



AUGUST

WHAT IS SIR?

<https://youtu.be/5j5WsiyKp5s>

Branch 8 Website:

<https://www.sirbr8.com>

HOTLINE

"MAKE NEW FRIENDS FOR LIFE"

August 2024

Editor: Steve Moore

BIG SIR COLUMN



**Rich Carlston
Big Sir**

I hope everyone is having a fantastic summer. It's hard to believe that it is already August. Only a few more weeks for you to have your next award-winning summer backyard BBQ before it'll be fall.

Throughout SIR, there have been membership losses. With our many activities, we have remained stable the past couple of years. But we learned at our last BEC that we are not immune to membership loss. We presently have 222 members, having recently lost

several members for various reasons. At the BEC, we discussed the need to begin focusing again on building up our branch. We have a great branch, with great people and great activities. But we continue to lack visibility in the community. If more men knew about our branch and the joy and friendship that is available to them through our branch, I know that they would join us, strengthening our branch and expanding our activities. So, what can we do? We'll be working on setting goals and discussing methods over the next several months. We'll need everyone to pitch in and let our community learn about us. When people hear about our mission, the opportunities available and see the friendship that we have, we'll gain new members. I believe in our mission and our people. And I know you do as well. Now all we need to do is let others know about us.

Finally, a quick note. As is customary, this month Tom DiGrande will oversee the August BEC meeting and lunch program. I'm looking forward to it because Tom is a great leader who has spent hours and hours working behind the scenes on branch issues and matters. I have appreciated his guidance and willingness to roll up his sleeves. He has been an example to me, and I know he will be an outstanding Big Sir next year.

Enjoy the rest of your summer.

LITTLE SIR SEZ



**Tom DiGrande
Little SIR**

IT'S YOUR BRANCH

As in any organization, communication and leadership play a large part in their survival and growth.

This foundation also applies to the SIR organization and their branches. If we fail to provide continuous new leadership, the branch, and possibly the organization will not survive!

Here is the bottom line:

Branches are declining in membership (4% a year).
Operating cost, including luncheons, are inflating.
Membership average age is increasing and are "aging out".
New younger members are NOT replacing those "aging out".
Volunteering is declining as the median age increases.
Branches will not survive without leadership.
Branches have dropped from 179 to 84 from lack of leadership.
Get involved! "IT'S YOUR BRANCH"
Volunteer for a position - participant in an activity!

Did you know?

The BEC meetings have an "open door policy".
They start at 9am, prior to our luncheons.
You are all welcome to attend.

Members will be Receiving a Branch survey by the end of July.
We need these back within about 2 weeks. Please take the time (10 -15 min), to complete this important survey. All the information will be passed on to the membership.

Enjoy the weather ☺ - stay cool! ☺

Tom – Little SIR Branch 8

SPECIAL EVENT

Lee Moy, State SIR Sports, is organizing attending the **A's vs Giants** baseball game on **Sunday, August 18, 2024**, at the Oakland coliseum. This game is of the final **Battle of the Bay Bridge Series** before the A's leave Oakland. Sign-up information is provided on the flyer at the end of this newsletter.

Lee Moy leehealthstudio@gmail.com



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taken to that Article.)

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Next SIR Luncheon:
August 12, 2024
Boundary Oak Golf Course
3800 Valley Vista Rd.
Walnut Creek

Executive Meeting: 9:00am
Social Hour begins: 10:15am
Luncheon starts: 11:30am
Cost \$36

Greeters: Dan Coleman
Steve Hilberg



NEW ADDRESS, PHONE NUMBER or E- mail

If you change your address, phone number or E-Mail address, please notify Rich Knowles at (925) 370-6239 or send him an E-mail at: sb8msec@hotmail.com



LUNCHEON SIGN-UP

Sons in Retirement originated in 1958 in San Mateo when four retired businessmen got together for a social luncheon with the purpose of promoting this activity for all retired men. This idea evolved into the organization that you are involved with today. We continue to believe that holding luncheons for social interaction and to listen to timely presentations is a wonderful activity. We hope that you value this, as well. **The monthly luncheon is the backbone of SIR and why SIR exists. If you have not attended these luncheons for a while, we encourage you to join your fellow SIR members and enjoy retirement life.**



We ALL must sign up to attend the Branch 8 luncheon held at Boundary Oak Golf Course, 3800 Valley Vista Rd., Walnut Creek, CA. You will have a choice of a meat, fish, or vegetarian entrée. You can also select no meal. **Please tell us which entrée you want when you sign-up:**

1. Three sign-up methods will be available for yourself and if you want to bring a guest. Just let us know including your choice of meal:
 - a. A Constant Contact email requesting your action to sign up to attend a Branch 8 luncheon will be sent to you. Click on the link in this email to electronically sign up for the next luncheon. You will need to enter your name as well as any guest's names, your and your guest's meal preference. You should receive a message immediately that your response has been recorded. This is the preferred method.
 - b. Send an email message to sirbr8attendance@outlook.com. You will receive a confirming email.
 - c. Call 925-901-4826 to sign up for the luncheon by phone.
2. You must sign 5 calendar days before the next luncheon (i.e., the Wednesday before the luncheon). This deadline is necessary because we must provide a final headcount to Boundary Oak.
3. We have been fortunate in being able to accommodate those who sign up late or simply walk-in. If you are not on the sign-up list for the meal and want to attend; do come, and, if available, we will sell you a meal. If meals appear to be sold out, we will ask you to wait until 11:20 AM so we can confirm that a meal is available. You are always welcome to attend the meeting and listen to the speaker.
4. As before, you will bring a personal check for \$36.00 made out to SIR Branch 8, or cash to the luncheon as payment.

5. If you sign up, but do not attend the luncheon, or if you cancel after 5-days prior to the luncheon, you remain subject to payment because we owe Boundary Oak for the lunch that they have prepared for you.
6. If you have any questions regarding the sign-up process, contact Manuel Dominguez (dominguezx@comcast.net) or Dan Smith (dns.lns02@astound.net).

Constant Contact emails have been very successful and makes sign-up easy. However, these emails do not reach all members for one reason or another. If you believe that you have been missed, or if away during the sign-up period, even if uncomfortable with the automatic reply, you can always use the attendance email or voicemail given above anytime. You should do this at least 5-days prior to the luncheon to ensure that you have a meal.

If you cancel after the deadline or do not show-up, we will follow-up with you to find out what happened. We do not expect members to pay for missed luncheons when there has been a health issue within your family.

NEED A RIDE

In the interest of getting more guys to our monthly luncheons, the BEC would like to know who needs a ride to and from Boundary Oak and has not yet arranged for one each month. If you need a ride to/from the luncheon, please send an email to Tom DiGrande at tomdigrande@comcast.net or call at 925-876-7851 by the first of the month.

In addition, we have arranged to have a golf cart available for transporting limited-mobility members to and from the upper parking lot to the luncheon entrance. Please email Tom DiGrande at least 3 days before the monthly luncheon if you need that service.

NEW MEMBER BADGES



These badges belong to our newest members. Don't forget to say "Hi" and introduce yourself. Let's make them feel at home. Talk about your SIR activities and ask them to join you.



**NEW SIR STORE
APPAREL- NEW ITEMS!
NEW SHIPPING
CHANGES!**



ALL SIR orders over \$50 ship FREE! Shop now to take advantage of this offer!



