

Branch 146 Call 1- Patiroment Contra Costa CA





Big Sir's Notes Richard Hockenbrock

In reaching a yearly milestone in March this year, COVID-19 has stretched patience our endurance in keeping our lives separate from each other. The very opposite of what SIR, Social Activities

for Men was formed to do.

Swimming upstream against a constant torrent of disheartening outbreaks, we were shocked to learn in December that while not caused by the virus, SIR President Elect Jim Johnson, passed suddenly due to a heart attack. It was at this darkest hour that Stu Williams took over as President and rallied the organization with a series of high-level meetings directing us as leaders to get back on track by moving to approve a number of outside activities including, 9 & 18 hole golf, hiking, cycling, RV Travel, Fishing, and outdoor eating.

Branch 146 was the pioneering branch within SIR to actively support helping its members get appointments for COVID vaccinations. Now we are encouraging those members who have had their two vaccinations, to get out and start meeting again with their fellow SIR friends in small groups who likewise have their vaccines and follow CDC guidelines. I hope to have an update following an executive State SIR meeting scheduled for March 24th either in this report or in a separate eblast.

I am happy to say that we have had 22 new members join our branch since the COVID lockdown began in March 2020. Little Sir Jerry Kaplan and I had the opportunity to meet some of these members at a photo shoot conducted by Jim Pope and Henry Thatcher on March 22nd inside the Boundary Oak clubhouse. Our RAMP Recruitment chairs of Paul Beretz and Publicity of Peter Plante have been instrumental in placing the many ads in "Next Door" and "Patch" in each of the nearby towns. Peter covers Walnut Creek while Paul handles Clayton. In addition, Henry places ads in Danville and John Hendricks follows up on Concord. Many of the 22 members we have added

have come about because of these ads. It is now the major recruiting tool used during the pandemic.

The big question on everyone mind now is when are we going to start in-person luncheons again. Little Sir Jerry Kaplan spoke with Boundary Oak's Melissa Vogel, Director of Catering Sales recently and while she did not offer us a firm date, she did imply that attendance would probably be restricted through 2021 when things do open for eating inside. This issue came up at the last BEC and while no decision was made, I hope to get a commitment to ensure that everyone who wants to attend a luncheon will be able to do so even if we have to hold more than one luncheon per month. We will monitor this closely and involve the BEC in the decision making when the time comes.

One of the outcomes of the pandemic is that more of the SIR branches are talking to one another. I attended a meeting last week where activity chairs from most of the branches in Area 16 met and discussed ideas for sharing speakers and inviting more SIR members to each other's activities. Larry Kay, who also attended the meeting, was invited to speak with some of the branches about his cycling group.

In another instance of cooperation, Steve Schramm Branch 8 Little Sir announced that he will be inviting branches in Area 16 to attend a talk on April 12th via Zoom by Dr. Farnitano, County Health Officer for Contra Costa County. I will send an eblast to Branch 146 members if you are interested in listening to this talk as we get closer to the date.

And in closing, if you have had your vaccines, try getting out of the house and start enjoying life again. We are attempting to get some inside activities started beginning in April – stay tuned!

Zoom, Zoom...

Breakout Rooms Gathering: 11:15am

SIR Mission Statement

The Mission of SIR is to enrich the lives of its members through fun activities, luncheons and events while making friends for life.



Little Sir's Corner Jerry Kaplan

Looks like we may be getting closer to seeing each other in person and having the opportunity to share a you can! refreshing glass of something in the coming months. I hope that everyone who wants to be vaccinated has been able to do so

or has scheduled an inoculation in the near future. Boundary Oak is aware that our branch will soon be ready and willing to come back to their facility for luncheons. Our Big Sir, **Richard H**. will keep everyone informed of the status in the upcoming months.

Our scheduled April Zoom luncheon speaker is Mr. Bob Doyle who recently retired as General Manager of the East Bay Regional Parks District. The District is the largest urban park system in the United States with 73 separate parks and nearly 125,000 acres. During Mr. Doyle's tenure at the district, the park acreage was more than doubled in size and the District's regional trail system was created, including over 200 miles of new trails. During his last year as GM in 2020, Bob had his most challenging period as the COVID-19 pandemic was changing the way we live. The district overcame major challenges to keep the parks open and safe for the public to use, working with both Contra Costa and Alameda County health officials to ensure that area residents were able to leave their homes and enjoy the parks.

Our March speaker, Dr. Adam Wallach, a dermatologist with an office in Danville and specializing in the treatment of skin cancer, provided a very informative and interesting talk including several illustrations on the subject.

I have a set of the slides that were shown; I will be happy to forward them to anyone who is interested and/or was not able to attend the Zoom meeting. Please contact me.

If there are other topics you would like to see covered by future speakers — sports, health, travel, learning, etc., - please let me know and I'll see if I can locate someone in that area.

And most important, during March, five new members joined our branch — **Doug Hanson, Jim Saller, Bill Schaaf, Mike Sulyma** and **Sam Veneziano**. A warm welcome to all

of you; we look forward to meeting you all in person, hearing some of your interesting life stories and telling you more about ourselves and the branch.

to seeing each other in person and Everyone, stay safe but have fun where, when and how having the opportunity to share a you can!

And remember, Thomas Hardy noted that "Time changes everything, except something within us which is always surprised by change." Muhammad Ali also commented on time: "Don't count the days, make the days count."

"It pays to keep an open mind, but not so open your brains fall out."

Carl Sagan

2021 Branch 146 Officers and Directors

Big SIR Little SIR	Richard Hockenbrock Jerry Kaplan
Secretary	Rich Lyon
Assistant Secretary	Bob Wilkenfeld
Treasurer	Ross Abbott
Assistant Treasurer	John Alexander
Director 2nd Term	Paul Beretz
Director 2nd Term	Brian McCarthy
Director 2nd Term	Peter Plante
Director 1st Term	George Mon
Director 1st Term	Henry Thatcher
Director 1st Term	Bob Lucido

RAMP – Chair Members

Recruitment	Paul Beretz
Activities	Bob Lucido
Member Relations	Ed Brands
Publicity	Peter Plante

Refer to branch directory, accessible under members only tab heading on our website, for phone numbers & email addresses.



Editor's Ramblings Clint Collier

April already! A taxing month but now it isn't even that thanks to the Feds... or is it thanks to the Covid?

I'm not sure I would thank Covid

for much of anything. Some interesting twists and turns due to it but all in all, too much sadness and despair when thinking of all those we have lost and those who have lost everything. Maybe even some guilt when contemplating how fortunate I and most of my retired friends have been. Financially secure and able to isolate in relative comfort. But now, maybe, maybe, there is some change, some relief, in sight. One of the good things that has come out of SIR moving to Zoom, along with other organizations I'm active with, has been the ability to at least see friends and talk to them in what the CDC would call a safe manner.

