



SIR BRANCH 161 NEWS

Celebrating our 28th year! July, 2019

A Nonprofit Public Benefit Organization for Retired Men Devoted to the Promotion of Independence and Dignity of Retirement

Alan Jarvie, Big Sir

Our election of BEC Officers and Directors will take place at our August 13 lunch meeting. The nominees put forward by the BEC Nominating Committee are as follows:



Board Officers:

Roy Bristow Big Sir
 Al Sauvadon Little Sir
 Jerry Wiebe Treasurer
 Lowell Thomas Assistant Treasurer
 Rick Harris Secretary
 Ken Landoline Assistant Secretary

Directors:

Will Myers Membership Chairman
 Paul Elmer Attendance Chairman
 John Frye Bowling Chairman
 Larry Mensch Golf Chairman
 Dennis Pachucki Dinner with the Ladies Chairman
 Bill Konold Director at Large
 Lowell Onstad Director at Large

As always, any Member can make a nomination "from the floor", at any time up to and including "Election Day". Should you chose to make such a nomination, please be sure to confirm with the prospective nominee that 1) he will accept the position if elected, and 2) he intends to serve the full one-year term.

Our next lunch meeting is July 9, and I look forward to seeing you all then!

2019 Branch 161 Meetings Calendar

01/15/2019 (Note 1)	07/9/2019
02/12/2019	08/13/2019
03/12/2019	09/10/2019
04/9/2019	10/8/2019
05/14/2019 (Note 2)	11/12/2019
06/4/2019 (Note 3)	12/10/2019 (Note 2)

Note 1: Third Tuesday in January.

Note 2: Lunch with the ladies.

Note 3: First Tuesday in June.

Next Luncheon Meeting: July 9, 2019.

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Roy Bristow, Little Sir

JUNE 4 SPEAKER

Our June speaker, Doctor Dale Giessman, gave a very informative presentation with topics including sports medicine and the positive health benefits of continuing to be active after the age of 65. I believe his Prescription was, "Exercise is the lubrication for the body". Dr. Dale fielded many questions from the floor and was gracious enough to continue answering questions long after lunch had ended. Many of his patients were in attendance, and we were all happy to be able to spend some time with him.



JULY 9 SPEAKER

As many of your know, our July speaker was scheduled to be Al Sauvadon. Al is one of our beloved fellow Sirs. Al has just recently undergone open heart surgery and, while he is resting comfortably at home, a public speaking appearance is not possible at this time. The good news is that Al is confident that he will be ready to speak at our November 12 luncheon. In honor of Veteran's Day the title of the presentation will be "I love America". You won't want to miss this. It will prove to be our best luncheon presentation to date.

Our speaker for the July 9 luncheon will be Alyssa Bristow - Blake. Alyssa hails from a long line of distinguished educators, including the late Bill Bristow, Superintendent of Schools, of Liberty School District.

Equipped with an undergraduate degree from California State University of Sacramento and a Masters in education from Southwest Baptist University. She has 11 years of classroom experience, and countless ongoing hours of professional development. She battles to stay relevant and relatable to young teens through a dynamic and relational teaching style.

This isn't education like you remember and it isn't education like your daughter remembers. This is the education style your granddaughter and great granddaughter are experiencing.

You will be glad you attended this luncheon!

July birthdays

Harlan Averitt, Bob Bradley, Murray Cole,
Jerry Dittman, Dick Jamison, Richard LaForge,
Tom Jones, Tom Kirtley, Mar Knittel,
Lowell Onstad, Gino Pagano, Dan Riordan,
Paul Schmidt, Michael Tomaselli

July luncheon menu

Bread Sticks or Rolls & Butter

Meatloaf and Yukon Mashed Potatoes with Gravy, Green Beans Almandine

Dessert: Cookies / Brownies

Includes Ice Tea & Coffee



June speaker (center) Dr. Dale Giessman, DC- Sports Medicine receives a certificate of appreciation from Big Sir Alan Jarvie (left) and Little Sir Roy Bristow (Right)

Editor note: A big thanks to Bob Damico for various pictures taken during the June luncheon.