SHOP NOW:

<https://sir.go.customprintcenter.com>

**SHOW YOU ARE PROUD TO BE A MEMBER OF SIR
BRANCH 8, SPORT A LOGO! Be well!**

Public Relations Chair: Tony de Losada

PUBLIC RELATIONS & COMMUNITY OUTREACH



No new report submitted for
AUGUST.

**Tony de Losada Tom Mohrman
Chairmen**

Tony de Losada tonydelosada@gmail.com 925-945-1730
Tom Mohrman mustangpm@gmail.com 516-242-1635

COMMUNITY OUTREACH – SIR GIVING BACK



Tom Di Grande

Join your fellow SIR Branch 8 members in the Community Outreach-SIR Giving Back program / activities. Participate when you can, in assisting, while supporting our communities, SIR Giving Back gives you that opportunity! The Community Outreach-SIR Giving Back activities are co-ed. Spouses, partners & significant others are encouraged to participate and sign up for any activities. If you have volunteered in an activity previously, please contact us again for the upcoming activity that you would like to participate in.

Our regularly scheduled monthly activity at the Food Bank in

July, 13 members and 3 significant others, sleeving produce, huge onions, potatoes and apples, for upcoming distributions.

WE MAKE IT POSSIBLE

Thanks for your efforts👍.

VOLUNTEER CENTER OPEN HOUSE -

You're invited: See the Food Bank's NEW and IMPROVED VOLUNTEER CENTERS! 🍌

Friday, July 26th Concord Center 4010 Nelson Ave. Concord, Ca 94520 9-11am or 2-4pm

Phil Scimonelli will be "heading up" the morning event, for any members or guest that wish to attend.

Tom DiGrande will be doing the same for the afternoon event. 😊 Contact Phil or Tom if you wish to participate.

Remember: We will NOT be "working", just enjoying the open house. All family members are welcome as well! 😊.

By Popular Demand 😊

ADDED ACTIVITY IN AUGUST-

Tuesday, August 20th, 2024 11:45am - 1:15pm Community Produce Program Distribution

Buchanan Park 4150 Harbor St. Pittsburg, Ca 8 volunteers needed

Volunteers needed for the upcoming scheduled activities at the :

Food Bank of Contra Costa & Solano
4010 Nelson Ave Concord, Ca 94520

Wednesday, 8/14/24

Wednesday, 9/11/24

Wednesday, 10/9/24

All scheduled from 1 to 3pm

Minimum of 15 - 20 volunteers needed

WE NEED TO INCREASE OUR PARTICIPATION IN VOLUNTEERING!

No open toed shoes

Masks are optional

Wear your Red Volunteer T shirt

Arrive 15 min prior to scheduled time

PLEASE WEAR YOUR RED "VOLUNTEER" T SHIRTS to the August luncheon. Guest speakers will be from the Food Bank of Contra Costa & Solano Let's show them that SIR Branch 8 Giving Back program is there to "Make A Difference"!

We will continue to provide Food Barrels for needed donations, at our scheduled August luncheon. Look for the SIR "Greeters", the barrels will be nearby. Your contributions are needed and appreciated. 😊

SIR Branch 8 participation in the Community Outreach-SIR Giving Back program demonstrates the heart felt effort of the volunteers support for the community. Giving Back' doesn't require inordinate commitments of time or talent, you can do what you want, when you can and still reap the rewards of Volunteering.

To sign up contact:

Tom DiGrande

tomdigrande@comcast.net

935 876-7851

Phil Scimonelli

rosescim@aol.com

MEMBER RELATIONS COMMITTEE



Rich Knowles
Chairman

The Member Relations Committee (MRC) reports to the Branch Executive Committee (BEC) on member concerns. To do this effectively we need input from our members. The MRC wants to hear from you on all issues concerning the viability of Branch 8. MRC welcomes any comments from members on how to improve their branch experience.



Chairman: Rich Knowles 925-681-9191 grichthek@gmail.com

DOCTOR'S OFFICE



Dr Bill Adler
Chairman

We have retired MDs, who are willing to give informal medical information to SIR members. The doctors do not diagnose illness, but will answer basic questions, provide referrals, and direct our members to medical resources.

The "Doctor's Office" is open at 10:45 AM on Luncheon days.

Dr. Bill Adler, Chairman
Dr. Bob Stein, Co-Chair

LADIES DAY LUNCHEON

The Annual Ladies Day Christmas Luncheon

MARK YOUR CALENDAR

Monday December 9, 2024

10:30 A.M. – 1:30 P.M.

Boundary Oak Golf Course



There will be Menu Choices, Prizes, and Live Entertainment.

It's never too early to plan for a fun event.
Details to follow.

Questions: Contact Buck Cheshire: bcheshire@comcast.net

OKTOBERFEST



Leo Dominguez



Ron Maciak



Thom Watkins

SIR BRANCH 8 OKTOBERFEST SUCCESS!!!

Expect a return of our new outdoor activity in 2024. We need volunteers to help, with the festivities, but remember, your participation will keep you young and happy, along with any friend/partner or spouse you convince to help. More to come as we approach October 2024 with lots of advance notice. Thanks, from Thom Watkins, Ron Maciak and Leo Dominguez.

Thom Watkins: thomwat831@gmail.com 925-330-3780

Ron Maciak: ronald41mac@gmail.com 925-357-8005

Leo Dominguez: leordominguez@gmail.com 925-949-6454

SUNSHINE REPORT



Rich Knowles
Chairman

SIR Bill Koski has spent a good bit of time in the hospital. Also, I have added Bill Phelon and Franco Diamond to our Obituary page.

Please contact Membership: sb8msec@hotmail.com to report illnesses/surgery or passing of members. Membership will send electronic "Get well" Cards via email and continue to mail condolence cards to the families via the mail. Membership will report member deaths to the branch via email and as they become known re obituaries and services. In addition, Membership continues to maintain a current obituary file on the web site.

Membership Secretary: Rich Knowles, grichthek@gmail.com or call (925) 681-9191



BIRTHDAYS



Membership began sending birthday emails to members during the Covid-19 shut down and has continued daily since. The SIRS below have a birthday in August. Be sure to open your birthday greeting. **Highlighted names are those who are in their 90s this month.**

Bill Adler

Leo Dominguez
Darryl Henry
Dick Hixon
Zebi Kerekes
Bill Koski

Paul Laderer

Ed Myrtle
Randy Nelson
Dave Perkins
Bob Samson
Jack Schweitzer

Jim Smrha

Derek Southern
Allan Tobias
Thom Watkins
Dan Weller

ACTIVITIES COORDINATING COMMITTEE



Mike Frey



Ken Main



Chick Lowry



Dennis Mierzwa

ACC Report for July 2024

Activities: We updated the status of Fishing (new asst AC) and Dominos (Being retired). Ken contacted Larry Lang for a brief summary (for the BEC) of his new activity "Underwater Exploration". Larry has put the Activity temporarily "on hold" due to a medical condition he is having addressed.

Activity Web page project: This project is 100% complete. Congrats are in order for Mike Frey and his team. Mike will be the point person for updates. Our Website is now much more user friendly.

AMS: Mike plans to meet with Chick after our next luncheon to provide training on AMS. Ken and Dennis are already "on board". The goal is for each ACC member to be able to update the information in AMS for their assigned AC's.

For BEC: Mike to ask Rich Carlston/Tom DiGrande to address the luncheon and highlight the issue of our declining membership. Mike Frey agreed to be both a director and the ACC rep at the BEC meetings.

