

*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, May 4th
The Elks Lodge - 200 Marina Blvd, Pittsburg

Big Sir Message



Herb Forthuber

Time to write another BIG SIR message. So here we go. I trust everyone is doing well, and we all have a number of good tales to share with everyone. And if anyone noticed, I finally did remember to wear the BIG SIR nametag this past month.

I'm glad that spring is finally here, and all the fruit trees and blooming poppies are validating this observation. Oh, and I hope for those of you with vegetable gardens that they are doing well. I had the opportunity to plant all my tomato plants this past week, now all I need to do is wait until the first blossoms ripen and turn into delicious home-grown tomatoes.

So, what are the big upcoming events? First and foremost is the long-awaited Mother's Day lunch on May 4. I am hoping many of you have spouse's and significant others joining you to celebrate the day. Please don't forget to let Martin Fennel know of your intentions to join the festivities.

Our guest speaker for the event is Mr. Richard Smith, who will once again tell the story of the salvage of the Exxon Valdez from Bligh Reef in Prince William Sound. If you haven't heard this story before, it will be an exciting presentation once again.

Herb Forthuber (BIG SIR)

Milt Momita Accepts the 2017 HLM Award Pin



Sirs Jay Gordon & Milt Momita

SIR Area Representative Jay Gordon presented Sir Milt Momita with the prestigious **Honorary Life Member pin** during the April luncheon. Milt had previously received his award back in 2017, and the pin is a new HLM recognition this year."

Milt joined SIR in 2004 and has served in the following positions at Branch 19: **BEC Director** 2007 & 2008, **Little Sir** 2009 & 2010, **Big Sir** 2011, **BEC Director** 2012 & 2013, and **Luncheon Presenter** (Twice). He has participated in the following activities at Branch 19: Golf, Bowling, Dine Around, and Bocce.

Sir Jay Gordon (Sir Area Representative)

Buffet Lunch Menu

Garden Salad & salad dressing
 Tri Tip & BBQ chicken
 Green Beans + roasted almonds
 Baby Creamer Potato with herbs
 Dinner Rolls & Butter
 Dessert



Veggie Option: Stuffed Portabella Mushroom

May Birthdays



Louie Audas
 Gary Kaufmann
 Mike Kropf
 Roger Moseley
 Frank O'Rourke

Kirk Polson
 David Requa
 Walter Rogers W
 James Townsend

New Sir Members

New Member in April

Lee Boner

Sir Lee Boner joined Sir in April and was introduced to Branch 19 by Sir Don Ruddell. He is interested in Baseball, Biking, Bowling, Cooking, Dominoes, Fishing, Hiking, and Woodworking.

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.

Anniversaries

| First Name | Last Name | Month Joined | Joined Sir | YR SIR |
|------------|-----------|--------------|------------|--------|
| Dean A. | Lucas | May | 05/09/98 | 24 |
| Walter | Norris | May | 05/07/15 | 7 |
| Richard | Balovich | May | 05/05/16 | 6 |
| Joe | Gillis | May | 05/05/16 | 6 |
| Herb | Forthuber | May | 05/02/19 | 3 |
| John | Martin Jo | May | 05/01/21 | 1 |

Financial Statement

Treasurer Report

March 31st, 2023

Account Balances

| | |
|----------------------------|-------------------|
| Petty Cash | \$250.00 |
| General Account | |
| Unencumbered | \$5,515.49 |
| Excursion Fund | 00.00 |
| Holiday fund | 00.00 |
| Picnic Fund | <u>00.00</u> |
| Total General Acct. | \$5,515.49 |
| Custodial Account | |
| Bowling | \$2079.84 |
| Golf | \$1,053.55 |
| Total Custodial | \$3,133.39 |
| Total Funds | \$8,898.88 |

Sir Dennis Barbieri

The Calendar

- Sir Luncheon** – Thursday, May 4th
- Briones Regional Park Hike** – Wednesday, May 17th
- \$ums in Retirement** – Wednesday, May 24th
- Area 2 Fishing Group** – Thursday, May 25th
- Golf** – (See below)
- Wine Tasting** – Friday, May 19th
- Dine Around** – Thursday May 11th

May Speaker – Rich Smith



We are very fortunate to have Mr. Richard Smith again as our guest speaker this month. Rich will be discussing the lightering and eventual salvage of the Exxon Valdez from Bligh Reef in Prince William Sound, which occurred on March 24, 1989.

