



Branch #161 News

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July, 2010

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- LOWELL ONSTAD 516-8468
- MIKE WHITE 634-0415
- DALE WELIN 516-9463
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- DINNER WITH THE LADIES MIKE WHITE 634-0415
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- ACTIVITIES CHAIRMAN DICK DONALD 513-2849
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- SUNSHINE LLOYD SKJERDAL 240-5630

Comments from Big Sir Bob Damico
Our next meeting
Will be held on the Second Tues.-July 13th



One word describes our June Guest Speakers' (Patriots Jet Flying Team Owner Randy Howell and Lead Pilot Dean Wright) presentation; followed by a tour of their facility at the Byron Airport: **FANTASTIC! Our Hats** off once again to Little SIR Vince Vargas for bringing them to us.

Have you noticed an increase in our attendance at our lunch meetings? I have, we had 130 last month. That is exactly what we want and need to keep our Branch healthy. Keep bringing guests / potential new members to our Lunch meetings-we all benefit from it: (The **Branch, You** (you get a free lunch for each new member you bring in), and the **New SIR** gets to enjoy the SIR Experience. We have inducted 12 new members this year; we are well on our way to meeting our goal of 17 established by SIRINC (10% of our Dec. 2009 Membership)-Thank you and keep up the good work!

At our June Executive Board Meeting, our Nominating Committee (Ralph Pfirrmann-Chairman, Jim Heck and Will Myers) submitted these nominees for your 2011 Officers: Big Sir-Vince Vargas, Little-SIR Walt Shipilov, Secretary-Remy Giannini, Asst. Sec.-Ray Serafin, Treasurer-Tony Pacheco, Asst. Treas. – Mike Reich, Directors-Len Fadda, Jim Heck, Tom Kirtley, Lowell Onstad, Lowell Thomas (New), and Dale Welin. We will conduct an election for these officers at our July meeting.

In case you haven't heard...the June "Guess Who SIR" is Lefty Brabec. Yes, he sold drugs legally-he retired from a successful career as a Pharmacist. See if you know this Month's "Guess Who SIR".

Be Safe, Healthy, and Enjoy Your Retirement. Remember, we're NOT old, we just have Seniority... Thank you for your continued support,

Big SIR Bob Damico

MESSAGE from Your Little SIR – Vince Vargas

July Presentation:

We honor our country when we -- sing The Star Spangled Banner! -- say the Pledge of Allegiance! -- remove our caps & put our hands over our heart as the Flag passes in a parade! But many of us don't know much about our American Flag. Yes, its red, white & blue, stars & stripes-- but there's more. Rick Lemyre, Editor of the Brentwood & Discovery Bay papers, is a patriotic history buff and will describe the Flag's history.



Patriot Jet Team The June Speakers, Randy Howell & Dean "Wilbur" Wright told us how they are living their dream and was followed by a tour of their facilities and jets at the Byron Airport. It was attended by many SIRs and family members – it was an outstanding day!!



July Lunch Menu – Chicken Marsala, rice & vegetables

June Free Lunch Drawing – Len Fadda & Bob Harlan

El Campanil Theatre-- Located in Antioch, provides quality entertainment for our community. Members are encouraged to check the Theatre's web site or call the box office to receive show announcements. Telephone or Internet may order tickets. To receive a 10% discount use the promo code. Exciting coming attractions:

- 07/17/10 -- Delta Blues Festival (Benefit Concert)
- 08/14/10 -- Motown 60's Revue
- 09/18/10 -- Beach Blanket Babylon (Benefit for Delta Memorial Hospital Foundation)
- 10/10/10 -- Don Neely and the Royal Society Jazz Orchestra
- 01/09/11 -- The Kingston Trio

Internet – www.elcampaniltheatre.com **Promo code:** SIRS

Telephone -- 925-757-9500

HOW TO RECOGNIZE A STROKE (submitted by SIR Bob Lyman)

Now doctors say a bystander can recognize a stroke by asking three simple questions:

- S** *Ask the individual to SMILE.
- T** *Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently)
- R** *Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

Now there is another Sign of a Stroke ----- **Stick out Your Tongue**

Ask the person to 'stick' out his/her tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

SIR Activities

Following are some of the SIR Activities, including details on current plans. Feel free to call Dick Donald (513-2849) for more information on these and other activities.