Other: Mike to ask Dan Weller if there is a way to identify how many members attend luncheons but do not participate in any activities. Is our branch becoming solely a "monthly lunch" gathering?

END OF LIFE PLANNING COMMITTEE



Tony de Losada Phil Trapp
Co-Chairmen

SIR Branch 8 END OF LIFE PLANNING COMMITTEE (ELP) is proud to present four vitally serious topics in seminars offered by expert professionals in their fields. Four different monthly Topic conferences:

1. **Navigating Long-Term Care** was presented by Debbie Toth, President and CEO of Choice in Aging (June 6)
2. **Understanding Housing Options**, to be presented by Lorna van Ackeren, Gerontologist of Choice in Aging (July 1)
3. **Understanding Hospice & Palliative Care**, John Muir Hospital, presented by Jenifer Garber, BSN, RN, PHN, CHPN (Monday, August 19th)
4. **Understanding Alzheimer's & Dementia**, presented by Alzheimer Association, Mercel Amin, MS (Monday, September 16th)

This photo was taken during our second ELP seminar titled "Navigating Long Term Care," on July 1, 2024, at St. Matthew Lutheran Church in Walnut Creek. The presenters were: Debbie Toth, President of Choice in Aging, and Lorna Van Ackeren, Certified Geriatrician.



Photo Credit: Sam Oommen

Total Attendance: 118. Of the 75 attendees who submitted a survey form asking for their opinions, they rated the seminar 89% Excellent and 11% Good, for a total score of 100%.

SIR Members, Spouses, friends & adult family are invited to attend by registering with one of the listed contacts below! All meetings are at St. Matthew Lutheran Church 399 Wiget Lane Walnut Creek (10 -11:30 AM), Including 30 minutes (Q&A). For Registration Contact: Jim Sowell: sowell4jim@aol.com

Co-Chairs: Tony de Losada: tonydelosada@gmail.com & Phil Trapp: prtrapp@sbcglobal.net

Committee Members: Jamshed Gandi, Samuel Oommen, Jan Persson, Steve Schramm, Thom Watkins, Dan Weller

AUGUST ACTIVITIES CALENDAR

| <div> Today ◀ ▶ August 2024 </div> <div> Print Week Month Agenda </div> | | | | | | |
|---|---|--|---|--|---|-----------------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 28 | 29 | 30 | 31 | Aug 1 | 2 | 3 |
| | 10am 18 Hole Gol | 10am Hike: Hard 3pm Mixer | 9am 9 Hole Golf. 10am Bowling | 8:30am Pickleball 9:30am Heads-Up 11am Bridge - Rut | 8:30am Open Bocc 1pm Poker 1pm Internet Mex | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | 10am 18 Hole Gol | 10:30am Book Gro 1pm Poker 1pm Car Enthusia 5pm Dine Out Sin | 9am 9 Hole Golf. 10am Bowling 11am LIVE-Domin 1pm Cribbage 1pm Cribbage Tou | 8:30am Pickleball 9:15am Mixed Lea 9:30am Heads-Up 1pm Recently Rea 6pm Wine Finders 6pm Wine Finders | 8:30am Open Bocc 9am Duplicate Bri 10am Digital Phot 1pm Chess 1pm LIVE-Mexical | 10am Woodpecker |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | 9am BEC meeting 10am Book Excha 11:30am SIR Lunc | 10am 18 Hole Gol 10am Easy Hike 4pm Podcast | 9am 9 Hole Golf. 10am Bowling 1pm Community C 1pm Pinochle | HOTLINE input 8:30am Pickleball 9:30am Heads-Up 6pm Dine out 1 6pm Wine Finders | 8:30am Open Bocc 1pm Internet Mex | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | HOTLINE input 10am 18 Hole Gol 1pm Bridge - Part | 11:45am Commun 1pm Cribbage | 9am 9 Hole Golf. 10am Bowling 1pm Poker | 8:30am Pickleball 8:30am Fishing 9:30am Heads-Up 1pm Poker | 8:30am Open Bocc 11:30am BRIDGE - 1pm Chess 1pm LIVE-Mexical | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | 10am 18 Hole Gol 12pm Poker | 10am Hike: Hard 1pm Poker 1pm Writing Your 3pm Mixer 4pm Podcast | 9am 9 Hole Golf. 10am Bowling 1pm Pinochle 1:30pm \$UMS in R | 8:30am Pickleball 9:30am Heads-Up | 8:30am Open Bocc | |

Events shown in time zone: Pacific Time - Los Angeles



ASTRONOMY



David Bushnell
Chairman

David Bushnell, Chairman and Editor, dbushn@swbell.net,
925-838-3914
Larry Lange, Assistant Chairman

If you would like to get the semi-daily emails about

astronomy, please respond to me at dbushn@swbell.net. I get them from Sigma Xi SmartBrief, where they have been "down-edited" to language we can all understand.



OPERA IN THE THEATERS



David Bushnell
Chairman

The first Met opera we will see will be *Tales of Hoffmann* by Jacques Offenbach, which was written 1880 on October 5.

That will be followed on October 19 by a world premier: *Grounded*, a story based on modern drone warfare. The Met thinks highly of it - let's hope it pans out. The opening night and reviews will be

too late for the October issue of the Hotline, but I will be sending them to Opera members before the broadcast performance

David Bushnell, Activity Chairman, dbushn@swbell.net,
925-838-3914



BOCCE BALL - LEAGUE PLAY



Chick Lowry
Chairman

Well, Sir Bocce has returned to the courts after the holiday break and I guess two consecutive weeks without play took its toll. We lost all three games on July 16th with blowout losses for the first two games played and 10 -12 loss for the third. Play improved dramatically for the third game, but we just couldn't close it out for the win.

Our next games are on Tuesday, July 23rd where we will play the #5 team. They are more evenly matched with our skills and we have a much better chance for a winning

outcome. We should also have most of our player roster back with us as planned travels are lessening and folks are available to play.

Go Sir Bocce the season continues!

Chairman: Chick Lowry, Clowry2845@gmail.com
Asst. Chair: Bob Barnes Bob_Barnes@msn.com

BOCCE BALL - OPEN PLAY



Martin Hawco
Chairman

Open Play Bocce is still alive and kicking and playing at Newhall Park at 8:30 on Friday mornings. We did cancel a couple of games this month because of the heat, but it looks like things are cooling down a bit. We have all the Bocce equipment so we just need to have folks show up and have some fun." There no fees for this activity.

Martin Hawco - Activity chairman
- not4u2bee@gmail.com
925-689-4251,

BOOK EXCHANGE



Alan Curtis
Chairman

As shown below, plenty of SIRS enjoying our book collection at a previous Luncheon.

We are working on keeping our collection current. We welcome contributions of new books that you believe would be of interest to your fellow SIRS. We have recently received some first edition and large print books that we are proud to offer. Come by the Book Exchange tables and check out our offerings.



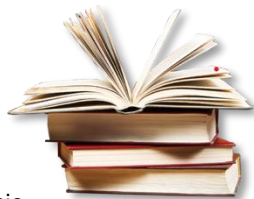
Chairman: Alan Curtis, alancurtis@sbcglobal.net
Assistant Chairman: Ron Rizzo, ronbrizzo@gmail.com
Assistant Chairman: Rob Laaback, rlaabak@yahoo.com
Assistant Chairman: Tom Keehn, tom242g@gmail.com

BOOK GROUP



Ron Rizzo
Chairman

At the Book Group's July meeting we discussed *Lessons in Chemistry* by Bonnie Jean Garmus. It is Garmus' first book and has sold over 6 million copies in 42 territories since it was published. It was on the NY Times Best Seller list for 85 weeks.