Rich was the attending Naval Architect for Exxon Shipping Company during this endeavor. He was intimately involved with the plans to lighter the stricken vessel, and then supervise the refloating plan enabling the ship to be removed from Bligh Reef for eventual repair at NAASCO Shipyard in San Diego.

Rich Smith

Herb Forthuber (Little Sir) herbforthuber@yahoo.com



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 Monday of the week of 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 **Herb Forthuber** herbforthuber@yahoo.com 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/>

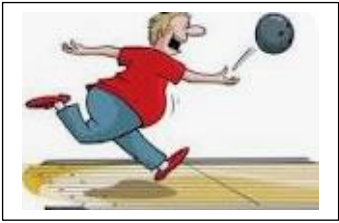


Please feel free to bring a guest to the SIR luncheons

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.



Message from the Activities Chairman



Roger Moseley



On a gloriously beautiful day in San Francisco, eight SIRs and six of their spouses participated in a Walking Tour of Chinatown.

Our guide, Kay Rabin, shared with us the history of Portsmouth Square, the role of herbal medicine in the Chinese culture, the unfortunate tale of young Chinese girls being brought to America and forced into prostitution, the impact of the gold rush on the development of Chinatown and San Francisco, the role of Family Associations in the Chinese community, the rebirth and rebuilding of Chinatown following the 1906 earthquake and fire, and the curious fact that fortune cookies are not of Chinese origin, but one of San Francisco!

We toured an herbal medicine shop, a paper manufacturer, and a fortune cookie store, as well as several stops along the way to observe some facet of Chinatown only an experienced guide would point out and explain.

Following the tour, nine of the participants shared a gourmet, multi-course Chinese dinner at the Far East Café. The food and service were both excellent.

Thanks to those who expressed an interest in this activity and joined today's tour.

Sir Roger Moseley (Little Sir / Activities Chair)



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

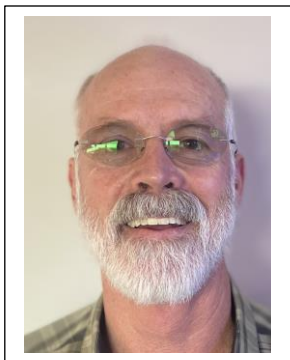
SIR Branch 146 in Walnut Creek has invited Branch 19 members to join in their Poker Group #4! If you would like to play, please contact Pete Gates at petegates10@gmail.com or call him at 925-937-2035. Games are usually scheduled for 1-4 pm on the 4th Monday of each month. Hosting is rotated between members'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

Hiking Group – Mt. Diablo State Park



SIR Don Ruddell



Hello fellow Sir hikers:

Our hiking group had a wonderful hike on April 12 in Mt. Diablo State Park at Mitchell Canyon. We hiked for 3-1/2 miles along Mitchell Creek which has plenty of water this year! The visitor center provided an Interpretive Guide handout which describes various trees, shrubs, and flowers at numbered posts along the trail. We found monkeyflower, coffeeberry, blue oak, coast oak, fairy lantern, buckeye, and toyon among others. A great hike and spectacular weather!

Afterwards, a few of us enjoyed lunch at Ed's Mudville Grill in Clayton. Good exercise! Good times!

Save-the-Date: Wednesday, May 17, at 10:00am - Bear Creek - Briones Regional Park
Email to follow in early May.

Any questions or concerns, please do not hesitate to contact me at druddeldds@gmail.com or (925) 787-7585. I hope to see many of you on this hike!

