



Make  
friends for  
life.

Our next in-person meeting together will be on **July 13th. Social time at 11 AM and the meeting will begin at 11:30 AM.**

While masking is still recommended, the State SIR Board recently reversed their decision regarding waivers. A signed waiver is still required to participate. **If you haven't already signed a waiver, please sign the waiver form attached to this mailing and bring it to the meeting.**

Thanks to those who participated in the Activities Survey. There will be a report on the results of the survey at the meeting. Only 4 activities remain closed.

We had 71 members and 2 guests attending in June and need to get those numbers up! Invite a guest; recruit through activities. We need more consistency to engage vendors to restart hot lunches.

**Check your Email! Steve Behnke has sent you an invitation and sign-up for our July meeting from a new email address, SIR Lamorinda Branch 171. If you do not see it in your Inbox, please check your spam (junk) email folder.** PLEASE RESPOND EITHER YES (with your sandwich selection) or NO. The cost of the lunch is \$20 and includes the facility fee. BEER, WINE and soft drinks will be available in the bar area.



**Our speaker for the July meeting: Carol Jensen**

Carol is a noted author and historian. She has authored multiple books which explore the history of East Contra Costa County, the California Delta and Lake Tahoe. She will speak about the history and recent designation of the Delta region as a National Historical Area.

## **ANNOUNCEMENTS:**

The very popular Historical Adventures activity is now open. Read about an upcoming outing in the Activities area of this Newsletter.

The final State golf event of the year will be held at the Blue Rock Springs golf courses in Vallejo.

Lew Lippard and his wife Barbara are moving to Hilton Head, S.C. Good Luck Lew!

**BIRTHDAYS!** The prize is a free lunch (YOU MUST BE PRESENT TO WIN!)

Horst Apenroth, Tom Beals, Peter Berryhill, Rich Carmel, Bob Damaschino, Bob DeJohn, Gray Eliot, Bob Frane. Al Gertmenian, Ken Jew, Rich Kehoe, Mark Mahoney, Dave Munson, Ken Nakashima, Fred Patton, Jack Sechler, Rich Tietz, Clark Wallace, Carter Wells, and Don Wolfe.

## **ACTIVITIES REPORT: DAVID ZEIMER**

Thank you to everyone who responded to the New Activity Survey. We got some great feedback and we expect to get some of these activities started soon. Please consider serving as an Activity Leader for a new activity. It only takes a few minutes to coordinate a meeting of those who want to participate

The final State golf event of the year will be held at the Blue Rock Springs golf courses in Vallejo. The event will be held on September 14th and 15th. This is a two day event; if a golfer wants, they can play either of the days or both. I'd ask that you take a look at the State golf website at [www.sirgolf.org](http://www.sirgolf.org) for additional information and a flyer on the event. This event is open to all SIR members, their wives or significant other, and invited guests.

**Activity information, including contacts, is available on the club website – [sirinc2.org/branch171/](http://sirinc2.org/branch171/)**

**Reopened:** Historical Adventures, Stamp and Coin Collecting, Social Bridge, and Poker.

**Historical Adventures:** There will be a tour of the Joaquin Moraga Adobe on Wednesday, July 17th at 4:00. The late time is due to ongoing construction there. It will last about an hour and quarter and will be limited to ten individuals. Signups will be at the next lunch. Additional tours may be added as needed. Due to limited parking at the Adobe the group will meet at the McCallou's parking lot in Moraga beforehand. No guests at this time due to the limited number of spots. Ken Fisher -- [keninmoraga@gmail.com](mailto:keninmoraga@gmail.com)

**Stamp Collecting:** If you are a stamp collector, have ever been interested in stamp collecting, or have a collection gathering dust and would like to know what it may be worth, consider joining our stamp collecting activity. We trade stamps, have stamps for adding to your collection, and talk about stamps in general. We meet monthly at the home of Larry Beans in Moraga. Call or contact Larry for more information and when the group will be meeting, [larrybeans@comcast.net](mailto:larrybeans@comcast.net) or 925-376-7306.

**Social Bridge:** We play regularly the second and fourth Tuesday of the month from 10:00 to about 2:00, currently at the Moraga Hacienda, though an alternate venue is under consideration. We welcome players at any level, so if you are or have ever been a bridge player consider joining us. As the name implies, we are a social group, competitive but always friendly and ready to help each other in improving bridge skills. Bring \$6 and your lunch. To sign up, contact Steve Morsony at [smorsony@gmail.com](mailto:smorsony@gmail.com) or (510) 816-3630.

**Activities waiting BEC Approval:**

Couples dining out

Dominoes

Travel

Pinochle

If anyone is interested in chairing any of these activities, please contact David Zeimer ([dzeimer12@gmail.com](mailto:dzeimer12@gmail.com)).

Another plug for our **Strollers Walking Group**: For anyone who has been walking with our regular walking group, but is finding 3 miles a bit more exercise than comfortable, consider the Strollers group. We usually meet Wednesdays at SI-SI's for a half-mile stroll and then retire for coffee and solving the world's problems. Canes and wheeled walkers welcome and no one ever walks alone. Contact John Schick, [jschick@att.net](mailto:jschick@att.net) or 925-376-9412 for information.

The **Fishing activity** always has a lot going on. Detailed information is available in the Activities area of the Club website [sirinc2.org/branch171/](http://sirinc2.org/branch171/). Our 171 contact for the group is Karl Droese 925-788-0769. SIGNUP SHEETS FOR THE FISHING TRIPS ARE POSTED ON THE WALLS AT EACH OF OUR MEETINGS.



## MEMBERSHIP REPORT: ED DRAISIN

Prior Month:	243
Inductees:	0
Deductions:	3
Total, This Month	240

## TREASURER'S REPORT: ED PROTIVA

Beginning:	\$7882.14
Receipts:	\$2141.5
Disbursements:	\$2410.97
Balance:	\$7613.39

## WELLNESS REPORT: ERIC CHO

No news is good news!\*\*\*

Article by [Katherine Harmon](#) in the July 28, 2010 edition of Scientific American. "Social Ties Boost Survival by 50 Percent" -- a meta-study covering more than

300,000 participants across all ages reveals that adults get a 50 percent boost in longevity if they have a solid social network

<https://www.scientificamerican.com/article/relationships-boost-survival/>

\*\*\* Please try to contact SIR's with illnesses to offer your support and encouragement and keep them in our thoughts and prayers. A friendly call is welcome. Cards and letters are always appreciated.

\*\*\* Please contact Eric Cho by e-mail or phone if you are aware of a passing, injury, or illness of a member.

**Also enjoy reading SIR Happenings**, our State Newsletter, and find out about all the fun things that are going on throughout our organization. You can find the most recent edition of SIR Happenings on our SIR State website --

<https://sirinc.org/newsletters/> Some very interesting articles highlighting news of interest from other SIR branches including several of our branches in Area 2. Send comments and article to [HappeningsEditor@gmail.com](mailto:HappeningsEditor@gmail.com).