The story involves the protagonist Elizabeth Zott, her co-workers, employers, lover, dog (named 6:30) who understands over 600 words of English, illegitimate and precocious daughter, and friends in a swirling tale of difficult childhoods and determination in the face of sex discrimination in school and at work. It is set in White-male-dominated 50's Los Angeles. After being assaulted and refusing to apologize for stabbing her rapist professor, she is expelled from her doctoral program. She works off-and-on in menial jobs at a chemical research institute, although she is one of the smartest scientists there. She is thwarted in her attempts to do research until she falls in love with a respected fellow researcher, Calvin Evans, who was raised in an orphanage. He dies accidentally early on. Other elements of the story are Zott's continuing battle with sex discrimination while she does research, then hosts a chemistry-oriented TV cooking show. Another thread of the story is the uncovering of Evan's family history and the uniting of his wealthy mother with Zott's family. This allows Zott to continue her research as the head of the institute that thwarted her for so long.

The members of the book group held high opinions of the book, with the average score on a scale of 1 to 5 being 4.2.

At our August meeting we will discuss a non-fiction work, *Indigenous Continent: The Epic Contest for North America*, by Pekka Hamalainen.

We meet at the Concord Round Table Pizza on Treat Boulevard at 10:30 a.m. on the first Tuesday of each month. If you like to read and have lively discussions about the books you have read, you should think about joining our group. If you are interested, please contact our chairman, Ron Rizzo, at ronbrizzo@gmail.com. Our reading lists for 2024 and 2023 are in the Book Group activity section of the Branch 8 website.

RECENTLY READ BOOKS



Ron Rizzo
Chairman

The Recently Read Books Group consists of members who share short summaries of the book(s) they have read the previous month and pick up ideas about what to read next from other members. There are always a variety of books covered, both fiction and non-fiction, such as novels, literature, biography, history, science, and current affairs.

Please feel free to join us if you've read a book (or two) you've enjoyed that you'd like to recommend to other members or if you just want to some suggestions for your own reading. If you

are interested, contact our Chairman, Ron Rizzo, at ronbrizzo@gmail.com. We meet on Zoom at 1:00 PM the 2nd Thursday of each month.

The books recommended by members from 2021 through 2023 are listed in the Recently Read Books section of the SIR Branch 8 website. Each recommendation includes the title, author, and a short summary of the book. The recommendations made in 2024 will be added to the website within a month of each meeting.

BOWLING



Dan Weller
Chairman



SIR Bowling Report for August 2024

Bowling League

The "winter league" will start September 5. Please contact Dan Weller if you are interested in league and / or tournament bowling.

SIR State-Wide Tournament Schedules, Applications, and Results Are On-Line:

To access the SIR State bowling information, open the state bowling web site at SIRBowling.org. You can find tournament schedules, applications and results on the site.

Upcoming SIR Bowling Tournaments:

| DATE | LOCATION | COMMENTS |
|------------------|--------------|---|
| August 12-14 | Reno, Nevada | 200 SIR bowlers in the National Bowling Stadium |
| August 28 -29 12 | Grass Valley | |

ACTIVITY CHAIRMAN: Dan Weller 925-935-5510
dweller@astound.net

ASSISTANT CHAIRMAN Rob Norris 925-788-6958
robert.norris@natca.net

CAR ENTHUSIASTS



Chick Lowry
Chairman



Car Enthusiasts Hotline info for August 2024

Car Enthusiasts had such a great turnout for the May Rally Drive we did it again on Friday, July 26th. We travelled the back roads to Calistoga for a leisurely drive to a BBQ lunch at Buster's BBQ, a local restaurant in town.

The event schedule for the remainder of the year is now official and is posted on the CE webpage, so have a look and see if there is something scheduled on which you would like to join us.

We have added two new members to the CE family. Gary Palhegi and Cobb Bennett will be having fun as soon as they join in the various events we have planned. Nice to have you both in our group.

The next CE meeting will be **Tuesday, August 6th at 1 PM**. We will meet in at Round Table Clubhouse Pizza, 2960 Treat Blvd. Concord, CA (corner of Treat and Oak Grove). Arrive a little early to get your food and drink ordered prior to the meeting. Meetings last about an hour. Come join us and see what Car Enthusiasts is all about.

If interested in joining the Car Enthusiasts Activity, please contact any of the folks listed below.

Happy Motoring...

Activity Chair - Chick Lowry - Clowry2845@gmail.com

Assistant Chairs:

Tom Mohrman - mustangtpm@gmail.com

Bill Koski - billkos36@comcast.net

Tom Hodgson - tomehodgson1945@gmail.com



CRIBBAGE



Dennis Mierzwa
Chairman

The Cribbage Activity meets on the 1st Wednesday and 3rd Tuesday of each month. We play at Rocco's Pizzeria at 2909 Ygnacio Valley Rd in Walnut Creek. Social hour/lunch at noon and play is from 1pm to 3pm. Please join us if you have played or wish to learn. Depending on attendance we play two, three or four person games. We normally get in five games in the two hours we play. Our members prefer to play four person games, which is two partners with the two winners advancing to the next table.

Cribbage is a fun, friendly, fast-paced game.

June 2024 RESULTS

Each of July's sessions had ten players resulting in two tables of four for partner play and a table of two. Our first session was Wednesday July 5th, the Winners were:

| | | |
|-----------------|----------------|------------|
| 1 st | Dan Smith | 216 points |
| 2 nd | Terry Mason | 119 points |
| 3 rd | Stan Johnson | 112 points |
| 4 th | Dennis Mierzwa | 110 points |

The second session of the month was Tuesday, July 16th and our winners were:

| | | |
|-----------------|--------------|------------|
| 1 st | Stan Johnson | 213 points |
| 2 nd | Dave Dawson | 180 points |
| 3 rd | Bob Beitler | 174 points |
| 4 th | Don Atwater | 153 points |

Following the games the cribbage players enjoyed birthday cake in celebration of Don Atwater's 92nd birthday! Several birthday cards were given to Don who was seen with a crown during the games-he did come in fourth, as well as having dessert in the form of cake for the rest of the week! Believe Bob provided the crown and card and Ray the cake and card! Thank you, Bob and Ray, and a very happy 92nd birthday to Don!

2024- High Score, Bob Beitler 261 points

2023 High score held by both Don Atwater and Dennis Mierzwa with 219

Chairmen, Dennis Mierzwa: dennis.mierzwa@att.net

Assistant Chairmen, Dan Smith: dns.lns02@astound.net

BRIDGE



Dave Dawson
Chairman

All are invited to our coed game. We meet on the first Thursday of the month. The lunch and social hour starts at 11 AM at the Round Table Pizza on 2960 Treat Blvd., Concord.

Dave Dawson CHAIRMAN: 925-673-5118, dawsonfam@astound.net

BRIDGE



Bud Grisanti
Chairman

Sir Duplicate Bridge II members play on the fourth Friday of the month. We meet at Round Table Pizza at 1938 Oak Park Blvd., Pleasant Hill. Arrive early by 11:30 AM to get your lunch and sign up. The game starts at 12:00 PM. If a Member is unable to attend, please notify Bud Grisanti.

Substitutes are often needed. Please contact the chairmen below to get on the substitute list.