Walking – Bob Damico – 634-0465

SIR Walking Group meets at the Marina parking lot (near The Boardwalk) 7:30 AM every Tuesday. Come join us for a scenic and refreshing walk on the levy (takes about an hour). We have seven regulars and welcome anyone that wants to join us....

Poker - Dick Donald – 513-2849

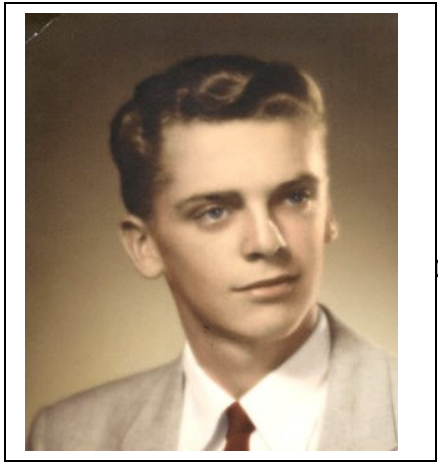
The next SIR poker game will be Thursday, July 15, at 7 PM. This is a quarter limit dealer choice games. Contact Dick Donald if interested in playing.



Pickleball - Bob Lyman – 513-1939

Currently playing Tuesday and Thursday at 2 pm. We play at the Discovery Bay public tennis courts on Willow Lake Rd. Beginner play is always welcome and we have both men and women playing and have all the equipment for you to try it out. If you have any interests come out and watch and we'll show you what it is all about.

Current SIRS who play include Vince Vargas, Pete Dean, George Hurlbert, Don Rice & Gary Hess. Ask them about the game.



Guess Who
 This SIR has a
 "Need for Speed"

Al Di Giusto 17th Annual Boat Cruise Lunch

July 22, 2010 The Boardwalk Grill in Discovery Bay

Menu Choices:

Chicken wrap served with a side of fresh fruit, Chicken Caesar salad (comes with garlic bread), Tri-tip Sandwich served with French Fries, or Fish and Chips. Non Alcoholic Beverage, dessert, tax and tip included for \$15.00 per person. Also house wine discounted to \$4.50 glass, and draft beer \$1.00 off (\$2.25 domestic, \$3.75 premium 16 oz. size).

Agenda:

Meet at the boardwalk by 11:30 (by car or boat). Lunch served at noon. After lunch we'll load up and cruise the Bays - Enjoy a smooth (not bumpy), slow ride with no "messed up hair" ladies!! **Or** Option #2: For those that want to go out on the river for a faster ride: "Go for it!!" Sign up with and meet your Boat Captain at his house and Cruise to the Boardwalk. **Or**, walk, or drive your car to the Boardwalk - We'll have boats / boat captains there to give you a ride after lunch...

