



Devoted to the Promotion of  
Independence and Dignity of Retirement

# ROOSTER ROUNDUP

Santa Cruz Branch No. 20

Meetings at Noon – Elks Club

Jewell Street-Santa Cruz

**AUGUST 14, 2024**

SIR INC.

STATE PRESIDENT

**Dale Decker 209/573-0833**

AREA 14 REPRESENTATIVE

**Bill Ackerknecht 831/588-5038**

EXECUTIVE COMMITTEE

Big Sir	Jeff Ustick	419-4577
Little Sir	Larry Bristow	650-771-2140
Secretary	Jeff Boisen	239-1708
Asst Sec.	Mike Kopp	535-6308
Treasurer	Mike Kennedy	904-501-3323
Asst.Treas	OPEN	
Director	James Baker	423-7429
Director	Ray Blute	464-7901
Director	Ed Bush	408-997-1836
Director	Jesse DeGennaro	426-0149
Director	Jim Healey	685-3829
Director	Don Hershberger	227-4326
Director	Dave Hodgins	239-5122
Director	Joe Mingione	650-279-2830
Director	Steve Tedesco	408-810-0578
Director	Les Yeffa	475-9481

PAST BIG SIRs

Ray Blute	2023
Steve Tedesco	2022
Les Yeffa	2020-21
Tom Duncanson	2019
Joe Mingione	2018
Dick Doubrava	2017
Norm Gruzcelak	2016
Bruce Bentley	2016
Greg Horne	2015
Don Little	2014
Jim Bunker	2013
Sterling Frost	2012
Bill Neary	2011
Rich Dean	2010
Hank Pierce	2009

For complete listing of Past Big Sirs, refer to your SIRs Roster



AUGUST LUNCH MENU

Chef choice salad

House made meatloaf with smashed potatoes and pan gravy

Chef choice dessert

Seasonal vegetable

Lemonade, Ice tea, Water, Coffee

PROGRAM

Our speaker this month is our own SIR Treasurer, Mike Kennedy. Mike's Lego display won "Best of Show" at last years Santa Cruz County Fair. He will show off some of his creations and tell us how he plans to win another "Best of Show" this year.

BIG SIR JEFF USTICK SEZ:



From connecting people with nature through writing, art, or exercise, the Redwood Rx program, organized by the Mountain Parks Foundation in partnership with California State Parks, has another slate of unique forest activities to participate in this summer and fall.

Now in its second year, Redwood Rx was inspired by research showing that spending time in nature improves mental and physical health and invites people to interact with nature in unique ways.

"We were thrilled with the overwhelmingly positive response to our Redwood Rx program when we unveiled it to the public last year," said Mountain Parks Foundation Director Brenda Holmes. "2024 marks Redwood Rx's 2nd season, and we have expanded our line-up to include more classes, additional workshop leaders and brand new offerings like Forest Qi Gong and Walk with a Doc. Hearing how much these experiences are resonating with people and about the positive impacts time in nature is having on their wellbeing is one of the highlights of my job."

The program's first Walk with a Doc activity was held July 21 at Henry Cowell Redwoods, but there is another coming up August 17. The approximately 1.5 mile walk and talk is intended for all ages, is free to attend and will start with a discussion about evidence-based lifestyle approaches that help prevent chronic disease and improve health.

(continued on page 2)

**COMMITTEES for 2024**

Audio Arrangements	OPEN Ray Blute Jesse DeGennaro Mel Ferreira	464-7901 426-0149 408-353-2107
Badge Mgr.	OPEN	854-2303
Bulletin Ed.	Mike Kopp	535-6308
Chaplain	Jim Baker	423-7429
Golf	Jerry Zanzinger	423-1936
Bocce	Ray Blute Joe Mingione	464-7901 650-279-2830
Fishing	Ed Bush	408-997-1836
Poker	Joe Mingione	650-279-2830
Historian	Jeff Ustick	419-4577
Membership Program	Don Hershberger Jim Healey	227-4326 685-3829
Publicity	Joe Mingione	650-279-2830
Recruitment	Steve Tedesco	408-810-0578
Roster	Jeff Ustick	419-4577
Song Leader	OPEN	
Sunshine	OPEN	
Webmaster	Dave Herzog	650-690-6525