SIR Travel, Dennis Pachucki

Various bargain-priced trips are available to SIR members through local travel agencies and other SIR branches. Look for the **Travel binder** located on the table in the Discovery Bay Country Club lobby at our monthly luncheons. Some of the available 2019 trips are listed below. For more information contact Dennis Pachucki.



August 8-16, 2019: U.S. and Canadian National Parks.

Aug 23-Sept 3, 2019: Crystal Alaska Cruise and Land.

Aug 23 – Sept 9, 2019: Princess Cruise Iceland and Norway on the Pacific Princess.

Sept 3-13, 2019: Princess Cruise Alaska – Grand Princess: R/T San Francisco.

Sept 7-22 2019: Taste of Bordeaux.

Sept 3-10, 2019. 7 day Crystal Alaskan Cruise

Sept 5-18, 2019 Tuscany & Rome Italy

Sept 20-28/2019 Captivating Cascadia – A Custom Nine Day Cruise/Tour

Oct 11-18, 2019 Niagara Falls and the Grand Hotel

Oct 13 – 20, 2019 Princess Cruise Pacific Northwest: 7 Day

Oct 18-25, 2019 Niagara Falls & Grand Hotel

Bowling News, Paul Elmer

We have completed 4 of 13 weeks bowling for the summer session of the Monday SIR Bowling League. As of week 3, Team 5 (Terry Damico, Eloise Gatson, Dianne Leonis, Al Fleisher) is in 1st place by 3 games over Team 6 (Lorraine Burt, Mary Pita Fry, Jack Bree) and Team 9 (Marie Wilson, Tami Fanucchi, and Dennis Sandau). Results of week 4 were not available as of this article. Summer High Scores are; for the women; Scratch Series; Rosie Elmer 581, Scratch Game; Marie Wilson;223, Handicap Series; Terry Damico; 619, Handicap Game; Diane Leonis 238. For the men; Scratch Series; Jerry Marshall; 659, Scratch Game; Art Lopez, 244, Handicap Series; Ron Wilson; 657, Handi-



cap Game; Greg Mattus, 251. We could certainly use more bowlers this summer and thanks to Dennis Sandau and John Welton who are the 2 new ones this season.

The tournament in Pacheco and Dublin was held, turn-out was low, and Branches 161 and 108 had no entries. However there is another tournament in August (12th-15th) in Carson City that has quite a bit of interest and entries are already being mailed in. If you wish to bowl in that tournament or any other of the remaining tournaments this year please contact John Fry or Paul Elmer for entry information. The tournament schedule is posted in the Branch 161 yearly handbook (yellow in color for 2019).

SIR Activities, Dick Donald

We're always looking for new activities among SIR. If you have a suggestion for an activity not currently supported, let us know and we'll see if we can get a group going. You can contact me at 513-2849 or: email DickDonald@Yahoo.com.



Following are some ongoing SIR activities, including details on current plans.

Wine Tasting – Dick Donald – 513-2849

The next wine tasting will be at 5 PM on Thursday, July 25th . If you are interested in attending this very popular activity please contact Dick Donald at the number above, or email DickDonald@Yahoo.com.

Bocce Ball – Dick Donald – 513-2849

We are currently playing SIR Bocce Ball at 10 AM on Tuesday mornings, planning to play about 2 hours. However, there is no game on SIR meeting Tuesdays. We will make up teams on the spot using all available players. If you would like to play, just show up.

Pickleball - Bob Lyman – 628-7906

If you have ever played a racquet sport of any kind and have the energy to use those skills again, come check out pickleball. The first Saturday of the month is new player day with some snacks and coffee to enhance the experience! It is a great game for both men and women, with lots of good social interaction and is the fastest growing sport in the country. The best courts in Contra Costa County are right here in Discovery Bay, at the Cornell Park pickleball courts. Current drop-in play times are Tues, Thur & Sat at 8 am (weather permitting). Have any questions, check with SIR players Dennis Pachucki, Phil Talley, Greg Moran, Don Patterson, Terry Silva, Randy Zierau or Bob Lyman.