Sign Up deadline is July 15, 2010

~~~~~Detach & return this stub with payment~~~~~

Your Name(s): \_\_\_\_\_ Phone #: \_\_\_\_\_

You're Menu Choices:

Chicken Wrap \_\_\_\_\_ Chicken Caesar Salad \_\_\_\_\_  
 Tri Tip Sandwich \_\_\_\_\_ Fish & Chips \_\_\_\_\_

(Make Check out to / Mail to: R.C. Damico 141 Discovery Bay Blvd. Discovery Bay, CA 94505) Check one:

**Need a Boat Ride?** \_\_\_\_\_

**Have Boat Ride/Riding with** \_\_\_\_\_

**Have Boat-need passengers** \_\_\_\_\_ (Have room for \_\_\_\_\_)

**Sir Golf Members:**

Due to the lack of interest (only 5 couples), the annual Sir Golf Tournament at Greenhorn Creek Resort scheduled for September 8<sup>th</sup> thru 10<sup>th</sup>, 2010, has been cancelled.

Will Myers



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**BRING A GUEST TO LUNCH**

Why not share the SIR experience with your retired friends and neighbors. We encourage you to invite friends to our Monthly Luncheons. As potential new members they will see what SIR is all about, while enjoying a good lunch/guest speaker. Remember: the only requirements are that they be retired from full time gainful employment, willing to attend our monthly lunch meetings, want to make new friends, and want to be active in their retirement. If you bring a potential new member to lunch, their lunch is half price. And if they join, as their sponsor, you get a free lunch! BUT, **Please REMEMBER** to notify Len Fadda (our Membership Chairman) ***a week before the meeting*** - that you are bringing a guest, so he can get an accurate lunch reservation count to the Country Club. (Phone 925-513-0738)

**THE BRIDGE TABLE**

We were not able to get a game going, because we couldn't get enough players.

The next game will be on July 20<sup>th</sup>, keep that date open  
As always stay healthy

Lex Overzet 925 634-4614



**--There will be No--  
Dinner with the Ladies  
IN (July)**



## July BIRTHDAY BOYS

|               |                |               |             |              |
|---------------|----------------|---------------|-------------|--------------|
| BOB ANDERSON  | HARLAN AVERITT | RICH BRUNETTO | MURREY COLE | WILLIAM COOK |
| LEE DOTY      | REMY GIANNINI  | BILL GUINN    | DICK        |              |
| JAMISON       | LESLIE JONES   | TOM JONES     | TOM         |              |
| KIRTLEY       | LOWELL ONSTAD  | DAN RIORDAN   | BOB         |              |
| RHINER        | BOB RUTHERFORD | RAY SERAFIN   |             |              |
| ERNIE WODISKE | DEAN WOOD      |               |             |              |
| PAT WOODS     |                |               |             |              |



## JULY BOWLING NEWS

The Annual Bowling Tournament in Reno at the National Bowling Stadium will be held on August 16<sup>th</sup>, 17<sup>th</sup> & 18<sup>th</sup>.

This is a **Singles Doubles and Team Event**. If you have a team of 4 people or 2 people that need a team or a single who needs a partner please contact Tom Kirtley @ 240-8071 or e-mail [kirtley1@pacbell.net](mailto:kirtley1@pacbell.net) as soon as possible. I will not need the money until mid July; however, I would like to get a count of how many people are interested in bowling in this tournament. This is really a fun event to bowl and a good time is had by all.



There was a Pro Am Bowling Tournament held at the Harvest Park Bowl in Brentwood on May 30<sup>th</sup>. There were 116 entries and Branch 161 had several bowlers finishing in the money. 13<sup>th</sup> was Jim Furlong, 12<sup>th</sup> was Coy Madsen, 10<sup>th</sup> Bob Damico, 7<sup>th</sup> Bob Rhiner, 5<sup>th</sup> Marie Wilson, 4<sup>th</sup> Jack Disney.

At the tournament in Pollock Pines Jim Heck placed 9<sup>th</sup> in A Division All Events and 3<sup>rd</sup> in A Division Singles. Jack and Alice Disney finished in 6<sup>th</sup> place in Division B Doubles and Curtis and Linda Manning finished in 7<sup>th</sup> place in B Division Doubles. Last but certainly not least at the Tournament in Pinole Linda Manning placed 5<sup>th</sup> in B Division All Events and 1<sup>st</sup> in B Division Singles. Good Bowling Everyone.