Last month I put a brief mention of Pi day in the newsletter. After receiving our second shot, my wife and I decided to use that as an excuse to put our toes back into the social pool by hosting a Pie Party. We haven't played dominoes with our SIR group in nearly a year but we've kept in contact via Zoom and that has maintained our friendship when otherwise it might have drifted apart. In our latest meeting we all shared the good news that we had all been vaccinated to the county standard of second shot plus two weeks (2+2). That is a group that they maintain can now socialize sans mask and with only reasonable distancing!

So these friends became our test group... Pizza Pie followed by Cherry and Lemon! It was so nice to see friends... anyone really... in a close to normal setting. I think it renewed our faith that change is coming, that things will get better. So, here's to Pi, SIR, and friends! Oh yes and to Moderna and Pfizer!

Deadline for submissions for the May issue is April 24th.

So, if you have something you would like to say, send it in to br146SirCall@gmail.com, putting "Member Note" in the subject line, and we will try to get it out in the next available issue.

Clint Collier — Editor SIR-Call Cell / Text: 925.457.1489 br146SIRCall@gmail.com

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Luncheon Chairman Rich Lyon

Dear SIR members

Hopefully, most or all that want to, are vaccinated! The news that Boundary Oak might eventually offer only reduced capacity seating

is better than zero seating.

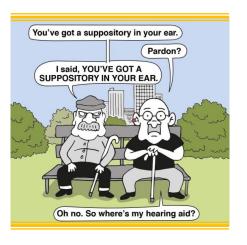
In his article the Big SIR **Richard Hockenbrock** mentions the idea of two meetings per month as a possibility. Until then we are playing it safe.

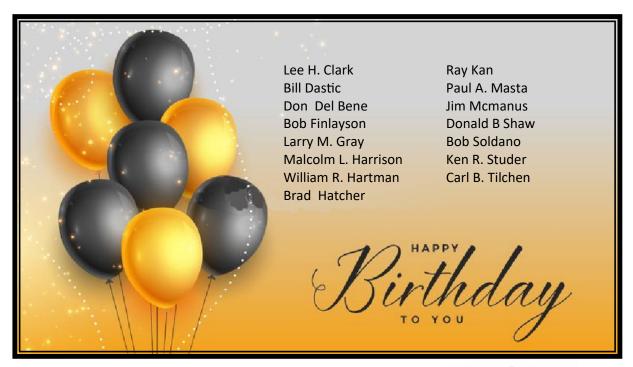
More activities were approved at the last BEC Meeting and there is no longer a required waiting period after approval.

If you haven't attended online, give it a try. The break out "rooms" are just a small group and enjoyable and the speakers have been excellent.

Things are opening a little, thank goodness! In the meantime, play it safe and stay healthy.

Rich Lyon Luncheon Coordinator





Congratulations to **Dave Kingsbury**...our March Birthday winner! Remember... you have to participate to WIN!





Membership George Mon

Five new members were approved by the BEC in March. We welcome Doug Hansen sponsored by Joe Fuchs, Bill Schaaf sponsored by Don Shaw, and Sam Veneziano, Michael Sulyma and Jim Saller both

sponsored by **Paul Beretz**. Four members decided to resign for various reasons. They are **Jack Gordon, Keith Feiring, Charles Chase** and **Lyle Thomas**. The 2021 membership count rose to 281 which is up from February of 270.

The SIR-Call Directory will be updated monthly to reflect our new members contact information, elimination of members who have resigned and known changes of current members contact information. If there are any changes to your contact information, especially to your email, phone or address, please send me an email (gckk@comcast.net) so that we can update the directory with current information.



Henry Thatcher snaps new member Bill Shaaf





Let us keep the pictured SIR members in our thoughts and prayers. We look forward to their continued healing and return to good health.

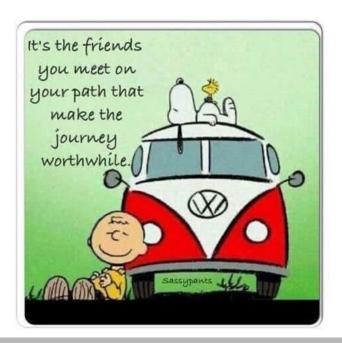
Consider contacting a sick SIR to offer support and encouragement during his illness. A friendly call is usually welcome. Cards and letters are always appreciated.

One of the main ways we learn of a SIR who is having health problems is when they "opt out" of the monthly luncheon. Since the in-person luncheons have been cancelled (at least for the time being) and we all are "sheltering at home" this can be a great opportunity to connect with your luncheon buddies, your golf buddies, your poker or bridge buddies, etc. to see how they are doing. If you learn that a fellow SIR is going through an illness, send me an email so that we can let the membership know. This way the membership of Branch 146 can keep the SIR who is ill in their thoughts and prayers.

This is a difficult time but with the support of family and friends this journey will be easier.

Stay Healthy.

Brian McCarthy
brimacc@comcast.net



Hugh Ferguson



Stan Stricherz



Ed Marlovits



Joe Hunt



Vince Rettew



March SIR Branch 146 Award Ceremony Honoring Ron Plachy



Today I am honored to present the Branch's highest award, Branch Honoree, to **Ron Plachy**. This award acknowledges **Ron's** exceptional service in Branch leadership roles over many years as indicated by his accumulation of Leadership Points.

Ron was born in Chicago and graduated High school in Cicero, Illinois. He attended IIT where he received BS in electrical engineering and a commission as a 2nd LT in the Marine Corps. After training stints in various domestic and overseas bases and naval ships, Ron served in Vietnam. Upon his return 13 months later, he married his sweet heart, Anne, and they moved to upstate New York where Ron served as a recruitment officer. He later resigned his Marine's commission at the Captain level, joined IBM in California and moved to the Bay Area.

After 4 years in IBM's San Francisco office, **Ron** was posted to the IBM office in Hong Kong for 2 years. When **Ron** and **Ann** returned

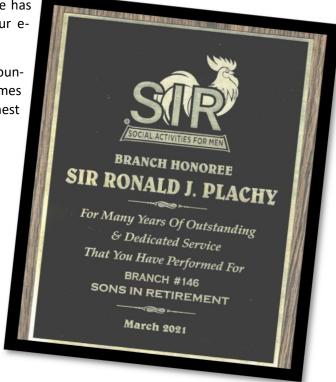
stateside they moved into their current Walnut Creek home. **Ron** subsequently retired from IBM but was not through yet, as he joined a few firms in the banking and securities businesses, finally calling it a career in 2005.

Ron joined our branch in 2005 sponsored by **John Pearl**. He has served as Webmaster for 7 years and counting, and as our ecommunications chairman for 5 years and counting.