Sir Don Ruddell druddeldds@gmail.com (925) 787-7585



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
Herb Forthuber herbforthuber@yahoo.com

Little Sir (for 2024)
Assistant Secretary
Recruiting Chair
Activities Chair (Currently: Roger Moseley)
Member Relations Chair
Sunshine Chair

Asst. Membership Chair
DATE Chair
Branch Audit Committee Chair
Speaker's Committee
RAMP Members: These roles work with the Little Sir to help grow our branch

Social Ties Boost Survival by 50 Percent

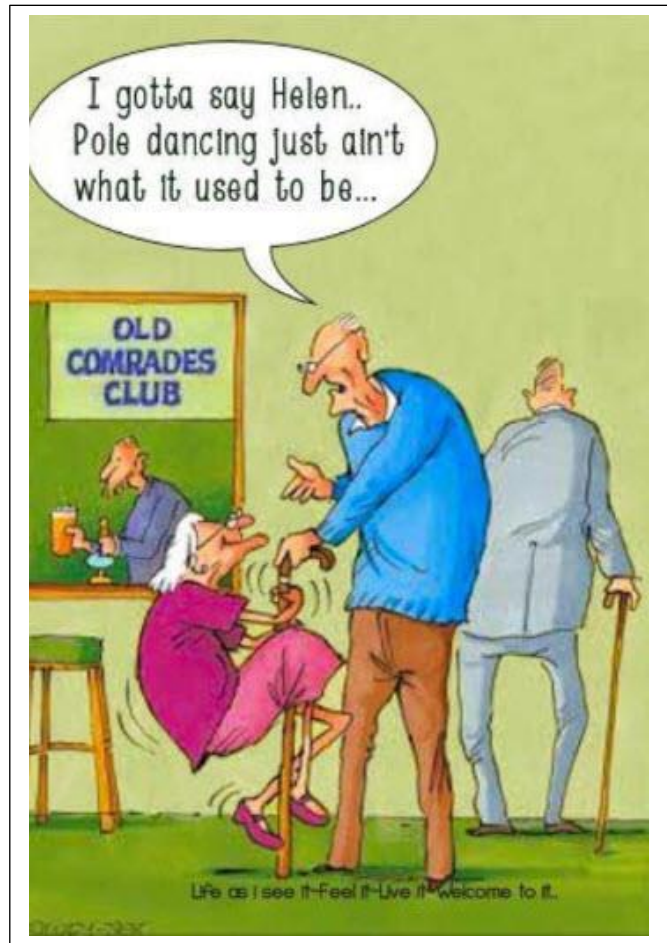
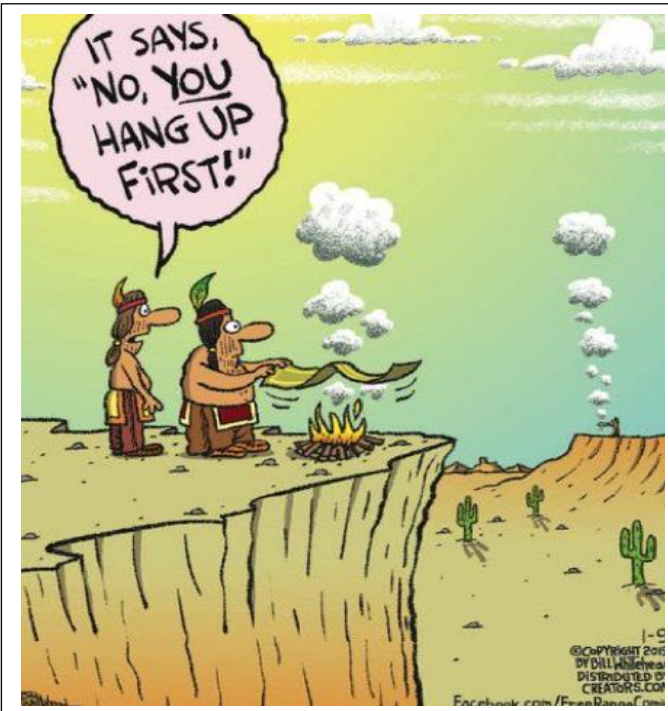
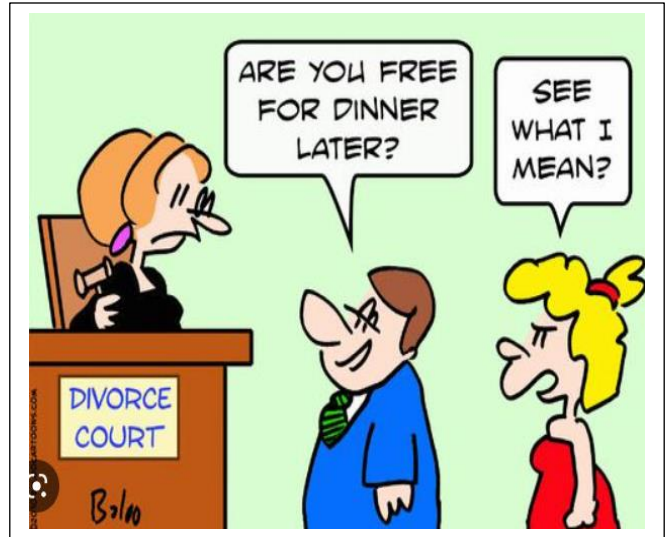
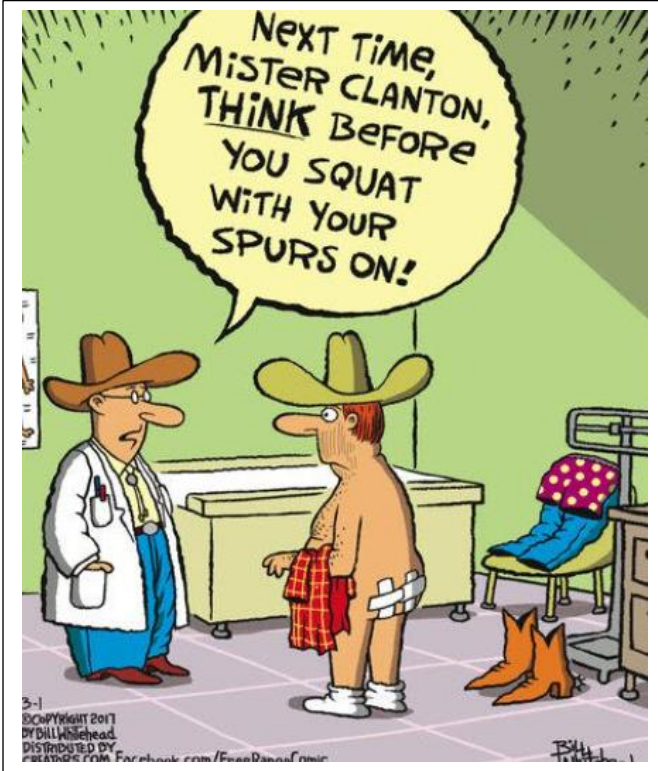
WHO KNEW? BEING A SIR MEMBER PUTS YOU AHEAD IN THE GAME!

