

# *"MEN ENJOYING ACTIVE RETIREMENT"*



## SIR Branch 62 Announcements

May 16, 2019

<http://branch62.sirinc2.org>

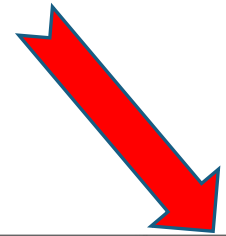
# See This Slide Show On-line

<http://branch62.sirinc2.org/>

Click on the Photo TAB (Top Right)



Home History Officers & Board Newsletter Calendar **Board Minutes** Related Links Photos



***“MEN ENJOYING ACTIVE RETIREMENT”***



# Today's Speaker

## *Update*

**Musicologist John Lehman returns to speak on "The Use of Music in the Positive Stimulation of Dementia Patients".**

**Along with USC Alzheimer's researchers, John created a research protocol of cognitive tests to measure the impact on memory of two hours of vintage music immersion per week. This is also known as reminiscence therapy. Since then he has developed vintage music for memory therapy for groups and individuals. Currently he uses this therapy while working with residents of the SarahCare residential care center in Campbell.**

**He is the co-founder and Executive Director of Senior New Ways, a Palo Alto non-profit.**

***See who are our future speakers on our web page calendar tab***

# Today's Lunch Menu

Caesar Chicken Salad  
or  
Chicken Cacciatore

# June Picnic Menu

Tri Tip

Chicken Potato Salad

Corn on the Cob

Beans

(BYOB/?)



**SIR AREA 11**

**San Jose Giants**

<b>Friday May 17</b>	<b>Lake Elsinore</b>
<b>Friday June 14</b>	<b>Visalia</b>
<b>Friday July 19</b>	<b>Rancho Cucamonga</b>
<b>Friday August 16</b>	<b>Inland Empire</b>

All games start at 7:00 PM and include fireworks after the game.

Price \$10/person/game Parking is \$15/car

- 1) Attend all 4 games but it's ok to go to 1,2, or 3*
- 2) Invite neighbors and friends*
- 3) Wear SIR logo shirts and hats*
- 4) Bring recruiting cards in case someone asks about SIR*
- 5) Have fun at the ballpark*



**SAN JOSE GIANTS**  
**SIR SPECIAL**  
**ONLY \$10**

Contact Dave Riopel

<[driopel@msn.com](mailto:driopel@msn.com)> 408-482-1454

# Increase Your Enjoyment

➤ You will enjoy your membership more in SIR if you Volunteer!

