



SIR BRANCH 20 NEWSLETTER

ROOSTER ROUNDUP – July 2, 2025

sirinc2.org/branch20

BIG SIR COMMENTS

Dear Fellow Members of Branch #20,

As we approach our Independence Day, it is remarkable how many historically significant events have occurred during the month of July. Most notably, our Declaration of Independence being signed on July 4, 1776. Beyond that, the agreement ending the Korean War was signed on July 26, 1953, and Hong Kong returned to Chinese sovereignty in July of 1997 after 150 years of British rule.

The first Moon Landing occurred on July 20, 1969, and Neil Armstrong was the first to walk on the lunar surface. Abraham Lincoln signed the first income tax bill and Congress established the Bureau of Internal Revenue on July 1, 1862. Income tax rates at that time were 3% for those earning \$600 to \$10,000., and 5% for those earning over \$10,000.

Louis Pasteur successfully tested the rabies vaccine in humans on July 6, 1885, and the iconic "Hollywood" sign was constructed in July of 1923 in the hills above Los Angeles. I wonder if it would be possible to get a building permit for that today.

Those born in July include song writer Stephen Foster, born July 4, 1826, in Lawrenceville, PA. He wrote 200 songs including Oh Susanna, Swanee River, Jeanie with the Light Brown Hair, and Beautiful Dreamer.

P.T. Barnum, born in Bethel, CT on July 5, 1810, opened "The Greatest Show On Earth" in 1871. Ernest Hemingway was born July 21, 1899, in Oak Park, Illinois. He authored "The Sun Also Rises" in 1926, "A Farewell to Arms" in 1929, "For Whom the Bell Tolls" in 1940, "The Old Man and the Sea" in 1952, and was awarded the Nobel Prize in 1954.

Born in Qunu, South Africa on July 18, 1918, Nelson Mandela was convicted in 1964 for sabotage against Apartheid, spent 28 years in jail, and was ultimately elected President of South Africa in 1994.

As we enjoy the remainder of our Summer, let us take heed of the historical events taking place right now. As an immigrant from The Netherlands myself, I never take for granted the freedoms and strength of the United States of America. Let us truly appreciate them.

Andre Adema

Big Sir, SIR Branch #20

Cell: 831-239-6699

E-mail: biomedprn@gmail.com

Finance and Stats for May

	Checking	Savings	Petty Cash	Total
Beginning Balance:	\$3,826.94	\$ 9,000.00	\$260.00	\$13,086.94
Ending Balance	2,818.94	9,000.00	265.00	12,083.94
Active Members:				142
Pending:				0

Dave Schwingel, Treasurer

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Balance

How to achieve balance in your life: put a coffee mug in each hand.

JULY: DIGNITY AT THE END OF LIFE

Program: Kaysi Contreras

Location: Elks Club, 150 Jewell Street, Santa Cruz

Kaysi Contreras is an End-of-Life Doula and Educator, supporting people and their families in order to die with dignity. She works collaboratively with Palliative and Hospice teams to support not only the dying, but their loved ones. She was a case manager and primary caregiver for five years for a dementia/Alzheimers client who inspired her passion for educating others in preparation for this disease specifically. Kaysi is actively involved with A Better Exit's mission to broaden California's End of Life Option Act so individuals struggling with irremediable suffering have the right to a peaceful death with Medical Aid in Dying. The dying process is unique to every individual, and their autonomy for what is important to them, their values, and faith can too easily be overlooked when illness is sudden, hard conversations are only happening under duress, and preparation has not been prioritized. You can learn more on her site: <https://www.eagleskeeper.com/deathdoula>; find her, and a surplus of resources on The National End of Life Doula Alliance site: <https://www.nedalliance.org/>

Menu: Ravioli and sauce; vegetable; salad; bread; chef's choice dessert; lemonade – iced tea – water – coffee.

To make your SIR lunch reservation please respond to the Punchbowl invitation sent earlier via email. Hint for Gmail users: the invitation may be filed under the "Promotions" tab.

