



# SIR BRANCH 161 NEWS

Celebrating our 32nd year! Oct 2023

The Mission of SIR is to enrich the Lives of Our Members Through Fun Activities and Events—While Making Friends For Life

## Ken Landoline, Big Sir

This health benefit is frequently reinforced in health reports and medical journals. Whether we realize it or not, staying socially active adds to our good mental and physical health in our senior years. More specifically, remaining social helps protect our brain as we age. An article I recently read in the Cleveland Clinic's "Men's Health Advisor" October 2023 newsletter even makes the important point that the lack of socialization has been shown to be associated with brain shrinkage as we age.



The article referenced a study of 8,896 people (average age 73) without dementia who underwent brain scans and health assessments and then reported on their level of socialization. A conclusion of the study was that the participants with the least social contact had lower total brain volumes as well as fewer remaining "important memory areas" of the brain, than their counterparts who were more socially active. These less-social people also had more areas of brain damage (white matter lesions) as was reported in an issue of Neurology, July 12, 2023.

The bottom line of this research, that we can relate to for our own purposes, is that "social isolation is a major concern". This is especially so among seniors and, as has been reported in several other research studies, social isolation is also linked to an increased risk of other mental and physical health conditions including dementia, cardiovascular disease, and depression.

How is this all relevant to us? Based on my own research and the studies previously mentioned, my conclusion is that our social involvement with SIR, as well as any other socialization we can have with family, friends, and through our volunteering efforts we may be involved with in our communities is contributing to our mental and physical health and allowing us to live a longer and happier life. My thought is that this is a powerful set of data we can use both in better understanding the role SIR plays in our lives, and in our recruiting efforts for our SIR Branch 161 as we look to improve membership efforts going forward. Please spread the word. I look forward to seeing you at our October 10th luncheon.

Ken Landoline

## Photo Credits

Thanks to Luis Figueroa, Bob Damico and Terry Silva for photos in this issue of the newsletter.

### Next meeting

Tuesday, October 10

### In this issue

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### Little Sir, Jim Wangeman

Thank you to Abdul Hasson for a very interesting program. Our speaker for October will be a surprise and will be very enjoyable!



#### October Luncheon Menu

Pot Roast with Garlic Mashed Potatoes & green beans

#### October Birthdays

Bruce Bohnsack, Fred Critchfield, Tom Denning, Knute Kleinen, Larry Mensch, John Pesek, Al Sauvadon, Jim Spann, Gary Tucker, Ron Wilson, Calvin Zehnder.

### Wine Tasting, Terry Silva

September's event was held at Terry and Sue Silva's house in Discovery Bay. Great time was had by all. Attendees: Bruce and Kathy Bohnsack, Dave and Jinni Ciruli, Bob and Jan Rix, Michael and Pam Quier, Terry and Sue Silva, Jerry and Sue Wiebe, Cam Donald, Will and Raquel Myers.

Next month's wine tasting will be at Bruce and Kathy's house.

Email will be out shortly

Terry Silva, Wine Chairman



## Wine Tasting, continued



## Bowling News, Paul Elmer

Monday Sirs and Ladies Winter league has completed its third week. We bowl at 10:00 a.m. at Bowlero Brentwood. We could still use more bowlers.

Anyone interested in joining the league, contact Paul Elmer or Ron Wilson.

The 20th annual Bob Matteucci Memorial Tournament was held on September 26th.

67 bowlers from various SIR branches competed in singles and doubles events at Bowlero Brentwood.

A good time was had by all. Results will be available later in the week and will be made available to all the competitors.



## Honorary Life Member (HLM) award, report by Bob Damico

The Honorary Life Member (HLM) award is the highest and most prestigious award available within SIR. It is bestowed only on those who are nominated by their Branch Executive Committee (BEC) and, upon careful review and scrutiny by the State Honorees Committee, are found to clearly have earned it through exceptional and extraordinary service.

Vince Vargas has been a member of Branch 161 for 23 years, was Big Sir in 2011, and has served on the BEC for the past 15 years. Without question, Vince's dedication and service has contributed to the betterment of our Branch. Thank you and Congratulations Vince!



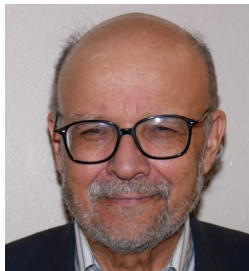
*Area 16 Representative Jay Gordon (L) presents the HLM award to Vince Vargas. Big Sir Ken Landoline ( R)*



*Vince's wife Bobbi "Pinned" Vince's HLM pin on his lapel.*

## Membership, Luis Figueroa

During the August luncheon we inducted two members: Isao Nishijima (Bill Konold, Sponsor), Joe Stanley (Tom Leeper, sponsor).



