



SIERRA HILLS

Branch 79 Bulletin



HONORARY LIFE MEMBERS: PBS Don Dill, PBS Ken Hansen, PBS James Musci, & PBS Kenneth Newman

Big SIR's Report - John Rosasco, Big Sir

Summer is coming to a close even though the weather doesn't yet reflect it! Many of our members have been traveling and we have missed them this summer. We welcome you back for the luncheons and activities this fall.

All the activities are perking along with a good deal to occupy any of you who wish to participate. Golfers and Bocce players have tournaments scheduled, Fishermen have a trip planned (if they can find water) the Wine Tasting group enjoyed a good afternoon at Vina Castellano, the Bowlers are still making strikes and the Dining Out group enjoyed a pleasant meal at Black Bear this past month!

If you have a special area of interest and would like to start a group, contact either me or Tom Stone. There is always room for new activity groups. Think about what appeals to you and your friends! An example is that one of our neighboring SIR groups has begun a Shooting Group. They have just established it and I assume it is target shooting but perhaps it has a larger scope. If that interests you, let me know and we can check into it further. Perhaps a cooperative activity between two SIR branches or maybe start our own....

The **Branch Recruiting Drive CONTEST will be ending officially in October.** There is still time for the member who recruits the most new members to take home **\$100 as a reward.** Contest is sponsored by Craig Saunders, District Governor. He truly understands and supports the need for our clubs to continue to recruit members to maintain our viability and activity level.

Branch 79 has lost 19 members since January for a variety of reasons: illness, moving, nonattendance and death. We have gained 13 new members, but we need at least 6 new members on the books by December to equal our beginning number of 180 and optimally we should try to meet the **10% growth number for a total of 18 new members for the year. We can meet our goal with JUST FIVE MORE NEW MEMBERS.** Bring in those friends and neighbors that you have been talking to and see if they would like to join us. The more the merrier and the more viable our SIR group will be in the future.

Welcome aboard new Wine Steward, And don't forget lunch prices are up \$1 beginning this month, September.

Little SIR Report - Tom Stone, Little Sir

Now that summer is winding down, we hope to see some of our traveling brothers return to join us for September's lunch. We had a better turn out last month partially due to the "phone tree" that was set up to remind members about lunch. We will continue to phone people and remind them this month. Looks like it is working.

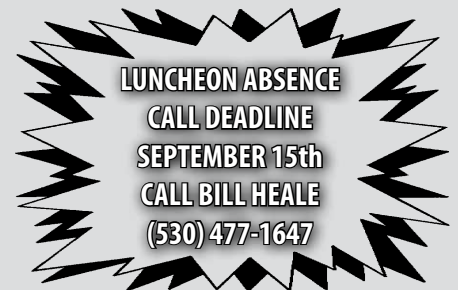
Whine a lot? NOPE – The wine outing this month was terrific. If you could not make it, I highly recommend that you try to get over to Vina Castellano. They have wine tasting in their magnificent cave and superb wines.

Congratulations to the wine steward David Blitstein for finding such a fantastic place.



2015 Elected Officers: Little SIR; David Blitstien, Big SIR Tom Stone, Treasurer; Terry Doan and not pictured, Secretary; Kent McDonald

**VOLUME 34 • NUMBER 9
SEPTEMBER 2014**



**LUNCHEON ABSENCE
CALL DEADLINE
SEPTEMBER 15th
CALL BILL HEALE
(530) 477-1647**

**NEXT MEETING:
Thursday, September 18, 2014
Fellowship - 11:00 a.m.
Call To Order - 12:00 p.m.
Menu: *Chef's Choice***

**PROGRAM:
Kristy Corah:**

Nutritional Therapy

Kristy Corah, NTP, is a certified Nutritional Therapy Practitioner. She is a former school teacher who combines her love of teaching and her passion for nutrition. Kristy's focus is on the Foundations of Good Health. Nutritional therapy addresses the whole person:



diet, lifestyle, stress, sleep patterns and exercise all play a role in health and disease. Kristy particularly enjoys teaching clients to cook nutrient dense foods such as mayonnaise, cultured cream, salad dressing, sauerkraut and other ferments, bone broth and tasty sweets such as homemade ice cream or nut butter cups. She believes the medicine bottles found in most American's medicine cabinets can be replaced with nutrients from whole food nutrition; food is medicine!



happy birthday!