Important Notes:

- Luncheon price is \$25.00.
- Your \$25 dues for 2025 are due as of January 1st. You may pay at the table as you enter.
- It is very important for the branch to have an accurate count for lunch. Please let us know you are attending; also tell us if your plans change.
- Proof of vaccination is no longer required for attendees; however, keeping current on vaccinations is highly recommended (i.e. Covid, flu and pneumonia).
- Masking is not currently required, but optional.
- In the event that the County of Santa Cruz Health Officer issues any vaccination, proof of vaccination and/or masking mandates, our SIR Branch will immediately incorporate such mandates for our attendees.
- If attendees are experiencing any potentially contagious virus symptoms, they need to voluntarily excuse themselves from attendance.
- Photos of each member attendee may be taken for inclusion in next year's pictorial directory.

July Birthdays

Name

Dan Abbey
Sattar "Sat" Allami
Walter "Walt" Barth
Jeff Boisen
Chuck Elvert
J J Justice

Name

Kenneth "Ken" Murphy
Douglas Nakashima
Chuck Shaffer
Wade Terry
Jeff Ustick



You must be present to win the drawing for a free lunch. Did we miss your birthday? Let Jeff Ustick know.

State President

Rich Carlston (925) 324-0838

Area Representative-Area 14

John Hetz (775) 225-8983

Branch Executive Committee

Andre Adema, Big Sir 239-6699

Larry Bristow Little Sir (650) 771-2140

Jeff Boisen, Secretary 239-1708

Dave Schwingel, Treasurer 234-7429

[Open], Assistant Treasurer.....

Membership: Jeff Ustick 419-4577

Programs: Bill Fitzgerald 423-5102

Jim Healy 685-3829

Chuck Presto..... 435-6029

Webmaster: Dave Herzog (650) 690-6525

Newsletter: Michael Kopp..... 535-6308

Kent Madsen (408) 812-1141

2025 Directors

Ray Blute 464-7901

Ed Bush 408-997-1836

Jesse DeGennaro..... 426-0149

Jim Healey 685-3829

Dave Hodgins 239-5122

Charles Johnson 594-8965

Bob Lewis (Computer Club) 335-7816

Joe Mingione (650) 279-2830

Steve Tedesco (408) 810-0578

Wayne Thornton 426-4008

Frank Turner 239-9664

Les Yeffa 588-1626

Jerry Zanzinger 423-1936

2025 Committees

Badges: Dave Herman 438-3612

Bocce: Ira Kessler 600-8364

Joe Mingione (650) 279-2830

Book Exchange: Mike Kopp..... 535-6308

Branch Photographer: Bill Bishoff..... 854-2207

Computer & Tech Discussions: Bob Lewis 335-7816

Cribbage: Mike Kopp 535-6308

Fishing: Ed Bush..... (408) 997-1836

18-Hole Golf: Jerry Zanzinger 423-1936

Member Relations: Edgar Ross 440-9521

Poker: Joe Mingione (650) 279-2830

Publicity: Joe Mingione (650) 279-2830

PunchBowl: Ray Blute..... 566-0029

Wine Tasting: Jeff Ustick 419-4577

Honorary Life Members

Gary Allyne

Bob Lewis

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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.

Living Past Big Sirs**Branch 36**

Cliff Barrett 2001, 2002

John Lunden 2008

Al Telles 2012

Frank Turner 2014

Bill Schraft 2015

Les Austin 2013, 2016

Gary Allyne ..2010,2011,2017

Bill Landrum 2018

Bill Ackerknecht ..2019, 2020

Chuck Presto.....2021

Charles Johnson.....2022

Andre Adema.....2023, 2024

Branch 20

Hank Pierce 2009

Rich Dean 2010

Bill Neary 2011

Sterling Frost 2012

Jim Bunker 2013

Don Little 2014

Greg Horne 2015

Bruce Bentley 2016

Norm Gruczelak 2016

Dick Doubrava 2017

Joe Mingione 2018

Tom Duncanson 2019

Les Yeffa..... 2020, 2021

Steve Tedesco 2022

Ray Blute.....2023

Jeff Ustick..... 2024

BRANCH 20 ACTIVITIES FOR 2025**Book Exchange**

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

**Bocce**

We have eight teams playing on Wednesdays (except when we have a scheduled Luncheon meeting) at two different times. First game starts at 9:30 am with assembly time at 9:15 am. The second game starts at 11:45 am with assembly time at 11:35 am. All Sirs are invited, pick a time that fits your liking and show up! The venue- FELT STREET PARK.



