

*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 3rd
The Elks Lodge - 200 Marina Blvd, Pittsburg

Big Sir Message



Roger Moseley

The news from the SIR Annual Meeting is good.

On September 24th, members of the SIR, Inc. Board of Directors (the Board) and approximately 100 Little and Big SIRs met in Lafayette for the Annual Meeting of Members. The mood was concerned but focused and the presentations set the stage for moving the organization forward.

First, changing our name is off the table. Over 180 suggestions were submitted to the Board for consideration, but the Board could not agree on one that captured their vision of our future. So, for now our SIR name and logo will not change.

Second, all the proposal changes made in June, including converting to a 501(c)(3) non-profit organization and changing the Bylaws to include gender neutrality, are on hold for further evaluation. The Board appears to have taken seriously the feedback received from many Branches regarding the proposed changes and is now seeking wider Branch input for which an Advisory Committee of Big SIRs and Board members is being established.

The Advisory Committee will meet at least twice monthly via Zoom with the goal of achieving consensus on any proposed changes, finishing it's work with a list of proposals for the Board's consideration. The meetings will begin next month and be completed by May in time for the 2025 Annual Meeting in August.

Thirdly, a new Training Program is being implemented to help Branches with their operational, governance, marketing and succession needs beginning on October 18th with "Growing Your Branch Membership with Effective Publicity" and again on November 8th with "Running Your Branch - Branch Leaders Training." Many of these programs will be directed at BEC members, but some will be open to others who have an interest.

Finally, our new President, Rich Carlston, made a thoughtful presentation of his goals for the coming year and beyond. Focusing on defining our identity, increasing training opportunities, addressing declining membership, and improving succession planning at the State and Branch levels will be his focus. With his leadership we will see change, but change that will come with Branch input and support.

Roger Moseley (Big Sir)

Lunch Menu

Las Panchitas

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



New Sir Members (September)

No New members
 In
 September

October Birthdays



Mel	Boksenbaum	Doug	Schuster
(Jim	Cala	Martin	Shellhammer
Charles	Morones	Dennis	Wasco
Rich	Peterson	James	Wyllie

October Anniversaries

First Name	Last Name	Joined Sir	YR SIR
Bill	Boyer	10/03/13	11
Dave	Zamperini	10/05/17	7
Bill	Clark	10/04/18	6
Rick	Amador	10/06/22	2
Mike	Biel	10/06/22	2
Don	Burkard	10/11/22	2
Raul	Cienfuegos	10/06/22	2
Robert	Drown	10/06/22	2
Miles	Nikaido	10/06/22	2

Financial Statement

Treasurer Report

August 31st, 2024

Account Balances

Petty Cash	\$250.00
General Account	
Unencumbered	\$9,574.51
Excursion Fund	00.00
Holiday fund	00.00
Picnic Fund	-1,005.23
Total General Acct.	\$8,569.28
Custodial Account	
Bowling	\$596.59
Golf	\$2,200.53
Total Custodial	\$2,797.12
Total Funds	\$11,616.40

Sir Dennis Barbieri

SIR Calendar

Sir Luncheon – Thursday, October 3rd
Hiking – Wednesday, October 16th
\$ums in Retirement – Wednesday, October 23rd
Area 2 Fishing Group – Thursday, October 24th
Golf, Bocce, Bowling – (See below)
Wine Tasting – No October Wine Tasting
Dine Around – Wednesday, October 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.

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)

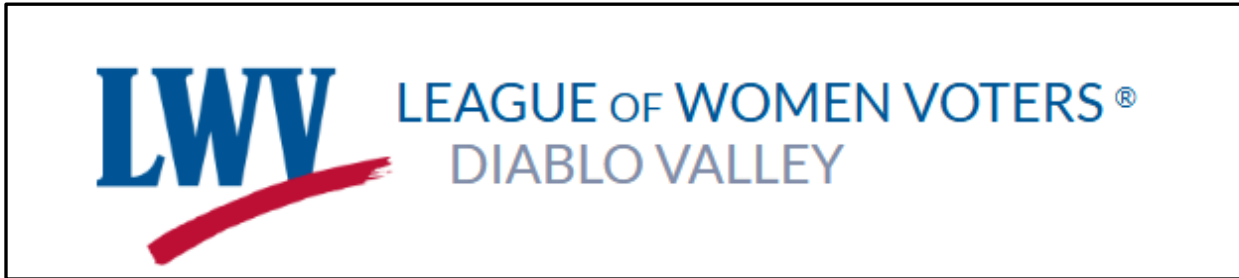
Bring a Guest

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 Speakers – Ana Pan & Martha Van Orshoven



Ana Pan



Martha Van Orshoven

Our October Speakers are Ana Pan and Martha Van Orshoven from the League of Women Voters (Diablo Valley).