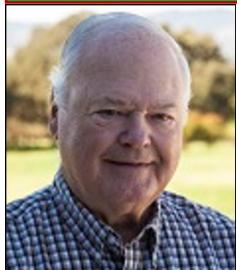
Please join me in thanking **Ron Plachy** for his service to our country and for his exemplary service to our branch as he becomes the 34th branch member to achieve the branch 146's highest award, Branch Honoree!

Presented by **Doug Eisner** at the March 11th Zoom Luncheon





March SIR Branch 146 Award Ceremony Honoring Bob Spellman



Today we are honoring **Bob Spellman** as he achieves the milestone of 20 years membership in Branch 146.

Bob was born in North Dakota but moved to Seattle, Washington when he was only 6 months old. Guess those North Dakota winters scared the family away, eh **Bob**? **Bob** graduated High School in Seattle and later obtained his BA in Business from the University of Washington, Seattle.

After college, **Bob** joined the Army and rose to the rank of Sgt 1st Class. Upon

discharge, he joined Blake Moffitt in the paper distribution business and subsequently spent his entire career with various firms in that field.

Bob lives in Walnut Creek and has 2 children and 2 grandchildren.

Bob was sponsored by **Don Nunn** and his SIR service resume includes Chairman and Vice Chairman of the Branch and State Travel Committees for 15 years. **Bob** has chaired one of cooking groups for a several years. In 2013, **Bob's** leadership service was recognized with our Branch's highest award, Branch Honoree, and in 2018, he was further honored with the State SIR highest award, Honorary Life Member (HLM).

Please join me in thanking **Bob Spellman** for his military service and for his 20 years of outstanding meritorious service to branch 146.

Presented by **_Doug Eisner** at the March 11th Zoom Luncheon



Your Honoree Committee feels that it is important to let you, our members, know what type award is being presented and why. You should also know that in every case the awardee and his award is approved by the **BEC** at a meeting held late in the year before the next year's luncheon meetings.

First, we have what could be called "quantitative" awards which the recipient is awarded for achieving one of three different age-related milestones: **Senior Sir** - 90 years of age; **Super Senior Sir** - 95 years of age; and **Century Sir** - 100 years of age. In addition, we award the **20 Year Membership Award** to members.

The second set are "merit based" awards. One is the **Branch Honoree**, the second is **The Branch Certificate of Appreciation** and the third is **HLM**. The **Branch Honoree** is the highest award our Branch bestows on a member, and it is based on achieving points for various volunteer and leadership positions within our Branch, with 45 points being the minimum number. The second award is **The Branch Certificate of Appreciation** and is given to a member based on his branch involvement, regardless of points accumulated. The third merit award is the prestigious **HLM (Honorary Life Member)** and **Sr. HLM** that has its own set of **State SIR** rules and criteria.



Responses from Dr. Adam Wallach (Guest Speaker at March Zoom Meeting)

Question asked: Is removal of a regular mole (without a biopsy) by burning ever the appropriate treatment?

<u>Dr. Wallach's answer</u>: Removal a mole without biopsy is OK as long as the practitioner is comfortable that the mole is utterly benign. If there is any question as to whether it might not be benign, it should be biopsied.

Question asked: What are some of your suggested sunblock products? Comment on the effectiveness of the SPF of the product.

<u>Dr. Wallach's answer</u>: Sunblocks I love are ELTA UV CLEAR 46 (for daily use) and ELTA UV SPORT (for when you are sweating). I also like Glytone sunblock which is great sunblock in a nice moisturizing base for those who need a bit more hydration but only want to use one product. Sunblocks should have an SPF of 30-50. Any product advertising an SPF above 50 is only nominally better than SPF 50 and for that reason the FDA has discussed capping max SPF's at 50 going forward.

Caution: puns ahead... Proceed at own risk.

- 1. Dad, are we pyromaniacs? Yes, we arson.
- 2. What do you call a pig with laryngitis? Disgruntled
- 3. Writing my name in cursive is my signature move.
- 4. Why do bees stay in their hives during winter? Swarm.
- 5. If you're bad at haggling, you'll end up paying the price.
- 6. Just so everyone's clear, I'm going to put my glasses on.
- 7. A commander walks into a bar and orders everyone around.
- 8. I lost my job as a stage designer. I left without making a scene.
- 9. Never buy flowers from a monk. Only you can prevent florist friars.
- 10. How much did the pirate pay to get his ears pierced? A buccaneer.
- 11. I once worked at a cheap pizza shop to get by. I kneaded the dough.
- 12. My friends and I have named our band 'Duvet'. It's a cover band.
- 13. I lost my girlfriend's audio book, and now I'll never hear the end of it.
- 14. Why is 'dark' spelled with a k and not c? Because you can't see in the dark.
- 15. Why is it unwise to share your secrets with a clock? Well, time will tell.
- 16. When I told my contractor I didn't want carpeted steps, they gave me a blank stare.
- 17. Bono and The Edge walk into a Dublin bar and the bartender says, "Oh no, not U2 again."
- 18. Prison is just one word to you, but for some people, it's a whole sentence.
- 19. Scientists got together to study the effects of alcohol on a person's walk, and the result was staggering.
- 20. I'm trying to organize a hide and seek tournament, but good players are really hard to find.
- 21. I got over my addiction to chocolate, marshmallows, and nuts. I won't lie, it was a rocky road.
- 22. What do you say to comfort a friend who's struggling with grammar? There, their, they're.
- 23. I went to the toy store and asked the assistant where the Schwarzenegger dolls are and he replied, "Aisle B, back."
- 24. What did the surgeon say to the patient who insisted on closing up their own incision? Suture self.
- 25. I've started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness.



Activities are what makes SIR what it is. There are a great number of these listed in the following pages. Some are in-**ONLINE** active at present due to the mandated shutdowns but many are enjoying camaraderie through Zoom to help us counteract the boredom as noted by the Zoom icon to the right.

Some activities such as Hearts and Cribbage are played online, while others, like our book and photography ACTIVITY groups have moved their activities online using Zoom. Look for this icon that designates these activities! Others like Golf, Hiking, RV Wanderers and Cycling have resumed outdoor activities. If you can't find one that is just right for you, well, start a new one! Bob, our Activities Coordinator would love to help you!





Activities Coordinator Bob Lucido

Lunch and wine outdoor activity has opened up. They have decided to hold it outdoors, so they do not have to worry about spilling wine on the rug.

We had a Zoom meeting with three SIR branches, 146 (WC), 8

(Concord), and 174 (Lamorinda).

All three branches have opened most outdoor activities, and several multi-branch and indoor activities are using Zoom.

Branch 8 has a Zoom pre-luncheon meeting where one chairman talks about his activity.

Larry Kaye has volunteered to speak about our cycling activity and would encourage other branch members to join. He did this even though he did not get a free lunch.

There was also talk about sharing apps for board or card activities.

There was a discussion that we can share the Zoom luncheon meeting with other branches and use the same speaker.