SIR Cyclers - Jerry Wiebe - 916-206-9221

The SIR Cyclers ride weekly on Thursday mornings at

8:00 AM. during the long warm days of summer and invite their spouses and new SIR riders to join them on their rides. They meet at Jerry's home in Discovery Bay for a moderate ride into Brentwood and back. Some weeks they may travel to other nearby towns' bike trails to enjoy a new riding experience. An email message is sent weekly to inform interested participants of the riding plan for that week. If anyone would like to join their rides, contact Jerry Wiebe by phone or email to be added to the weekly email distribution. We look forward to and encourage SIR members to join us on our rides.



SIR Cyclers Ed Fitzpatrick, Bruce Bohnsack, Phil Newlin, and Larry Mensch on Balfour Road returning after a stop for a bit of camaraderie and cup of coffee in nearby Brentwood.

Discovery Bay Pickleball Tournament

Discovery Bay Pickleball hosted a tournament at Cornell Park on June 1st & 2nd. We had folks visiting from as far away as Arizona playing. But most of the 113 Men and women who played come primarily from Contra Costa and surrounding counties. Our players were about half men and half women playing mixed, women's doubles and men's doubles in 170 matches over the two days in 11 different skill categories. The tournament was a fund raiser in our effort to complete the Pickleball complex at Cornell Park approved by the Town of Discovery Bay. We are always open to teaching new folks to try the game.

June 1st & 2nd Discovery Bay Pickleball Tournament



Golf News, Dale Welin

20 players participated in the June golf tournament at The Reserve in Stockton on Tuesday, June 18. The results are below:

1st place - 136 - Lutz, Quier, Johnson, and Vargas

2 teams tied with 137 score; Tie was broken with Welton, Denning, Fanucchi, Welin in 2nd place.

3rd place team was Konold, Ramsdell, Avila, Wilson.

CTP winners were Konold, Avila.

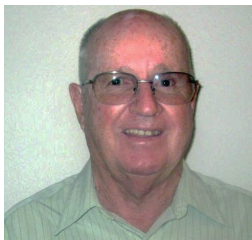
Our July tournament will be Guest Day at Elkhorn GC on Tuesday, July 16 with a 9:00 am shotgun start. More details will be provided to our players roster for the Guest Day. Very briefly, each member can invite a guest (preferably with a GHIN number). If no GHIN number, we will need an estimate or the guest's expected score for 18 holes.

Check out the email that will be sent and I hope that all the players will read the email.



Membership, Will Myers

Our June Sir meeting saw a slight increase in membership from 151 to 152 with the induction of Floyd Ferguson, sponsored by Bob Damico. Floyd was a brief member of our SIR 161 branch in 2005, and has now rejoined us. He and his daughter have lived in Discovery Bay since May 1997. He retired in 2003 after working 37 years for the Lockheed-Martin Co. in San Jose, California. His interests include model trains, tennis, walking and other activities which provide some form of exercise. A photo of Floyd and his sponsor, Bob Damico, is shown below.



latest new members to assure they felt welcomed, were enjoying themselves and were participating in some of our branch activities. Larry will continue to do this throughout the remainder of the year, and next year's Big Sir, Roy Bristow, will continue this important effort to have new members remain with us.



Floyd Ferguson (Right) and Member Sponsor Bob Damico

Member Paul Elmer was awarded a free bottle of wine for bringing in guest Dennis Sandau.

As I mentioned in prior newsletters, it is essential that member sponsors continue to make the new member feel welcome and introduced to members with common activity interests. To help achieve this objective, past Big Sir Larry Mensch proposed another effort which was approved by your BEC. During the June SIR meeting social hour, he met with our

SIR Membership Requirements

Membership in Sons In Retirement is open to men regardless of age, race, color or religion. See the last page of this newsletter for more information.

June Award



Bob Lyman (Right) receives the 20-year Membership award from Big Sir Alan Jarvie

SIR ACBL-Duplicate bridge

The SIR ACBL-Duplicate bridge game for Region 5 will be held on July 2, 2019. The location will be the Contra Costa Bridge Center; 3039 Willow Pass Road; Concord, CA.

