

*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, October 2nd
The Elks Lodge - 200 Marina Blvd, Pittsburg

Big Sir Message



Roger Moseley

Realizing the social nature of man and his desire for the company of others, Damian L. Reynolds conceived the idea of Sons In Retirement in the spring of 1958. A kickoff luncheon was held at the Clairmar Restaurant in San Mateo, California on July 29, 1958. And from that first luncheon, SIR was born.

Today, Monthly Luncheons are an essential part of every Branch and the basis on which they are built. And at Branch 19, we are no exception with our Monthly Luncheons drawing the most participation of all our activities.

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.

Monthly lunches are also the only activity where all members can get together and discuss issues common to all, air their concerns about Branch issues and at which the Branch Executive Committee can communicate directly with all members. We should think of Monthly Lunches as Branch 19 meetings at which everyone should attend.

But lately, we have seen a steady decline in attendance. The Branch Executive Committee is evaluating the possible causes for the decline and will be soliciting your opinions as part of their review in the hope of improving the experience for everyone and increasing Luncheon attendance.

As the BEC continues its evaluation, we have arranged the following:

Continued below

At our October 2nd Lunch, Jon Haveman, PhD Economist and Executive Director of the National Economic Education Delegation, will be providing an update on current US economic performance.

At our November 6th Lunch, Holly Reese, Healthy Aging Coach, will be discussing Healthy Aging skills to create and maintain vibrant health, emphasizing balance and stability, mobility, strength and endurance, diet, nutrition, and stress reduction.

And on December 4th Annual Holiday Luncheon, the Clayton Valley Charter High School Women's Ensemble will be singing Holiday Carols. The group was well received last year and we look forward to having them again.

For those of you who regularly attend the Monthly Luncheons, thank you. For those of you who do not, please consider doing so.

Roger Moseley (Big Sir)



Lunch Menu

Las Panchitas

Chips, Salsa, Bean Dip
Mixed Greens + 2 Dressings
Enchiladas – Chicken
Tamales – Pork
Spanish Rice
Refried Beans
Dessert



New Sir Members



Paul DiDonato

September Birthdays

HAPPY BIRTHDAY!

Mel	Boksenbaum	Doug	Schuster
Michael	DeBack	Ed	Stroebel
Charles	Morones	Dennis	Wasco
Rich	Peterson	James	Wyllie

September Anniversaries

First Name	Last Name	Joined Sir	YR SIR
Bill	Boyer	10/03/13	12
Bill	Clark	10/04/18	7
Rick	Amador	10/06/22	3
Mike	Biel	10/06/22	3
Don	Burkard	10/11/22	3
Raul	Cienfuegos	10/06/22	3
Bob	Drown	10/06/22	3
Miles	Nikaido	10/06/22	3

Financial Statement

Treasurer Report

August 31st, 2025

Account Balances

Petty Cash	\$250.00
General Account	
Unencumbered	\$9,992.90
Excursion Fund	00.00
Holiday fund	00.00
Picnic Fund	<u>00.00</u>
Total General Acct.	\$9,992.90
Custodial Account	
Bowling	\$629.77
Golf	<u>\$1,316.94</u>
Total Custodial	\$1,946.71
Total Funds	\$12,119.61

SIR Calendar

Sir Luncheon – Thursday, October 2nd

Hiking – No future hikes planned

\$ums in Retirement – Wednesday, October 22nd

Area 2 Fishing Group – Thursday, October 30th

Golf, Bocce, Bowling – (See below)

Wine Tasting – (No Wine Tasting in September)

Dine Around – Thursday, September 25th

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/>:



(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.



October Speaker – Jon Haveman, PHD



John Haveman

John will be providing an update on current US economic performance. He is a principal with the Marin Economic Consulting Firm providing reports to government agencies, economic development organizations, and other organizations.

John's Biography:

Experienced professional economist with a demonstrated history of working in the research industry. Skilled in Nonprofit Organizations, Analytical Skills, Government, Macroeconomics, and International Relations. Strong education professional with a Ph.D. in Economics from the University of Michigan.

Jon is also an experienced and accomplished public speaker, with more than 400 talks under his belt. His career has been one devoted to providing edible (easily digested) economic information to members of the press and a wide variety of lay audiences. As a public policy, labor market, and macroeconomic expert, he has provided audiences with information that they can readily use in both their professional and personal lives.