SEPTEMBER

Tom Beale	Bob Hyman
Steve Biggi	Ken Koch
Kirby Brock	Jeff Lambert
Steve Coffman	Mac McDevit
Bob Lemmon	Tony Oliveira
Bob Devin	Ernie Perry
Joe Dydynski	Jeff Romines
Al Graber	Rodger Tognazzini
Steve Haverberg	Bill Watson
Bill Huggins	Lyle Westoby

BRANCH 79 OFFICERS

Big Sir: John Rosasco	(530) 888-8036
Little Sir: Tom Stone	(530) 637-4393
Secretary: Kent MacDonald	(530) 745-0324
Treasurer: Terry Doan	(530) 878-2742

BRANCH 79 COMMITTEE CHAIRMEN

Attendance: Bill Heale	(530) 477-1647
Bulletin: Jay Hansell	(530) 368-2850
Chaplain/Sunshine: Kenny Newman	(530) 885-5576
Clothing: Jay Stanley	(916) 899-9876
Database Manager: Bob Huntington	(530) 886-8426
Greeter: Tom Parks	(530) 823-0605
Membership: Mark Lund	(530) 823-1264
Opportunity Drawings: Harvey Eisley	(530) 823-5988
Photographer: Lynn Hartford	(530) 320-8730
Programs: Fred Balke	(925) 998-4365
Wine Steward: David Blitstein	(530) 274-2100

NON-RESPONSIBILITY DECLARATION RULE 345:

All activities arranged 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 any responsibility for the well being or safety of the participants or their property in any matters pertaining to said activities.

SIR INFORMATION

Executive Committee Meeting

1st Thursday of the Month
7:45 a.m. at Denny's, Auburn Ravine
Road (I-80/Foresthill Exit)

Branch 79 Bulletin

sir79bulletin@gmail.com

Branch 79 Web site

www.sirbranch79.com

To read the latest edition of

SIR Happenings visit

sirinc.org/sirhappenings



Golf Report - Tony Oliveira, Golf Chairman

Well "GOLFER DUDES" we are about to enter the "DOG DAYS" of summer. Well, I at least hope that we are about to. I am looking forward to seeing some cooler mornings and not so hot afternoons out on the links. The mountain courses are the best right now as they seem to be a bit cooler than the valley courses. At any rate, I think that we should all be out there "SWINGING" as often as we can.

Speaking of swinging... We all succumb once in awhile to the challenge of a fellow golfer to throw a little twist in the game to make the round a bit more of a challenge. I would caution you all though to really check out your golf partner and keep more than a close eye on him as you challenge him to stick to the new twist that the two of you may have agreed upon. Some golfers can be a bit sneaky. As an example, a partner and myself agreed to make the game a bit more interesting by playing the ball "REALLY DOWN". Not just down but really down. This was to mean that no matter where the elusive ball should come to rest we would stroke it from there. Well the round progressed fairly well and as we came into the final hole we were pretty much tied as far as the score goes. Well my partner tossed his tee shot out there and when his second shot landed right smack in the middle of the "CONCRETE" cart path I felt pretty well that I had him cold. Even if he was to take a crack at it from there, the odds were he would whack it dead center and send it yards away from the green. Well I parked the cart near his ball and walked over to my ball which was about two feet off of the front of the green and proceeded to watch him prepare for his next shot. He stood there for a moment, club in hand, and then he began his warm up swings. I tell you it was something painful to watch. He must have taken five or six practice swings and each time his club touched that concrete the sparks flew from the head like it was a fourth of July sparkler. It actually hurt me to watch him destroy that club. Well he finally settled down behind the ball and with one final swing amid another shower of sparks, he lofted the ball up and it landed about six feet past the flagstick, spun back and stopped about ten inches from the cup. I was stunned. I quickly walked over to him to congratulate him on his great shot while secretly thinking that he may win this match but he really screwed up one of his clubs in doing it. I gave him a slap on the back and told him what a great shot he made and then just to rub it in a bit I asked him "What club did you use on that shot?" He turned to me and with a slight smile on his lips he looked me right in the eye and he calmly said, "YOUR NINE IRON"!

Keep it "LITE" and keep it "RIGHT" and remember, "Hit em' long and Hit em' straight."

