



# SIR BRANCH 161 NEWS

Celebrating our 27th year! Sept, 2018

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

## Larry Mensch, Big Sir

At the August Luncheon meeting our members elected next year's officers that will serve as members of our Branch Executive Committee. I want to congratulate and thank them for volunteering their time to make our Branch successful. They are:



you all to invite guests to our luncheons. (They don't have to join to be a guest at a luncheon. It just might be somebody who you may think would enjoy the time.)

Our next meeting is September 11, 2018. If you can't make it, please call Bill Konold.

Larry

### SIR Branch 161 - 2019 officers

BIG SIR	Alan Jarvie
LITTLE SIR	Roy Bristow
SECRETARY	Rick Harris
ASST. SECRETARY	Colin Brodie
TREASURER	Jerry Wiebe
ASST. TREASURER	Lowell Thomas
DIRECTOR	Lowell Onstad
DIRECTOR	Bob Damico
DIRECTOR	Paul Elmer
DIRECTOR	Will Myers
DIRECTOR	Dennis Pachucki
DIRECTOR	Dale Welin
DIRECTOR	Bill Konold

We added three new members last month, which is great. Inviting guests to our luncheons seems to be the best way to maintain our membership. So, thanks to those who did invite guests and I encourage

### 2018 Branch 161 Meetings Calendar

01/16/2018	07/10/2018
02/13/2018	08/14/2018
03/13/2018	09/11/2018
04/10/2018	10/9/2018
05/8/2018 (Note 1)	11/13/2018
06/5/2018	12/11/2018 (Note 1)

**Note 1:** These two events are lunches with the ladies, replacing the normal monthly luncheons.

### In this issue

- Message from Big Sir; Little Sir report
- Membership; Bowling news
- Activities; Travel; Car show
- Dinner with the ladies
- Golf; August awards
- Alzheimer's '10 signs'
- Policy and responsibility clauses

**Next luncheon meeting:** September 11, 2018

## Little Sir, Alan Jarvie

### September speaker

Mike Davies, Discovery Bay General Manager, will join us for our September 11 luncheon.



## September birthdays

Jim Avila, Ed Fitzpatrick, John Fry,  
Tony Guarascio, John Jewell, Ken Johnson,  
Tom Kenny, Ed Konieczny, Dick MacDonald,  
Rene McClain, Fred Peters, Don Roth,  
Tom State, Brett Swenson, Brad Vinson

## September luncheon menu

Beef Lasagna, with broccoli w/ cheese, Breadsticks & Butter, Coffee and Tea, and Cookies & Brownies for dessert.

**Important note:** If you have any special dietary needs, please contact Bill Konold by the Friday before the meeting.

Telephone 925-634-2738 or email  
bkonold@comcast.net

This month's newsletter includes the Alzheimer's Association "10 Signs" checklist, from Grace Liu, last month's informative guest speaker (see pages 8 and 9).

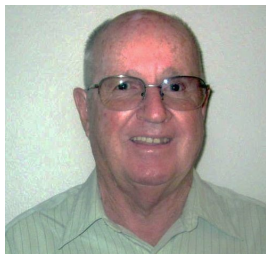


Little Sir Alan Jarvie presented Grace Liu, our August speaker, with a Certificate of Appreciation. Also in the photo are Pam Jarvie (volunteer Legislative Ambassador with the Alzheimer's Association), and Big Sir Larry Mensch.

## Membership, Will Myers

To continue enjoying the activities and camaraderie of our fellow SIR Branch members, it is essential that we continue to bring in new members to counter the loss due to various reasons. Only through aggressive recruiting by members can our membership maintain an acceptable level. Many SIR Branches have ceased to exist due to the lack of a sufficient number of new members to replace those lost. Invite fellow golfing, bowling, fishing, boating or similar activity friends, neighbors, church and other social association members or sport car enthusiasts. A larger membership assures the continued existence of such activities as golf and bowling, as well as the start of new ones. More activities attract more men to join and participate.

A member who brings in a guest will receive a bottle of wine. If the guest decides to become a member, his sponsor will be rewarded with a free lunch certificate. The member who sponsors the most new members for the year will receive an additional free



lunch certificate.

