

WHAT IS SIR?

https://youtu.be/5j5WsiyKp5s

Branch 8 Website:

https://www.sirbr8.com



"MAKE NEW FRIENDS FOR LIFE"

BIG SIR COLUMN



Tom Di Grande

Recently, the SIR Branch 8 BEC reviewed and approved the updated Distinguished Service Award (DSA). This award has been revised to honor the memory and spirit of the late State SIR President and Big SIR of Branch 8, Ed Benson.

The updated DSA award information will be updated on our website and presented in an upcoming luncheon meeting. Criteria for selection has been modified to reflect on a branch member, who has contributed to the

success of the branch, through a single or multiple contributions.

A nomination committee will be formed to monitor the sponsor selection process, applications and approval procedures. Big SIR and the BEC committee will assist in overseeing the process and vote on the DSA nominee's approval or rejection. In the past, the SIR Branch 8 membership has not taken the time to recognize a member that have gone "above and beyond".

Give it some thought 22

Please read and familiarize yourself with the DSA or other branch awards.

Let's start recognizing our members and their efforts. Contact me with any questions.

Thanks for your ongoing support and participation.

Tom
Big Sir Branch 8

LITTLE SIR SEZ



Dan Smith Little SIR

We have been spending time looking to ensure that our luncheons are rewarding. We realize that this is what brings our members back. The food needs to be good and whatever is presented must be of value. Our June luncheon replaces a Ladies Day Luncheon. We are putting more effort into the December LDL to hopefully make that a better event leading into the holidays. And we have what we hope for the June luncheon will be special

Editor: Chris Wehling

for us, especially for the storytellers among us. We have not yet chosen the icebreaker questions that we will give to you. This will be done.

Having described this, what happens when recorded becomes the keystone for how we promote SIR. Articles and pictures go into the Hotline and onto our website. We can always use more pictures. I thank Meng Horng and Dan Crowley for the pictures they send to us. You can do this, too. Please send us those shots at what is happening at the other activities. It is a really good way to connect with prospective members.

Looking forward we will be hearing about three different organizations for which their finances have been impacted for one reason or another. They are BART, Food Bank, and Meals on Wheels (MOW). The Branch has, of course, been supporting Food Bank. There may also be opportunities to support MOW like Food Bank, by getting engaged. This is not fund raising.

Dan Smith Little SIR



End-of-Life Planning Video Access

Last year, Tony de Losada and Phil Trapp organized four sessions to educate SIR Branch 8 members and their families about topics dealing with End-of-Life Planning. These health and lifestyle issues will face all of us later in our lives, and planning for those challenges should begin before we are confronted with difficult and urgent problems.

For the benefit of all, short videos have been created from those two-hour sessions. They capture the essence of the worthwhile information that was presented.

- ELP Session 1A The State of Aging in California
- ELP Session 1B Care Services available in your Home
- ELP Session 2 Navigating Long Term Care
- ELP Session 3A Palliative and Hospice Care
- ELP Session 3B Advanced Care Planning
- ELP Session 4A Understanding Alzheimer's and Dementia
- ELP Session 4B Home Care and Assisted Living

To access the videos, you can go to the ELP article on the homepage of our website (Sirbr8.com/ELP). Just click on the link provided to open each video. The videos are approximately 25-35 minutes in length.

If you have any questions or need additional information, please contact Steve Schramm (<u>sschramm01@gmail.com</u>) or Sam Oommen (<u>soommen51@gmail.com</u>).

SIR BRANCH 8 AUTHOR'S CORNER (where a Branch 8 author can describe their book and why it was written). See below for this month's author.

Robert Poirier started writing in 2018 with a small creative writing group at the Martinez, California Veteran's Administration clinic.

He has published two short stories in the annual statewide California Writers Club (CWC) literary reviews for 2019 and 2020, one short story in the 2020 CWC "Tales of the Pandemic" anthology, and forty short stories in the CWC Mount Diablo Chapter newsletter.

In addition, a short story was published in the Military Writers Society of America (MWSA) anthology, "These Fought in Any Case," and in the Colossus Press anthology, "Colossus: Freedom."

In 2021, he published his debut gritty-thriller novel, "The Killings at Hulls Cove," through Kindle Direct Publishing (KDP). In 2024, he published his second book through KDP, "Hulls Cove (and other stories)," an eclectic mix of fifty-four fiction short stories. A retired Mustang U.S. Navy Lieutenant Commander, retired mechanical engineer, and retired computer engineer, he lives in Martinez, California with Teresa, his wife of fifty-four years, and Pepper, their six-year-old Irish setter.

NEW BRANCH ACTIVITY

SIR Drop-in Folk Music Jam Group: This activity is a joint activity (i.e. SIR Branch 8 members along with members of the **Walnut Creek Seniors Club (WCSC)**. Rick Lasky and Ken Main are the co-leaders.

Interested parties can bring your guitars, banjos, or other acoustic instruments to play and sing your favorite old time folk songs. Participants should be able to sing in tune and have the skill to play and follow the common chord progressions. Also, any participant is welcome to come to just sing.

Plans are for two meetings per month (ie 1st and 3rd Fridays) starting at 1:30 pm to about 3:30pm. We will be meeting in the multipurpose room at the Civic Park Community Center located at 1375 Civic Drive in Walnut Creek.

NOTE: Non-member participants of the WCSC will be required to join the WCSC and pay an annual membership fee of \$20 for the use/setup of the room.



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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:

- 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.
 - Send an email message to <u>sirbr8attendance@outlook.com</u>. You will receive a confirming email.
 - c. Call 925-901-4826 to sign up for the luncheon by phone.
- 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.
- As before, you will bring a personal check for \$38.00 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.
- If you have any questions regarding the sign-up process, contact Manuel Dominguez (<u>dominguezx@comcast.net</u>) or Dan Smith (<u>dns.lns02@astound.net</u>).

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.

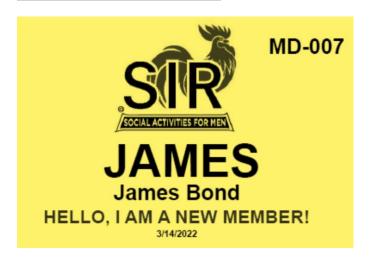
If you cancel after the deadline or do not show-up, we will follow-up with you to find out what happened. We do not expect members to pay for missed luncheons when there has been a health issue within your family.

