



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

JULY 10, 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



JULY LUNCH MENU

Chef choice salad

Herb rubbed pork roast with rosemary demi glace
Roasted fingerling potatoes and seasonal vegetables

Chef choice dessert

Lemonade, Ice tea, Water, Coffee

PROGRAM

Our July speaker is Physical Therapist Nancy Block.
Nancy has nearly 40 years experience in this field.
Her talk will emphasize how to prevent falling through balance training.

BIG SIR JEFF USTICK SEZ:



At our June luncheon meeting, we heard from Dr. Steven Leib on the subject of living longer, living better, and living healthy. In addition to comments about activity, diet and social connections, he spoke of “Blue Zones”. What follows is an article that recently appeared in the local paper Good Times.

IN OUR HAPPY PLACE: Is Santa Cruz a Blue Zone city?
(Reprinted with permission: Elizabeth Borelli at elizabethBorelli.com)

Santa Cruz is bluer than ever. In March our noteworthy hometown earned a new ranking on a short list of 11 Blue Zone cities in all the U.S., second only to Boulder Colorado– according to a recent assessment by online wellness platform Aging.com.

This new nomination has little to do with water. Instead, the term relates to *Live to 100: Secrets of the Blue Zones*, a 2023 Netflix documentary. The term “Blue Zones” was coined by Dan Buettner, a seasoned explorer, journalist and National Geographic Fellow who began noticing patterns during his worldwide travels.

In 2000 his research led him to Okinawa, Japan, drawn by its reputation for longevity. Inspired by what he discovered there, Buettner set off on a global quest with a National Geographic team of scientists and demographers to identify the

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COMMITTEES for 2024

Audio Arrangements	OPEN	
	Ray Blute	464-7901
	Jesse DeGennaro	426-0149
	Mel Ferreira	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	464-7901
	Joe Mingione	650-279-2830
Fishing	Ed Bush	408-997-1836
Poker	Joe Mingione	650-279-2830
Historian	Jeff Ustick	419-4577
Membership Program	Don Hershberger	227-4326
	Jim Healey	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

Non-email

Jesse De Gennaro	426-0149
Mel Ferreira	408-353-2107

Punchbowl email

Ray Blute	464-7901
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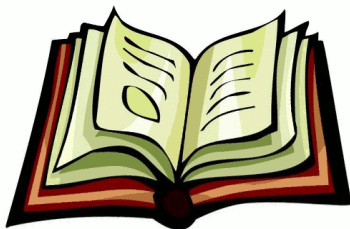
Greeters

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)

small set of communities where people live longer, healthier lives.

Armed with data and insights from interviews with centenarians, Buettner and his team identified 5 regions that stood out for their remarkable combination of longevity and high quality of life in old age. Sardinia, Italy: Okinawa, Japan: Nicoya, Costa Rica: Icaria, Greece: and finally Loma Linda, California.

Buettner's research showed there's no pill, supplement or magic diet: It's a cluster of mutually supportive things that keep these communities aligned to wellness habits associated with long, healthy lives.

To be clear, Santa Cruz was not named a Blue Zone by the official decision makers. Instead the website listed Santa Cruz as the second happiest city, another worthy merit.

But, according to the researchers at Aging.com, Santa Cruz is an exemplary city for Blue Zone status. Preservation and resorption efforts in this city over the last 50 years have allowed for the presence of prevalent community gathering point, a bustling prestigious and walkable college community, and strong tourist attractions.

A few of the key points the official Blue Zones have in common:

Diet: Blue zone residents typically follow plant-based, Mediterranean style diets rich in fruits, vegetables, whole grains, legumes and nuts. These foods are high in fiber, vitamins, minerals and antioxidants, which support overall health and reduce the risk of chronic disease, diabetes and cancer.

Physical Activity: Regular, moderate physical activity is the norm in Blue Zone communities. Instead of hitting the gym, it's more common to engage in natural forms of exercise such as walking, gardening and manual labor, which help maintain cardiovascular health, muscle strength and mobility.

Social Connections: Strong social networks and close-knit communities. Residents enjoy regular social interactions with family, friends and neighbors which provide emotional support, reduce stress and foster a sense of belonging and purpose.

Purpose and Meaning: Blue Zone inhabitants maintain active lifestyles and engage in activities that align with their values and passions, whether it's contributing to their community, pursuing lifelong interests, or practicing spiritual or cultural traditions. Having a sense of purpose it linked to lower levels of stress, greater resilience, and improved mental and emotional well-being.