Chairman: **Bud Grisanti**, 672-3023 budgrisanti@gmail.com

PARTNERS BRIDGE



George Schulze
Chairman

George & Charlene Schulze, 925-429-1756

Combining friends, food, cards, and friendly competition make for a nice afternoon of Partner's Bridge. We enjoy meeting and dealing in new players (intermediate). So, if interested, give us a call (925-429-1756). Partner's Bridge plays at 1:00 on the 3rd Monday of each month at Round Table on Treat.

PINOCHLE



Stan Johnson
Chairman

Stan Johnson.

We are meeting in person twice a month on the second and fourth Wednesdays at Rocco's Restaurant, 2909 Ygnacio Valley Rd., Walnut Creek (in the Encina Grande shopping center near Whole Foods). We have lunch starting at noon with card play 1:00 to 3:00. We play 3, 4, 5, or 6 handed games so we can accommodate any number of players. Ladies and new players are welcome. We share this activity with Branch 146. Contact



On June 26, we had two tables with a total of 9 Players. At one table, Bob Weiss won the 5-hand game with 633 points. At the other table, Stan Johnson and Dennis Mierzwa won the day with 900 points. On July 10, we also had 9 participants. Charlie Kahsen from Branch 146 won the 5-handed game with 712 points with Stan Johnson second. At the 4-hand table, Jerry Ward and Dennis Mierzwa won the first game and Terry Mason and Art Fabsits won the second.

Stan Johnson, Chairman, 925-938-7016,
stan.johnson88@gmail.com

POKER, COME JOIN US FOR POKER!

Ron has resigned to care for his wife. The Branch is looking for someone to carry on this popular activity.



Ron Draper
Chairman

Poker games are being played throughout the month, but openings are limited. If you're interested in joining, I'm establishing a new member poker list. Call TBD



SIR CHESS



Steve Schram
Chairman



SIR Branch 8 Chess Players

Thank you for your interest in the restart of our SIR Chess Activity with other SIR branches.

We will continue our Chess events in July on Fridays, July 12 and July 26, at the Pleasant Hill Senior Center, 233 Gregory Lane in Pleasant Hill. We will play in the Game Room from Noon to 3:00 pm.

Our chess activity will continue in future months on the second and fourth Fridays of each month. We welcome anyone from beginners to expert players.

Please remember to bring your chess sets and any beverages that you will enjoy during this activity. As we continue to play at the PH Senior Center, we will all have to become members for a modest fee of \$20 per year.

I look forward to playing chess with all of you again.

Contact me (sschramm01@gmail.com) or see the SIR Chess activity webpage.

DIGITAL PHOTOGRAPHY



Meng Horng
Chair Pro-Tem

Our group consists of photography enthusiasts who continue to show interest in learning new digital techniques to improve their photography. With new software advancement and AI concepts, the learning has no limitation. Our goal this year is to grow our membership, meeting in-person with instruction lectures and adding field trips to our schedule. This is a big step forward since the Pandemic isolation.

Any members who are interested in joining the group, please sign-up at the lunch meeting at our Photo display table or call or email us.

We meet at 10:00 a.m. every second Friday of the month, in the meeting room of the Ygnacio Valley Library, at 2661 Oak Grove Rd. (phone 925-938-1481) in Walnut Creek. We have monthly assigned topics and encourage participating members to bring their photo images on a flash drive to the meeting for a fun "Show and Tell" session.

Dr. Meng Horng, Chair: 309-287-5654 mengymc@gmail.com
Dave Davis, Vice Chair: 925-838-1753 dav.davis@comcast.net

SIR SCIENCE

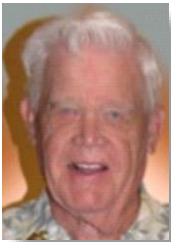


David Bushnell
Chairman

If you would like to get daily emails about science, please respond to me at dbushn@swbell.net. I get them from Sigma Xi SmartBrief, where they have been down-edited" to language we can all understand

David Bushnell, Chairman and Editor
dbushn@swbell.net, 925-838-3914

INTERNET GAMES



Don Atwater
Chairman

Internet Games is an activity you can enjoy wherever you have an internet connection. But instead of playing against the computer, here you get to play against SIR friends. New games may be started and that is where it is hoped we will help interested members to connect as well as find game links. So, let Chairman Don know of your interest and perhaps others will be found for the game.

Mexican Train – Currently, we play Mexican Train on the 1st & 3rd Fridays of each month with games starting at 1:00 p.m. Thanks to Danny Rinaldi, our connection is via Zoom and you can razzle our competitors while playing on a site reserved just for us. Terry Norton and Don Atwater were our most recent big winners.

Our monthly Cribbage tournament is where competitors play each other on an internet site while conversing on the phone with one another. Internet Cribbage is played as a two-man game. We connect on a good Cribbage Internet site that deals with the cards and counts the points. Our July contest was a tie between Dan Weller & Don Atwater.

Come join us for these games or perhaps suggest a new game for this internet connection.

Chairman Don Atwater 925-673-1669 datwater@pacbell.net
Asst. Chair: Dan Rinaldi 925-825-0519
danrinaldi944@gmail.com

DOMINOES



Dan Rinaldi
Chairman

We need new players. Call "Dan Rinaldi, 925-381-5486 or email danrinaldi944@gmail.com if you are interested in playing.

Co-Chairman: Alan Schulze 925-876-7537 a_schulze@sbcglobal.net



MEXICAN TRAIN DOMINOES

Mexican Train Dominoes meets in-person on the second and fourth Fridays of each month at 1:00 PM in the Round Table Pizza at Treat and Oak Grove in Concord. We generally come earlier to have lunch as well. We need new players. We can accommodate any number of people. Ladies and beginners are welcome.



We also have online Mexican Train on the first and third Fridays, also at 1:00 PM. Contact any of the people below if you are interested.

Chairman: Danny Rinaldi, 925- 381-5486 or email danirinaldi944@gmail.com
Asst. Chairman: Terry Norton, 925- 798-6023, nortont@sbcglobal.net
Asst. Chairman: Stan Johnson, 925- 938-7016, stan.johnson88@gmail.com

DINING OUT

BARGAIN BITES

Hello Bargain Bites!!



Ron Smith
Chairman

No excuses but travel and weather have pushed us back and we have nothing in the plans for August. We will be traveling again in late July to see our newest (4th) great grandchild, a boy born early July.



Judy and I did visit a couple of places with hopes of lining up something but there were problems with both. Either size, timing, menu, etc. Too many things were not going to work. This often happens but with the hot weather we haven't been out as much. We are still working on it.

Remember- the motto of Bargain Bites - - Good Food! Good Price! Good Friends! And guests are always welcome. This is a really good event to invite friends to introduce them to SIR but do it early as we often fill up.

If you would like to be placed on the Bargain Bites e-mail list, just send a note to resmith62@aol.com and say "Place me on the Bargain Bites List". Oh yes, include your name. You will receive personal e-mails in advance of the Hotline. Again, thanks for your interest and wonderful support. It makes the effort worthwhile.

Chairman Ron Smith 925-314-3066 resmith62@aol.com
Asst. Chair Bill Barber 925-222-095 blhiker4411@gmail.com

DINE IN #1



Ron Cassano
Chairman

The July Dine In was rescheduled to August due to many traveling.