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 Di Grande 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 Di Grande 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: TBD

PUBLIC RELATIONS & COMMUNITY OUTREACH

If you have a marketing background? We are looking for a chairman and assistant chairman to lead this very important activity. We are always needing to get the word out that we are there to support other guys like us and to gain new members. These activities may be coordinated with the other branches that neighbor to us. It helps to think out of the box so as to take advantage of what opportunities may be available. These members will work with and have the support of the BEC as they carry this very important service out. If this is something you would like to explore, please contact Tom DiGrande, tomdigrande@comcast.net, 925-876-7851.

COMMUNITY OUTREACH-SIR GIVING BACK !!

Join your fellow SIR Branch 8 members in the Community Outreach-SIR Giving Back activities. Participate when you can, in assisting, while supporting our communities, SIR Giving Back gives you that opportunity!

Tom Di Grande

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 do.

The Community Outreach volunteers "rallied" to have a large turnout for our regular scheduled activity at the Food Bank in May! GREAT PARTICIPATION! The activity had 16 volunteers and 4 spouses sleeving apples (a little messy) and carrots , 1-1/2 TONS (b) WE MAKE A BIG DIFFERENCE!

Upcoming Activities:

Monthly Food Bank Activity **Wednesday, 6/11/2025** Scheduled from 1 to 3pm Minimum 20 volunteers needed

Food Bank "Fast Paced" Boxing Activity

Friday, 6/20/2025

Scheduled from 9am to noon Minimum 12 volunteers needed

Monthly Food Bank Activity
Wednesday, 7/9/2025
Scheduled from 1 to 3pm
Minimum 20 volunteers needed

Mobile Pantry Distribution **Thursday, 7/17/2025** Trinity Church 1924 Trinity Ave Walnut Creek, CA Scheduled from 9am to 12:15pm 8 volunteers needed

ALL ACTIVITIES- PLEASE:

No open toe shoes. Masks are optional. Wear your SIR Red Volunteer T Shirt. Arrive 15 min prior to scheduled shift starting time.

We will continue to provide Food Barrels for needed donations, at our upcoming scheduled June luncheon.

Great Job in filling the barrels- We now have the 3 SIR Branches having lunch at Boundary Oak, participating in this program (4) Keep it Coming - THANK YOU!

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, 925-876-7851 Phil Scimonelli, rosescim@aol.com, 661-917-8060

MEMBER RELATIONS COMMITTEE



Rich Knowles 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 Sam Oommen

The Doctors Resource table will have some new faces in 2025. We have ten retired physicians who have volunteered to serve. Two of them will be at the table during the monthly luncheon. Please stop by during the social hour between 10:30 to 11:30 and they will be happy to answer medical and health related questions.

The following physicians are available on the panel to serve at the Doctors resource table.

William Adler Samuel Oommen Robert Mayo Barry Latner Allan Tobias Michael Levine Thomas Pinckart Henry Kung Meng Horng Gene Voelkel

Best Regards, Dr. Sam Oommen, Chairman, soommen51@gmail.com, 925-381-3257

LADIES DAY LUNCHEON

Save the date - December 8th 2025

Stay tuned for additional news about the Holiday Ladies Day Luncheon as we get closer to the date.

Buck Cheshire, bjcheshire@comcast.net, 925-787-6149 Chair Ladies Day Luncheon with the assistance of Ms. Paula Murphy

OKTOBERFEST



Leo Dominguez



Ron Maciak



Thom Watkins

OKTOBERFEST October 2025

Look forward to another fun Octoberfest in October 2025. Article to be forthcoming. See January 2025 Hotline for article on Octoberfest 2024.

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

Sunshine regrets to inform the Membership of the passing of former Branch 8 member Bob Bogardus. Bob passed Wednesday May 21. Further information will be provided as it becomes available.

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 this month. Those highlighted in yellow are 90+.

Rich Knowles Chairman

Be sure to open your birthday greeting.

Bob Beitler Edd Gaede John Brooks Paul Hersch Dan Casella Dan Kohlman Ron Cassano Henry Kung YK Chan Roger Lamm Tom Cook Robin Lamont Ed Dijkman Carl Meier

Carl Moyer Gary Palhegyi Zoltan Saary George Schulze Dan Smith Ron Woods

ACTIVITY COORDINATION COMMITTEE









Mike Frey

Ken Main

Chick Lowry

Dennis Mierzwa

ACC April 24 Meeting Notes Summary

Mike will ask Meng Horng to present his Photography activity @ the May luncheon.

It is our understanding the AMS system will be augmented to provide notification of new member interests to the AC's and the

Chick will forward the latest (i.e. May) Activity List to the orientation team for their use.

The ACC recommends that all the AC's receive business cards before distribution to the general membership.



Come out and enjoy an Oakland Ballers Baseball Game with your fellow Sir's

The Oakland Ballers is a semi pro baseball team that is about to start their second season with a home game at Raimondi Park in Oakland. The Ballers ended its first season in the Pioneer League in second place in a field of twelve teams with a record of 58 wins and 38 losses.

Visit their website at: oaklandballers.com

Branch 171 has several members who are investors in the Ballers and Rich Carmel's son Bryan is Co-Founder and CEO of the team.

The Ballers have extended an offer to the East Bay Sir Branches to enjoy a game at the ball park on Saturday, May 31. First pitch is at 4:30 pm. Sir members and their guests will enjoy a 25% discount on tickets and will be recognized at the game by the public address announcer.

Here's a GREAT opportunity to enjoy a game close-up with family and friends!

The Pioneer League

Since 1939, the Pioneer Baseball League has operated in the Mountain West region as an MLB affiliate league. Beginning in 2021, the Pioneer League became an MLB Partner League with clubs in Montana, Idaho, Utah, and Colorado and has now expanded its geographic reach to California with teams in Oakland and Davis. The Pioneer League is a true player development league, with players having

Oakland and Davis. The Pioneer League is a true player development league, with players having less than 3 years of professional experience. The PBL is focused on innovation and experimental rules, having initiated the shootout style "Knockout Round" to replace extra innings, designated pinch hitters and pinch runners, and other cutting-edge rules and fan enhancements. The PBL has a 96-game slate from mid-May through mid-September. For more information, visit: https://www.pioneerleague.com/landing/index

<u>Tickets</u>

Single game tickets go on sale beginning Tuesday March 25
Raimondi Park has only 4000 seats - and all of them are good!