➤ Branch 62 Members 66

➤ Officer Positions 6

➤ Board Member Positions 6

➤ Committee Positions 33

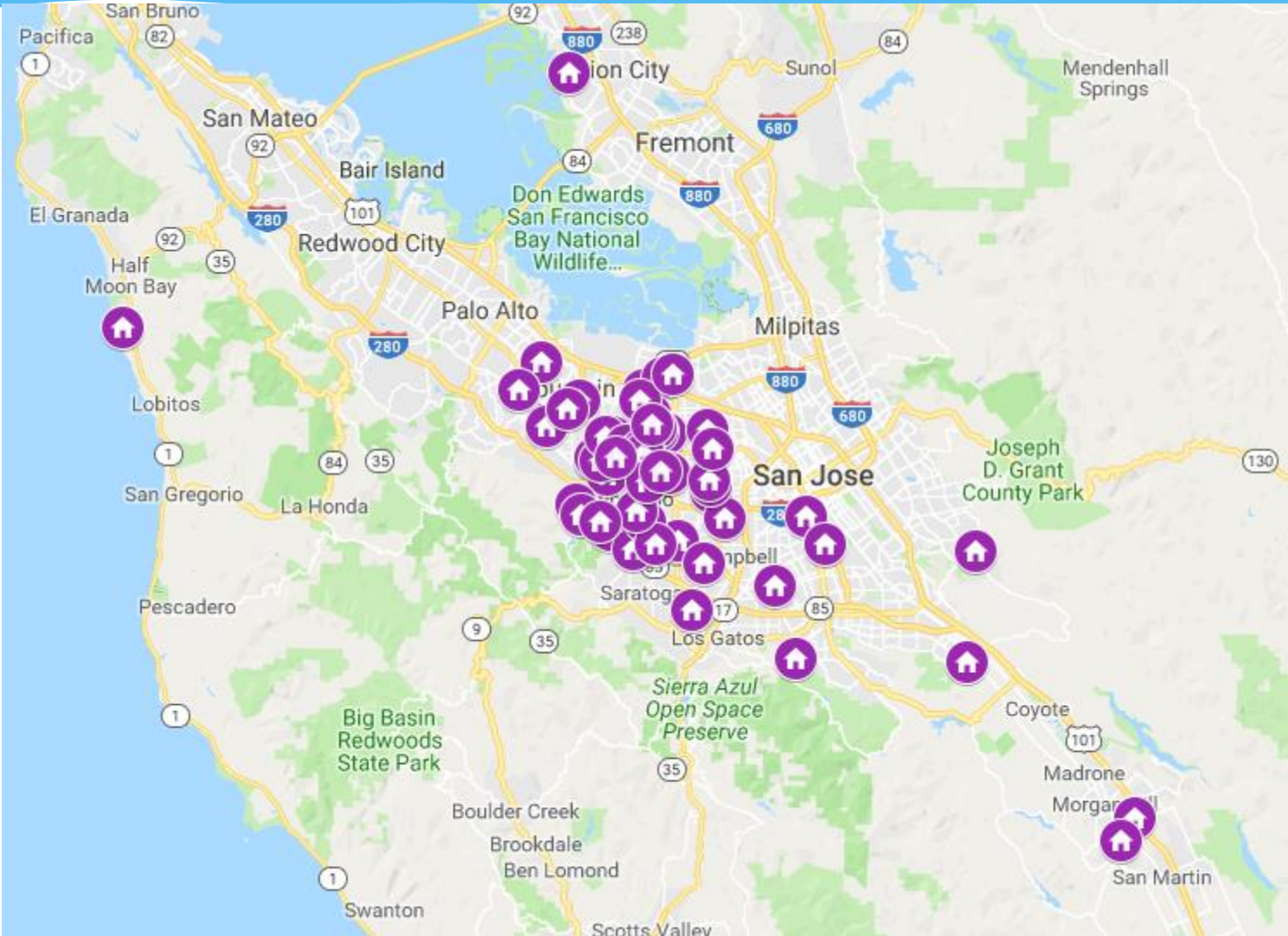
➤ **Total Positions** 45

➤ Number of members filling the positions 27

\* Some members fill 3 positions

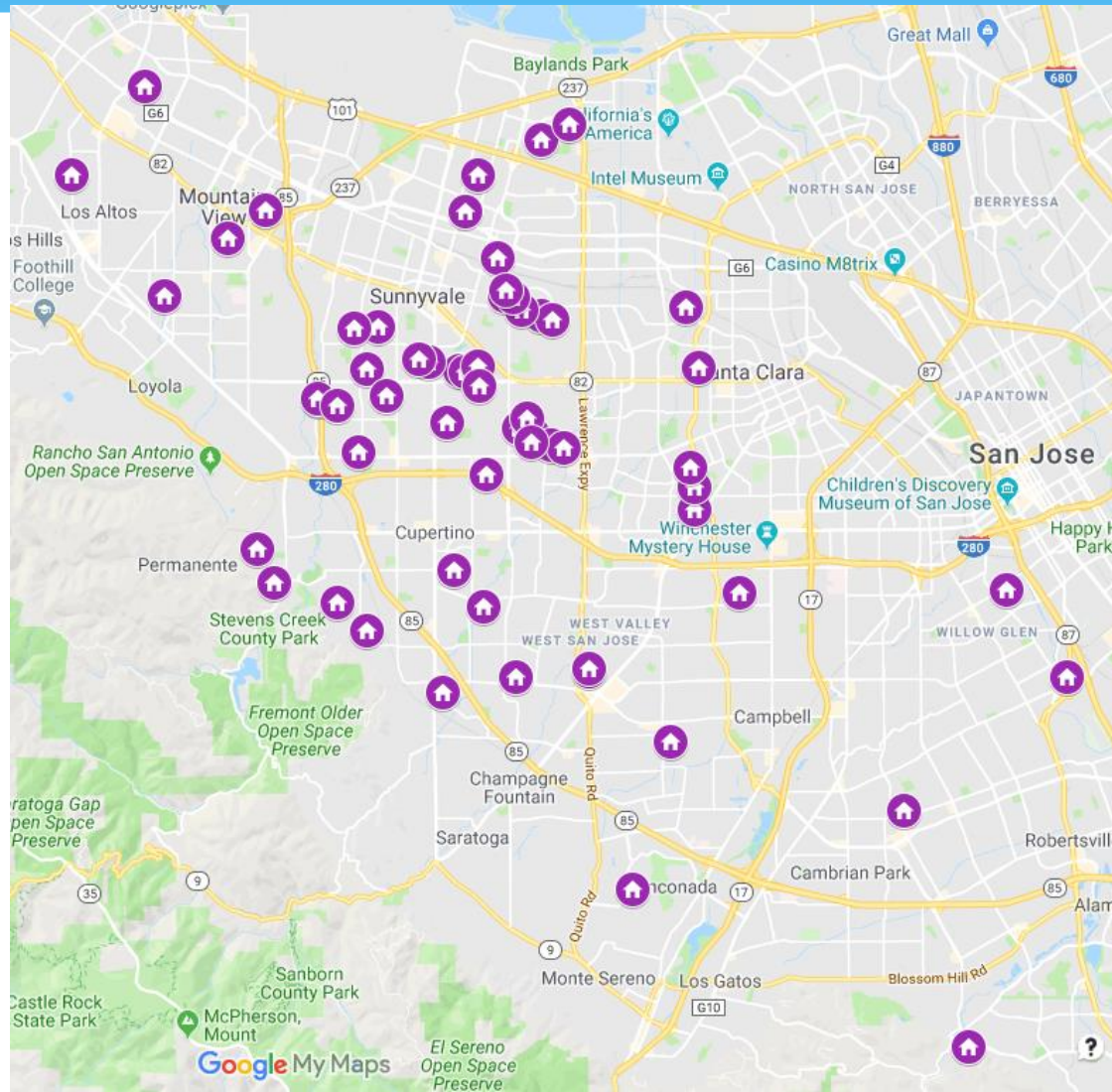
**Contact the Big Sir if you wish to volunteer**