Branch members wishing to sponsor a new member should invite the prospect to a regular luncheon meeting as his guest. The guest will receive a package containing a welcoming letter from our Big Sir, a Membership Application Form and a copy of our Branch Newsletter. If the guest decides to become a SIR member, he should complete the Membership Application and send it to Membership Chairman, Will Myers (see top of Membership Application for mailing address). The prospective member and his sponsor will be asked to attend the next regular luncheon. The Branch Executive Board will vote on the membership and, if approved, the new member will be inducted prior to that luncheon.

Three new members were inducted at our August luncheon meeting. See photos and bios on page 4.

### SIR Membership Requirements

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

## Bowling News, Paul Elmer

The summer session of the SIR Monday Bowling League has ended and THE RESULTS ARE IN!! Oh Phooie (Frank Cramer, Videlle Marshall, Art Solomon, Jerry Marshall) defeated Ed's

Ten Pinner (Terry Damico, Diane Leonis, Eloise Gatson, Bob Damico) in the position round playoff 3 games to 1. Bottoms Up (Glenn MadBride, Pam Jarvie, Jan Finch, Gary Leonis) came in second place 2 1/2 games back. The difference between 1st and last place was only 7 games (after 48 games) which meant that this was a very well balanced league. League high scores for the season are; Scratch Series; Mitch Wisinski 663, Handicap Series; John Fry 802, Scratch Game; Bob Damico 256, Handicap Game; Greg Mattus 302. For the women; Scratch Series; Rosie Elmer 589, Scratch Game; Terry Damico



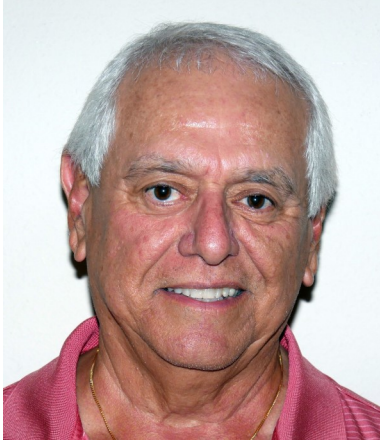
221, Handicap Series; Videlle Marshall 775, Handicap Game; Marie Wilson 275.

The Reno Tournament was held on August 13 - 15 with 18 of our members from branches 161 and 108 attending. 9 of them bowled well enough to be able to cash in their respective divisions. They were; Greg Mattus 2nd Div 2 Singles; Ron Wilson 15th Division 2 singles, Doris Cole and Naatalie Paris finished 7th and 10th respectively Div 3 Singles; Team Event Div 2 8th place to Lorraine Burt, Fred Critchfield, Shirley Madsen and Greg Mattus, Greg Mattus also came in 11th in All Events Div 1, Ron Wilson had 24th in Div 2 All Events, for Div 3 All Events say Shirley Madsen in 8th place, Doris Cole in 10th place, and Marie Wilson in 11th place. Well done! This was accomplished with over 250 bowlers in competition. The next tournament will be held in Carson City at the Carson Lanes on September 14th and 15th.

Paul



## New members inducted in July



Jim Avila retired from Kaiser Hospital in 2018. He has lived in Discovery Bay for 4 years.

Hobbies include golf, bowling, and wine tasting.

Jim's sponsor was Dennis Pachucki.



Gene Bianchi retired from Rockwell Collins in 2006. He moved to Discovery Bay earlier this year.

Hobbies include fishing, photography and traveling.

Gene's sponsor was Roland Valtierra.



John Hull retired from a medical device company in Concord in 2018. He has lived in Discovery Bay for 24 years.

John and his wife Claudia have a son and daughter.

Hobbies include antique cars, rock crawling, fishing and hiking.

John's sponsor was Dave Ciruli.



## SIR Activities, Dick Donald

We're always looking for new activities among SIR. Following are some ongoing SIR activities, including details on current plans.



**Wine Tasting, Dick Donald, 513-2849**

The September wine tasting is scheduled for Thursday, September 27th. Our hosts will be Mike and Pam Quier. If you are interested in attending this very popular activity please contact Dick Donald by Friday, September 7th at the number above, or email: DickDonald@Yahoo.com

**Pickleball, Bob Lyman, 628-7906**

If getting a little exercise and having some fun social competition interests you come give pickleball a try. We have all the needed equipment, so just show up and let someone know you are interested. Play is at

the Cornel Park pickleball courts and current drop in play times are Mon, Wed, Fri at 5pm. - Tues, Thur, Sat at 8am. and Sun at 4pm. Best time for learning is Saturday. Have any questions, check with SIR players Terry Silva, Randy Zierau or Bob Lyman.