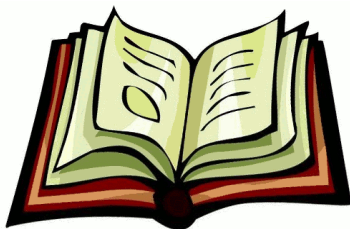
**TELEPHONE CALLERS**

	<b>Non-email</b>	
Jesse De Gennaro		426-0149
Mel Ferreira		408-353-2107
	<b>Punchbowl email</b>	
Ray Blute		464-7901
	<b>Greeters</b>	
	As assigned	



**BOOK EXCHANGE**

Don't forget to peruse the Book Exchange table at our monthly meetings! Lots of interesting titles to peak your interests: non-fiction, fiction, sports, biographies, history, humor, DVDs and jigsaw puzzles. Bring a book (or more) take a book (or more).



(continued from pg. 1)

After the talk, participants will then be able to walk at their own pace and connect with others and the featured walking doc, Dr. Steven Leib, who will be on hand to answer general questions about maintaining a healthy lifestyle. The event is free and no special equipment is needed, but advance registration is required.

Join local artist and painting instructor Sarah Orre for Native Animal Portraits Pastel Painting for 2 to 4 p.m. August 10 at Henry Cowell Redwoods State Park's Group Picnic Area #1. Ms. Orre grew up in the San Lorenzo Valley and is the youth art director at the Santa Cruz Mountains Art Center where she teaches adult and youth classes. Orre will walk participants through the process of creating pastel wildlife portraits, from forest background to fur to feathers, and all skill levels are welcome to attend. The registration fee is \$45 and art materials cost \$10.

For information and to register, visit <https://www.mountainparks.org>.

**TREASURERS REPORT (as of July 31, 2024)**

Sir Mike Kennedy reporting:  
Starting balance 7/1 \$3747.32  
Ending balance 7/31 No report

**MEMBERSHIP REPORT (as of July 31, 2024)**

Sir Don Hershberger, Chair  
59 Active members  
7 applications on file

**\*\*NOTICE TO ALL MEMBERS\*\***

If your address, phone# or email has changed, notify SIR Don Hershberger, 118 Fife Lane, Aptos, 831/227-4326 or email to: [donhershberger@gmail.com](mailto:donhershberger@gmail.com)

Yard sign spotted in Capitola:

GRAY PRIDE  
We're old, we're confused  
Get off our Lawn!

**GOLF-** Golf is the most popular of all activities in Branch 20. We play every Monday at courses in Santa Cruz and Monterey Counties. The August courses and dates are as follows: Aug. 5, Delaveaga. August 12, Salinas Fairways. August 19 Pajaro Valley. Aug. 26, Laguna Seca. For more information contact Jerry Zanzinger at [jzanzinger@gmail.com](mailto:jzanzinger@gmail.com)



After a terrible round of golf at St. Andrews, the frustrated golfer took it out on his caddie and told him  
"you have to be the absolute worst caddie in the world."  
The caddie replied "I don't think so sir, that would be way too much of a coincidence."

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**POKER-** Poker continues to be very popular in Branch 20 SIRs. Every Tuesday at 1pm is a game for experienced players. The venue is Tradewinds Mobile Home Park, 4160 Jade St., Capitola. For more information, contact Joe Mingione 650-279-2830, or [jamingione@yahoo.com](mailto:jamingione@yahoo.com)



**WINE TASTING-** [jeffustick@gmail.com](mailto:jeffustick@gmail.com)

Nine Sir's met at our regularly scheduled wine gathering on Thursday July 19 at Big Sir Jeff Ustick's home. The theme for July was "White Wines NOT Chardonnay or Sauvignon Blanc"... and what a variety of white wines it was.

California whites (Bargeto Viogner and Fetzer Riesling, a German Von Winning Riesling, a Spanish blend-Lagranje Verdejo/Viura, two French selections- Foncastel Picout de Pinet Languedoc and Chateas de Vimont Graves, a Sicilian Zabibbo-Catarratto by Stefano Di Blassi and a Portuguese Vinho Verde by Portal de Vinha were all savored along with a selection of cheeses and crackers, nuts and other delectables.

The most surprising wine of the afternoon was a 2005 bottle of Treana Marsanne/Viognier brought by Sir Joe Mingione. White wines are usually enjoyed at a much younger age, and this bottle's cork had dried out a bit, but we were all amazed at how well this aged blend held up. As it sometimes turns out, older is better!