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/>



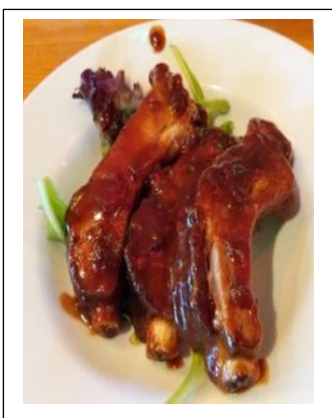
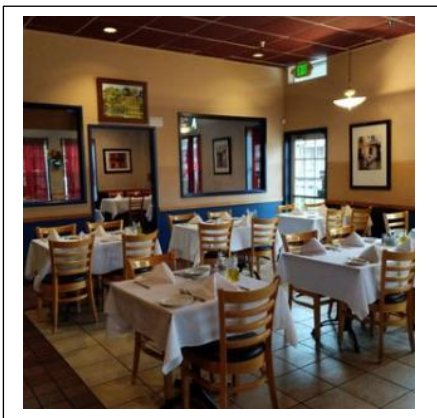
COMEDY CORNER



Branch 19 Activities

SIR Branch 19 Dine Around – Thursday, May 11th

La Veranda Cafe



Location: 6201 Center St., Clayton, CA (925) 524-0011

La Veranda Cafe is a family-owned and operated Restaurant located in the heart of Downtown Clayton. The menu is based on combining simplicity with the best ingredients of the season, including quality olive oil, locally grown local vegetables and fruits, and seasonal specials of seafood, poultry, meat and game. In addition to the regular menu, our specials menu features different soups, antipasti, pizza, pasta, and main courses.

When: Thursday, May 11th Happy Hour 5:30-6:00 Dinner 6:00 pm

Website and Menu: www.laverandacafe.com

Contact for sign-up: Don Weimann (925) 672711, donweimann@gmail.com

Map: La Veranda is in downtown Clayton. Parking is in small lot behind restaurant (but hard to get out of) or on lot across the street or on nearby streets.



Sir Don Weimann

SIR Branch 19 Wine Tasting Group Meeting

Friday, May 19th, 2023

Meeting Time 6PM

Benicia

Meeting Details

Theme:

Pinot Noir (Red). Any red Wine lover likes Pinot Noir!!!

Bring:

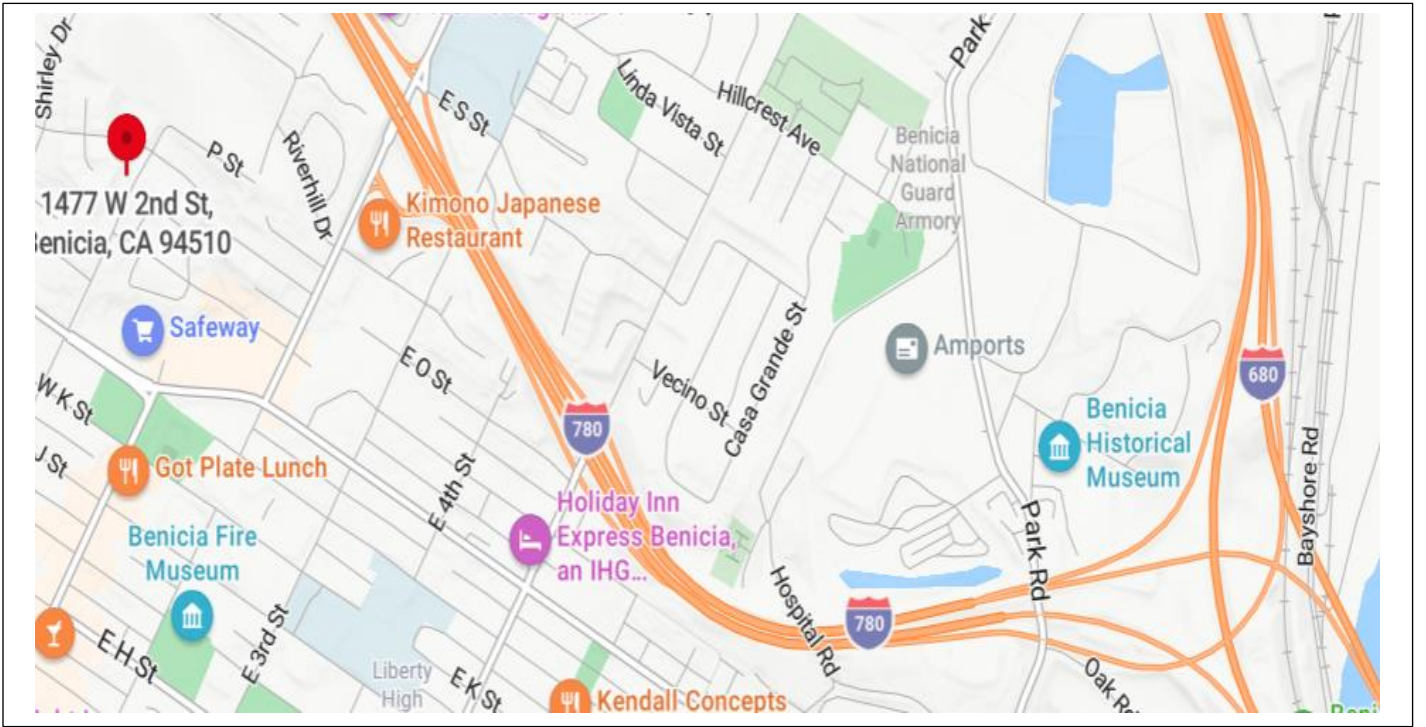
- Bring a bottle of Pinot Noir (\$10 or more) and experiment!!!
- An appetizer to share. This should complement our red wines.