Ron Cassano, Head Eater
roncassano@gmail.com

DINE OUT - SINGLE SIRS



Glenn Gilman
Chairman

Tuesday, August 6th at 5 p.m. we will gather for dinner at the popular Chinese restaurant PEONY GARDEN, 1448 S Main St, Walnut Creek. This is the selection of our host John Vallor 324-5660 jvallor@gmail.com. Let John know whether you plan to attend or not. This location across from Kaiser Hospital should appeal to our members south of Walnut Creek as those of us in the central Costa County.

Glenn Gilman, Chairman, 925-798-5155,
glenngfam@sbcglobal.net
Don Atwater, Asst. Chairman, 925-673-1669,
datwater@pacbell.net

JIGSAW PUZZLE EXCHANGE



Carl Moyer
Chairman

Carl Moyer has an activity called **Jigsaw Puzzle Exchange**. The jigsaw puzzle exchange is at the Luncheon fishing table with Carl Moyer. Bring Puzzles & Take Puzzles.

Contact Carl at carlmarc@astound.net



THE ONE WHO DRIVES
WHEN HE'S BEEN DRINKING
DEPENDS ON YOU
TO DO HIS THINKING
Burma Shave

MIXER



Ray de Wit
Chairman

Despite the hot weather and the traffic issues caused by the burning garbage truck on I-680, our June meeting was a great success with 12 of us enjoying great tasty snacks, a drink, and lively conversation. Our get-togethers are always on the last Tuesday of every month) at 3:00 pm at Jack's in Pleasant Hill. Our July meeting (July 30th) will be completed before this edition of the Hotline is published, so let's see everyone at our August get-together will be on the 27th.

Everyone is welcome and we hope to see some new faces and smiles at the Mixers. Please contact Ray de Wit (raydewit11@gmail.com) or Alan Curtis (alancurtis@sbcglobal.net) for information and to reserve a spot. All are welcome (spouses, significant others, or guests), so watch for information on upcoming events.

FISHING - AREA 16



Carl Moyer
Chairman

SIR members and guests are welcome, and indeed encouraged, to participate in fishing trips as well as attend the monthly meetings. Contacts are Phil Scimonelli 661-917-8060 and Carl Moyer 925-685-5243.



Next meeting will be at the Legends restaurant at the Diablo Creek golf course on Port Chicago Highway and Highway 4 on Thursday, August 22nd at 8:30am. Come early.

Weather continues to keep us off the water locally as we are having one of the windiest springs and summers ever. Wind is not a friend to fishermen. Nonetheless, Stan Wong, Carl Moyer, Alan Grabenstein, Brion Beetz, Gordon Linebaugh and Phil Scimonelli did get halibut and stripers in the bay. Lee Clark, Carl Moyer, and Sam Oommen caught rockfish and lingcod from the ocean. Ken Bellinder travelled all the way to Indiana for some black bass. Ron Lew, Stan Wong, and Tom Kostik got there bass right here in the California Delta. And, finally, Ron, Stan, Phil Scimonelli and Gary Palhegyi got stripers there.

Come join us! Carl Moyer, Chairman, carlmarc@astound.net

GOLF - 9 HOLE



Mike Frey
Chairman



The weekly 9-hole Golf Group at Diablo Hills Golf Course Following is a summary of recent play:

Join us for a round of golf followed by a bite to eat while we rehash the round. Go to the Branch 8 website and under Nine Hole Golf link, click on the Signup link. Call or email me with any questions.

July 10th, 2024

10 golfers teed off starting at 9:00 AM at Diablo Hills Golf Course on a warm morning for golf. Gary Grice shot the low round of the day with a very nice score of 41 just nudging out Doug Barber who carded a "42". Mike Frey won the event of the day as established by Starter Mike Frey ... closest to the pin on the 4th Hole ... with a 14' 11" shot which he then two putted for a Par. The group had 15 pars and no birdies.

July 3rd, 2024

5 golfers teed off starting at 9:00 AM at Diablo Hills Golf Course on a forecasted warm weather morning for golf. Arte Chan shot the low round of the day with a score of 44. Dan Crowley won the event of the day as established by Starter Mike Frey ... closest to the pin on the 3rd Hole with a 10' shot which he then two putted for a Par. The group had 7 pars and one birdie by Will St. Clair.

June 26th, 2024

13 golfers teed off starting at 9:00 AM at Diablo Hills Golf Course on a gorgeous morning for golf. Doug Barber shot the low round of the day with a nice score of "43"; just nudging out Ray de Wit and Gary Nicholson who both recorded 44s. Ray also won the event of the day as established by Starter Dan Crowley ... closest to the pin on the 4th Hole ... with a 23' 6" shot which he then two putted for a Par. The group had 12 pars and one birdie by Doug Barber. Nice round Doug !!



Dan Crowley, Roger Lockwara, Ray de Wit, Pat Dodson, Rich Knowles, Gary Grice, Mike Frey, Doug Barber, Rick McGuire, Bob Sherman

Mike Frey, Chair: mfrey1784@gmail.com 925-699-1784

GOLF - 18 HOLE



David Platter
Chairman

On Thursday, August 22, 2024, Branch 8 will host a match-play scramble against the Discovery Bay Branch 161 at the Diablo Creek Golf Course. If interested in being a part of one of our two-man teams, then add your name onto our regular golf sign-up sheet located at <https://www.sirbr8.com/golf-sign-up-2/>



Each two-man team will meet a rival two-man team and both teams will be assembled as a foursome on a designated tee. Every golfer in each foursome will have parallel handicaps.

It will be a shotgun start.

A brief over-review: Each hole is calculated as a separate event. One team will either win or lose on each hole. No carry over. Ties not scored. In addition, the Branch with the most two-man-team wins will be crowned The Grand Champion.

Our Branch tournaments have had some impressive numbers. There have been 44 golfers who have shot below net par [72] or better.

The famous Birdie Cub also has other golfers with deserved bragging rights: Bob Samson, Peter Jordan, Terry Mason, and Kevin Winkler are the birdie leaders at the year's halfway mark. Even though there are famous Birdie Club members who need praise, many of them requested anonymity fearing climate change and unpainted parking meters.

Apology to Henry Longfellow

Correspondence: Bill Koski, billkos36@comcast.net
925-672-7650

Membership/Handicap/Data: Buddy May,
fytrpylut@comcast.net 925-833-6098

MODEL TRAINS



Rich Knowles
Chairman



There will be another meeting – time and place to be determined. Activity Coordinator is vacationing for a month, traveling all over the world (in reality, not via model trains).

Rich Knowles, grichthek@gmail.com or call (925) 681-9191.

PICKLE BALL



Nick Maufe
Chairman

Pickleball is a great activity for keeping you fit, enjoying a social get together and having fun. It will bring back those long dormant bat and ball skills from an earlier life and remind you how much of that life is still left in the old bones!



Come out and give it a try. Free introductory lessons (from yours truly)

guaranteed to get you to the level of a few laughs. We meet every Thursday at 8:30 AM at the Willow Pass Community Park and play for a couple of hours.

Email Nickmaufe@gmail.com to join. Nick Maufe, Chairman

PODCASTS



Rich Knowles
Chairman

First, a podcast that explores "The Psychology of Personality and Why Arguments Matter."

Second, a podcast about Cahokia, the largest settlement north of Mexico in North America prior to European settlement.

Contact the activity chair to get the names of the podcasts and the Zoom meeting information so you can join us

to discuss these two podcasts.

Or contact the activity chair to get the Zoom link for the next meeting and find out the latest podcasts to be listened to.

Rich Knowles, grichthek@gmail.com, or (925) 681-9191.