Ana and Martha will be speaking about The Pros and Cons of the 2024 Ballot Initiatives.

Ana currently serves as a Board member for the League of Women Voters Diablo Valley. The Board of Directors is the governing body of the League of Women Voters of Diablo Valley (LWVDV). The individuals who sit on the board are responsible for overseeing the organization’s activities and direct the work necessary to carry out their mission.

Ana has supported the League financially for many decades, but recently has placed a higher priority on volunteering her time to further the League’s goals of voter registration, access, and education. Ana is a team member on the Voter Services and Civic Engagement Committees with a focus on community outreach and is currently the Voter Services Co-Chair.

Ana brings to the League more than 25 years of executive level business expertise, with a focus on Human Resources.

Martha is retired from AT&T as a security technologist. She specialized in providing cradle to grave delivery of security services on multimillion dollar contracts and introducing efficiency innovations to drive cost savings. While in the corporate sector Martha hosted STEM events and worked as a technical mentor for at risk children. She has joined League of Women Voters to support them in getting out the vote.

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

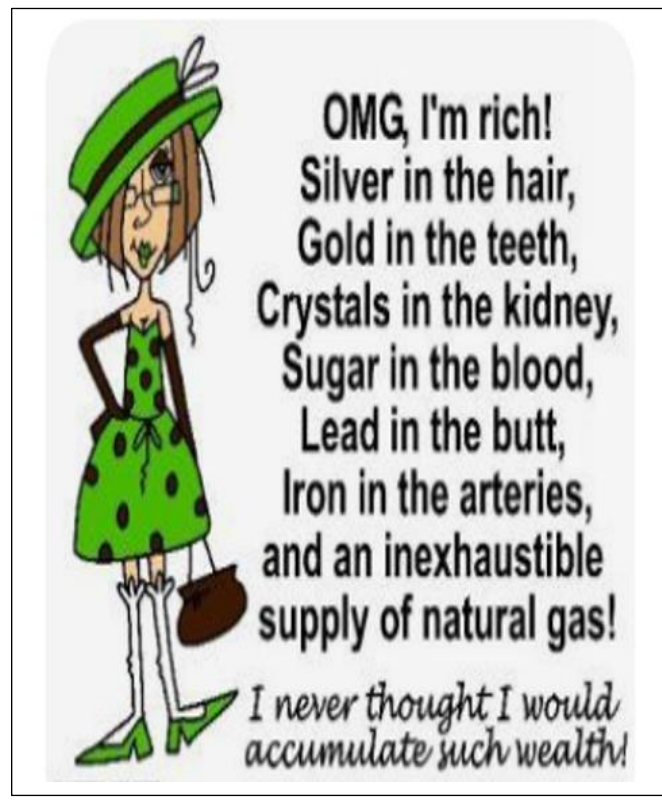
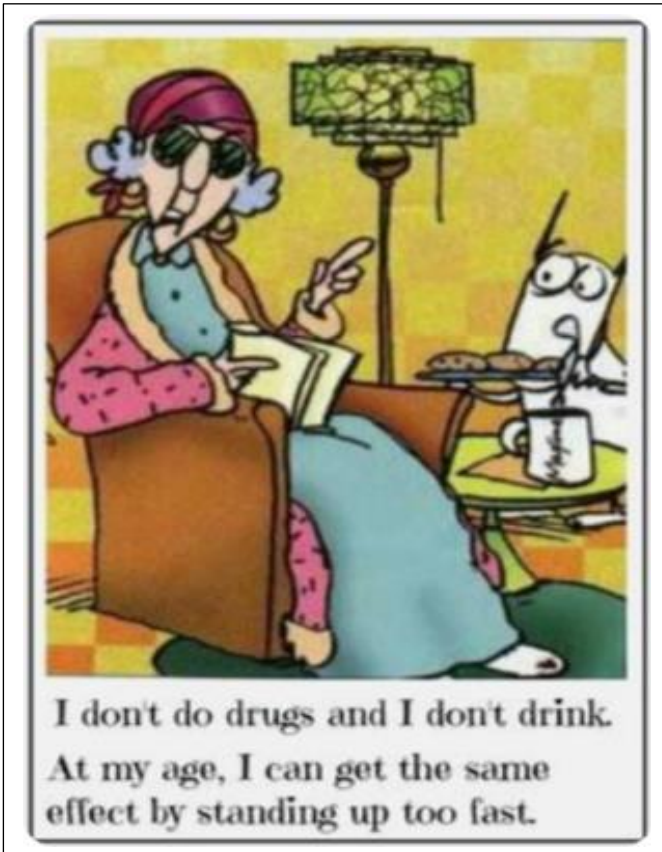
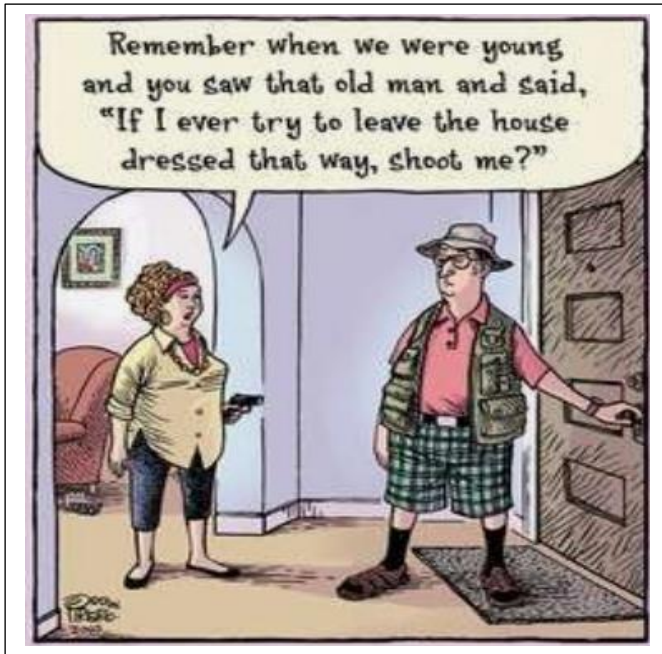
SIR Branch 146 in Walnut Creek has invited Branch 19 members to join in their Poker Group #4! If you would like to play, please contact Pete Gates at petegates10@gmail.com or call him at 925-937-2035. Games are usually scheduled for 1-4 pm on the 4th Monday of each month. Hosting is rotated between members'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