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 nickmaufe@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 (Big Sir)

Sir Branch 19 Recruitment

**WE ARE
RECRUITING
NOW**

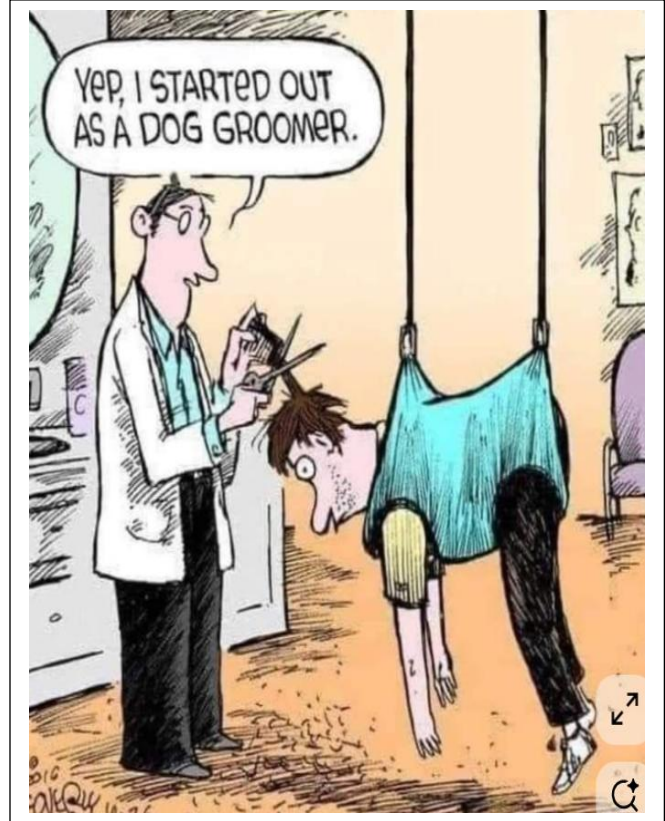
***If you know of any organizations that you think may contain potential members, please contact Dennis Wasco:
phone (925) 852-5280 or email:
<mailto:dennis.wasco@sbcglobal.net>***

"Roger Moseley and Dennis Wasco made a presentation to the attendees at the luncheon of the Oakley Senior Center (Studio 55+) on July 23rd. They covered the activities and opportunities that SIR Branch 19 offers and invited them to join. There were about 35 seniors attending and a couple of them requested applications.

If you have any suggestions about organizations that might be open to have us make a presentation, please let Dennis Wasco know -
<mailto:dennis.wasco@sbcglobal.net>.

Please continue with your personal recruiting efforts. Most of our new members come from personal referrals."

COMEDY CORNER



Branch 19 Activities

SIR Branch 19 Dine Around – Thursday, Oct 23rd - 5:30pm



BJ's Restaurant & Brewhouse

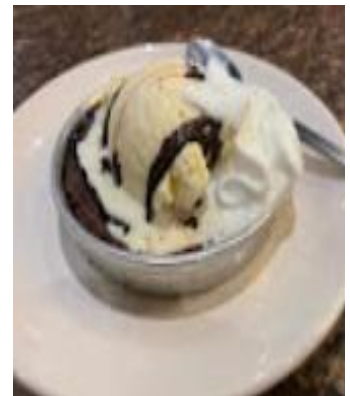
Thanks to our large menu, inviting atmosphere, and handcrafted beers and sodas, along with the best restaurant service in town, BJ's is the place to enjoy yourself in Concord!

Location: 385 Sun Valley Mall, Concord

When: **Thursday, October 23rd (Happy Hour 5:30-6:00 pm - Dinner 6:00 pm)**

Website and Menu: [120+ Food Menu, Handcrafted Beer & Pizza - Concord, CA 94520 / Locations / BJ's Restaurants and Brewhouse](#) (925) 849-1090

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



***To register, please contact: Jack & Michelle Barnaba
j.barnaba@yahoo.com or call (925) 899-2776***

***Please provide number of people attending & (Please RSVP by Friday, Oct 17th)
[Please ask for the \(Sirs Dinner Party\) at the restaurant](#)***

SIR Branch Dining Out Coordinators



SIR Branch 19 Dine Around Coordinators (2025)



We are looking for people to be Dining Out Coordinators. If you would be interested in volunteering for any vacant future Dining Out Dates (see below), please contact Roger Moseley at rogermoseley855@gmail.com

Dining Out Coordinators are required to:

- 1) *Pick a restaurant.*
- 2) *Verify that the restaurant will honor separate Dinner checks.*
- 3) ***At least four weeks prior to the dinner**, notify Rich Balovich at r.balovich@aol.com Regarding the restaurant you've chosen and the dinner date.*
- 4) *Rich will then create the Dining Out flyer, send it to you to verify the information, **once verified please email Rich Balovich @ r.balovich@aol.com** and he will email the flyer to the SIR Branch 19 membership. (The deadline for Branch 19 members to respond will be 1 week prior to the event).*
- 5) *The coordinator will then make the reservation based on the number of membership responses they receive.*

Date

January 16, 2025
February 20, 2025
P March 20, 2025
April 24, 2025
May 15, 2025
June 19, 2025
July 17, 2025
August 21, 2025
September 25, 2025
October 23, 2025

Coordinator

Barry & Bobbi Silberman
Chuck & Karen Morones
Don & Ruth Weimann

Roger & Nancy Moseley
Lee & Lisa Boner
Jerry & Audrey Burton
Martin & Lori Fennell
Neil & Deb Powell
Jack & Michelle Barnaba

Dine Around Venues that Branch 19 has used in the past:

Fiore' Restaurant (925) 969-1887
Spicy Joi Banh Mi X Lao Street Food (925) 787-7508
The Old Spaghetti Factory (925) 672-7711
Nepalese and Indian Restaurant (925) 825-3277
La Veranda Café (925) 524-0011
Sichuan House (925) 933-3278
DeVino's Pizza & Pasta (925) 689-6666
Aung Burma (925) 332-7957

Lazy Dog Restaurant & Bar (925) 849-1221
Jack's Restaurant (925) 849-6195
Guadalajara Grill (925) 672-4430
DJ Bistro (925) 825-3277
Rocco's Pizzeria (925) 947-6105
La Pinata (925) 609-9119
Back 40 BBQ (925) 935-1440
Outback Steakhouse (925) 687-2225

SIR Branch 19 Wine Tasting - Coordinators



SIR Branch 19 Wine Tasting Coordinators (2025)



We are looking for people to be **Wine Tasting Coordinators**. If you would be interested in volunteering for any future Wine Tasting Dates please contact Roger Moseley: rogermoseley855@gmail.com

Wine Tasting Coordinators are required to:

- 1) *Host a group of Sirs / spouses etc.*
- 2) *Decide the date & time you want to host from the vacancies in the Coordinator list below.*
- 3) *Decide that you will host from either your home or someone else's home.*
- 4) *Decide what wine / beer you want to taste along with a side dish for everyone to bring.*
- 5) ***At least 3 weeks prior to the wine tasting**, notify Rich Balovich at r.balovich@aol.com regarding the information in items #2, 3, & 4 above.*
- 6) *Rich will then create the Wine Tasting Flyer and send it to you for review.*
- 7) *Once you have reviewed the information on the flyer, email Rich Balovich at r.balovich@aol.com with your comments. Rich will then incorporate any revisions and send the flyer to the SIR Branch 19 membership. **(The deadline for Sirs to respond will be 1 day prior to the event).***

<u>Date</u>	<u>Coordinator</u>
January 2025	_____
February 2025	_____
March 28, 2025	Ruth & Don Weimann
April 2025	Lee & Lisa Boner
May 2025	Lori & Martin Fennell
June 2025	Don & Ruth Weimann
July 2025	Neil & Debbie Powell
August 2025	_____
September 2025	_____
October 2025	_____
November 2025	_____

LUNCHEON INVITATION CARDS

At the September 2024 luncheon we gave out Luncheon Invitation Cards. Have you given them out to any prospective new SIR members? Keep them in your wallet so you have them ready for any new prospects. The best way to get new members is by YOUR personal contact. If you need any more cards, please contact Dennis Wasco (<mailto:dennis.wasco@sbcglobal.net>).

September Sir Luncheon (Follow Up)

The following Pics are from our Thursday, September 4th Sir Luncheon. The menu was choice of Meat Loaf or Fried Chicken, Mashed Potatoes, and Salad. Our Big Sir Roger Moseley provided the results of the State Sir Annual Meeting and the 2026 Branch 19 officers were elected.

Sir Rich Balovich



August Dining Out (Follow Up)

Sir Martin Fennel & wife Lori hosted the Sir August 21st Dining Out Event at Fiore Restaurant in Concord. Great food and conversation was had by all. Thanks to Deb Powell for the pics.