Registration: 9:15AM

Lesson: 9:30AM with Ravi Bhalla

Game Start: 10:00AM. Game Finish: 1:45PM

If you wish to play, please contact Conrad Robertson { bridgemast@aol.com } by June 30, 2019.

Tom Henry, Co-chairman,

ACBL-Duplicate Bridge Activity for SIR Region 5

The 26th Annual Al DiGiusto Boat Cruise and Luncheon - July 18, 2019

In 1993, 26 years ago, Al DiGiusto conceived the idea to plan a SIR event that would introduce some of the non-boating members and their wives to the world of boating in the Delta. The Sirs with boats invited members and their wives to ride with them on a cruise to one of many Delta waterfront restaurants for lunch. Al coordinated this successful event till his passing in 2005. The event continues in his honor.



This year's boat cruise and luncheon will be held Thursday July 18, 2019, and starts at the Boardwalk Grill in Discovery Bay. There will be sign-up sheets at the July meeting.

Menu Choices:

- Chicken wrap served with a side of fresh fruit,
- Chicken Caesar salad (comes with garlic bread),
- Tri-tip Sandwich served with French Fries,
- Fish and Chips.

Non Alcoholic Beverage, dessert, tax and tip included for \$18.00 per person. Also house wine \$5.00 glass, and draft beer \$4.00 domestic, \$4.75 premium (16 oz. size).

Agenda:

Meet at the Boardwalk Grill by 11:30 a.m. (by car or boat). Lunch will be served at noon. After Lunch we'll load-up and cruise the Bays. Or for those interested, talk to your Boat Captain, and go out on the river for a faster ride. Sign-up and meet your Boat Captain at his house and cruise to the Boardwalk. Or, walk or drive your car to the Boardwalk; we'll have boats / Boat Captains there to give you a ride after lunch. Sign-up deadline is July 11, 2019.

-----Detach & return this stub with payment-----

Your Names:

Phone Number

Your Menu choices:

Chicken Wrap ____

Chicken Caesar Salad ____

Tri Tip Sandwich ____

Fish & Chips ____

Make check out to / Mail to: R.C. Damico 1621 Gamay Ln. Brentwood, CA 94513

CHECK ONE

____ Need a Boat Ride ____ Have a Boat Ride - Riding with: _____

____ Have Boat and need passengers (have room for ____)

____ Lunch only, not interested in Boat ride

SIR Sports Summary



Golden Gate Fields

March 29-Friday-11 am

mention SIR for:

valet parking, Turf Club (buffet), program
use the Gilman Street entrance
collared shirts & dress slacks
no T-shirts, no shorts, no athletic shoes
Branch leaders see me to get into the
Winners' Circle

Oakland Coliseum-Battle of the Bay
Oakland A's vs San Francisco Giants

August 25-Sunday-1 pm

save \$ 10+

deadline: June 1, 2019

send \$52/per person, plus

self-stamp return envelope

to Lee Moy, 127 N. Helm Ave, Clovis



Raley Field-W. Sacramento
AAA Baseball

River Cats vs Tacoma Rainier
(SF Giants vs Seattle Mariners)

April 7-Sunday-1 pm; \$21.12; section 104
print voucher for parking

pre-game gathering (noon)-Knee Deep Alley
Plus

"Thirsty Thursday"-June 13, 7 pm, section 115

River Cats vs Omaha (KC Royals)

\$22 seats/minimum 20 tickets

this game deadline: May 28th



Chukchansi Park

AAA Baseball

Fresno Grizzlies vs Sacramento River Cats

May 18th-Saturday, 6 pm

price & section not determined yet

Meet at Tioga-Sequoia Brewery-4:30 pm



Please consider
wearing SIR apparel
and/or your favorite team attire
Meet-n-greet fellow SIR members