SIRS AT THE GAMES



Steve Schramm
Chairman

JOIN US FOR SAN FRANCISCO GIANTS BASEBALL

The San Francisco Giants will play the Atlanta Braves in an important matinee game at Oracle Park in San Francisco. The Braves are consistently one of the better teams in major league baseball, and these teams have a great rivalry.

Our SIR group will see a matinee game on Thursday, August 15 beginning at 12:45

pm. We have seats in the shade along the third base line. The cost is \$70 per ticket. Your friends and family are encouraged to attend with our group.

Please send an email to Steve Schramm by May 10 at "sschramm01@gmail.com" to reserve your seats. We need to purchase our tickets soon, so please reach out to Steve today.

Send Hotline comments to Dan Smith at dns.lns02@astound.net

Lee Moy, State SIR Sports, is organizing attending the **A's vs Giants** baseball game on **Sunday, August 18, 2024**, at the Oakland coliseum. This game is part of the final **Battle of the Bay Bridge Series** before the A's leave Oakland. Sign-up information is provided on the flyer at the end of this newsletter.

Lee Moy leehealthstudio@gmail.com

HEADS-UP WALKERS



Dan Weller
Chairman

We walk every Thursday morning at 9:30 AM. We walk for one hour and then go for coffee and snacks. Go to our online page for further info

<https://www.sirbr8.com/heads-up-walkers/>

8/1/2024: Clayton: Clayton Library. Meet at the library parking lot, 6125 Clayton Road. Cafe: Sweet Bakery. Leader: Dave Davis. Difficulty: M

8/8/2024: Concord: Iron Horse, Willows Shopping Center. Willows Shopping

Center, meet at the south corner near the new Lazy Dog Restaurant. Cafe: Panera Bread Cafe. Leader: Ira Dorf. Difficulty: E

8/15/2024: Walnut Creek: Countrywood C.C. Canal. Meet at the flagpole near Safeway in the Countrywood Shopping Center, corner of Treat & Bancroft. Cafe: Noah's New York Bagels. Leader: Jan Persson. Difficulty: E

8/22/2024: Moraga: Lafayette / Moraga Trail SMC staging area. Meet at the staging area on St. Mary's Road approx. 1/10th mile north of the entrance to St. Mary's College. Cafe: Peet's Coffee. Leader: Jim Sowell. Difficulty: M

8/29/2024: Pleasant Hill: C.C. Canal. Meet in the shopping center parking lot at the corner of Taylor & Morello, (North of the service station). Cafe: Panera Bread Cafe. Leader: Manuel Dominguez. Difficulty: M

9/5/2024: Concord: Hester Park. Meet at Hester Park, corner of Hookston & Bancroft, street parking on Hampton or Hookston, adjacent to the park. Cafe: Noah's New York Bagels. Leader: Phil Trapp. Difficulty: E

CHAIRMAN: Dan Weller, 925-939-5510, dweller@astound.net

ASSISTANT CHAIR: Dave Morse, 925-938-3078,

dmorse88@yahoo.com

ASSISTANT CHAIR: Phil Trapp, 925-963-1819,

ptrapp@sbcglobal.net

CAR IN DITCH
DRIVER IN TREE
THE MOON WAS FULL
AND SO WAS HE
Burma Shave

SIR HIKERS



Carl Ludwig
Chairman

There will be two hikes in August 2024. Detailed information for interested hikers will appear by the end of July on the Hiker's webpage of the Branch 8 website at <https://www.sirbr8.com/hikers/>.

August 13, 2024 Easy Hike – Sibley Volcanic Regional Preserve – 10:00 a.m.

Hike Description: This month's *easy hike* affords hikers an opportunity to enjoy a walk through an ancient volcano. Sibley Volcanic Regional Preserve, located on the ridge between Oakland and Orinda, features 10.2 million year old *Round Top Volcano*. It has been conveniently eroded down to expose a variety of volcanic and volcano-derived rocks, roughly in their original position on the ancient volcano. Old quarrying operations have exposed various rock types. Altogether, a fascinating display of geology in a small area. Sibley Volcanic Preserve has an excellent set of interpretive displays next to the parking lot; you might want to arrive early to enjoy them. Most of the trail is either asphalt or graveled, but parts are dirt with roots and rocks. Total elevation gain is around 150 feet, but most of the slopes are gentle and long stretches are flat or nearly so. Total distance is 3.5 miles.

From the Sibley Staging Area, take the dirt Overlook Trail to the junction with Round Top Trail. Turn left at the junction with the Volcanic Trail – when you come to a fork in the trail, stay right on the Volcanic Trail. Optionally you shortly come to a spur that goes to a Quarry Pit – short. Returning to the Volcanic Trail. In about 0.4 mile an unmarked trail goes off to the right through a small but beautiful short canyon with several volcanic features. Return to Volcanic Trail which drops down to the paved Quarry Rd. In about 0.2 mile go left onto Quarry Trail, which takes you back to Volcanic Trail. At the fork, go left on Loop Trail to another photo op, the largest quarry in the preserve. Return to the top of the quarry and continue on the Loop Trail. In about a half mile cut off into a forested area. Shortly you come to a junction with the Bay Area Ridge Trail/Skyline Trail. Turn right (left takes you Huckleberry Preserve) and follow Skyline Trail back to the trailhead.

There are restrooms and water fountains at the trailhead, but none along the trail. If the weather is clear, the views across Contra Costa County to the east are quite spectacular from parts of the trail, and Mt. Tamalpais is visible to the west.

Bring: Water and hat. The hike is not difficult but hiking boots and poles are recommended for some sections.

Directions to the trail head: From the 680/24 interchange: Drive west 8.5 miles to Fish Camp Road exit and turn right at the stop sign. Proceed uphill 0.9 miles to Grizzly Peak Drive. Turn left and go 2.3 miles to Skyline Blvd. Turn left and drive 100 feet to the left turn into the Sibley Volcanic Park parking lot. **Be at the trailhead by 10:00 a.m.**

Optional lunch: Europa Hofbrau, 64 Moraga Way, Orinda

Hike Leader: Roger Lamm 925-212-1001

rogerlamm@gmail.com

Hike Coordinator: Phil Trapp, 925.963.1819,

prtrapp@sbcglobal.net

Hike Chairman: Carl Ludwig, 415.350.7372,

cludwig171@gmail.com

August 27, 2024 Hard Hike – China Wall and Little Yosemite – 9:30 a.m.

Hike Description: This month's Hard Hike is a 5-mile loop starting at Macedo Ranch Staging Area at the end of Green Valley RD in Alamo. Cumulative Climb of 1,226 feet. We start on Wall Point Rd to the Briones-Mt Diablo Regional Trail to China Wall RD and China Wall, a sandstone stratum pushed upward by Mt. Diablo. Then, we venture along Little Yosemite Trail into Little Yosemite with imposing cliffs and fantastic rock formations.

We follow Stage Road through shaded Pine Canyon along Pine Creek. We reach Dusty Road which takes us back to Wall Point Road and the parking lot.

Bring: Plenty of water, sunscreen, walking sticks and a good hat.

Directions to Trailhead: From Walnut Creek take 680 South to Stone Valley RD East. Follow Stone Valley Rd East to Green Valley Rd, about 3 miles. Turn left on Green Valley RD for about 3 miles into the parking lot.

There is a \$5 parking fee at the trail head.

Be at the trailhead at 9:30 to beat the heat.