Premium Reserve tickets have seat backs; all others are bleacher seats.

Premium tickets sell out quickly, so buy your tickets asap. If you have a group and wish to sit together, one group member should purchase tickets for their group and collect from the individual members.

Buy tickets: https://tickets.oaklandballers.com/ Get a 25% discount by using the Sir Promo Code: MAY31SIR

JUNE ACTIVITIES CALENDAR

NOTE: The June activities calendar is now accessed from the SIR Branch 8 website at Calendar | SIR Branch 8. If this link does not work for you, please enter https://www.sirbr8.com/calendar/ into your web browser. The reason for this change in the Hotline is that the calendar did not show all activities and was not interactive. When you click the link to the calendar on the website, you will see the entire month. To get more details of an activity on any given day, click on activity and a pop-up will show more details.



ASTRONOMY



David Bushnell

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.

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

OPERA IN THE THEATERS



David Bushnell Chairman

Our last Opera in HD will be
Rossini's comic opera The
Barber of Seville. The opera is
great fun and one not to
miss. The live Saturday matinee
arrives in our theaters on May 31 at 10:00am,
with the "encore" repeats the following
Wednesday, June 4, at 1:00pm and
6:30pm. Both Century theaters in downtown
Walnut Creek and Pleasant Hill carry the series.

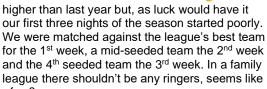
Chairman: David Bushnell, dbushn@swbell.net, 925-838-3914
Ast. Chairman: position is still open but doesn't pay well.

BOCCE BALL - LEAGUE PLAY



Chick Lowry Chairman

Well folks, this year's League
Bocce start has been less than
wonderful. We were seeded
higher than last year but, as luck woul
our first three nights of the season sta



there might be a few?

We are playing well but just can't seem to close successfully at the end of each game played. Scores like 11-12, and 10-12 make for very close games but, the opponents always seem to find the last points and win. Our opponents going forward will be closer matched to our current level of play and we should have better outcomes. I'll keep everyone posted.

Team spirits are high and our win/loss record should improve in coming weeks. Go Sir Bocce...

Chairman: Chick Lowry - <u>Clowry2845@gmail.com</u> Asst. Chair: Bob Barnes - <u>Bob Barnes@msn.com</u>

BOCCE BALL - OPEN PLAY !!



Open Play Bocce started Friday May 2nd. If you have a desire to join Open Play, please send me a note and I will add you to the contact list.

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

Martin Hawco Chairman

BOOK EXCHANGE



Alan Curtis Chairman

The book exchange is in the luncheon dining area. We have several new titles that have been donated by our fellow SIRS. Stop by and pick up a book at the next luncheon.

Chairman: Alan

Curtis,

alancurtis@sbcglobal.net
Assistant Chairman: Ron Rizzo,
ronbrizzo@gmail.com

Assistant Chairman: Rob Laaback, <u>rlaabak@yahoo.com</u> Assistant Chairman: Tom Keehn, <u>tom242g@gmail.com</u>

BOOK GROUP



Ron Rizzo Chairman

For our May meeting, the book group reviewed James McBride's epic novel "The Heaven & Earth Grocery Store" about a Jewish and Black neighborhood in Chicken Hill near Pottstown, PA. In 1972 workers were digging the foundation for a new housing development when they came across a human skeleton. Who the skeleton was and how it got there were just two of the long-held secrets that

had been kept for decades by the residents of Chicken Hill. As the novel unfolds, it becomes clear how much they had to struggle to survive at the margins of white Christian America and how damaging bigotry, hypocrisy, and deceit can be to a community. The assembled members rated the novel a 4.0 on a scale of 5.

Our next book is a work of non-fiction--"George Washington's Secret Six: The Spy Ring that Saved the American Revolution" by Brian Kilmeade. We meet at 10:30 AM the first Tuesday of each month at the Concord Round Table Pizza on Treat Boulevard.

If you like to read and have lively discussions on 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.

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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 2024 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 2025 will be added to the website within a month of each meeting.

BOWLING



Dan Weller Chairman

The Summer league starts May 22. This has three-bowler teams and will be done August 27. Low average bowlers, spouses, and friends are welcome. Please contact Dan Weller if you are interested in league and / or tournament bowling.

2025 Tournaments

The annual "SIR State Tournament" was wonderful in Sacramento in May. Eighty-four active Sirs had high scores and met friends from other branches.

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		
June 5 – 6	Placerville	Inside a new casino 🛒		
June 23 - 24	Dublin			

ACTIVITY CHAIRMAN: Dan Weller, 925-935-5510.

dweller@asound.net

ASSISTANT CHAIRMAN: Rob Norris, 925-788-6958.

robert.norris@natca.net

CAR ENTHUSIASTS



Chick Lowry Chairman

On May 13th we finally found some common time for a group of 10 Car

Enthusiasts to travel to San

Ramon's Shift Arcade to participate in a racing simulation event. We were able to try out several different tracks and drove a group qualifying race and then several racing events. The simulators

were outstanding as it felt like we were really racing around the track. Gary Palhegyi proved to be the best driver as he qualified pole position for several races. The simulation also proved to be a bit unsettling as several participants experienced motion sickness problems with stomach queasiness. We literally owned the venue for 1.5 hours as we had a private party session. Chris Wehling and I had some really great head-to-head racing with many lead changes and the venue rep said we really did well for a couple of beginners. Neither of us had ever done any of this type racing. It is way more than a video game. Most CE members said they may do it again sometime. Since we all seemed a little uneasy about going for a group lunch, we elected to call it a day and head home. The experience was truly worth the wait as we needed several attempts to get a date set to do it.