> **Bob Lucido** 925-899-0974 Bobwendy3@comcast.net



Cribbage John Pearl

Branch 146 continues with our online cribbage format. Tournament No. 9 is wrapping up, and started with 15 participants. We are down to the "Final Three," Bob Finlayson, Ron Afdal, and Paul Dubow. These are all excellent players, two of

whom managed to beat the winner of the previous tournament. The quality of the play is steadily increasing

In the Consolation Bracket, John Kendrick bested Jim Stedman for the win in the "Final Two" contest for the Consolation Championship.

Our C.T.O., Jim Nelson, continues his excellent work as the "volunteer" manager and facilitator of tournaments thanks Jim.

> John Pearl mcpearl@astound.net

Just watched three people jogging out side and it has inspired me to get up and close the blinds.





Photography Group
John "Moose" Kelly & Henry Thatcher

Our next meeting is scheduled for <u>Friday</u>, <u>April 16th</u> from 9 AM to 11 AM, via Zoom Videoconferencing.

Our theme this meeting is "Planes, Trains, and Automobiles." Henry and I are requesting that you have pictures from a past vacation that you had to travel to, a special event such as a car show or hiking the Sierra Nevada Mountains. Your choice to present to the group. You can forward your pictures to John "Moose" Kelly if you are uncomfortable using Zoom's sharing feature but you will tell the story.

We will forward our final agenda of the subjects we will be covering along with the Zoom link roughly one week prior to our April 16th Meeting.

If you are not on our email mailing list and would like to join the Photography Group or just want to come to our Zoom Meeting to see what the club is all about, please contact John "Moose" Kelly or Henry Thatcher. We would be happy to send you the agenda as well as the Zoom Meeting link.

Be safe and be well and be sure to "Say Cheese"!

Email John (Moose) Kelly at

rollingstone911@yahoo.com

or text/call at 610.517.0152 or

Henry Thatcher at 1henrythatcher@gmail.com

or text/call at 925.997.5032



April 1st
The only day of the year that people critically evaluate things they find on the Internet before accepting them as true



Cycling Group

Cycling
Once a week
with no drop rides.
Exploring the entire Bay
Area.

Larry Kaye

March 1st: The Gods of weather were with us. Wow. Today we rode as a group of 10 able bodied guys.

We went out to explore Finley Rd. Rode the scenic and quiet road to the end. Its at that junction where the trail over Diablo joins Morgan Territory Rd. Very nice. The weather was perfect. Far cry from days past of cold and gloom.

Today on the ride we had with us: Michael Wolfson, Tom Alborg, Bill Holly, Ken Studer, Pat Hoy, Paul Brown, Bob Wilkenfeld, Larry Kaye, Jim Nelson, and Roger Meyer. We visited Finley school and cruised thru Tassajara. Back to Danville early for a "team" lunch and planning session. Joining us for lunch was Moose Kelly.

Great workshop and some fun rides talked about. Plans to follow. Another great SIR day with fellow jocks.

March 12: was a great reminder of just what SIR membership means to each of us.

Suffering from a disc problem my Docs advice was to take a short bike ride and NOT do any hills. With that in hand I figured I would simply pedal down the boulevard and grab a cup of java. Preferring to have some company I sent out a note to the Spandex guys. Anyone wanting a simple, flat, go nowhere java ride let me know. Bill Holly and Roger Meyers showed up. We rode down South to San Ramon to a great little Cafe named Cafe Attila. Outside seating was open as were some nice tables. What a thrill. We sat and yakked and solved the world's problems. The java was great as was the belly bombs. So Nice. Re-mounting we headed back to Alamo. A perfect, somewhat muted ride. To have the guys join me on such a simple non challenging ride and help me forget the pain I was in is testimony to friendships.

I hope we all appreciate what SIR can offer.

Of all the things I learned in grade school, trying to avoid cooties, was the last one I expected to use later in life.



AREA 16 Fishing Report Paul Dubow

Trout fishing has been the best venue for our members during this month. Stan Wong, Brion Beetz, Carl Moyer, and Bob Lively all caught trout in San Pablo Reservoir. However, the prize went to Phil Scimonelli. Phil and his wife Roisin

were fishing from shore on some rocks when Phil's rod doubled over. Roisin knew that Phil's net would be too small for the fish, but she spotted **Carl Moyer** fishing from the pier. She ran to the pier, picked up Carl's big net, and reclimbed the rocks just in time to net a six pound trout for **Phil**.

Chuck Vanoncini scouted out Lake Almanor for the group trip that begins on May 10 and took the time to do a little fishing. He landed a ten pounder along with a few normal sized fish. **Bob Hilacker** also journeyed northward to fish for steelhead on the upper Sacramento River, but failed to catch anything.

Brion Beetz, Bob Stein, Carl Moyer, and **Lee Clark** of Branch 146 opened the halibut season with a half day foray on the Pacific Pearl. They caught over twenty halibut on a beautiful day, but the only keeper was caught by **Lee**.

Rich Fiscina of Branch 146 fished for sturgeon in the Delta several times, but his only reward was a small catfish. **Ken Bellindir** had slightly better results, but none of his fish were keepers. On one occasion, he caught four different species---catfish, striped bass, sturgeon, and flounder.

Ron Gaumont took out his boat for the first time this season, fishing with his wife and son. Unfortunately, they did not catch any fish, but it was a nice day.

Harry Sherinian and **Tom Kostik** bait fished for stripers in the Delta, landing several, but just one keeper. They also caught a few catfish.

We have several outings planned for the coming month. Stan Wong and Karl Droese are the fishmasters for two striper trips in the lower Sacramento and we have a few openings, so please join us. We also plan an outing for stripers and halibut from the Point Pinole Pier, and possible trout trips to Los Vaqueros Reservoir and Lake McSwain. And we will be fishing for trout regularly at San Pablo Reservoir. We hope to resume our monthly breakfast meetings at the Legends Bar and Grill at Diablo Creek Golf Course in Concord, but as of now it probably will not be any earlier than June. In the meantime, we

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continue to meet on Zoom. Our next meeting is at 8:30 am on April 22. If you are interested in joining our group, and you can do so even if you have never fished or haven't fished in years, please contact Big Fish Ron Lew at 925-550-4166 or branch fishing chair Paul Dubow at 415-495-6504. We will then ask secretary Brion Beetz to send you a Zoom invitation.





zoom

Pinochle
Charlie Kahsen & Jeff Morrow

Due to Covid restrictions Nothing Scheduled

We meet on the 2^{nd} and 4^{th} Wednesday of the month at Rocco's Ristorante Pizzeria, 2909 Ygnacio Valley Rd, Walnut Creek. Optional lunch is from Noon -1:00 and card playing from 1:00-3:00 pm.

All Sirs in Area 16 and their guests (including spouses) are welcome to attend. Introduction and training will be provided to those who have never played before, as well as those who last played many years ago.

