 1st)
 Flight A: Dean Buerke
 Flight B: Mike Scott

Boundary Oaks (Feb 16th)
 Flight A: Dean Buerke
 Flight B: Terry Scudero
 Flight C: Mel Boksenbaum

The Bocce Report



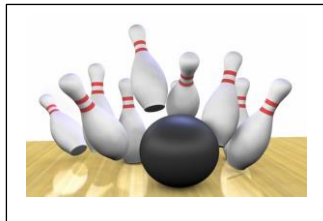
The bocce season ended in September. It was a fun season for all. We start up again in April 2023.



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 annual SIR Branch19 Bowling Tournament at Clayton Valley Bowl is just around the corner (March 21&22, 2023).



Applications are available on-line at the SIR's Bowling website (below): [SIR BOWLING \(sirinc3.org\)](http://SIR BOWLING (sirinc3.org))

and also at Clayton Valley Bowl, every Wednesday, morning from 10am to 1pm.

SIR Mike Kropf mdkropf@astound.net
 Gary Kaufmann 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 March 23rd, 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, March 23rd at 8:30am. Come early.

We finally got started on our winter trout fishing. Too many of us caught them to list, highlighted by Stan Wong's 8 pounder, and Wally Blackwood's 5 pounder. The rain muddied some of our favorite reservoirs, but fishing there should improve shortly. Mike Brown traveled all the way to St Louis Miss for his trout. He also caught a leopard shark fishing from a pier in the bay. Tom Kostik and Joe Miscione worked hard for their striped bass.



Wally Blackwood's 5 Pounder

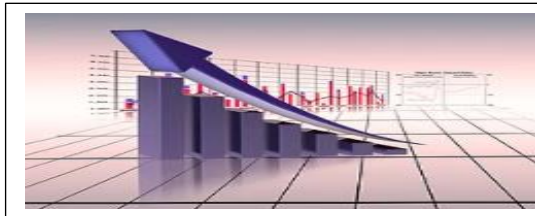


Stan Wong holds this beautiful 8 pound trout he caught from the shore

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

SIR Branch 128 - Investments / Wealth Management

**\$ums Investment Group
Next Meeting (March 22nd)**



We will again join Branch 128's (San Ramon) Investment Group Zoom meeting on Wed March 22 at 1:30 PM. The topic will be Industrial Stocks and Metals.

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: 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 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