All members are reminded when a guest attends a luncheon the sponsor will receive a free bottle of wine. If the guest later decides to become a member, the sponsor will also be awarded a free lunch certificate. If a guest wants to become a member please have the guest contact me at 949-400-4715 via voice or texting and I can quickly outline the procedure.



Isao Nishijima (left) and sponsor Bill Konold.

Isao moved to Brentwood in 2003 from San Lorenzo. He was born in Amache, Colorado, a Japanese "Relocation Center" during WW 2. He served in the Army from 1967 to 68 and retired from the Oakland School District as an administrator. His hobbies include golf, and fishing. He goes by "Nish."



Joe Stanley (right) and sponsor Tom Leeper

Joe Stanley lives with his daughter and husband. He belonged to the Fremont SIR branch for approximately 5 years. He enjoys wine tasting, golf, and bowling. Joe was born in Wisconsin and has lived in California for over 50 years. He has two sons living California and Alabama. He retired from the New Haven School District as technology technician. Before that he was a Journeyman Machinist for 14 years and also served 14 years in the U.S. Navy.

At the September luncheon we had 1 guest (Doug Lemos, Norm Petersen is the sponsor).

The branch headcount is currently 140.

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## SIR Cyclers, Jerry Wiebe (916) 206-9221

The summertime weather has been beautiful this year and provides so many opportunities for a morning or early evening bicycle ride. Riding just a few miles a week helps you to maintain your balance and strengthen your muscles to help keep you in good health.



All levels of bicycling experience are welcome, and electric bike riders are encouraged to join us. We are here to help you brush up on your riding skills if you have not ridden for a while. It only takes a few weeks to wake up those muscles and build some endurance. Just start at a mile a day...then add another, then another. In no time you'll be surprised at how soon you feel stronger. The best part is feeling good... ALL OVER! Contact your physician and discuss the merits of staying healthy on a bicycle.

The more advanced cyclers leave in the morning from Jerry's driveway at 2071 Windward Point in Discovery Bay. When you feel confident for a longer ride, we have as many as three rides a week. Our favorite morning trek is on Friday, pedaling into Brentwood to enjoy a cup of coffee and a lot of gab at a local coffee shop. We are always on the lookout for new members to join us at this fun activity that has a lot of plusses.

Now get that bicycle down you have hanging on the wall of your garage, dust it off, and put some air in the tires. We are waiting for you!

Jerry

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## Dinner With The Ladies, Dennis Pachucki

**When:** Tuesday, October 24, 2023

**Where:** Zephyr Bar and Grill, 613 1st Street, #100, Brentwood CA

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



**Starter:** Caesar Salad: romaine | house-made Caesar dressing | parmesan | croutons

**Entrees:** Served with buttermilk mashed potatoes & seasonal vegetables.

- Chicken Marsala: pan-seared | cream | mushroom marsala wine sauce
- Grilled King Salmon GF: lemon butter
- Braised Short Rib GF: wine & mushroom reduction.
- Water, soft drinks, coffee, tea included .

**Dessert:** Carrot Cake: spiced cake | carrots | walnuts | raisins | cream cheese filling | caramel sauce | whipped cream

**Cost:** \$40.00 per person (includes tax and tip)

**Deadline:** We need your RSVP no later than Friday, October 20 – there will be envelopes at our General Meeting on October 10. 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.

----- Please detach and mail with your check -----

**Your Name(s):**

**Phone:**

**Your Menu choice(s):**

Chicken Marsala

Grilled King Salmon

Braised Short Rib

## Golf, Johnny Welton

The day started with jackets, really! They were removed around 10:30 when the sun came out. It warmed to around 75. Heat wasn't the issue after a long summer run. We were at Franklin Canyon Golf Course in Hercules. Travel time was good. Arriving in just over an hour and getting home in less than an hour. Many of us remembered the course as a great place to play but had not been there in many years. It was a great course for us! We seemed to play quickly. I was in the last group, and we played in 4 hours 35 minutes. Twenty-two golfers had a great day with 100% wanting to come back next year.



First place went to Lee Donnell, Johnny Welton, Dennis Pachucki, and Don Rentzel (127). Second place was awarded to Tom Denning, Ed Fitzpatrick, and Sid Cruser with a blind draw (130). Third place ended with a tie at 133. Dave Vicencio, Gale Nelson, Ken Fanucchi, and Mike Carmichael won on the 18th hole tie breaker process. Closest to the Pin on Hole 2 was Dave Vicencio at 14' 11". Second was Bill Konold 35'. Hole 17 played less than 100 yards but was very tricky over a ravine. Mike Quier won first place with 7' 3". Second went to Dave Vicencio with 14' 9".

Skins were each worth \$7. Johnny Welton (2) and Sid Cruser (3) were the leaders in their flights. The following had one skin each: Bill Konold, Jim Jones, Tom Denning, Mike Quier, Tony Rubino, Ed Fitzpatrick, Dennis Pachucki, and Randy Zierau.