**SIR Cyclers, Jerry Wiebe, 916-206-9221**

The SIR Cyclers ride weekly on Thursday mornings at 9:00 A.M. and it is open to your spouse and friends. The Cyclers most commonly pedal a round-trip on the recently improved Marsh Creek and the connecting Big Break Trails in Brentwood as these routes avoid most vehicular traffic. On some weeks travel to other nearby towns' bike trails provide a new experience. A message is emailed weekly to inform interested participants of the riding plan for that week. If anyone would like to join the SIR Cyclers riding group, contact Jerry Wiebe by phone or email to be added to the email distribution. We always look forward to new members joining us on our rides.

## Travel, Dennis Pachucki

Various bargain-priced trips are available to SIR members through local travel agencies and other SIR branches. Look for the TRAVEL binder located on the entrance table at each monthly meeting. Upcoming trips include:



Sept 3-13, 2018: Alaska Inside Passage.

Sept 8, 2018: Colorado Train Trip.

Sept 13-23, 2018: Alaska Inside Passage.

Sept 17-25, 2018: The BIG E.

Sept 20 – 27 2018: Islands of New England

Oct. 10-16, 2018: At Home with the Presidents.

For more information contact Dennis Pachucki.

## Eric Jensen Memorial Collector Car Show

The September meeting is also the SIR Collector Car Show. So polish that Collector car of yours and bring it to the meeting. Any interesting car, old or new, is welcome.

Got a new Hemi, a cool Corvette, or an old Mercury? Bring it to the September 11th meeting and park with your other SIR car enthusiast members.

Tire kicking is both before and after the meeting, so arrive early and enjoy the machinery.

Please contact Bill Konold 634-2738 if you have any questions.

Here are a couple of pictures from past shows.



## Dinner with the Ladies—Dennis Pachucki



**When:** Tuesday, September 25, 2018

**Where:** Olive Garden Italian Restaurant, 3140 Naglee Rd, Tracy, CA 95304

**Time:** Arrival & Cocktails starting at 5:00 pm, Dinner served at 6:00 pm

**Menu Choices** Garlic breadsticks, soup or salad, non-alcoholic beverage, and vanilla ice cream dessert are included.

**Entrees:**

- Tour of Italy (Lasagna, chicken parmigiana, & fettuccine alfredo)
- Chicken Parmigiana with spaghetti
- Chicken Alfredo with fettucine
- Shrimp Alfredo with fettucine
- Spaghetti & Meatballs

**Cost:** \$25.00 per person (includes tax and tip)

**Deadline:** We need your RSVP no later than Thursday, September 21. There will also be envelopes at our General Meeting on September 11.

Please send your checks to me in advance. Please make your checks out to Dennis Pachucki, 2125 Sand Point Road, Discovery Bay, CA 94505. Phone 408-309-5206

**The Olive Garden is located at 3140 Naglee Road, Tracy CA**

Take Hwy 4 west out of Discovery Bay, turn left at the traffic light for Byron Highway; continue south into Tracy (approximately 13 miles), and turn left at the traffic light for Grant Line Road. At the third traffic light (about 1 mile), turn left onto Naglee Road. At ~0.4 miles on Naglee, you'll see the Olive Garden on your right, and then take the next right (Robertson Drive), and then right again. You will now be travelling South, parallel to Naglee Road, and you'll see the Olive Garden on your right. Turn right into the parking lot, the entrance faces SW on the Naglee side of the building.

----- Detach and mail with your check -----

Your Name(s):

Phone:

☐

Tour of Italy

☐

Chicken parmigiana

☐

Chicken Alfredo

☐

Shrimp Alfredo

☐

Spaghetti & meatballs

## Golf News, Dale Welin

Results for the August tournament are below. The golf course switched the 9's at Manteca Park 8-10 months ago and I was not aware of the change. I punched the handicap strokes to the old card. ALL OF YOU RECEIVED YOUR NUMBER OF HANDICAP STROKES, the problem was that they were on the wrong holes. This created a mess!