Our Saturday, May 24th event at Rail Explorers in Ione, CA is going to be another great experience for the 12 CE members planning to participate. We will peddle a motor assisted rail cart around the Amador County hillsides with a short layover halfway while they turn around the vehicle, so we can peddle back to the start. We'll visit some interesting acreage where the gold miners sought their fortunes during the gold rush period. Following the rail event, we will travel to our reserved accommodations, freshen up some (the temps will be in the high 80's), participate in a hospitality room session to get to know each other better, and then share a group dinner at the Historic Murphys Hotel, in Murphys, CA. We'll all stay the night and some will head for home on Sunday and others will stay a second night going home on Monday. It's sure to be another time well spent for Car Enthusiasts.

Our Saturday, June 21st Rally Drive is wrapping up planning efforts and participating CE members will travel back roads through the Livermore Valley for a couple of hours, have a group lunch and drive home at a leisurely pace for the +/- 4 hour event. If you're interested in taking a fun drive followed by a NO HOST group lunch with some really nice folks, give Tom or myself a call and reserve a place in the convoy. We'd like to see some additional Branch 8 members come have some fun.

The next CE meeting will be Tuesday, June 3rd, 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 Chick or Tom as noted below.

Activity Chair - Chick Lowry - Clowry2845@gmail.com Assistant Chair -Tom Hodgson - tomehodgson1945@gmail.com



CRIBBAGE



Dennis Mierzwa Chairman

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 half hour/lunch at noon and play is from 1230pm to 3pm. Please join us if you have played or wish to learn. Depending on attendance we play two, three or fourperson games. We normally get in five games in the

three and half hours we play. Our members prefer to play fourperson games, which is two partners with the two winners advancing to the next table. Cribbage is a fun, friendly, fastpaced game. Cribbage is a coed activity with spouses and partners welcomed. In addition, if you are introducing a potential new member to Sir bring them as a guest to a game you enjoy!

May 2025 RESULTS

May 7th had twelve players. The May 7th winners were:

1st Greg Ryan 218 points 2nd Stan Johnson 200 points 3rd Dennis Mierzwa 139 points 4th **Bob Beitler** 136 points

May 20th had a very nice turnout of 14 players giving us three tables of four for partner play and a table of two. The scores were on the low side except for Greg Ryan who amassed 292, after obtaining 191 points while playing a two-player game! Greg was the winner for both May sessions. Our May 20th winners were:

1st 292 points Greg Ryan 2nd Peter Shapiro 159 points 3rd Ray de Wit 138 points 4th Dan Smith 133 points

Rumor has it Don Atwater had a 20 hand-please remember to add a hand or crib of 20 or more to your score card. 2025 High Score, Don Atwater 312 points 2024 High Score, Bob Beitler 261 points

Chairman: Dennis Mierzwa, dennis.mierzwa@att.net Assistant Chairman: Dan Smith, dns.Ins02@astound.net

BRIDGE 💠 🕈 🕈 RUBBER 👭



Dave **Dawson** Chairman

The contract bridge group has been paused until we can get some new members. Anyone wanting to play bridge should come to the Partners Bridge sessions and contact Dave Dawson, 925-586-4863, dawsonfam03@gmail.com

BRIDGE 💠 🕈 🔻 DUPLICATE 🙌



Rud 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. We're playing duplicate bridge on January

24th at 11:30 AM, at Round Table Pizza in Pleasant Hill. 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



Dave Dawson Chairman

To all Partners/Contract Bridge players or single bridge players without a partner. Want to play some bridge?

Perhaps it's been a while and you're a little "rusty"? Partner/contract bridge is now combined into one group. If you don't have a partner, show up and we'll attempt to match you with someone. Already have a partner? Bring him or her as well.

We play at the Round Table Pizza Clubhouse on Oak Grove and Treat. Lunch is from 12 to 1, and the games start about 1 pm. We are usually done by 3:30/4:00. We play on the 3rd Tuesday of the month.

Chairman Dave Dawson just needs to know who is coming (partners: either partner can please respond for both partners). Singles, please let me know if you are bringing someone else. Please everyone let me know you are coming by the Saturday before our game.

Questions: Call Dave Dawson at 925-586-4863. Email at dawsonfam03@gmail.com. Thanks. Remember, if you signup, please show up.

PINOCHLE !!



Stan Johnson Chairman

We are meeting in person twice a month on the second and fourth Wednesdays at Rocco's Restaurant, 2909 Ygnacio Vallev Rd., Walnut Creek (in the Encina Grande shopping center near Whole Foods). We have lunch starting at noon with card play from 12:30 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 Stan Johnson.

On April 23, we had a turnout of 8 participants. At one table of four, Stan Johnson and Charlie Kahsen (Branch 146) won both



games. At the second table of four, Terry Mason and Art Fabsits won both games as well.

On May 14, we had 10 participants. At one table of five, Jerry Ward won the first game, and Pete NcNeill (Branch 146) won the second. At the other table of five, Roy Hodgkinson of Branch 146 won the first game, with Jim Barry (Branch 146) won the second game.

On April 9, we had 10 participants. At one table of five, Dennis Mierzwa won the first game, and Stan Johnson won the second. At the other table of five, Roy Hodgkinson of Branch 146 won the first game, with Bob Weiss and Charlie Kahsen tying for the second game.

Chairman: Stan Johnson, 925-938-7016,

stan.johnson88@gmail.com

Asst. Chairman: Pete McNeill (Branch 146), 925-858-9666,

petemcgolf@gmail.com

POKER

Letting you know what is happening with poker in Branch 8.
Right now we play on 1st, 2nd, 3rd, and
4th Tuesday every month. The time is 12:00 pm to 3:00 at Rossmoor. We need 2-3 subs to back up the regular players.

We are trying to set up the first Monday of every month to play on a rotation at poker members home. We need 3-4 subs to fill in the game for a total of 7 players.

We play all different types of poker hands. Anyone can come to the game to watch and learn the poker games,

For more information email Ron Maciak, 925-357-8005, ronald41mac@gmail.com

SIR CHESS





Steve Schram Chairman

players.

Please join Us for Chess at the Pleasant Hill Senior Center in June. We will continue our Chess events on Fridays, June 13 and 27, 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 is scheduled on the second and fourth Fridays of each month. We welcome anyone from beginners to expert

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 in 2025, we will all have to become members for a modest fee of \$20 per year.