Watch for Joe Mingione's e-mail regarding the team assignments to lanes and playing times.

In addition, every Monday (weather permitting) we have Pot Luck pick up Bocce games, at 11:15 am at the Felt Street Courts — Just show up if you want to play! If you have a Bocce ball set please bring it!

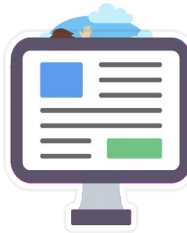
For more information: Contact Joe Mingione jamingione@yahoo.com or Ira Kessler dinikessler@gmail.com.

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BRANCH 20 ACTIVITIES (CONTINUED)**Computers and Technology Discussion**

Bob Lewis chairs the Branch #20 Computer Club during regular monthly meetings (no meeting on Ladies Day luncheons). Bob also chairs a community computer "club" called the Felton Linux Users Group. Known as the Felton LUG for short, it is currently meeting semi-monthly using video conference software. See Bob Lewis, bob.l.lewis@gmail.com, to be added to either group. Virtual meetings are on the first and third Saturdays at 11:00 am. Either group usually has a lively discussion about current tech subjects or problems encountered and/or solved.

**Cornhole**

Cornhole is very popular lately. It's played much like horseshoes, with players tossing a beanbag at a target board that has a hole in it. Scoring rules are simple, 3 points for a bag that fall through the hole and 1 point for every bag that lands on the board. If both teams score, the low score team's points are subtracted from the high score team's points. Simple enough! Meet up after 11:00 am on meeting Wednesdays – on the far side of the meeting room, near the doors to the swimming pool.

Cribbage

Games are played before the monthly luncheon meeting at the Elks Lodge, in the Bar area. Games begin at approximately 11:00 am. For more information, contact Mike Kopp at jmkopp186@hotmail.com.

Golf

Golf continues to be the most popular of all SIR activities. We play every Monday at courses in Santa Cruz and Monterey counties.

The rain is gone, we look forward to a great summer. This year we have 12 different courses we play on. We had a note worthy achievement by one of our players, a 20 handicapper. On the back nine at Pacific Grove, he had eight pars and one bogie, for 36, 45 on the front. There is always hope!

**July Schedule:**

7 Laguna Seca	21 Pajaro Valley
14 Delaveaga	28 Salinas Fairways

The next State Tournament is in July at Wente and a course and date TBD. Please contact Jerry Zanzinger for updated information at (831) 704.7091.

With the additional players from the merger, we almost doubled our number. We now have 39 players. It has been a pleasure meeting some of you from Scotts Valley and San Lorenzo Valley and I hope to meet you all in the future.

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I just got the latest cell phone for Seniors...you can put it on vibrate or defibrillate.

Last year I took a trip around the world and this year, for sure I'm going somewhere else!

Poker

Poker continues to be very popular with Branch 20 SIR members. Every Tuesday at 1:00 pm is a game for experienced players. The venue is Tradewinds Mobile Home Park, 4160 Jade St., Capitola. Seating is limited to seven players, by invitation only. For more information, contact JJ Justice at (831) 464-2387, or jjsurfman@aol.com.

**Pool**

Another way to interact with your SIR 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 consider that the hours I spend with a cue in my hand are golden. Help you cultivate horse sense and a cool head and a keen eye."
— Professor Harold Hill, "The Music Man"

Wine tasting

Our usual gathering is on the third Thursday of each month. The meeting place is at Jeff Ustick's home in Felton, unless specified otherwise. The time 1:30 pm to 4ish...