Where:

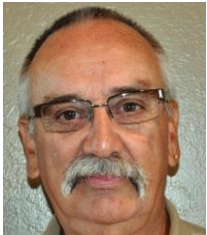
Herb & Lynn Forthuber
1477 West 2nd Street
Benicia (707) 319-2271

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

Don Weimann (925) 672-7711 donweimann@gmail.com



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

| | | |
|----------------------|-----------------|-------------|
| May 2 nd | Swenson Park | 930 |
| May 9 th | Lone Tree | 930 |
| May 16 th | Franklin Canyon | 930 |
| May 23 rd | Lone Tree | 930 |
| May 25 th | The Reserve | 930 (Thurs) |
| May 30 th | Hiddenbrooke | 930 |

18 Hole Golf WINNERS !!

Diablo Creek (Apr 11th)
 Flight A: Bill Hockenson
 Flight B: Larry Kolano
 Flight C: Herb Forthuber

Cyprus Lakes (Apr 18th)
 Flight A: Rick Amador
 Flight B: Louie Audas
 Flight C: Mulholland
 Flight D: Dale Foster

Lake Chabot (Apr 20th)
 Flight A: Dean Buerke
 Flight B: Roger Moseley

The Bocce Report



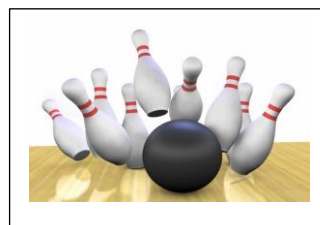
The bocce season starts up again in May 2023 and We have several new bocce players on the roster this season.



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



The Bowling League ends on Wednesday, May 3rd.

Updated information will be provided in the June newsletter.

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

Golf - Golden Year Championship

For only \$10.00, SIR Branch 19 Golfers enjoy a competition that starts on April 1st and ends October 31st. For each round played, the golfer earns points based on what place they finish. The points are tallied all season. At the end of the season the top point earners, 25% of all golfers, are invited to play the final Championship round during the last week in October. The victor of that final round is crowned the Golden Year Champion for SIR Branch 19 Golfers. The runner-up golfers are awarded a cash prize based on the place they finish. **The Golden Year Champion** is awarded the largest **Cash Prize**, a **Monogrammed, Golden Polo Shirt**, and the chance to keep the **Perpetual Trophy** until it is passed on to the next year's champion.

Past Champions:

- 2021 Bill Hockenson
- 2020 Corona Virus
- 2019 Bill Hockenson
- 2018 Duane Deonigi
- 2017 Rob Crabaugh
- 2018 Roy Priest



If interested, please contact Sir Bill Hockenson - billhockenson@gmail.com

Dear Golfers,

We had a great day at Lone Tree on Tuesday. It was warm, Yellow Ball was the game of the day with Golden Years running, as always, in the background. There were 5 Golfers who shot below Net Par! Wow. Leading the GY Guys was SIR Jim Cala who shot a hot **Net 66!** He earned the most points possible in an outing, **9 Golden Year Points**. 6 Golden Year points for First Place and 3 Bonus GY points for shooting 4 below Net Par. Super round SIR!