Contact Steve Schramm, Activity Chairman, if you have any questions at sschramm01@gmail.com. I look forward to playing chess with all of you this month!

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 <u>mengymc@gmail.com</u> Dave Davis, Vice Chair: 925-838-1753 <u>dav.davis@comcast.net</u>

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 downedited" to language we can all understand

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

INTERNET GAMES



Don Atwater Chairman Internet Games are activities you can enjoy wherever you have an internet connection. But instead of playing against the computer, here you get to play against SIRs and artners. Let Chairman Don or Dan know of your interest in joining existing games or starting new games.

Mexican Train – Currently, we play Mexican Train on the 1st & 3rd Fridays of each month. A

connection is made via Zoom, thanks to Danny Rinaldi, on a site reserved just for us. Last two games were won by Stan Johnson & Don Atwater. We also play in person on the 2nd & 4th Fridays with Dan Rinaldi and Bob Beitler the winner of the last two games.

Cribbage – Each month, we have a Cribbage tournament where competitors play each other on an internet site while conversing on the phone. Internet Cribbage is played as a two-man game during the first 2 weeks of the month. We connect to a good Cribbage Internet site that deals the cards and counts the points. Ray de Wit was the winner in May by the narrowest of



margins over Stan Johnson & Don Atwater. Dennis Mierzwa, with a 24 point crib, created a new record for the year.

Come join us for these games. Or perhaps suggest a new game for this internet connection. SIR members and their partners & guests are welcome.

Chairman: Don Atwater, 925-673-1669, datwater@pacbell.net

Asst. Chair: Dan Rinaldi, 925-825-0519,

dmrinaldi944@astound.net

DOMINOES



We need new players. Call Dan Rinaldi, 925-381-5486 or email



danrinaldi944@gmail.com if you are interested in plaving.

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

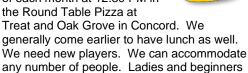
Dan Rinaldi Chairman

MEXICAN TRAIN DOMINOES



Dan Rinaldi Chairman

Mexican Train Dominoes meets in-person on the second and fourth Fridays of each month at 12:30 PM in the Round Table Pizza at



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: Dan 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

BARGAIN BITES



Hello Bargain Biters!!

Ken Main is the Activity Chairman. He will be assisted by: Ron Maciak, Asst. Chair- Finances and Bill Barber, Asst. Chair- Restaurant Locations

Watch for news about the next event in coming months.

DINE IN #1



Ron Cassano Chairman

Our May dinner was hosted by Ron and Gay Laaback. As usual, appetizers and drinks started us off. We were treated to a terrific salmon main course accompanied by terrific sides and ending with fresh fruit trifle dessert. As usual, another nice gathering.

Ron Cassano, Head Eater, roncassano@gmail.com

DINE OUT - SINGLE SIRS



Glenn Gilman Chairman

Our June dinner will be at Leo's Chinese Restaurant 105C Town and Country Dr. Danville. This is a new restaurant for us and is located just north of the Sycamore Exit off I-680 in Danville. Their menu will be found here - https://www.leochineserestaurant.com

Selected by host Dean Steichen, we will gather at 5 p.m. on Tuesday, June 3rd. Respond to Dean if you will be attending.

Dean Steichen, 820-3573, disteich@comcast.net

Chairman: Glenn Gilman, 925-798-5155,

glenngfam@sbcglobal.net

Asst. Chairman: Don Atwater, 925-673-1669,

datwater@pacbell.net

JIGSAW PUZZLE EXCHANGE



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.

Carl Mover Chairman

Contact Carl at carlmarc@astound.net

MIXER

A small group of 7 assembled for our April Mixers. Despite the small numbers, the discussions were lively and lots of laughs.

Great time was had by all.



Ray de Wit Chairman

A beautiful day, great weather and wonderful group met for our May get-together (see the photo below). Great to have Amy Rizzo rejoin the group and nice to have Thom and Paula Watkins show up also. This is a great chance for the SIR guys and their significant others to just hangout and discuss whatever is on your mind. Our June get-together is on Tuesday June 24th at Jack's in Pleasant Hill at 3:00.

Hope for a big crowd and once again, fun times.



Everyone is welcome and we hope to see some more 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 at Port Chicago Highway and Highway 4 on Thursday, June 26th at 8:30am.

Come early.

Despite new golden mussel restrictions limiting our fresh water fishing, Steve Paulick and Stan Wong got some trout at Lake Collins. Pete Gates scored some at Los Vaqueros. Brion Beetz led a team of 8 of us to Lake Amador for more trout, where Steve Paulick had done well earlier. All of these hearty anglers were much impeded by the blustery spring winds. Tom Kostik (see photo gallery), Mike Croker, Stan Wong, Harry Sherinian, Ken Bellinder, Matt Richards, and Phil Scimonelli fought the wind to fish the delta for stripers and black bass. Ron Lew (see photo gallery) and Shawn Kelly boated 2 good sized halibut and 2 stripers fishing in the bay. Despite the opening of rockfish near shore on May first, the ocean has been windy and rough, preventing our forays after these tasty morsels. Twenty of us came to Carl Moyer's back yard fish fry. Nobody went home hungry!

Chairman: Carl Moyer, carlmarc@astound.net

Harry Sherinian caught this nice black bass in the delta.

GOLF - 9 HOLE

The 9-hole Golf Group plays at Diablo Hills Golf Course on Weds. @ 9:00 AM! Following is a summary of recent play:



May 7th, 2025

15 golfers teed off starting at 9:00 AM at Diablo Hills Golf Course on a beautiful morning for golf. Doug Barber shot the low round of the day with a score of "44" just nudging out Ray de Wit, Will St Clair and Gary Grice who all carded scores of "45". Pat Dodson won the event of the day, closest to the pin on the 4th hole; with a 24' 11" shot; Pat then went on to two putt for a par. The group had 12 pars and one birdie by Doug Barber who pitched in a shot on the par 5 eight hole. Nice round Doug and welcome back.

April 30th, 2025

13 golfers teed off starting at 9:00 AM at Diablo Hills Golf Course on a beautiful morning for golf. Gary Grice shot the low round of the day with a nice score of "40". Mike Frey won the event of the day, closest to the pin on the 3rd hole; with a 15' 1 ½' shot. Mike then went on to two putt for a par. The group had 16 pars and the one birdie by Pat Dodson for the round. Nice job Gary, Pat and Mike.