Low Gross Flight A went to Johnny Welton (81) and Dave Vicencio (86) came in second. In Flight B Low Gross went to Sid Cruser (90) with Dennis Pachucki second at 98. In Flight A Low Net was a tie with both players having the same handicap: Dan Lippstreu and Mike Quier with 73s. Low Net prizes in Flight B went to Ken Fanucchi (72) and Ed Fitzpatrick (75).

The final event is the SIR Branch 161 Individual Championship on 10/24 at The Reserve at Spanos Park in Stockton. It has been one of our favorite courses. 26 players have registered, and all qualify for the Championship and prizes.

Have a good one!

Johnny

### 2023 Golf Schedule

Additional details will be in the 2023 Handbook

Tuesday, October 24 9:30\* The Reserve, Stockton

\*Event included in SEASON LONG 2 MAN TEAM CONTEST

## September meeting attendance, Phil Newlin

Fellow SIR members, here is a summary of attendance numbers from our September 12th meeting.

Date	SEP 12	<b>NO CALL - NO SHOW</b> This is the number of members subject to lunch charge for not calling and not showing up
<b>Members, including New</b>	<b>141</b>	<b>Notified</b> This is the number of members that notified the attendance chairman of their non-attendance
<b>NO CALL - NO SHOW</b>	<b>3</b>	<b>Actual Count Total</b> This is the total members - No Call/No Show - Notified + Guests + Guest Speakers
<b>Notified</b>	<b>55</b>	The other categories are self-explanatory.
<b>Guests</b>	<b>2</b>	
<b>Guest Speakers</b>	<b>1</b>	
<b>Actual Count Total</b>	<b>86</b>	

## SIR Reno Golf Tournament Hosted by Branch 116 and SIR State Golf, report by Jim Spann



My wife and I wanted a mini vacation, so I suggested we go to Reno and attend the SIR Golf Tournament. Two days of golf and three days at the Silver Legacy for only \$660 which included Room, Welcome Party, Golf Fees, Awards Banquet, & ample Prize Money. Special room rates for golfers and non-golfer couples. Just to clarify Karen is the non-golfer in our family, not me.

Silver Legacy provided luxurious accommodations to the Resort and Casino in downtown Reno. Easy walking within the facility to restaurants, bars, gambling, shows, and shopping. Notable restaurants include Ruth's Chris and a new Gordon Ramsay restaurant. We had dinner at Ruth's Chris, The Brew Brothers, and at "The Habit" one of our favorite local chains. It was easy to get breakfast there before leaving for golf.

### Golf Courses and format

Toiyabe Golf Course 4-person team, 2 Best Net.

Wolf Run Golf Course 4-person team, Scramble.

Same team for both days. 72 golfers( some were Lady golfers.) Twelve non-golfers joined the event. Both good golf courses - unfortunately the Toiyabe Golf Course Driving Range was closed. Wolf Run is a very nice golf course and its Driving Range was open. Practice didn't seem to help our team much.

The Welcome Party offered a No Host Bar. While waiting in the bar line I was lucky enough to meet one of the golfers in my team. This worked out well because we agreed to carpool to the golf courses. Also waiting in the drink line, I met another fellow golfer that was there with his non-golfer wife. A quick introduction and Karen had somebody to hang out with while I was golfing.

The Award Dinner featured a Purse of \$2000. My Team came in 4th, on the first day - just out of the money. The second day we did not do as well and tied for seven, but we had a great time. Excellent event I would recommend it to SIR Branch 161 golfers.

Thank you to:

Alan Pope, Event Organizer BR 116

David Harris, Golf Coordinator BR 116

Mark Stuart, 2023 Sir State Golf Chair Team 18:

Will Smith, Richard King, Mike Kearns

Suggestions for next year: The Welcome Party should have Team Numbers signs on the tables including names of the non- golfers.

PS: YES - wife Karen said she would go back next year; I assume it's with me.



## Membership Requirements & Principles

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

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

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

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

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

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

### Responsibility Clause

All tours, trips and other activities for or by Sons In Retirement, Inc. and its branches are for the convenience and pleasure of the members and their guests who desire to participate. Sons In Retirement, Inc. and its branches do not assume responsibility for the well-being or safety of the participants, or in any 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 mail a check for \$25 (made out to SIR Branch 161) to our Treasurer, Jerry Wiebe at:

2071 Windward Point, Discovery Bay, CA 94505.

**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. It is suggested that hats be removed while reciting the Pledge Of Allegiance.

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

Phil Newlin: ward28fred-sirs@yahoo.com

Tel: (408) 505 5359

## Your newsletter team



**Tom Jones**  
*Editor and email  
distribution*



**Bob Damico**  
*Paper copies  
and USPS mailing*

**View SIR Happenings, the State SIR newsletter: <https://sirinc.org/newsletters/>**