Second Place earned SIR Bill Hockenson 6 GY Points. 5 Points for Second Place and 1 Bonus GY point for shooting at or 3 below Net Par.

Rounding out the rest of that "**at or below Net Par group**," in Third Place, earning 5 GY Points was SIRs Roy Priest, Mark Mulholland and Joe Gillis. They earned 4 GY points for Third Place and 1 GY Bonus Point for shooting at or below Net Par.

| Lone Tree Tuesday, 4/25/2023 Par 72 | | | | | |
|--|----------------|---|--------------|--------------|--------------|
| Net Score | Place Finished | Name **note a name in red with strike through is not in GY Competition but played | Place Points | Bonus Points | Total Points |
| 66 | 1 | Cala | 6 | 3 | 9 |
| 69 | 2 | Hockenson | 5 | 1 | 6 |
| 71 | 3 | Priest, Mulholland, Gillis | 4 | 1 | 5 |
| 73 | 4 | Walls, Burkard | 3 | 0 | 3 |
| 74 | 5 | Ingersol , Hillaker | 2 | 0 | 2 |
| 75 | 6 | Barbieri | 1 | 0 | 1 |
| 76 | 7 | Audas, Wasco | 1 | 0 | 1 |
| 77 | 8 | Nikaido, Foster | 1 | 0 | 1 |
| 78 | 9 | Olison, Fennell, Ray | 1 | 0 | 1 |
| 79 | 10 | Amador, Scott, Kolono | 1 | 0 | 1 |
| 84 | 11 | Ackers | 1 | 0 | 1 |
| 86 | 12 | Burton | 1 | 0 | 1 |
| 89 | 13 | Forthuber | 1 | 0 | 1 |
| 90 | 14 | Peterson | 1 | 0 | 1 |
| xx | dnf | Darrow | 1 | 0 | 1 |

Activities at Other SIR Branches

Area 2 - Fishing Group



The Legends
Diablo Creek Golf Course
 4050 Port Chicago Highway in Concord

Next Meeting on Thurs, May 25th 8:30am



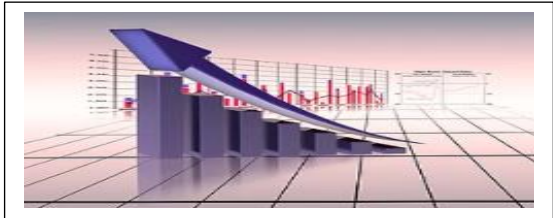
SIR members and guests are welcome, and indeed encouraged, to participate in fishing trips as well as attend the monthly meetings. Contacts are Bob Lively 925-383-5193 and Carl Moyer 925-685-5243. Next meeting will be at the Legends restaurant at the Diablo Creek golf course on Port Chicago Highway and Highway 4 on Thursday, May 25th at 8:30am. Come early.

The drought is over, the floods begin. Very normal California weather. Some fishing has resumed, trout and stripers, halibut in the bay, but rock fishing and salmon fishing are not happening. No salmon fishing at all this year, nor rock fishing till June, and then only in 300 feet or more. On July 15th regular rock fishing resumes. Meanwhile halibut in the bay are being severely overfished, BUT, Tom Kostik, Brion Beetz, Stan Wong, and Mike Corker caught stripers in the delta. Trout are biting in San Pablo Reservoir and Contra Loma Reservoir, but only Bob Lively in his kayak has caught any. We can only hope and pray for a fishier tomorrow.

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

SIR Branch 128 - Investments / Wealth Management

\$ums Investment Group
 Next Meeting (May 24th)



We will again join Branch 128's (San Ramon) Investment Group Zoom meeting on Wed May 24 at 1:30 PM. The topic will be announced.

Email Dave Sutton to be included.

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

Branch 19 Leadership

Big Sir: Herb Forthuber

Little Sir: Roger Moseley

Secretary: Mel Boksenbaum

Asst. Secretary: TBD

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

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): Jerry Burton

Branch Audit Committee Chair: TBD

State Sir

President: Dave Gonzales (Branch 98)

Area Representative: Jay Gordon