79er Wine Trail - David Blitstein, Wine Steward

Thanks to all the 79er Wine Trail followers that went to Vina Castellano last month, that was surely one of the best venues we've been to all season. A big thanks to Teena and her crew, they out did themselves. Oh yes, The Wine, the Cave, the Pond, the Sangria's and of course the company it was great and also none of us fell in the water! How lucky we are to have a great group and that we live in this area. We'll definitely have to revisit this winery again.

Now a for our 79er Wine Trail October 2 outing, this will be quite different we will be visiting SUNSHINE VALLEY VINEYARD at 12857 Sierra Vista Drive, Grass Valley, between 2-5pm where the owner and host will be yours truly and my lovely wife Marilyn. We will be serving our delicious club wine that Tom Stone and I help make, there will be NO tasting fee and wine will be served by the glass NO fee (it's a party!). We'd like to make this a bring an appetizers to share food festival. Give us a call if you have any questions. And as usual I'll have maps and details at the next lunch. Hope to see you there.

As you know I will be Little SIR starting in January 2015 In am turning the reins over to SIR Bob Lemon as the New Wine Steward and 79er

Wine Trail Coordinator. He starts in January. Bob and I have had many conversations about the Wine Steward position and he is as passionate about it as I am and will make a great wine steward. My Deepest Thank You To All of you for all your for help and support.



ACTIVITIES

- Bicycling:** Ken Hansen (916) 663-4716
- Bocce Ball:** Pete Thompson (530) 823-7383,
Don Sherman (916) 663-2958 & Jack Meylink (530) 878-1219
- Bowling:** Fridays, 12:00 pm at Foothill Bowl.
Tom McEntee (530) 889-0605
- Dining Out:** Michel Self (916) 742-8215
- Fishing:** Dave DeRosa (916) 652-9562 or Tom Beale (530) 878-0301
- Golf:** Tony Oliveira (916) 791-7292
- 79er Wine Trail:** David Blitstein (530) 274-2100
- Travel:** Phil Bolander (530) 745-9874

Fishing Group



David DeRosa & Tom Beale
Co Lead Hooks

Hello out there fisher folks. Well, it looks like our fall fishing trip to Shasta will not happen, reason being, lack of committed participation (6 members), and a large lack of water. (Shasta Lake is down 154 feet and is dropping at a rate of about 6 - 8 inches a day.) The North state is in very sad shape for water, although the fish are more concentrated.

The new meeting place will be the Denny's on Auburn Ravine Road, at the Foresthill exit at 8:00 a.m. starting September 11th. Fishing Group meets the second Thursday of each month. Hope to see you there. Let's talk about a salmon trip to the local rivers.

Tight lines to all.

Bowling - Tom McEntee, Bowling Chairman

12th Annual SIR National Bowling Stadium Tournament
8/18 - 8/19 results:

Doubles Event	Game 1	Game 2	Game 3	Series
Tom & Michele McEntee	513	524	499	1536
Joe Caruso & Harvey Easley	474	503	483	1460
Don & Ken Launius	490	474	454	1418
Betty & Bob Towers	432	436	469	1337

Singles Event	Game 1	Game 2	Game 3	Series
Don Launius	148	156	177	676
Ken Launius	218	189	154	729
Joe Caruso	180	204	198	708
Harvey Easley	156	140	206	640
Michele McEntee	161	188	171	745
Tom McEntee	174	172	152	693
Betty Towers	124	179	175	745
Bob Towers	169	185	194	701

Team	Game 1	Game 2	Game 3	Series
Don Launius	172	156	192	715
Ken Launius	155	178	183	684
Joe Caruso	182	182	147	637
Harvey Easley	150	206	195	689
Team Totals	868	931	926	2725
Tom McEntee	149	144	175	663
Betty Towers	118	163	132	680
Michele McEntee	146	146	126	643
Bob Towers	205	208	210	776
Team Totals	898	941	923	2762

All Events	Doubles	Singles	Team	Total
Don Launius	729	676	715	2120
Ken Launius	690	729	684	2103
Joe Caruso	729	708	637	2074
Harvey Easley	731	640	689	2060
Michele McEntee	746	745	663	2154
Tom McEntee	790	693	680	2163
Betty Towers	690	745	643	2078
Bob Towers	647	701	776	2124



Friday Golf

Bill Heale

Ah yes, Golf, how sweet it is. A husband and wife are on the 9th green when suddenly she collapses from a heart attack! "HELP me dear," she groans to her husband. The man calls 911 on his cell phone, talks for a few minutes, picks up his putter and lines up his putt. His wife raises her head off the green and stares at him. "I'm dying here and your putting?" "Don't worry dear," he says calmly, "they found a doctor on the 2nd hole and he's coming to help you." "Well, how long will it take to get here?" "No time at all," he says, "everybody's already agreed to let him play through!" OK, Back to our games.