# Where Do Our Members Live?





# Car Pool? Check Out the Interactive Map on Our Web Page



# We NEED New Members

- \* Please do your duty and help with the recruiting effort
- \* The age limit is no longer a requirement in the bylaws
- \* Ask your friends, old work associates, neighbors, ...

*“I can think of no better way to spend my retirement than with people I like and activities that I enjoy.”*

Phil Thomas

# LinkedIn/Facebook

- \* **Are you a LinkedIn or Facebook user?**
- \* **If so, would you like to man our accounts?**
  - \* **Make them current**
  - \* **Make them visible to local company groups**
  - \* **Make Branch 62 a go-to place for new retirees**

***Contact Heber Slusser for info***

# Board Meeting Minutes on Line

The BEC minutes & Treasurer's reports are now available on our web page



Check it out to see what the Board is up to.

<http://branch62.sirinc2.org>

THIS SPACE IS AVAILABLE

**Do you have something  
that you want our  
members to know/see?**

*Contact Heber Slusser and I'll get your info here for the next meeting*

# Can't Remember the Joke?

- \* Navigate to the Calendar tab on our Web site
- \* There is a link to Don's jokes to the right of the speaker information
- \* <http://branch62.sirinc2.org>

# Your Officers for 2019

<b>BIG SIR</b>	<b>LITTLE SIR</b>	<b>SECRETARY</b>	<b>ASSISTANT SECRETARY</b>	<b>TREASURER</b>	<b>ASSISTANT TREASURER</b>
					
<b>John Dieckman</b>	<b>Dave Riopel</b>	<b>Bob Pastorino</b>	<b>Wally Anderson</b>	<b>Roger Falberg</b>	<b>Leon Kowaleski</b>
408-732-3648	408-255-1825	510-755-5524	408-736-6408	408-730-0801	408-446-1129

# Be Sure to Visit Our Website

## <http://branch62.sirinc2.org/>



- Home
- History
- Officers & Board
- Newsletter
- Calendar
- Classified Ads
- Related Links
- Photos



**Last Update:**  
 Calendar - 2/16/2018  
 Officers - 2/15/2018  
 Bocce Ball - 2/4/2018  
 Bridge - 2/4/2018  
 18 Hole Golf - 2/4/2018  
 9 Hole Golf - 2/4/2018  
 News Letter - 2/4/2018  
 Bowling - 2/4/2018  
 Wine - 2/4/2018  
 Travel - 2/4/2018  
 Main Page - 1/5/2018  
 Photos - 1/5/2018  
 Related Links - 10/29/2017



**VOLUNTEER PHOTO-GRAPHER NEEDED**

**Christmas Dinner Dance Photos**

### Who Are We? Sunnyvale Branch 62!

WATCH OUR INFORMATIVE VIDEO! >>> [Click Here](#)

Sons In Retirement (SIR) is a nonprofit public benefit corporation for retired men, devoted to the promotion of independence and the dignity of retirement. SIR's purpose is to assist men in renewing former friendships and provide opportunities to make new friends through association with other retirees.

### We Create Activities Our Members Enjoy

We have monthly luncheons with interesting speakers and good fellowship. Additionally, our members enjoy doing a variety of other activities including golf, bowling, card games and more. Many activities like travel, dining, picnics, and holiday parties include our ladies and guests. To get more information on our activities click on the icons to the right. For speaker information, click on the Calendar menu button above.

### But There Are Some Things We Don't Do!

We don't raise money. We don't have a political agenda. We don't have a religious orientation. We don't sell light bulbs or anything else. We don't have a problem with organizations that do these things, it's just that we don't. You've paid your dues to the working world - it's time to enjoy life.

We meet at the [Mariani's Inn & Restaurant](#) in Santa Clara, California on the 3rd Thursday of each month (see [calendar](#)).

Are you retired or semi-retired and want to make new friends, participate in fun activities and better enjoy your leisure time?

### Branch Activities

(Click Button Below)



Book Swap Bocce Ball



Bowling Bridge



9 Hole Golf 18 Hole Golf



Poker Travel



Wine Tasting