Rick Mcguire, Glenn Gilman, Ray de Wit, Billl Barber, Roger Lockwara, Bob Neary, Pat Dodson, Mike Frey

April 23rd, 2025

10 golfers teed off starting at 9:00 AM at Diablo Hills Golf Course on a chilly and windy morning for golf. Rich Knowles shot the low round of the day with a very nice score of "38". No one won the event of the day, as set by Starter Rich Knowles, closest to the pin on the 4th hole; with a steady wind blowing in our faces, the green was not reached by anyone with their drive. The shot of the day was turned in by Mike Frey who pitched in from 20 yds away for a birdie on the third hole. The group had 17 pars and the one birdie for the round. Nice job Rich and Mike.

Join us for a round of golf followed by a bite while we rehash the round. To sign up Go to the Branch 8 website and under Nine



Hole Golf link, click on the Signup link. Call or email Mike or Ray with any questions.

Mike Frey, 9 Hole Golf Chair: mikefrey1784@gmail.com 925-699-1784

Ray de Wit. 9 Hole Golf Asst. Chair: <u>raydewit11@gmail.com</u>

925-948-5962

GOLF - 18 HOLE



David Platter Chairman

Lyme Disease decided to revisit California. Though found in every state but Hawaii, the quantity of ticks in our area has dramatically increased. Now these demons find the western brush a great place to hide. Being bitten by a nasty tick can cause problems. It will also result in long-term complications. Sir golfers sometimes venture into the woods innocently looking for a wayward golf ball,

not realizing a dangerous critter is lurking nearby. If bitten, there is a 50% chance the tick will inject poison. If this nip can be discovered in time [about 72 hours] then antibodies have had excellent results. However, a doctor call is necessary, and much can be learned from the internet, [Lyme disease. com]

Branch #19 has moved its monthly meeting to Pittsburgh. Most of their players live in the Brentwood-Pittsburg area and prefer less highway #4 traffic.

Governor Newsom wants to eliminate all RV parks. Franklin Canyon has put their project on hold until this law has been resolved. A wise man once said, "A golf course will remain open until it is closed." [Yes, he is paid for sharing such wisdom.]

The #146 branch golf chairman believes the most important item on their docket is to show others just how well they are organized. Yet, when asked how many players are on their golf roster, he was uncertain. However, he is certain that they will play 85% to 95% of their games at Boundary Oak, but quickly adds he is unsure about the percentage.

Great news! Mark Evanoff is back after a long fairway absence. Garland Bell returns after enjoying several weeks of physical pain. Our Dan Crowley will revisit us with vigor after his winter in Scottsdale, Arizona. Genius Frank Bosworth will use a game structured around a match-play format. This sport pits each player against every other golfer in their foursome. Individual indexes will be used to level competition. This idea came to Frank while on the operating table just before being blurred out by anesthesia gas. True, the shoulder operation was successful. However, while in the recovery room, the nurses had to keep Frank sedated because of the lack of interest in a match-play format.

David Platter

PICKLEBALL

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.

Nick Maufe Chairman

Email <u>Nickmaufe@gmail.com</u> to join. Nick Maufe, Chairman

PODCASTS **††**



Rich Knowles Chairman

At its first meeting in April the podcast activity discussed three podcasts from TED. One was a discussion of the relationships between most popular TV programs and current affairs – basically attempting to show that TV programs reflected what was going on in the US at the time. Another was a look at AI from the perspective of an advocate – a person that is creating as life-like of a copy of a person with

personality using AI. He is a strong AI advocate, and we pretty much found the future he sees as scary. And the third podcast was basically advocating people look at themselves and changes themselves for the better - the podcaster believes we can all do that.

At our second meeting we will be discussing three podcasts – two short ones about personal actions and one about where the podcaster sees our society going as linked to our kids and what they are growing up in.

First two are from the ZOE podcast site

- 1. Cardio exercise: how much do you really need from Sep 28 2023
- 2. Why eating nuts makes you healthier 20th April 2023

Third one is from a site we have listened to before (but I wasn't able to download this one and listened to it straight from the internet).

3. Ezra Klein show 'Our kids are the least flourishing generation we know of' April 1st 2025

If you want to join us, contact the activity chair (you need the zoom meeting info):

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

SIRS AT THE GAMES



Steve Schramm Chairman

LAST CHANCE FOR SF GIANTS BASEBALL!

The San Francisco Giants will play the Philadelphia Phillies in a matinee game at Oracle Park in San Francisco. The Phillies are one of the best teams in the East, and recently split a 4-game series with the Giants in Philadelphia.



Our SIR group will see an afternoon game on <u>Wednesday</u>, <u>July 9</u>, beginning at 12:45 pm. We will have seats in the shade along the third base line in Section 225. The cost is \$75 per ticket. Your family and friends are encouraged to attend with us.

We have an excellent group of SIR members and guests who are joining us for this outing. Please contact me by Wednesday, June 4 if you would like tickets.

Please send an email to Steve Schramm, "sschramm01@gmail.com" to reserve your seats. This game promises to be a fun and exciting SIR outing!

MODEL TRAINS



Rich Knowles Chairman

The Model Train activity has a treat coming to a future lunch. One of our current members is in

the final stages of arranging for a four-foot square operating model train layout to come to our luncheon and be running on one of the tables. The earliest this will happen is June (or maybe later). Anyone in the branch interested will be able to come by, see the layout, and talk with us

about model trains.