8/1/14 = CTP #2 - Dennis Beverage, \$5.00 = CTP #4 - Jim Mallery, \$5.00 = CTP #6 - Joe Dydynski, \$5.00 = = 8/8/14 = CTP #2 - Bill Hockensen, \$5.00 = CTP #4 - Mac Jenness, \$5.00 = = 8/15/14 = = CTP #1 - Reg Murray, \$7.00 = CTP #4 - Joe Dydnski, \$7.00 = CTP #5 - Joe Sanchez, \$7.00 = = 8/22/14 = = CTP #4 Matt Ferral, CTP #7 Don Dill . = = 8/29/14 = This day we played " 3 UP, The winners are, Terry Doan, Norm Bennett, Jim Mallery, Lee Livingston, Tony Oliveira, Bill Heale, Mac Jenness, Bob Berzanski, Dennis Beverage, Don Morrison, Reg Murray, Bob Huntington, Ken Chamberlan, Ray Mahlberg, Allen Pearce, and Matt Ferral. I think it was a fun day, lots of BIG winners everybody won \$2.00 each. I expect to see a lot of new cars next week!



For all SIR State bowling information please visit the following link:
<http://www.sirinc.org/bowling>



Dining Out - Michael Self

September's Dineout will be a "Return Engagement" at Lorenzo's Mexican Restaurant on Taylor Road in Loomis. We'll meet at 5:30 on Wednesday, September 23rd. Please confirm with Mike Self at miguelsself@gmail.com or 916-742-8215.

Thanks, see you there.

Attendance Report - Bill Heale, Attendance

Starting with 177 members, 7 inactive, guests 3, speaker 1,excused 36, UNEXCUSED, 28 = Gary Beckes, George Freuler, Gene Goldsmith, Jr Greenlee, Rich Gregerson, Bill Huggins, Ivan Ichtters, David Landry, Bill Larson, Mayo Mayo, Bob Neimeyer, Jim Pitts, Michael Self, Karl Simon, Mike Stotts, Paul Tombaugh, AND MULTIPLE ABSENCES, Daniel Baldwin (7), Randy Beneke (4), Kendall Christianson (7), Jim Curl (7), Ken Davis (7), Fitz Fitzinger (7), Walt Haverland (3), Jack McClurg (5), Mike Sherman (7), Percy Stoddard. = ATTENDING, 118. One Member came in late, payed, but I didn't get his name.

Treasurer's Report - Terry Doan, Treasurer

March began with a balance of \$ 2752.09 and ended with \$2,888.32. We are doing better but still short off of the \$3000.00 cash balance our branch is required to have. *The money you put in the tube on your table at the luncheon helps cover our branches expenses. A minimum contribution of \$3.00 per person is suggested.*

Sunshine Report - Ken Newman, Padre



Well as of this date Sept 6th, things are not to bad on the home front. I only have two health problems to report. One is Sir Jeff Romines who had surgery for an aneurism and is expected to be at the luncheon this month. Jeff told me today that Brother Tom Parks has taken him to lots of Dr. appointments. This is what SIR is about. Helping each other, Thank you Tom, and I am sure there are others who help our brothers who I do not know about. Thank you all! The other is Brother Ralph Sutton who had a heart problem and is home doing well. I hope to see him at the luncheon this month.

Another person I need to talk about is Brother Terry Doan who is our treasure. Terry has volunteered to take of the sending of get well and symphony cards do to my very bad handwriting due to a tremor in my right hand, along with his most important job a treasurer. Thank you Terry!

Also brothers I do not know of illness or passing of your brothers without your input. Please relay any information to me. Thank you.

Fall in the Sierras