Clearly, it's less about geography than healthy habits. Hugged by redwood forested mountains, Santa Cruz County has 29 miles of beaches and an extraordinary number of State Parks, dozens of trails for hiking, biking, and local farmers markets.

So to the question is Santa Cruz a Blue Zone? We don't have an official stamp to know the answer... And maybe better to keep it that way

MEMBERSHIP REPORT (as of June 30,2024)

SIR Don Hershberger, Chair

60 Active members

4 New members Inducted

4 members resigned

****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

GOLF- Golf is the most popular of all activities in Branch 20. We play every Monday at courses in Santa Cruz and Monterey Counties. Some of our golfers had a great time at the State Reno tournament. They played two rounds of golf at two beautiful courses, had a rewards dinner, and a chance to win prize money. The Nugget was only \$105 a night total which included a sleeve of Titliest Pro V1's and 12 free drink tickets.

July 1, Pajaro Valley
July 8, Spring Hills
July 15, Salinas Fairways
July 22 Pacific Grove
July 29 Laguna Seca

For more information, contact Jerry Zanzinger at:

jzanzinger@gmail.com



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



WINE TASTING- jeffustick@gmail.com

On Thursday, June 27 our Branch Wine Group and friends visited Hallcrest Winery in Felton for an afternoon of wine tasting. We were privileged to have the entire patio to ourselves and the 20 in attendance made good use of it. Great snacks provided by SIRs and "significant others", delicious tastings of Chardonnay, Viognier, and Pinot Noirs, and visitation with old and new friends made the time pass too swiftly. Our thanks to the Winery for hosting, and to big SIR Jeff Ustick for arranging our visit!

For more information about Hallcrest, you can visit their website at:
<https://www.hallcrestvineyards.com>

Our usual gathering is on the 3rd Thursday of each month. The meeting place is at Jeff Ustick's 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.

I miss my hair.
I used to use Head and Shoulders.
Now it's Mop and Glow.

Cross country skiing is easier if you live in a small country.

ACTIVITIES REPORTS

BOCCE- Nothing like a good day of Bocce with your fellow SIRs! Weather permitting, our July matches will take place on Wednesday, July 3 and Wednesday July 17. The place– FELT STREET PARK. The time 11:30 am. Many Bocce players meet after our games at Jeffrys Restaurant for lunch and conversation. Need more information? Contact: r-cblute@att.net or Joe Mingione: jamingione@yahoo.com



Remember, if you're not having fun playing Bocce– you are doing it wrong.

FISHING- edbush@gmail.com Finally, some good news for Santa Cruz salt water anglers! The winds have calmed, the swells “mostly” are down (be sure and check before you go), and the fish are being cooperative. Reports of rock cod limits, and a few good size Lingcod are being taken on the local charters. Halibut are on the bite from Capitola to Pajaro, and large gatherings of Squid are still occasionally coming into shallow water. Surfcasters are grabbing perch, and an occasional halibut and striped bass.



CORNHOLE- We have a NEW ACTIVITY available for our Branch 20 members! Cornhole is a very popular game these days. It is played much like horseshoes, with players tossing bean bags at a target board that has a hole in it. Scoring is 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 teams 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. Sir Jim Healey will gladly give you some pointers!



CRIBBAGE- Games are played before the monthly Luncheon meeting at the Elks Lodge, in the bar area. Games begin at approximately 11 am. For more information, contact Mike Kopp at jmkopp186@hotmail.com Or Les Yeffa at lesscruz@aol.com



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?



I remember on my wedding day my father told me “You can be right, or you can be happy”
Before you argue with your wife, think about that. Then he broke down sobbing...
I'll tell you this, I'm a happy, happy man. Haven't been right in almost 40 years.

JULY BIRTHDAYS

Jeff Boisen



Terry Wade

Chuck Elvert

Jeff Ustick

Doug Nakashima

PHOTOS FROM RECENT SIRS ACTIVITIES



Hallcrest Winery, Felton
June 27



Golf Maestro Jerry Zanzinger



Your Branch 20 Officers for 2024. Left to right: Mike Kennedy, Treasurer. Jeff Boisen, Secretary. Larry Bristow, Little Sir. Jeff Ustick, Big Sir. Don Hershberger, Membership Director. The Officers and at-large Board members meet at 10am every month before our luncheon meetings. All Sirs are invited to join the meetings. Bring your ideas, comments or concerns to share.