In addition to that, several cards did not match.

1st place team - 128 - won the tie breaker - Ramsdell, Quier, Emerson, Comeau, each player won \$10.00

2nd place team - 128 - lost the tie breaker - Lutz, Avila, Wiebe, Jewel, each player won \$8.00

3rd place team - 129 - Shegich, Valtierra, Fanucchi, Wilson, each player won \$6.00

More than 50% of the field cashed in!!!!

Spann and Welin won the Closest to the pins, each player won \$6.00.

The entry info for Diablo Grande in September, is below:

**When:** Tuesday, Sept. 25, 2018

**Where:** Diablo Grand GC, Patterson

**Time:** 9:00 am shotgun start

**Cost:** \$43.00 for green fee, cart, and prize money

**Format:** To be announced

The September luncheon is Tuesday, September 11. The cutoff time is Tuesday, 9/18 at noon for the tournament entry. Please notify Dale if you are interested in playing with us. Get your name on the player list.

Dale Welin

## August awards



At the August meeting, Big Sir Larry Mensch presented two Branch 161 Sirs with membership awards:

Jack Thomas, 25 years membership.

Dale Welin, 20 years membership.

## Courtesy of the Alzheimer's Association

### Know the 10 signs (of Alzheimer's)

HAVE YOU NOTICED ANY OF THESE WARNING SIGNS? Please list any concerns you have and take this sheet with you to the doctor. Note: This list is for information only and not a substitute for a consultation with a qualified professional.

1. **MEMORY LOSS THAT DISRUPTS DAILY LIFE.** One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same information over and over, and increasingly needing to rely on aides (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own. What's a typical age-related change? Sometimes forgetting names or appointments, but remembering them later.

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2. **CHALLENGES IN PLANNING OR SOLVING PROBLEMS.** Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before. What's a typical age-related change? Making occasional errors when balancing a checkbook.

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3. **DIFFICULTY COMPLETING FAMILIAR TASKS AT HOME, AT WORK OR AT LEISURE.** People with Alzheimer's disease often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game. What's a typical age-related change? Occasionally needing help to use the settings on a microwave or to record a television show.

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4. **CONFUSION WITH TIME OR PLACE.** People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there. What's a typical age-related change? Getting confused about the day of the week but figuring it out later.

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5. **TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS.** For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance, and determining color or contrast, which may cause problems with driving. What's a typical age-related change? Vision changes related to cataracts.

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### Know the 10 signs (continued)

6. NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING. People with Alzheimer's disease may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand clock"). What's a typical age-related change? Sometimes having trouble finding the right word.

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7. MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS. A person with Alzheimer's may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time. What's a typical age-related change? Misplacing things from time to time and retracing steps to find them.

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8. DECREASED OR POOR JUDGMENT. People with Alzheimer's may experience changes in judgment or decision making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean. What's a typical age-related change? Making a bad decision once in a while.

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9. WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES. A person with Alzheimer's disease may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced. What's a typical age-related change? Sometimes feeling weary of work, family and social obligations.

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10. CHANGES IN MOOD AND PERSONALITY. The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone. What's a typical age-related change? Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

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If you or someone you care about is experiencing any of the 10 Warning Signs of Alzheimer's disease, please see a doctor to find the cause. Early diagnosis gives you a chance to seek treatment and plan for your future. The Alzheimer's Association can help. Visit [alz.org/10signs](http://alz.org/10signs) or call 800.272.3900 (TTY: 866.403.3073).

*The above was published with the approval of the Alzheimer's Association.*

## Membership Requirements & Principles

Membership is open to men retired from full time occupation, regardless of age, race, color or religion. Member volunteers and staff administer and govern all branch activities. Nominal annual dues provide for these activities. SIR supports no outside cause or interest. We prohibit discussions of politics and religion or the selling of anything to any member. The only requirements to join SIR are that a man be retired, or semi-retired, and sponsored by an active member.

### Attendance Policy (*Revised July, 2012*)

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

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

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

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

## Responsibility Clause

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

### Reminders

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

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

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

Bill Konold, bkonold@comcast.net

Tel: 634-2738

### Your newsletter team

*Let us know if we can improve this publication.*



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**Dennis Pachucki**  
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