If you are interested in joining our group, call one of us or send an email to both our email addresses and one of us will get back to you.

If you plan to come, please let us know ahead of time so we can let Rocco's know you plan to have lunch with the group.

Charlie Kahsen (925) 943-1750 cwkahsen@gmail.com Jeff Morrow (925) 944-7009 jeffrey.morrow@gmail.com





I Hope you're all enjoying the queue

Cruise, September 25 – October 3, 2021 Quebec to New York City, has been cancelled. SIR travel statewide is still restaurants are committed to serving lunch outside when on hold.

Please see below a piece sent to me by our friend Lisa Mittone from TravelCenter Tours and Travel. She is giving us an update from the travel industry perspective.

Post Covid Travel

"When will it be safe to travel?" is the question I hear from most of my clients and group leaders and that answer is complex, but I will do my best to give you a quick overview. Since the beginning of the pandemic our industry has been working diligently to evolve and modify travel to follow the safety guidelines and recommendation Lisa Mittone from the CDC along with state, local and federal Travel Center Tours and Travel government agencies. Hotels and large Cruise ships are booking their vessels and properties at a lower capacity, buffets at all-inclusive properties are now table service venues or guests are being served rather than helping themselves. Organized tours are operating with less guests to allow for better social distancing between

travelers and many airlines have extended their commitment to leaving the middle seat open on their aircrafts. These are just a few of the examples of how the industry is committed to bringing tourism back safely for for vaccinations and thinking about domestic and international travels. Our local community travel. Right now we have no travel of hospitality is also working hard to assure our "day scheduled! The Crystal Narsai David trippers" are safe and comfortable as well. Our local Eight night North American Treasure motorcoach companies have committed to fogging their coaches prior to leaving their lots for day trips, our local possible or inside at smaller tables to allow for social bubbles to comfortably eat their meals together. Museums and sites of interest will continue to take reservations for our groups to be sure that their properties are following the local regulations regarding reduced Together we are all ready to serve our capacity. community in a safe and healthy way. I will be participating in a zoom meeting with the SIR's group and look forward to sharing more information regarding domestic, international, and local travel with you, I hope you are able to join.

Contact me at:

Milt Smith (925) 285-2897 miltsmith549@gmail.com



Bocce John Kendrick

I am very sorry to report that the 2020 Bocce season has been cancelled. Our hands were forced on this issue because the Bocce Federation has suspended all play this year at both the Newhall, and Baldwin Courts. As such, your

Branch 146 BEC, in a special meeting on May 26th, voted to suspend all play for us at the Newhall Courts where we hold our Bocce activity.

In addition, our primary concern is for the health of our players and at this time it is not certain that we can provide a playing environment which will sufficiently protect everyone from the COVID-19 virus. We will make every effort to ensure play will resume in 2021. See you then!

Under normal circumstances, we play the 2nd and 4th Mondays, through September/October at 8:30 am at the Concord Bocce Courts in Newhall Park, Concord, near the corner of Turtle Creek and Ayers Roads.

If you are interested in playing Bocce when we resume play again with your fellow SIR members and guests, please e-mail me imkendrick23@gmail.com and I will add you to the roster. This is especially important if you did not participate with us last year.

> Rain Cancels Play. Ladies are welcome. Come and join us. John Kendrick (925) 827-0585 jmkendric23@gmail.com





Pickleball and Ping Pong Jim Burk & Ron Afdal

Due to Covid restrictions Nothing Scheduled

The County of Contra Costa is now in the Red Tier as it relates to the Coronavirus Pandemic, but we must get to the Orange Tier for us to be able to play these identified sports indoors. The area that is holding us back is the instances of new COVID-19 cases per day. We at the County level are at 7.2 as oppose to an acceptable level of less than 4.0.

The other two categories of measurement are Positivity rate and Equity metric where we are in an acceptable range in both cases. When we are going to be in the acceptable range with respect to new cases per day is open to speculation. We will let you know when that level is achieved. Continue to stay safe and practice the protocols that we have learned to date and keep alert for the proposed opening dates.

Jim Burk - Pickleball (925) 946-1192 jimanneburk@sbcglobal.net

Ron Afdal - Ping Pong (925) 825-4809 ronafdal@comcast.net



Wine Tasting Rob Melrose

Due to Covid restrictions
Nothing Scheduled

If you are interested in joining us for an afternoon of wine and appetizers

and are not on my list, please send me an email.

Rob Melrose

(925) 519-2185

RWMelrose@gmail.com

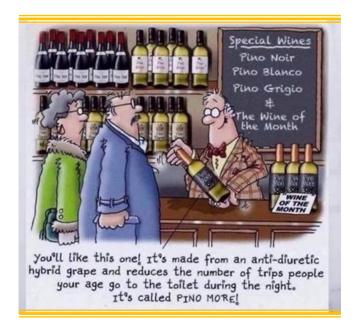




Table Pool

Due to Covid restrictions Nothing Scheduled



Cooking Lunch & Wine Bob Spellman

Due to Covid restrictions
Nothing Scheduled

Due to Covid Restrictions we had a Zoom meeting in place of our

regular gathering. Hopefully we can get back together next month.



Couples Dining Out Bruce Borgman

The progress of the county's opening up to the next tier has been painfully slow — Contra Costa County was the last in the Bay Area to move to the red tier, but has also now extended the vaccinations to

people over 50. That certainly will include all of our membership. The red tier designation will allow restaurants to provide some interior dining. To share our personal experience, we celebrated my birthday by going to the Walnut Creek Yacht Club and were able to sit inside! But, the ambience was a far cry from the hustle and bustle that used to be the norm at this popular venue. The tables were six feet apart and the center section was altogether empty, and there was not a crowd at the bar enjoying the libations and oysters. Happily, the menu choices were as good as they always have been! The outside areas of the restaurant on the Aft Deck and along the street were busy. This is the case when one drives along Main Street - and no doubt as we are able to move to some inside dining, we will start to see the beginnings of the restaurant scene that we are used to.

In other news, I participated in a Zoom conference of several activity chairs of nearby branches to share information and experiences with restarting our activities. Most of those have, of course been ones that can be enjoyed outdoors, such as hiking, biking, RV'ing and others. I did start a discussion about Dining Out but sadly did not get a lot of optimism from the rest of the participants. It may be another month or so before we will think about restarting our Couples Dining Out activity.

One consideration is that I will be joining my daughters and families in a family vacation in Maui in April and will not be around for several weeks as we enjoy the resumption of getting together with family and traveling outside of the state.

I think we might anticipate surveying our Couples Dining Out group about a possible event in May – think positive as we see the waning of the influence of the virus on our lives. In the meantime, stay well, complete your vaccinations and we will see all of you before too long.