Our next gathering will take place on Thursday, August 15, the day after our August luncheon. The theme will celebrate a local wine celebrity... Pinot Noirs of the Central Coast! **PLEASE NOTE, WE ARE MOVING OUR START TIME TO 1:30 PM.** Join us in enjoying the camaraderie of your fellow Sirs.

Our usual gathering is on the 3rd Thursday of each month. The meeting place is at Jeff Usticks home in Felton. We gather to explore a different varietal, region, flavor profiles of wines from around the world- we strive to increase our knowledge, spend some quality time with our SIRs friends and just maybe tell a few stories. If interested in joining us, you can contact Jeff for more information and directions to his home. His email is listed at the top of this posting.



**NON RESPONSIBILITY DECLARATION**

All activities arranged for or by, or sponsored by Sons In Retirement Inc. and its branches, are for the convenience and pleasure of the members and their guests who desire to participate. SIRs Inc. and its Branches do not assume any responsibility for the well being or safety of the participants, passengers, or their property, in any matters pertaining to said tours, trips or other activities.

"DO NOT TOUCH" must be one of the most terrifying things to read in Braille.

Humans are 90% water-  
We're basically cucumbers with anxiety.

## ACTIVITIES REPORTS

**BOCCE-** Bocce guys, you wanted more playing time— so here it is! Starting now, **EVERY WEDNESDAY**, except for our monthly meeting the second Wednesday, we are scheduled to play! Starting NOW, first game Wed. 7/31, The place— FELT STREET PARK. The time 11:15 am.

AND in addition, we are announcing Pot Luck Monday by playing a pick up game, each Monday at 11:15- Just show up if you want to play! (Don't forget to bring your game balls.)

Many Bocce players meet after our games at Jeffrys Restaurant for lunch and conversation.

Need more information? Contact: [r-cblute@att.net](mailto:r-cblute@att.net) or Joe Mingione: [jamingione@yahoo.com](mailto:jamingione@yahoo.com)



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**CORNHOLE-** There is a NEW ACTIVITY available to our Branch 20 members! Cornhole is a very popular game these days. It is played much like horseshoes, with players tossing bean bag at a target board that has a hole in it. Scoring rules are simple, 3 points for a bag that falls through the hole, and 1 point for any bag that lands on the board. If both teams score, the low score team's points are subtracted from the high score team. Simple enough! Meet up after 11 am on meeting Wednesdays, on the far side of the meeting room, near the door to the swimming pool. Sir Jim Healey will gladly give you some pointers!



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**CRIBBAGE-** Games are played before the monthly luncheon meeting at the Elks Lodge, in the bar area. Games begin at approximately 11am. For more information, contact Mike Kopp at [jmkopp186@hotmail](mailto:jmkopp186@hotmail)



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**POOL-** another opportunity to interact with your Sirs friends on meeting day— In the bar area is a regulation size pool table available for our use! A game of 8 ball anyone?



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If you think nobody cares you are alive- try missing a couple of payments.

Change is inevitable, except from a vending machine.

## AUGUST BIRTHDAYS

Mike Almgren



Tom Diamond

Larry Bristow

Victor Martin

Jim Chrislock

Everett Mudgett Jr

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Please see the flyer on page 6– this offer is from the State SIRs office.

If you wish to attend the final Battle of the Bay Bridge Series between the Giants and A's mail your check and self addressed stamped envelope ASAP to assure receiving your tickets in time!

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Do you have photos of Branch 20 SIRs activities to share? Email them to Michael Kopp at [jmkopp186@hotmail.com](mailto:jmkopp186@hotmail.com), or send to my phone 831/295-9287 (**no pdfs please**)

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My IQ test results came back, they were negative.

When someone hands you a flyer– it's like they are saying "Here, you throw this away".

**Final Battle of the Bay Bridge Series**  
**Last Chance to see the Oakland A's hosting SF Giants**



**SIR Day at the Ball Park**  
**August 18, 2024**  
**Oakland Coliseum-Sunday-1pm**

**Mail a \$70 check made out to Lee Moy**  
**Include a return addressed and stamped envelope to:**

**Lee Moy, 127 N. Helm Ave., Clovis, CA 93612**

**Tickets will be mailed to you, so please include the**  
**aforementioned envelope plus your contact info:**  
**phone number & email address.**

**Deadline: 8/8/2024**

Lee Moy  
State SIR Sports