Lee Moy
State SIR Sports
LeeHealthStudio@gmail.com



**SIR Day at the Park
A's vs Giants**

AT THE OAKLAND A's



**2nd Annual Bay Area Series
Sunday, 1 pm, August 25th, 2019, Coliseum
\$ 52, deadline June 1st, section 106-shaded**



**Check: Lee Moy, Amount: \$ 52
Mail: 127 N. Helm Ave, Clovis, CA 93612
include: self-stamp return envelope**

Lee Moy-(559) 709-9851
State SIR Sports
LeeHealthStudio@gmail.com

Branch 161 Activities and Events

Bowling (*): John Fry or Paul Elmer

Sirs & Ladies Bowling league happens every Monday @ 9:30 am at Harvest Park Bowl. Our league consists of four-person teams, with approximately 20 teams, and consists of two seasons – a Winter session of 36 weeks and a Summer session of 16 weeks; both are sanctioned with the USBC. We bowl every Monday except for Holidays, and we always have room for more bowlers, seasoned bowlers as well as newcomers. During the year various SIR Branches sponsor Bowling Tournaments throughout Northern California; Check the state SIR website (<http://www.sirinc3.org/sirBowling/index.html>) for dates and details.

Golf: Dale Welin

Golf is usually on the third Tuesday of each month from March through October, at various local courses. Also, there are a number of state-wide SIR-sponsored events during the year; Information can be found on the state SIR website, <https://www.sirinc2.org/golf2018> .

Away Golf Tournament (*): Roy Bristow

We also have a Branch 161 Away Golf Tournament each year. It is a mens and couples, tournament in which 42+ people participated in 2018. Last year it was at the Saddle Creek Golf Resort in Copperopolis, as it is again this year, May 1-3, 2019.

Pickle Ball (*): Bob Lyman

If you have ever played a racquet sport of any kind, and have the energy to use those skills again, come check out pickleball. It's a great game for both men and women, lots of good social interaction and the fastest growing sport in the country, with the best courts in Contra Costa County right here in Discovery Bay. Play is at the Cornell Park pickleball courts and current drop-in play times are Tuesday, Thursday & Saturday at 9am (weather permitting). Best time for learning is Saturday and we have all the equipment.

Wine tasting (*): Dick Donald

Monthly on the 4th Thursday, at different hosts each month. Each couple brings a bottle of wine and an appetizer to share. The bottle is covered so that the label is not visible and is poured in 1 ounce 'tastes', which is graded on a scale of 1 to 5 by each participant. At the end of the evening the bottles are uncovered and the scores are totaled to determine how each wine is rated.

Bike Riding (*): Jerry Wiebe

9:00 a.m. Thursday mornings, meeting at Jerry's address, 2071 Windward Point, Discovery Bay, for a weekly 13 mile ride into Brentwood, sometimes further on other routes, and when possible, a mid way coffee shop stop for a leisurely bit of group chit-chatting.

Tennis (*): Tom Snyder

Tennis is a new activity that was added this year (2019). It is a mixed co-ed group, similar to the pickle ball group. We play Monday, Wednesday and Saturday at the Discovery Bay Community Center starting at 8:00 am. Players rotate in so that everyone plays. It is an easy-going tennis group that usually ends up at Starbucks afterwards. Sometimes, we'll go out for breakfast or lunch, especially if the weather is not good.

Continued ...

Branch 161 Activities and Events (continued)

Dinner with the Ladies (*): Dennis Pachucki

SIR Dinner with the Ladies is a well attended event. We have 8 annual events at various local restaurants. Dinners are typically the last Tuesday of the month, 5:00 PM socialization and 6:00 PM dinner. All Sirs and ladies and their guests are welcome. Look for dates and locations in our Monthly newsletter.

Poker: Dick Donald

SIR Poker is a weekly, low-stakes poker game. It's played every Monday evening at 6:30 through 9:30. Games are quarter-limit dealer-choice and the dealer antes a quarter for everyone. A schedule is made with a different host and six additional players each week. Everyone plays about seven times over two and a half months.

Annual Al DiGiusto Boat Cruise and Luncheon (*): Bob Damico

In 1993, Al DiGiusto conceived the idea to plan a SIR event that would introduce some of our non-boating members and their wives to the world of boating in the Delta. Sirs with boats invited members and their wives to ride with them on a cruise to one of many Delta waterfront restaurants for lunch. Al coordinated this successful event until his passing in 2005, and the event continues in his honor. This year's boat cruise and luncheon will be Thursday July 18, 2019, and starts at the Boardwalk Grill in Discovery Bay. There will be sign-up sheets at the June meeting.