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

Gentlemen, below is an article that was printed for the June 27 Santa Cruz Sentinel.

Our collective thanks go out to our Board Executive Committee for putting our name and philosophy out to prospective members!

Make friends for life.

Who is SIR?

SIR is a social organization of active men over 50 from all walks of life including business, science, engineering, medicine and education. Its mission is "To improve the lives of its members by filling spare time with fun activities, luncheons and events while making friends for life." And YES, wives and partners are invited to special events as well. The parent SIR organization is a California nonprofit formed in 1958 in San Mateo now comprising over 100 branches with more than 10,000 members.

What We Do-

Member expectations are few- Attend monthly luncheons- Be a sociable, upstanding guy- Participate in activities and events- Volunteer when asked and- Introduce your friends to the joys of SIR so we can sustain our organization. Annual dues are \$25. There are no initiation fees or assessments.

What We Don't Do-

It's not like other clubs, we don't raise money, we don't have a political or social agenda and don't have a religious affiliation.

Introducing Your Santa Cruz Branch-

Santa Cruz and its surrounding areas are represented by SIR Branch 20. Every year we elect a "Big SIR," a "Little SIR" and a slate of committee members. This group becomes the yearly governing body for the branch. The following year the Little SIR automatically becomes the Big SIR and a new Little SIR is voted upon.

The Branch Meets Once a Month-

We meet for lunch on the 2nd Wednesday of the month to socialize, enjoy good food, engage with interesting speakers or be entertained by lively professional(s). Meetings are held at the Elks Lodge on 150 Jewell Street in Santa Cruz starting with our 11am "Social Hour." Our Big SIR opens the meeting with announcements

and activity updates followed by our luncheon and featured speaker/entertainer. Our on-site chef prepares a full course meal including dessert for just a \$25 total charge.

What are the Activities?

"We don't stop playing because we grow old. We grow old because we stop playing." - George Bernard Shaw

SIR offers many opportunities to play, be active, get out of the house, have

recreation, do fun things in your spare time and meet up with your SIR friends. Members may sign up for any one or more of these activities. Updates for each activity with schedules and times are posted on the monthly Newsletter or the SIR web page.

Golf- Meets once a week at 8 different courses. Schedules and Tee-Off times are provided by the activity leader.

Bocce- Meets twice a month at 11:30am on two lanes at Felt Street Park on the first and third Wednesdays of the month. There are four teams- Troublemakers, Noisemakers, Complainers and

Beggars. Teams convene at a local restaurant after hard-fought games for lunch/breakfast to discuss excuses.

Wine-Tasting- Meets once a month

on Thursdays at a members residence or at a winery. Featured wines are announced for each session. Each members brings a favorite for all to taste, compare and comment. Good conversation is sure to happen.

Fishing- On good weather days, members may board the "Miss Molly." A member's boat is docked at the Santa Cruz Harbor for a journey on the briny searching for the "Big One." Make your reservation early, seats are limited.

Poker- Two poker sessions are currently scheduled, one every Tuesday, the other on every 2nd and 4th Thursday.

Cribbage, Corn-Hole- Meets up at the "Social Hour" prior to our monthly meeting.

Book Swaps- Occurs at each monthly meeting. Take a book or leave a book.

Travel- Trips are announced at the monthly meeting.

Billiards, Darts- Available for pick-up games at the Elks Lodge.
Professional Sporting Events- Santa Cruz Warrior games are scheduled with group tickets.

Here's What SIR Members Have to Say-

"Most of my friends were still working and I was cutting back. SIR had provided me many enjoyable opportunities, and I've made many new friends." - Allen R

"When I retired I didn't know what to do with my days. SIR's activities have kept both me and my wife young." - Ed B.

"My wife had just died, and I was lonely. SIR fills my days with fun things to do." - Ron C.

"I love golf, and SIR has the best and largest program in Northern California. Eighteen holes, nine holes and couples too." - Bill S.

"Although I was looking forward to taking more time off the job, I wondered just what I would do to fill that time and make new friends. SIR fulfilled that need beautifully. Thank you SIR!" - Tony De L., Member since 2005

Ready to be Active and Make New Friends- Let's Join Up!

It's Easy! Contact our Membership Chairman SIR Don Hershberger (831) 227-4326 or email him donhershberger@gmail.com. You will be invited to attend the next monthly meeting and join in to meet the members. If you like what you see, just fill out an application and become a SIR! We also invite you to explore our website www.sirinc2.org/branch20