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

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/

5/29/2025: 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: Rob Laaback. Difficulty: M

6/5/2025: 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: Ron Woods. Difficulty: E

6/12/2025: Alamo: Stone Valley Rd. Iron Horse. Exit I-680 on Stone Valley Rd. across Danville Blvd. Meet at the south end of the Alamo Plaza Parking lot north of Stone Valley Road. NOTE, the first few rows of parking are now reserved. BUT, there is parking to the west of the reserved area and to the north of the area, across from the yogurt shop and Safeway. Cafe: Peet's Coffee. Leader: Dan Cro

6/19/2025: Walnut Creek: Arbolado Park, Ygnacio Canal. wley. Difficulty: E Take Ygnacio Valley Rd. to Oak Grove Rd. Then south past W.C. library to Arbolado Dr., left to Arbolado Park, meet at the upper parking lot near the soccer field and rest room. Cafe: Whole Foods - Oak Grove / Ygnacio Valley Road. Leader: Dan Smith. Difficulty: E

6/26/2025: Danville: Railroad Museum Iron Horse. Exit I-680 at Diablo Rd., west to Hartz Ave., left to Prospect Ave., right to Railroad Ave Meet in Railroad Museum parking lot, corner of

Prospect & Railroad Ave. Cafe: Lunardi's Market. Leader: Dan Weller. Difficulty: E

7/3/2025: Lafayette: Lafayette Reservoir. WARNING!! THIS IS OUR MOST DIFFICULT WALK WITH MANY FAIRLY STEEP HILLS. PLEASE SKIP THIS WALK IF YOU HAVE ANY PROBLEMS DOING OUR FLAT WALKS. Entrance on Mt. Diablo Blvd., about 1 mile west of Happy Valley Rd. Meet at the EAST (far left) end of metered parking lot. Bring 8 quarters or use a VISA or Master Card. Cafe: Peet's Coffee. Leader: Dave Allen. Difficulty: H

CHAIRMAN: Dan Weller, 925-939-5510, <u>dweller@astound.net</u> **ASSISTANT CHAIR:** Phil Trapp, 925-963-1819, prtrapp@sbcglobal.net

SIR HIKERS



Carl Ludwig

Chairman

Detailed information for interested hikers will appear by the end of May on the Hiker's webpage of the Branch 8 website at https://www.sirbr8.com/hikers/.

June 10, 2025 Easy Hike – CoCo Canal Trail Through Pleasant Hill – 10:00AM Hike Description: We will be walking a northern segment of the Contra Costa Canal Trail. We will start near Gregory Lane in

Pleasant Hill. (Street parking is usually available near the trailhead on Westover Drive.) The walk is mostly shaded, goes through the Las Juntas Park and is separated by Taylor Blvd. We will cross Taylor Blvd. at the stop light at the top of the hill and the trail continues on the other side of the road. We will return the same way after we reach Golf Club Rd., where we will turn back. The turnaround point is near one of the DVC parking lots. This segment is a little more than 4 miles, round trip. We will meet by 9:45 AM and leave at 10:00 AM sharp.

There are no water or restroom facilities at this location.

Bring: Good walking shoes, water, hat, trekking poles if you use them.

Directions to Starting Point:

- Take I-680 N and merge onto Contra Costa Blvd via EXIT 49A towards Pleasant Hill.
- 2. Turn left onto Gregory Ln.
- 3. Turn right onto Pleasant Hill Rd.
- 4. Take the 1st right onto Westover Dr.
- 5. Drive a couple blocks and park on the street near the trailhead.
- The closest home address to the trail that I could find is 1985 Westover Dr., Pleasant Hill.

Optional Lunch – T'zunun Restaurant, 2618 Pleasant Hill Road, Pleasant Hill

Hike leader: Dan Crowley 602-740-6644

danieltcrowley@hotmail.com

March Coordinator: Phil Trapp 925-963-

1819 prtrapp@sbcglobal.net

Hikers Chairman: Carl Ludwig 415-350-7372

cludwig171@gmailb.com

June 24 2025 Hard Hike – Redwood Regional Park, Oakland – 10:00 AM

Hike Description: The June hard hike will take place in the shady forests of Redwood Regional Park. Our hike will be an intermediate/hard hike of 5 miles with about 600 feet of cumulated elevation gain.



The Hike starts at the **Canyon Meadow Staging Area** (the furthest parking lot beyond the entrance kiosk, and which is at 7867 Redwood Rd., Oakland CA). The trail head is about 20 miles (30-minute drive) from downtown Walnut Creek. From the trail head the hike will start at **10:00 a.m.** We will be on the Stream Trail for about 1.3 miles and then turn onto the left on the Fern Trail with a moderate .4-mile up hill to the French Trail. Then follow the French trail for roughly 2 miles and connect with the Mill Trail and follow it for a short distance before connecting with the Stream Trail and back to Canyon Meadows.

Directions to Trailhead: From Walnut Creek take Hwy 24 West through the Caldecott Tunnel. Use the right-hand tunnel and stay in the right lane and prepare to exit onto Hwy 13 South. Take Highway 13 to the Redwood Rd Exit and follow Redwood Road for about 5 miles, past Skyline Blvd and over the hill, to the Canyon Meadow Staging Area at 7867 Redwood Road. Total distance from WC is approx. 19 miles and takes about 30 minutes.

Bring: Water, hat, boots and hiking poles. There are some steep gravelly downhills on the trail.

Optional Lunch: in downtown Orinda at the Europa Hofbrau, 64 Moraga Way, Orinda, CA.

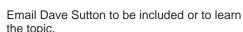
Hike Leader & Coordinator: Carl Ludwig; 415.350.7372; cludwig171@gmail.com

AllTrails Map: Explore Stream Trail, Fern Trail, and French Trail Loop | AllTrails

\$UMS IN RETIREMENT



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



Dave Sutton Co-Chairman

Chair: Tom Henry-Branch 174, tomhenry925@gmail.com

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

TRAVELING SIRS 👭

Romance of the Rhine & Mosel River Cruise July 6-21, 2025. From Basel Switzerland to Antwerp Belgium. Castles, towns and sights such as Lorelei Rock. Stops in Strasbourg, Speyer, Boppard, Bernkastel and Trier, Cochem, Bonn, Nijmegen, Willemstad, and Antwerp. Prices start at \$6,345pp including round trip air from SFO. Possible single supplement at +\$895. Pre-trip 4day to Lucerne for \$1,295pp. 3day Post-trip to Burges \$995pp. Contact Jim Hohenshelt, 408-394-7226 or Roy 408-735-8765 Branch 62