Best regards and wishes for good health! bgborgman@aol.com





Explore & Eat
Henry Thatcher & Jim Pope

Due to Covid restrictions Nothing Scheduled

We are looking forward to the time when we can re-start the Explore & Eat activity with a visit to the Black Diamond Mine or another activity that has been deemed safe. In the meantime we want to thank everyone for their past participation and to wish all SIR members a Happy, Healthy and Safe 2021!

Co-chairs: **Henry Thatcher** 925-997-5032 and **Jim Pope** 925-699-6447







We've had some great participation since being allowed to re-start the hiking activity. For the Hayward Regional Shoreline hike, there were about 10 people including spouses, to walk and bird watch. There were only 3 of us that did the 5 miles loop.

The next featured hike will be on Friday, April 9 (Day after ZOOM meeting). I have walked a loop hike at Brushy Peak Regional Preserve in Livermore a few times. This moderate loop hike is about

4.3 miles with 750 feet of climb. The first time doing this walk, I saw lots of ground squirrels and 1 bobcat that looked very satisfied. The trailhead is at the north end of Laughlin Road at 2234 Laughlin Rd, Livermore. A final note regarding weather forecast and likely trail conditions will be sent out via email on 4/8.

Ray Martz and Bob Wilkenfeld have agreed to participate in planning hikes for this group. And my intention is to advertise and lead a hike (easy, moderate, or strenuous) each and every Friday. The quality, distance, and elevation (total climb) will be advertised for each outing.



Spouses always welcome

Dogs on-leash allowed on this trail

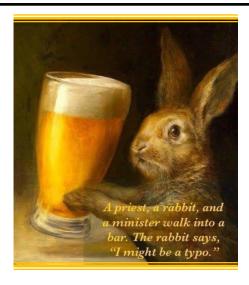
Cell (925) 360-3449 Mocurtis1657@gmail.com



Fellow bird watchers on Hayward Regional Shoreline Walk in March



Shovel Bill duck as identified by **Pete Gates** on March Hayward Regional Shoreline Walk





SongSirs Bruce Borgman

Due to Covid restrictions Nothing Scheduled

Nothing new to report. But, we will return to our practices and

performances when we're all immunized with a vaccine!

(925) 932-3961 bgborgman@aol.com

Mexican Train Dominoes Groups





Mexican Train Dominoes Jerry Kaplan

The Group One players have not been able to meet at our monthly Game Nights but have gotten together a few times via Zoom to see what we look like and chat about the world situation.

One of the group's recent Zoom meetings took place on our regular Game Night, March 12th, just a few days before St. Patrick's Day. Several of us got in the spirit of the holiday by wearing green, joining the group with a cute green hat or just pretending to be Irish for the night.

The picture below shows the Zoom meeting in action. Interestingly, the two empty chairs in the middle were claimed by SIR Peter Plante and his wife, Martha, who staked out a place but joined us later. Others attending included: SIR Corrie Oranje and his wife, Susan, SIR Richard Hockenbrock, and his friend, Kathe Mitchell, Sir Bruce Borgman, and his wife Sue Sheldon, SIR Jim Stedman, Sir Frank Ascatigno and his wife Marie, and SIR Rob Melrose, and his wife, Carmen Schiavone. We are all looking forward to seeing one another in person in the coming months.

Thinking positively for the future, all Branch members who have not played before, but would like to join us — or another group - for a fun evening, please contact Jerry to learn how. The game is entertaining to play and easy to learn! We now have seven different MTD groups playing in the Branch with over 100 individuals participating.

Single SIRs as well as a SIR and his Significant Other are always welcome.



Grupo Siete 7

Mexican Train Dominoes Bob Lucido

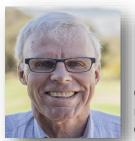
We are continuing to meet on Zoom once a month to keep in touch.

Bob Lucido (925) 899-0974 Bobwendy3@comcast.net

> All other groups Nada que reporter No hay eventos.



"Let's begin your exam with a simple coordination test. Swipe your credit card."



Book Group

John Pearl, Interim Chair

mcpearl@astound.net

March 22nd, On Monday, members of the SIR 146 Book Group continued their current practice of meeting on-line with help of our

excellent Zoom Master, Mike Farrar.

Madeline Miller. It is currently No. 1 on the paperback best seller list for fiction in the Bay Area. She spent ten years writing the book and the detail and knowledge it exhibits shows that. It was interesting to note that the book was copyrighted in 2012, with the initial reviews being not particularly favorable. However it seems that the book has attracted a significant readership later in its life.



The author has another of her books, Circe, copyrighted in 2018, in third place on this same list.

This book is another story of the blend between mythology and the real, assuming the real ever existed. The setting is the time before and during the Trojan War, which may have happened in the Bronze Age, which was 1260 - 1180 BC. There is some evidence that the City of Troy did exist, as supported by excavations at the city of Hisarlik in Turkey, which is close to both the Aegean Sea However the book, which and the Dardanelles. purportedly is in the non-fiction category, does not pretend to be documentary, but a story told of that time in Greek history.

Many of the names of the various participants in the story are names well known to historians and those interested in Greek mythology. In the early part of the book, we learn about Achilles and his best friend Patroclus, who happens to be the book's narrator. We also learn that Achilles is the son of a king and a Greek goddess, Thetis, a goddess of the sea. Patroclus happens to be an exiled prince who did not measure up to his father's (also a king) expectations. Things get quickly complicated.

At age 16, Achilles is called upon to join the Greek force

that is to go to Troy, and "liberate" Helen, the wife of the brother of Agamemnon, king of Myocenea, who was abducted by the Trojan prince Paris. She of course is well known as Helen of Troy, a main character in many stories and books.

The scene is now set, with Achilles and Patroclus joining the big group of soldiers preparing to sail to Troy. Of course there is a conflict, pitting Achilles against Agamemnon, as to who should really lead the battle group Our "Book of the Month" was The Song of Achilles, by against Troy. This conflict exists throughout the book and influences the outcomes.

> Agamemnon abducts the daughter of King Chryses. This incurs the wrath of Artemis, the twin sister of Apollo, and she strands the Greek soldiers on a peninsula by holding back the wind. Achilles' pleas to return the girl further widen the on-going rift between the two men. The wind returns after the appropriate sacrifice, and the group sails off to battle Troy, a city crafted by the god Apollo, with impenetrable walls. While Achilles battles the forces of Troy, Patroclus works in the Greek infirmary. He knows that Achilles is risking his very life, but it is his chance for immortality and he supports him in his cause.

> The war seems to be fought on a "day job" basis, with the opposing armies coming out of their protective bastions every day and battling until the five o'clock bell. This goes on for ten years, while the Greeks apply a siege to the walled city.