On a lovely sunny Thursday on June 19 about 14 Sirs and guests met at Hallcrest Winery in Felton. Together they enjoyed the fruits of the harvest including Syrahs, Pinot Noirs, Cabernets, Malbecs, Chardonnay and a Grenache. Accompanying the wines were a variety of cheeses and crackers, fruits and nuts (and not just the fellow Sir characters), and delightful shrimp. All present enjoyed each other's company and stories.

The July Wine Gathering will take place at Sir Jeff Ustick's home in Felton on Thursday, July 17 and will focus on wines of the Northwest (primarily Washington and Oregon). Please consider joining us. More information will be forwarded close to the date; contact Jeff Ustick (jeffustick@gmail.com or 831 419-4577) with questions. Cheers.

**Interested in Another Poker Group?**

We are seeking out interest in a monthly or perhaps twice a month poker game:

Wednesday Night Poker Group
We would play from 7:00pm to 10:00pm.

OR

Thursdays Afternoon Game
We would play from 1:00pm to 4:00pm

If there's enough interest, the group can decide on the games to be played and the buy-in/betting structure.

I am willing to host all the games at my home, 701 Ranch View Road, located on UCSC Campus.

I will be available after the luncheon meeting or you can contact me at the following:

Email: thomas.s.rohlf@gmail.com (phone 831-809-5471)

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State SIR Video

Welcome to SIR

BRANCH 20 ACTIVITIES (CONTINUED)**Gentle Hike Opportunities**

Santa Cruz County Parks is beginning a "GENTLE HIKE FOR OLDER ADULTS" series: join Park Docents Richard James and Cathy Hoeft for a gentle hike on the Discovery Trail and Italian Trail/Chaparral Trail loop (3/4-1 mile). The hike will include information about the park's cultural history, natural points of interest, and time to stop and enjoy the park's unique flora and fauna. Bring a hat, water, and sunglasses- binoculars and hiking poles/walking stick optional. Wear comfortable walking shoes and dress in layers. Meet-up outside the Quail Hollow ranch house. **This is a free series for adults age 60 and over. Please note this is not a SIR exclusive activity. It is open to men and women.**

You can register in advance to secure your space at scparks.com or call 831 454-7941... or just show up.

WHERE: Quail Hollow Ranch County Park
800 Quail Hollow Road, Felton

WHEN:

Monday	9/08	10-11:30am	Free
Thursday	9/25	10-11:30am	Free
Monday	10/06	10-11:30am	Free
Thursday	10/23	10-11:30am	Free
Thursday	11/20	10-11:30am	Free

**Food for Thought**

Last week I took an IQ test — the results were negative.

I finally got 8 hours of sleep — it took 3 nights.

My wife has us on a high roughage diet — you know, lots of lettuce, bran, wheat straw ... I've eaten so much roughage, I'm beginning to pass wicker furniture.

A clear conscience is usually the sign of a bad memory.

OK, so what's the speed of dark?

My mechanic told me "I couldn't repair your brakes, so I made your horn louder."

Hard work pays off in the future; laziness pays off now.

Why do psychics have to ask you for your name?

The problem with the gene pool is that there is no lifeguard.

To steal ideas from one person is plagiarism; to steal from many is research.

If at first you don't succeed — skydiving is not for you.

The Rabbit

So I woke up, and my dog is lying on the back patio covered in dirt with a rabbit in his mouth. The rabbit's not bloody, just dirty. My neighbor's kids have rabbits as pets. I instantly knew it was one of theirs. I took the rabbit away from my dog, rushed inside, and washed all the dirt off it before my neighbors came home. It was stiff, but I heard some animals play dead when afraid. I placed it back in one of the cages in their backyard, then ran back home. Not 30 minutes later I heard my neighbors screaming, so I went out and asked them what was wrong. They told me their rabbit died three days ago, and they buried it, but now it's back in the cage.