Eric Jensen Memorial Collector Car Show: Bill Konold

Our September meeting is also the SIR Collector Car Show. So polish that Collector Car of yours and bring it to the meeting. Any interesting car, old or new, is welcome. Got a new Hemi, a cool Corvette, or an old Mercury? Bring it to the September meeting and park with other SIR car enthusiast members. Tire kicking is both before and after the meeting, so arrive a little early, stay a little late, and enjoy the machinery.

Christmas Lights Boat Ride (*): Dick Donald

A mid-December evening ride with "Captain Morgan" on the waterways of Discovery Bay, to observe the Christmas light displays. We'll have an appetizer tray provided by the Boardwalk restaurant, and drinks will be available for purchase aboard.

Sporting Events (*):

The state SIR organization puts together special "SIR Days" for a variety of sporting events, such as A's & Giants games, Golden Gate Fields horse racing, Sacramento River Cats, AAA baseball, etc. Information on these events can be found on the state SIR website (http://www.sirinc.org/siractivities/SIR_sports.htm), and flyers are routinely included in our monthly newsletter.

Bocce Ball (*): Dick Donald

We are re-starting our weekly game, and we will once again use the Discovery Bay Country Club facilities.

Beer Tasting: Temporarily on hiatus.

(*) denotes a co-ed and/or couples activity. Details & schedules of individual activities can be found in our Branch 161 monthly newsletter. Contact information for coordinators can be found in the current Branch 161 Handbook.

Membership Requirements & Principles

(revised 2019)

Membership is open to men, regardless of age, race, color, or religion. Member volunteers and staff administer and govern all branch activities. Nominal membership dues help provide for these activities. SIR supports no outside cause or interest. We prohibit discussions of politics and religion or the selling of anything to any member. Prospective members must be sponsored by an active member.

Attendance Policy *(Revised July, 2012)*

Luncheon meetings are normally held on the second Tuesday of the month at the Discovery Bay Country Club, 1475 Club House Drive. (There are exceptions when we need to hold our meetings on a different Tuesday, so please check the Meetings Calendar elsewhere in this newsletter).

Social hour is at 11.00am and lunch is at noon. All members are expected to attend Luncheon meetings unless prevented by illness, absence from the Branch locale, or acting as a caregiver to a spouse or companion. If you cannot attend, you are required to notify the Attendance Chairman by the Friday prior to the luncheon meeting or you may be charged for the luncheon.

Regular members missing three consecutive meetings without notifying the Attendance Chairman, or missing more than five (5) meetings within the last 12 months for any reason (not counting May and December), will have their membership reviewed by the Branch Executive Committee (BEC), and may receive a notice from the BEC of their decision to consider terminating the absent Sir's membership.

Certification of attendance at another branch will be considered a credit to attendance.

Responsibility Clause

All tours, trips and other activities for or by Sons In Retirement, Inc. and its branches are for the convenience and pleasure of the members and their guests who desire to participate. Sons In Retirement, Inc. and its branches do not assume responsibility for the well-being or safety of the participants, or in any

Reminders

Annual dues defray the administrative costs of running our organization. For those who have yet to pay their dues, be sure to bring \$20 cash or check (made out to SIR Branch 161) to the next meeting. Or you can mail it to our Treasurer, Jerry Wiebe.

Dress code for our meetings is "Country Club Casual", which means no jeans or denim, cutoffs or exercise shorts, shirts must have a collar, no tank tops or T-shirts, no flip-flops or thong type sandals. Please ensure that your guests are aware of this policy. Simple etiquette requires that hats be removed while in the dining room.

If you're unable to attend a meeting, our Branch is obligated to pay for lunches not served. Please email or call Bill Konold by the Friday preceding the meeting if you don't plan to attend.

Bill Konold, bkonold@comcast.net

Tel: 634-2738

Your newsletter team



Tom Jones
*Editor and email
distribution*



Dennis Pachucki
*Paper copies
and USPS mailing*

View SIR Happenings, the State SIR newsletter: <http://www.sirinc.org/sirhappenings/>