SIR Picnic in the Park – Thursday, Sept 18th (Follow Up)

Everyone had a great time at the Sir Branch 19 Picnic in the park on Thursday, September 18th at Cowell Park in Concord. 31 people attended and feasted on Fruit Salad, Macaroni Salad, Marinated Ball Tip, Baked Beans, Rolls and Butter and participated in the following:

- Desert: Many attendees provided dessert (Brownies, Cookies, Cake)
- Raffle: Many attendees provided raffle gifts

Below are some picnic pics thanks to Sir Dennis Wasco:





2025 State Golf Events

To All SIR Golfers,

We are reaching the end of the 2025 SIR State Golf season. There are only 2 remaining events for you to improve your scores for the Annual Championships. Remember, its the 3 lowest net scores for individuals and the 3 lowest net scores for Teams in. 4 man 2 bestball events. A Team may have up to 6 different individual players, but any player may only play on one team during the year. This allows for a team to make substitutes where necessary, but prevents a player from playing for 2 different teams in the competition.

The State Individual Championships (7 flights) is on October 2 at The Reserve at Spanos Park. It's a one-day event and the deadline for entries is Sept 26 (or when full). Limit is 112 players, so we would have 16 per flight.

The final event of the season is the Monterey Week. We will hold a one day Individual play tournament at Monterey Pines on Monday Nov. 2, followed by a 2-day tournament at BlackHorse/Bayonet at Fort Ord. These 2 days will be 4man 2 bestball events, and we will have prizes for each day and prizes for the 36-hole total net score.

Also, if anyone still has the energy to play on Thursday, we will help make reservations for the players at either Poppy Hills or Pacific Grove. These will NOT be official tournaments, but just social outings.

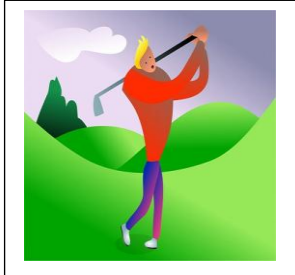
I want to thank all of the volunteers that helped make our 2025 tournaments operate smoothly.

Looking forward to seeing everyone for these great courses!!"

Additional Information and registration forms can be found on the State Golf website at www.sirgolf.org

Ben Gikis, 2025 State Golf Chairman

Branch 19 Golf Information



Nine Hole Golf Group

NOTE:

9 Hole Golf has temporarily been suspended due to lack of a new location (More information later)



Sir John Ackers
(Golf Chair)

johnackers94521@gmail.com

Cell: (925) 250-9085

18 Hole Golf Schedule

Tee time 9:30am

Oct 7 Lone Tree
Oct 14 Lone Tree
Oct 16 Chardonnay (Thu)
Oct 21 Blue Rock Springs
Oct 28 Diablo Creek



The Bocce Report



Tom Lathrop

The bocce season starts the week of April 27 for the concord bocce league.

Play continues through September with the playoffs.

SIR Tom Lathrop lathrop689@aol.com

SIR Branch 19 Bowling News



Gary Kaufman

The summer bowling league ended on August 20th.

The first-place team was Sir Mike Kropf, Sir Doug Schuster, and Vic Tolentino.

The winter league that runs from September 2025 to May 2026 starts on September 3rd.

Gary Kaufmann gkaufmann813@gmail.com

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: Work with the little Sir to help grow our branch

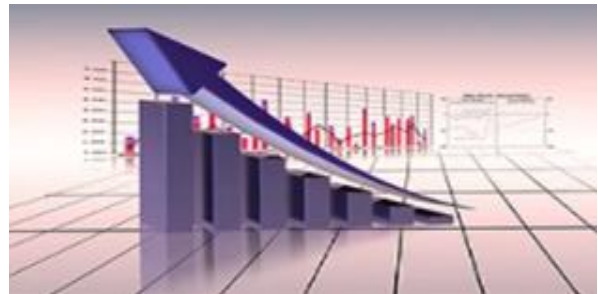
Dining Out / Wine Tasting Coordinators:
Volunteers that coordinate one monthly Dining Out or Wine Tasting activity

Activities at Other SIR Branches

Area16 - SIR Branch 128 - Investments / Wealth Management

\$ums Investment Group

Next Meeting (Wed, Oct 22nd)



As usual we will Zoom with SIR Branch 128 (San Ramon) on the 4th Wednesday 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: Thursday, October 30th