Optional Lunch: After this hard hike we will have lunch at the Round Table Pizza in Alamo Plaza. Leave Macedo on Green Valley Rd, take a right onto Stone Valley Rd all the way to a right on Danville Blvd and the Alamo Shopping center will be on your left, drive to the end of the mall and turn into lot and Round Table is in the NW corner of the plaza. Round Table address is 150 Alamo Plaza, Alamo, 94507.

Hike Leader: Bill Guthreau, 925.207.2439,

wguthreau@aicrep.com

Hike Coordinator: David Glazer, 415.847.5046,

dbglazer@comcast.net

Hikers Chairman: Carl Ludwig, 415-350-7372,

cludwig171@gmail.com

\$UMS IN RETIREMENT



Dave Sutton
Co-Chairman

As usual we will Zoom with SIR Branch 128 (San Ramon) on the 4th Wednesday of the month, at 1:30 p.m.



Email Dave Sutton to be included or to learn the topic.

Chair - Tom Henry - Branch 174

tomhenry925@gmail.com

Co-chair Dave Sutton - Branch 8 - davesutn@comcast.net.

PASSING SCHOOL ZONE
TAKE IT SLOW
LET OUR LITTLE
SHAVERS GROW
Burma Shave

TRAVELING SIRS



Larry Yarberry
Chairman

No new report submitted for AUGUST.



L.yarberry42@comcast.net 925-890-9245

BARGAIN WINES



Dennis Mierzwa
Chairman

Bargain Wines meets on an ad hoc basis. Our objective is to find a reasonably priced wine that you would drink as an everyday wine- not every day of course -let's just say it might be your midweek wine!

At many of our tastings the attendees will have the opportunity to rate the wines being presented. As our name Bargain Wines denotes, we are not high-end/special occasion steak dinner wines and often our bargain selections go unappreciated and unpurchased, but everyone enjoys the event. We are a coed group and Bill and I are sending our members a suggestion for August/September which would include an indoor class at Total Wine. One class is snack food with Chardonnay -NOTE- Most of our members partners appreciate white wine while our Sir members are bigger into reds; should anyone reading this month's update have an interest in a class "Sip n' Snack pairings- Chardonnay with buttered popcorn or Pinot Noir with BBQ chips"- send me an email-address below.

For 2024 we increased our purchase amount but will stay with the \$5-\$9.00 per bottle range (occasionally slipping to \$10+) and hope to find wines our members will consider. Have not found much at Grocery Outlet of late but for those who shop Costco, there have been a bargain or two!

Chairman: Dennis Mierzwa, dennis.mierzwa@att.net
Assistant Chairman: Bill Koski, billkos36@comcast.net

WINE CELLAR FILLERS



No new report submitted for JULY.

If you have questions, would like your name added to the mailing list, or would like to join the purchasing committee, please contact one of us:

Jim Sowell, Chair, sowell4jim@aol.com, 925-457-7746 (cell)
Scott Graff, Ass't Chair, scottkgraff@gmail.com, 925-552-6097

WINE FINDERS 1



Ron Smith
Chairman

There was no tasting scheduled in July. Our August tasting will be at the home of Ken and Linda Stehr on Thursday, Aug. 8. They have chosen the red wine standard-- Merlot. I am sure there will be a few surprises in store. Maybe even cooler weather. Watch for results next month.



Want to join us? Members/spouses volunteer to hold the tasting at their home and they select the month they would like to host interesting, educational and fun. And everybody can't host but you can join and taste.

If you don't belong to Wine Finders 1, 2 or 3, but are interested in learning more about our tastings, or starting a new group, etc., just drop Ron Smith or Tony de Losada, an email and one of us will get back to you. In the meantime, enjoy your wine, whatever your choice.

Ron Smith, Chairman Wine Finders 1
Tony de Losada, Asst. Chair

WINE FINDERS 2



Ron Cassano
Chairman

There was no Winefinders 2 in July.

Ron Cassano, Head Wino,
roncassano@gmail.com
925-944-1238

WINE FINDERS 3



Larry McEwen
Chairman

No new report submitted for AUGUST.

WOODPECKERS

The Woodpeckers did not meet in July for two solid reasons: 1) On the scheduled meeting day, the temperature was 105 degrees outside, and something above that in the shop. Hence, meeting cancelled. 2) The very next week, Shop-owner Thom headed for a three-week European vacation.



Thom Watkins
Chairman

The next meeting is scheduled for August 10th. Look for some good stuff in the September Hotline.

Until then, Be Kind to One Another.

Thom Watkins Chair, Woodpeckers, 925-330-3780

WRITING YOUR LIFE STORY



Tom Hodgson
Chairman



Many of us have wondered what our grandfather's life was like, the questions we never had a chance to ask.

Our group meets as a fun way to document fun and interesting memories from your past or current situation. It's fun to share stories with friends, who actually care to listen. Their stories also trigger memories for us. Someday your kids or grandkids may also find them interesting.

WYLS Has been meeting for the past 3 months IN PERSON & via Zoom.

We meet on the 4th Tuesday from 1:00 to 2:30 PM at:
Rocco's Ristorante Pizzeria
2909A Ygnacio Valley Rd. Walnut Creek, Ca

(It's located at Oak Grove Rd & Ygnacio Valley Rd – near the center of the "L" shaped strip mall.)

Contact SIR Tom Hodgson Tomehodgson1945@gmail.com or call 925-818-1533 for more information or to join the group



HOTLINE E-MAIL ADDRESS:

Hotline@sirinc3.org

Send your articles and photos BEFORE the 20th of the month. Include meeting information & dates for the following month, to keep your group informed about meetings, deadlines and upcoming events. Late reports may not be included in the Hotline.

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STATE SIR HAPPENINGS

A Home Page for SIR Members on the State website is at:
[Home – SIR \(sirinc.org\)](http://sirinc.org)



Held once a month on the SECOND THURSDAY!
Sponsored by the City of Concord and Contra Costa Legal Services. Sixty years of age and older, M/F invited to attend for a 45 Minute personal advice from Attorneys on: Advance Health Care Directives (AHCD). No income requirements. By appointment only! Call Concord Senior Center: 925-671-3320 and sign up. There are six appointments

Mention you are a SIR from Branch 8!

Tony de Losada P & I Chairman

ADULT PROTECTIVE SERVICES:(APS)

There is a free non-profit facility in Concord that provides assistance in case of elder abuse (physical or financial), domestic violence or sexual abuse.

It is the Family Justice Center at 2151 Salvio St, Room 201 (office building opposite Todos Santos Plaza behind the fountain). Their website is:
<http://www.cocofamilyjustice.org/>

We also have literature about Adult Protective Services run by the county. They have offices in Martinez at 2530 Arnold Dr. #300. **To report abuse please call Adult Protective Services at (877) 839-4347.**



RESOURCES FOR OUR MEMBERS, FAMILY & FRIENDS



mowdiablregion.org

(925) 937-8311

Meals on Wheels, Fall Prevention
Care Management, Friendly



Visitors/Callers

So that No One Faces Cancer Alone
www.cancersupport.net / (925) 933-0107,
3276 McNutt Ave, WC., 94597



Las Trampas Regional Wilderness Alamo



Dave Platter and son Dave Jr at Blue Rock



SIR Giving Back at the Food Bank in July



This should be the Hodgson Family
at the Danville 4th of July Parade



Single SIRS at Massimo Ristorante in Walnut Creek

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 (559)7099851
State SIR Sports
leehealthstudio@gmail.com

State SIR A's vs Giants Game Invite