COMEDY CORNER



Branch 19 Activities

Hiking Group – Sibley Volcanic Regional Preserve



SIR Don Ruddell



Date: October 16th / Time: 10:00am

Dear SIR's,

Please come join us for this 3.5 mile hike through Sibley Volcanic Regional Preserve, located on the ridge between Oakland and Orinda. The 10.2 million year old Round Top Volcano has eroded over the years, exposing a variety of volcanic and volcano-derived rocks. An impressive display of geology in a small area! The preserve has an excellent set of interpretive displays next to the parking lot; come early to enjoy them!

Most of the trail is either asphalt or gravel but parts are dirt. Total elevation gain/loss is 450 feet but most of the slopes are gentle and there are many areas flat or nearly so. If the weather is clear, views are spectacular to both Contra Costa County to the east and Mt. Tamalpais to the west.

There are restrooms and water fountains at the trailhead, but none along the trail. Bring hat, sunscreen, trek poles and water.

Directions:

From the 680/24 interchange, drive west on highway 24 towards Orinda. In 8.5 miles, take the Fish Camp Road exit (just before the tunnel). Turn right at the stop sign. Proceed uphill 0.9 miles and turn left onto Grizzly Peak Drive. Proceed 2.3 miles and turn left onto Skyline Blvd. In 100 feet, turn left into the Sibley Volcanic Park parking lot.

Please try to arrive at the parking lot by 9:45-10:00am.

Optional lunch: Europa Hofbrau, 64 Moraga Way, Orinda

Spouses and friends are invited! Hope to see you there!

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

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) At Least 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 16, 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 I / (925) 309-7774**
- Jack's Restaurant - 60 Crescent Dr Suite A, Pleasant Hill / (925) 849-6195**

SIR Branch 19 Dine Around – Wednesday, October 16th

DJ Bistro



DJ Bistro was started in 1996 by Jaroslav "Jerry" Šedivý, a Czech political refugee of the 1970's. Jerry learned the trade working in great restaurants of Germany's Bavarian region, and later in San Francisco and its Bay Area. His idea of opening-up a cozy place that serves homestyle German, Czechoslovak, Polish and Hungarian cuisine in Concord stemmed from the vicinity's large Central European community and the fact that there were no similar eateries within a reasonable distance.

Family, Friends, Good Food, and Good Beer

Location: 1825 Sutter St (Suite #C), Concord

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

Website and Menu: [Home \(djs-bistro.com\)](http://djs-bistro.com)

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



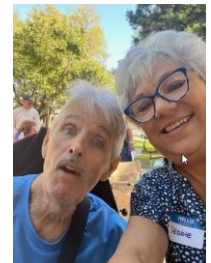
To register, please contact: Jack and Michelle Barnaba
<mailto:j.barnaba@yahoo.com> or call (925) 672-0947

Please provide number of people attending & (Please RSVP by Friday, October 11th)
Please ask for the (Sirs Dinner Party) at the restaurant

Sir Picnic in the park

We had a great day in Cowell Park on Thursday, September 19th. We enjoyed good conversation, barbeque from Kinders, Great prizes, and had our first Ladder Ball Tournament (Winners were Rich and Carmen Balovich who won a Dinner at Benvenuti Ristorante in Walnut Creek). Below are photos of the event.