> Politics, or course, plays a part. The rift between Achilles and Agamemnon ultimately causes Achilles to keep his troops on the sidelines. Achilles' mother Thetis convinces Zeus, the god at the top of the "god" pecking order, to help the Trojans beat the Greeks, this being a way to make the Greeks regret their allowing Agamemnon to disrespect her son. The Greeks begin to have major losses, as Agamemnon continues to refuse to apologize to Achilles and Achilles continues to withhold his support. Patroclus comes to the rescue, and wearing Achilles' armor, leads a charge against the forces of Troy, but forgets to quit when he is ahead. This results in his death at the hands of Hector, the first born son of King Priam of Troy and the Trojan's mightiest warrior.

> Achilles returns to the fight, killing Hector. This was not a wise move because there was a prophecy that Achilles would die if Hector was killed. The prophecy proves true when Achilles is killed by Paris, yet another son of King Priam (he was said to have between 50 and 68 sons, plus daughters), "assisted" by Apollo. Thus ends this portion of

> > Continued on next page

Book Group continued from prior page

the Trojan War.

The Greeks build a monument to Achilles, but do not include Patroclus, whose "shade" now has to roam the earth until Thetis relents and writes his name on the tomb enabling the shades of both men to reunite joyfully in the afterlife.

Another Greek arrives on the scene, Pyrrhus, the twelve year old son of Achilles from an early marriage to the Princess Deidamia, who joined the war after Achilles' death and participates in the "trick" of the Trojan horse and then furthering the actions that avenged Achilles. Troy was finished and sacked of its worldly goods

The Greeks loaded their boats with their plunder and then began the long voyage home.

One member of our group, **Walt Busenius**, found a summary that help to understand the book and its characters: https://www.supersummary.com/the-song-of-achilles/summary/

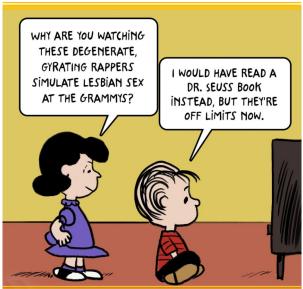
We are giving it a qualified endorsement, urging any that are interested in this book to read something about Greek mythology which is so interwoven with the lives of the Greeks during that period of history.

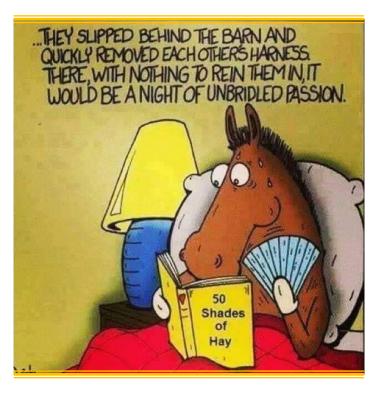
For our next book, we have chosen *The Princess Spy*, by Larry Loftis, a true story about a woman from New York City who becomes a spy for the United States in Spain in World War II. Our next meeting will be Monday, April 19th, at 8:30 am.

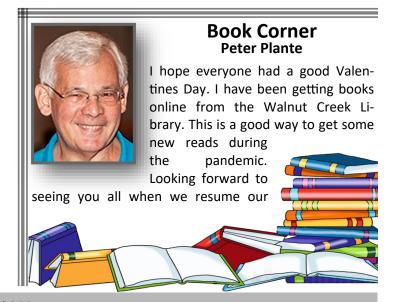
Editor-in-Chief: Paul Dubow

John Pearl, Interim Chair











Men's Duplicate Bridge 1 Dave Pierce

Due to Covid restrictions Nothing Scheduled

Bobby Nail was a Texan who won four ACBL championships and was second eleven times. Playing in a highstakes rubber bridge game with a partner more at our level, in second seat he picked up 10 clubs to the AKQJ10 and three singletons. It boded of lots of money. Dealer passed, and Bobby made a tactical pass, hoping to avoid a sacrifice, or hoping to get doubled. Third seat passed, and Bobby's partner passed, remarking, "Bobby, every time I open three bare aces, I get into trouble."

> Dave Pierce 925.932.3877 dwpi@astound.net

Men's Duplicate Bridge 2

Unfortunately, **Bill Schultz**, the leader of this group, recently passed and no new Activity Director has yet been determined. If you are interested in heading up this group, contact **Bob Lucido**: bobwendy3@comcast.net



Couples Party Bridge Tony Greco

Due to Covid restrictions Nothing Scheduled

Couples Party Bridge continues to be placed on-hold and will not re-start

until national, state, county and city governmental COVID -19 safety guidelines have been established for home based social activities such as bridge Once guidelines are established and are considered maintainable and enforceable by Couples Party Bridge, a request to re-start will be submitted to Branch 146 BEC for approval.

Tony & Cindy Greco

(925) 934-0395 almanorwest@sbcglobal.net



Couples Duplicate Bridge 2 Dave Pierce

Due to Covid restrictions Nothing Scheduled

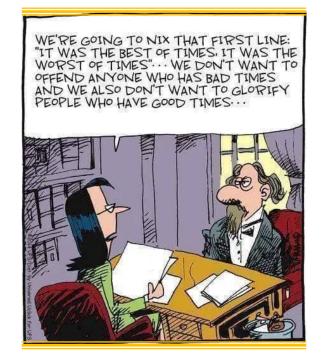
Dave Pierce 932-3877 dwpi@astound.net





Party Bridge Jim Pope & Jim Stedman

Due to Covid restrictions Nothing Scheduled





MEN'S Hearts Bob West

Since the March SIRCALL publication, we have had online matches of 4 games in 3 groups on Friday, February 26 and March 12. March 26 results will be reported next month.

Bob Finlayson and Ray Bland were the big winners for the last 2 matches, both having won 3 games, followed by George Sabbagha with 2.5 games. Brian McCarthy was lead in 2nds with 4.5. Both Ray Bland and Brian McCarthy had 2 STM's. In Avg Score, Ron Polivka was lowest with 58 followed by Brian McCarthy with 69. YTD, Bob Finlayson leads with 9 wins followed by Ray Bland and Steve Ybarra with 7.

2/26 and 3/12 2021 Summaries												
First Name	Bob	Ray	Rich	Bob	Steve	George	Jim	Ron	Bill	Brian	Frank	
Last Name	Finlayson	Bland	Lyon	West	Ybarra	Sabbagha	Nelson	Polivka	Vizza	McCarthy	Lucas	Total/Avg
Wins	3	3	0	2	1	2.5	0	2	2	0.5	0	16
2nd	1	3	0	2	2	2.5	0	0	1	4.5	0	16
STM	1	2	0	0	0	1	0	0	1	2	0	7
Avg score	85	76	-	86	•	82	-	58	85	69	-	79
Uncovered passes	0	0	0	0	1	2	0	0	2	0	0	5
Win %	38%	38%	#DIV/0!	25%	25%	31%	#DIV/0!	50%	25%	6%	#DIV/0!	29%
Games Played	8	8		8	4	8		4	8	8		56
	Key Chart											
	1st		2nd		3rd							

<u>Future Meetings</u>: Each online group plays 4 games on the 2nd and 4th Friday of each month.