29 Day Northern Lights Grand Adventure South Hampton (London) to Ft. Lauderdale Sept. 27 – Oct. 26 2025. Prices range from \$3797 - \$8264 pp. depending on cabin. Is seeing the Northern Lights and visiting Norway on your bucket list? This is the trip for you join us on the Emerald Princess for a 29-day cruise. Five stops in Norway, additional stops in France and Spain. Additional costs, airfare, trip insurance & \$285 port taxes. Contact kathig@shipsandtrips.com

Inside Vietnam Hanoi, Halong Bay, Hué, Hoi An, Dalat, Nha Trang, Ho Chi Minh City (Saigon) Small SIR group of 16. Oct. 19, thru November 7, 2025. Starting at \$3,795 including air. Pre-trip to Hill Tribes of Vietnam 6 nights from \$1,095 and post trip to Cambodia Angkor Wat 5 nights from \$1,1695. Make your reservation by calling OAT Travel and be sure to use the SIR Group Code is G5-30339 1-800-955-1925. There is still room on this great trip. For more information from a SIR contact Milt Smith Branch 146. 925-285-2897 miltsmith549@gmail.com LINK https://www.oattravel.com/trips/land-adventures/asia/inside-vietnam/2021/itineraries Vietnam Tour Hanoi to Saigon | Overseas Adventure Travel

Australia/New Zealand Jan 7, - Jan 25, 2026. Australia: Cairns, Great Barrier Reef, Sydney Arrowtown, Queenstown, Rotorua, Aukland. New Zealand: Te Anau. Starting from \$6,495 including air. Free Single Supplement. Pre-trip 5 nights to Melbourn & the Outback from \$2,395. Post trip 4 nights to Fiji from \$1,995. SIR Group Code is G5-30339. Contact Glenn Breslin glennbreslin@gmail.com Branch 146 for more information. Or call direct 1-800-955-1925 Be sure to use the SIR Group Code. LINK New Zealand Tour | Australia & New Zealand | Grand Circle Travel

South Korea & Japan: Temples, Shrines & Seaside
Treasures. Korea: Seoul, Japan: Tokyo, Toba, Kyoto. April 1April 26, '2026. Starting from \$7,495 including air. Pre-trip
Mongolia: Ulaanbaater & the Gobi Desert. 9 nights from
\$1495. OR...Vietnam: Hanoi & Halong Bay Cruise 5 nights
from \$1,495. SIR Group Code G5-30339 For more information
contact Glenn Breslin glennbreslin@gmail.com Branch 146.
LINK South Korea and Japan | Travel to East Asia | Overseas
Adventure Travel

BARGAIN WINES





No new report for June.

Chairman: Dennis Mierzwa, dennis.miezwa@att.net

Dennis Mierzwa Chairman

WINE CELLAR FILLERS





No new report for June.

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, Asst Chair, scottkgraff@gmail.com, 925-552-6097



WINE FINDERS 1





There was no Wine Finders 1 activity this month.

Our next meeting will be June 12, 2025. Until then,

Ken Stehr, Chair, Wine Finders 1, kcstehr@comcast.net Rob Laaback, Asst. Chair, Wine Finders 1, rlaabak@yahoo.com

WINE FINDERS 2





Ron Cassano Chairman

Our next tasting will be in June and will be Zinfandels. Date and location to follow.

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

WINE FINDERS 3 👭



Larry McEwen, Chairman

Depleted by maladies and travel, three members of Winefinders III and their wives gathered at Gene & Marylou Paschal's home in Blackhawk to sample Sauvignon Blancs. Beautiful weather afforded us the opportunity to gaze out the back yard at golfers struggling along the links of the Blackhawk Country Club. The hosts provided thirsty guests with Pinot Gris palate-cleansers while things got

organized. The winning wine was a Monique Cellars '21 provided by the hosts and available at Total Wines for \$7. Second place was awarded Roger and Mardi's Kirkland '24 available at Costco for \$8. Gene and Marylou also shared with us two books published by their grand-daughter, Dallas Woodburn, a noted San Francisco author of books targeting young readers.

Our next meeting is scheduled for 4PM on Thursday, June 19 featuring California Reds and will be hosted by Leo & Gale Dominguez.

Larry McEwen, elmwoodeux@comcast.net, 925-939-3216

WOODPECKERS



Thom Watkins Chairman

Thom Watkins our fearless leader was laid up from knee surgery so Bob Wheaton held our meeting at his home. Bob along with Greg and Jackie cut wood strips glued them up with multiple vices to insure a tight bond. We have since removed clamps and sanded both sides. Next meeting we will prepare border and handle grip. After meeting we all went out for lunch at Wences. A good time was had by all!

Thom Watkins, Chair Woodpeckers, 925-330-3780







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WRITING YOUR LIFE STORY



Tom Hodgson

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 care actually care to listen. The stories also trigger

memories for us. Someday your kids or grandkids may also find them interesting.

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, <u>Tomehodgson1945@gmail.com</u> 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.

HOTLINE EDITORS



Steve Moore semoore9128@ gmail.com



David Glazer <u>slwcylst@</u> gmail.com



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WEB MASTER



Derek Southern derek.southern @gmail.com

Note: If you like to know the news earlier than everyone else, volunteer to be a hotline editor. Position now open. Need to have good working experience with MSWord. Contact Chris Wehling for more information. Thanks.





STATE SIR HAPPENINGS

A Home Page for SIR Members on the State website is at: Home – SIR (sirinc.org)





RESOURCES FOR OUR MEMBERS, FAMILY & FRIENDS

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!



mowdiabloregion.org (925) 937-8311 Meals on Wheels, Fall Prevention Care Management, Friendly

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.



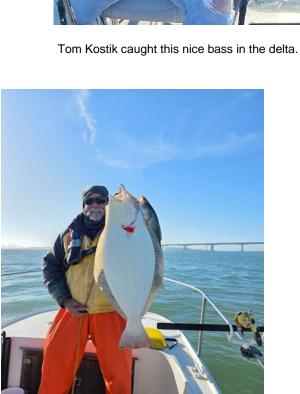
Visitors/Callers
So that No One Faces Cancer Alone
www.cancersupport.net / 925-933-0107
3276 McNutt Ave., WC











Ron Lew caught this fine halibut in San Francisco Bay.



Don Atwater, host of the annual 9-hole tournament and son Brian



Don Atwater and Dave Perkins