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Thanks to Deb Powell for taking some great photos, and special thanks to Sir Dave Requa for planning and coordinating the event as well as providing the ladder ball equipment.....GREAT JOB DAVE !!!!



Want to Improve your Golf Game?

SIR offers clinics and private lessons at a reasonable rate

Pete Asselin, a certified pro, offers these clinics and private lessons at Diablo Creek Golf Course.

A series of five clinics will be offered in the spring and summer of 2025.

During the fall and winter Pete will offer to SIR Branch 19 members individual lessons for the **reduced rate of \$60/hour lesson**. This same rate would apply if your wife or another SIR joins you.

For these individual lessons contact Pete directly at: **(707) 372-2808** or email at: adub1816@yahoo.com to arrange dates and times.

Any questions, contact Dennis Wasco at: dennis.wasco@sbcglobal.net



SIR Travel Opportunities

SIR Branch 146 (Walnut Creek/Contra Costa Branch) is collaborating to offer SIR Travel opportunities to other SIR branches. So, we will be following up with Branch 19 members to determine interest in this activity. Be on the lookout in the near future for more information regarding this great opportunity.

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



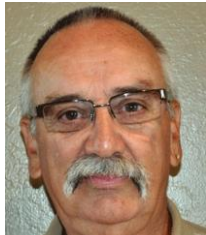
Nine Hole Golf Group

(Buchanan Golf Course)

For Information contact *Martin Fennell*

925-212-9243

Martinfennell54@gmail.com



18 Hole Golf Schedule

We will start the Club Championship on Tuesday, Oct 1st. All are welcome to play even if they are not participating in the Club Championship.

- Oct 1st Lone Tree - 9:30 first tee time Club Championship
- Oct 8th Lone Tree - 9:30 Club Championship
- Oct 14th Lone Tree - 9:30 Club Championship
- Oct 17th Elkhorn - 9:30 (Thursday)
- Oct 22nd Blue Rock Springs - 9:30
- Oct 29th Diablo Creek - 9:30



Sir Jerry Burton
(Golf Chair)

ajgolf24@gmail.com

Cell: (925) 682-9797

Home: (925) 827-1909

The Bocce Report



The Concord bocce ball season ended September 14th. The Wednesday night team finished fourth, making the playoffs. We won our first match and then were eliminated. the Thursday night team just missed the playoffs. It was a fun season for all. The 2025 season starts next May.

SIR Tom Lathrop lathrop689@aol.com

SIR Branch 19 Bowling News



Clayton Valley Wednesday Senior League for the 2024-2025 Season starts on, September 4,2024.

We will hold our meeting before we bowl and we start bowling at 10am.

SIR Mike Kropf mdkropf@astound.net

Gary Kaufmann gkaufmann813@gmail.com

LUNCHEON INVITATION CARDS

At the September 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>).



Holiday Craft & Vendor Fair
November 16-17
Sat-Sun 10am to 4pm
PITTSBURG ELKS LODGE
200 MARINA BLVD
Variety of Unique Items, Collectables & Gifts!
Food & Beverages Available Open to the Public!



For Crafters & Vendor Information you can:

- Scan this QR Code
- Go to www.elks1474.org/craft
- Or Contact Sue C at (925)204-7384 or at elkcraft1@gmail.com



Activities at Other SIR Branches

Area16 - SIR Branch 128 - Investments / Wealth Management

\$ums Investment Group

Next Meeting (Date: Oct 23rd)



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, October 24th



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, October 24th at 8:30am. Come early.

20 members of the SIR fishing group, family and friends, chartered the Sea Wolf and went north to Point Reyes for limits of ling cod and rock fish. Brion Beetz, Pedro Contreras, Stan Wong, and Steve Paulick took a long-range boat from San Diego down to Mexico where they actually caught over 2 tons of fish, including yellow fin tuna, and yellow tail. Tom Kostik caught trout and bass at Pine Crest Lake, and black bass from the delta with Mike Corker. Trout fishing in our local lakes has not yet started as the water is too warm. We hope for a good winter season for that. Rock cod fishing Rules change on October first, and we will have to fish below 300 feet till November. Then crab and rockfish combo trips begin.

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

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: Dennis Barbieri

Asst. Treasurer: Joe Gillis

Membership Chair: Bill Hockenson

Assist. Membership Chair: Miles Nikaido

Webmaster: Larry Long

Golf Chair: Jerry Burton

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

Activities Chair: Vacant