Our April online games will be Friday, April 9th and 23rd at 1pm. Please call me

at 925-518-8472 or email robrtawest@aol.com if you have any questions or are interested in playing.





RV Wanderers Bob Lucido

Hooray, the RV Wanderers are opened for travel.

We were contemplating either boarding all of our RV's on a ship and travel to Europe, so we can tour new lands, or we will travel to Peta-

luma and stay at the KOA RV park. We decided that we are going to Petaluma in the second week of April.

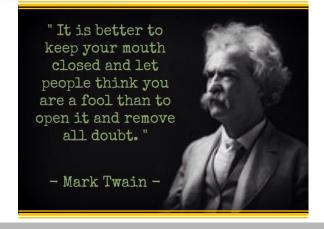
(925) 899-0974 bobwendy3@comcast.net



Cooking II Steve Ybarra

Until we get State SIR resumption clearance, the SIR 146 Cooking II activity is suspended.

Due to Covid restrictions
Nothing Scheduled





Poker Group 1 Dan O'Sullivan

Due to Covid restrictions Nothing Scheduled



Poker Group 2

Unfortunately, **Bob Royster**, the leader of this group, recently passed and no new Activity Director has yet been determined. If you are interested in heading up this group, contact **Bob Lucido**: bobwendy3@comcast.net

Due to Covid restrictions Nothing Scheduled



Old Money Poker Group 6 Brad Hatcher

Due to Covid restrictions Nothing Scheduled

Poker Group Six is looking for new members when we resume play as

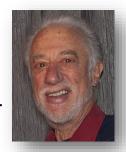
we have lost several members recently. We meet on the first Thursday of the month starting at 12:30 PM

Tel: (925) 935-1571 bhatcher1942@gmail.com



Due to Covid restrictions Nothing Scheduled

Poker Group 3
Sig Kalteis



Poker Group 7 Bob Lucido

Due to Covid restrictions Nothing Scheduled

Poker Group 7 meets on the **third** Monday of the month at **Bob Lucido's**

house at 6:30 pm.

(925) 899-0974 bobwendy3@comcast.net



Due to Covid restrictions Nothing Scheduled

Poker Group 4
Rich Hanford



Due to Covid restrictions Nothing Scheduled

Poker Group 5
Bill Roberts

The fact that Kansas and Arkansas are pronounced differently bothers me way more than it should.

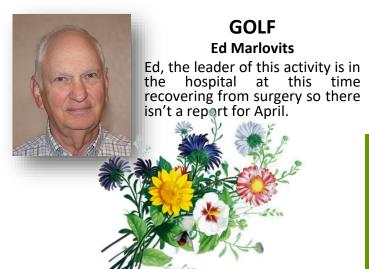
Nine Hole Golf Group Verner Laursen

The SIR 146 golf group tees off at 9:30 am at the Diablo Hills Golf Course on most Thursdays. Exception is the second Thursday when we normally go to the SIR luncheon.

If you are interested, let me know and I will put you on my list. On Mondays,

I will send out an email asking who is coming for golf, who is walking and who plans to stay for lunch. On Wednesdays I will send out an email setting forth the pairings for Thursday morning. Thursday morning there may be adjustments based on who did or did not show up. Most of the time the lunch is better than our golf game.

vern.laursen@gmail.com



I'm sure his fellow members in golfing and all of the SIR members whish him a speedy recovery.

Hope to see you back here in the pages of SIR-Call soon, Ed!

Devices used to find water



There I was, sitting at the bar, staring at my drink, when a really big, trouble-making biker steps up next to me, grabs my drink, and gulps it down in one swig.

"Well, whatcha gonna do about it?" he says menacingly, as I burst into tears.

"Come on, man," the biker says, "I didn't think you'd CRY. I can't stand to see a man crying."

"This is the worst day of my life," I said.

"I'm a complete failure. I was late to a meeting and my boss fired me.

When I went to the parking lot, I found my car had been stolen and I don't have any insurance.

I left my wallet in the cab I took home.

I found my wife in bed with the gardener, and then my dog bit me, so I came to this bar to work up the courage to put an end to it all.

I buy a drink, drop the capsule in it, and was sitting here watching the poison dissolve when you show up and drink the whole damn thing!

But enough about me, how's your day going?"

Area 16 Events

Mac User Group (MUG)



Mac

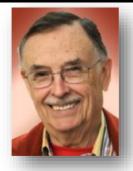


Max Burchett and Verner Laursen are the leaders and are available to help Mac, iPhone and iPad users with their questions. Please note that Mac users do not have problems. We do have suggestions on software and where to get the best deals on Mac related products. We will also demonstrate various software products. If you have or may have an interest, please contact us and we will put you on our mailing list. If you are on the list, you will receive an email from time to time about items that are of interest to Mac Users.

Please note that **Max** and **Verner** are here to help Mac users with problems and solutions and there are not formal meetings. They will inform members of new items of interest.

If you are a Mac user and want to be included, please let **Verner** know.

Verner Laursen <u>Vern.laursen@gmail.com</u>
Max Burchett <u>Meburchett@astound.net</u>



Computers & Technology Bill Phelon Chairman

The SIR Area 16 Computer & Technology Group won't be having any meeting until further notice. This is due to difficulty finding volunteers to lead discussions. If you know of

someone please let us know. One need not be an expert on a subject to be a presenter. They just have to do some research and report their findings to the group. f you have an interest in something "techie" and are willing to volunteer, please e-mail us at: sirarea2cat@gmail.com.

When we return to our Zoom meeting you will need to be on the CAT mailing list to be notified. Then a few days before the meeting, a Zoom web link will be sent to everyone on the list. If you're not already on our e-mail list and wish to be notified, please send an email request to: sirarea2cat@gmail.com

sirarea2cat@gmail.com rphelon@juno.com 925.254.8338

SIR State Information



https://sirinc.org/

This is the state SIR web page. is a wealth of information about SIR, SIR

training, and SIR merchandise you can purchase. The current can be found here: http://r20.rs6.net/tn.jsp?f=001SlqWGXFpiEd0HKEtSSxcGGTxyjBPX7yZNf0llC_5TE7
EuFiPlsOARkV1D1qKjsYVWKUf99ZM3k8m6BY1ovCRFZyVe1jONWeTt5zg7sAgPuvcfolbWn0tTl3Z4BL6S9Ui7Ql1THeAEOLskdO04-

Area 16 \$UMS Investment Group

We will again join Branch 128 (San Ramon) for their 4th Wed, April 28, Zoom meeting at 1:30 PM.

Topic to be announced.

Contact Dave Sutton if you wish to be added to the email list.

Chair - **Tom Henry** - Br 174 tomhenry925@gmail.com Co-chair **Dave Sutton** - Br 8 davesutn@comcast.net