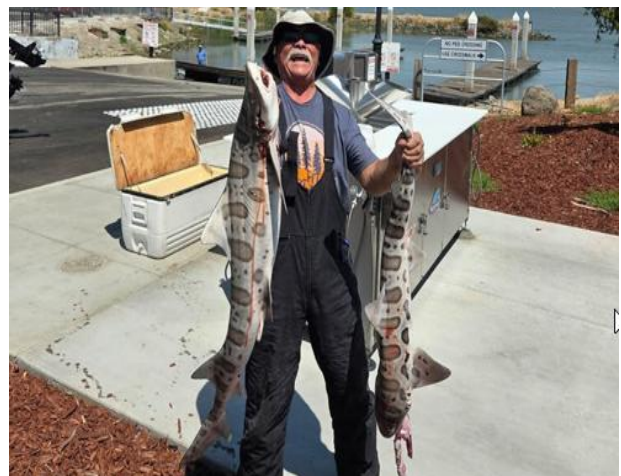
SIR members and guests are welcome, and indeed encouraged, to participate in fishing trips as well as attend the monthly meetings. Contacts are Phil Scimonelli, 661-917-8060 and Carl Moyer, 925-685-5243. Next meeting will be at the Legends restaurant at the Diablo Creek golf course at Port Chicago Highway and Highway 4 on Thursday, October 30th at 8:30am. Come early.

Fall is the best time of year to fish. We had a 4-day salmon season in early September and some of us caught the silvery fish. It was a mad house with hundreds of boats, and some very bad language. Brion Beetz arranged a rockfish charter trip for 22 of us. Everybody caught lots of fish, but Paul Dubow, over 90 years old, landed the big fish and won the jackpot money. Ron Lew and friends boated sharks in the bay and stripers from the delta. Tom Kostik and friends enjoyed black bass fishing in the delta. Bob Lively caught a nice halibut fishing with Carl Moyer and Dennis Lee for rockfish. Nick Jubuka took his boat to Catalina and Coronado Islands with Dennis Lee, Steve Smith, and Cleo Bolen where they caught calico bass, trigger fish, and barracuda. Crab fishing starts November First! It has been a bad year with way too much wind, regulation restrictions, and lake closures due to mussel invasions. And still we found ways to be out there.

Contacts: Phil Scimonelli (661)-917-8060, Carl Moyer (925) 685-5243



Matt Richards is happy with this big salmon caught out the gate.



Ron Lew caught these leopard sharks in the bay

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

Big Sir: Roger Moseley**Little Sir:** Jim Cala**Secretary:** Mel Boksenbaum**Asst. Secretary:** TBD**Treasurer:** Joe Gillis**Asst. Treasurer:** Dennis Barbieri**Membership Chair:** Bill Hockenson**Assist. Membership Chair:** Miles Nikaido**Webmaster:** Larry Long**Golf Chair:** John Ackers**Exec Nomination Committee****(Chair):** TBD**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:** TBD**Chaplin:** John Carl**Bulletin Editor:** Rich Balovich (Director)**Activities Chair:** Vacant

Sir Multi-Branch Travel Opportunities

Sir Branch 146 is working with other Sir branches to provide vacation trips to interesting parts of The world. ***For those interested in these trips***, either contact me (Glen Breslin) at (925) 788-6520 / glennbreslin@gmail.com or contact (Overseas Adventure Travel) directly at (800) 955-1925.

Vietnam/Cambodia

10/19/25 to 11/7/25

(\$3495/\$4695 with Air)

- Angor Wat Post-Trip Included available
- [Click Here](#)
- Use 2025 SIR Group code is G5-30339

Australia/New Zealand

1/7/26 to 1/25/26

(\$5295/\$7645 with Air)

- Both Melbourne Pre-Trip and Fiji Post-Trip available
- [Click Here](#)
- Group code is G6-30339

Japan/Korea

4/1/26 to 4/16/26

(\$7495/\$9095 with Air)

- Hiroshima Post-Trip available
- [Click Here](#)
- Use 2026 SIR Group code is 65-30339

Cuba

3/12/26 to 3/18/26

(\$4611 with airfare already included)

- Immersion into culture and history
- Five-star lodging
- All meals but one included
- All tours included
- Immersion into culture and history
- Five-star lodging
- All tours and meals but one included
- [Click Here](#)

Discount Expiring Soon:

At this time, a **10% discount** is available on these trips: **Australia/New Zealand and Japan/Korea**. **This discount is expiring on 9/2/25.**

Vietnam/Cambodia Trip Update:

Sold Out 13 SIRs are going.