## **UPCOMING TOURNAMENTS**

July 12<sup>th</sup> or 13<sup>th</sup> Mon or Tue in Yuba City @ Nu Generation Lanes  
July 26<sup>th</sup> or 27<sup>th</sup> Mon or Tue in Napa @ Napa Bowl  
Aug 2<sup>nd</sup> or 5<sup>th</sup> Mon or Thu in Tuolumne @ Black Oak Lanes  
Aug 16<sup>th</sup> 17<sup>th</sup> 18<sup>th</sup> Mon Tue Wed in Reno @ National Bowling Stadium  
Aug 29<sup>th</sup> or 30<sup>th</sup> Sun or Mon in Fremont @ Cloverleaf Bowl

**GOOD BOWLING TOM KIRTLEY AND BILL BAYER**

SIRS BRANCHES 108/161 GOLF NEWS –



Golf tournament results for (June)

I very much apologize for the error on the format sheet versus my intent. A lot of credit goes to score keepers Riordan and Petersen. 2 groups out of 6 DID IT RIGHT!!!

I have reviewed all six cards 4 times and I am 99% sure the results are as follows;

1st place - 88 - Petersen, Kile, Rentzel, Maddox winning \$ 12.00 each.  
2nd place - 90 - Welin, Pacheco, Vargas winning \$10.00 each.  
Tied for 3rd place - 94 - Shipilov, Fitzpatrick, Woods, G. Smith, Heck, Macbride, Mahlberg A. Anderson winning \$6.00 each. Par was 107 with the correct format.

Closest to the pin winners were Shipilov and Young (very questionable).

I have prepared individual envelopes with each player's winnings in it. I will see that each of you get your big prize in the coming days.

Our group was small and our pace was very poor. In July, we must do better for keeping pace and our SIR Pace of Play rules will be enforced. We must play in 4 1/2 hours, maximum and everyone must finish within 20 minutes of each other.

Dale Welin

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Information on the July 20<sup>th</sup> tournament.

We hope some of the Brentwood players will join us this month. We have missed you and this venue is in your backyard.

When: Tuesday, July 20, 2010  
Where: Deer Ridge GC  
Time: 8:00 am modified shotgun  
Cost: \$45.00 for prizes, golf and cart  
Format: To be announced

Please e-mail or call Dale to get your name on the list. Then send a check to Dale for \$45.00 to 2867 Cherry Hills Drive, Discovery Bay, CA 94505. The cutoff will be the Branch 161 luncheon on July 13.

See you on the green.

Dale Welin





**Make a Note!**  
Last day to obtain an  
Excused absence for next  
meeting is JULY 9<sup>th</sup>  
Call Len Fadda 513-0738  
Or e-mail me at  
lenandlinda1@yahoo.com  
Be sure to notify him  
If you are bringing  
A Guest

 SIR Branch #161  
Discovery Bay  
Visit our branch web site at  
[WWW.SIR161.ORG](http://WWW.SIR161.ORG)

 **Lloyd Skjerdal, our SUNSHINE CHAIRMAN, needs our help. He is dependent on inputs from the membership to be effective. If/when you know of the passing of a SIR or SIR spouse, or a SIR who is seriously ill, please notify Lloyd and Big SIR Bob Damico**

**In This Issue...** Big Sir Speaks, Message from Little Sir, Bowling News, Golf News, The Bridge Table, Dinner with the Ladies and Sir Activities

SIR MEMBERSHIP REQUIREMENTS AND PRINCIPLES

Membership is open to men retired from full-time occupation, regardless of age, race, color or religion. There are no dues, fees or assessments. Member volunteer's staffs administer and govern all Branch activities. Voluntary member contributions 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

Luncheon Meetings are on the Second Tuesday of the month at the Discovery Bay Country Club, 1475 Club House Drive. Social Hour is at 11:00 AM and Lunch at Noon. All Members are expected to attend. You are required to notify the attendance Chairman if you cannot attend. Regular members missing three (3) consecutive meetings without notifying the Chairman or attending less than seven (7) meetings within the last year shall be notified by form letter no. 4 of their pending membership termination. Certification of attendance at another branch will be considered a credit to the 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 the responsibility for the well being or safety of the participants or in any matters pertaining to tours, trips or other activities.