Welcome to August all! Many of you are probably wondering why in the heck is the golf guy writing the Big SIR note for the newsletter. Well, there is nothing like change to keep everyone guessing. Steve Hagenbaugh recently made the difficult decision to step down from Big SIR due to some health and family issues. Please keep him and his family in your prayers and positive thoughts. In the absence of Big SIR, Little Sir gets to step in and handle his position until such time as the BEC can determine who will finish the year as Big SIR. The plan is to resolve this at the August BEC meeting later this month. More to come on that front at the August General Membership meeting.

At the August Luncheon we will hear from Dr. Erek Helseth. He is a Stroke Expert from Dignity Health.

One last thing...the middle of August means schools are back in session so it’s safe to come out of the house again. Head up to the lake and have more room to navigate.

Lee Lamp, Big SIR
SIR NEWSLETTER

2019 SIR NOMINATING COMMITTEE REPORT JULY 17, 2019

BIG SIR: LEE LAMP

LITTLE SIR: FRANK GALUSHA

SECRETARY: CRIS ANDREWS

ASSISTANT SECRETARY: VACANT

TREASURER: HERBERT GIESE

ASSISTANT TREASURER: DUANE NELSON

DIRECTORS:
ONE YEAR TERMS: DAVE DURFEE
DON PAULSEN
MURRAY BLAKE

TWO YEAR TERMS: SID NOBLES
BARRIE LEE

SIR STATE OFFICERS

<table>
<thead>
<tr>
<th>STATE PRESIDENT</th>
<th>DIRECTOR, REG. 1</th>
<th>AREA GOVERNOR</th>
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<tr>
<td>Ed Benson</td>
<td>Mark Stuart</td>
<td>TBA</td>
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SIR’S DECLARATION
All activities arranged for or by, or sponsored by Sons in Retirement, Incorporated, and its Branches, are for the convenience and pleasure of the members and their guests who desire to participate. Sons In Retirement, Incorporated, 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.
Guest Speaker for August

Dr. Erek Helseth

Dr. Erek Helseth, MD is a vascular neurology specialist in Redding, CA and has been practicing for 16 years. He specializes in vascular neurology and interventional neuroradiology.

Dr. Helseth is primarily focused on stroke victims and he is certified to use a unique piece of medical equipment at Mercy (the only one in the North State) that provides him with a 3D image of the clot.

Interventional radiologists, also known as vascular radiologists, use minimally-invasive imaging techniques to diagnose conditions in your organs and blood vessels. For example, if you need an angiography (an x-ray of the arteries) to diagnose a blockage in your blood vessels, your doctor will refer you to an interventional radiologist. They can, if needed, perform an angioplasty to open up the blocked passage.

They’re also trained to perform needle biopsies, insert stents, treat varicose veins and obstructions of the urinary tract (possibly due to kidney stones) and can help with dangerous postpartum bleeding. They treat various types of fibroids and embolization, which is a clot, air bubble or other blockage in the bloodstream. While the types of imaging procedures they perform are more invasive than x-rays done to identify broken bones, pain levels and recovery time are usually minimal.

Some great information about the State Organization is at http://sirinc.org/
18-Hole Golf Report

Wow, I cannot believe we are into August already. July was a great month for golf. The temps were actually rather mild for Redding. We got two events in. Fall River was early in the month. I don’t know about all of the others that made the trek (32 players) but I know I always enjoy that track. I will say that the course was not in the normal pristine condition. I think the winter was particularly tough on the course. But the greens rolled true and if you kept the ball in the fairway there were opportunities to score. Brad Bunnell did just that with a net score of 60. He told me it was just one of those days where everything clicked. Great round Brad! The rest:

First Flight
Brad Bunnell - 12
Gene Pair - 4
Mike Deay -1
Keven Dempsey E

Second Flight
Justin Clandening -8
Phillip Nystrom -4
Leroy Bussard E
Pete Rowland +5

Third Flight
Bruce Maddox E
Lyle Wittmayer +1
Stan Lillibridge +1
Bob Goetz +2

We also had 6 Skins won. Bruce Maddox, Gene Pair, Phil Nystrom, Justin Clandening (twice), Ed Grinton.

Lake Shastina was later in the month. 27 golfers made the trip. I was unable to attend and sadly missed out on playing one of my favorite courses.

First Flight
Geoff Neely E
Willie Lawson E
Brad Bunnell +3

Second Flight
Leroy Bussard -5
Ed Grinton -2
John McCue +1

Third Flight
Don Spence -4
Justin Clandening -2
Lou Moore +2

We also had 7 skins won. Dave Hellman (twice), James Williamson, Lyle Wittmayer, Gene Pair, Don Spence, Ed Grinton.

18 Hole Golf Chairman, Lee Lamp, Assistant Larry Andrews
9ers (Nine - Hole Golfers)

SIRS 9 - HOLE GOLF

July added a new course to our rotation, Tucker Oaks. It was a big success and I plan to add one more round there this year. Tierra Oaks was at the end of July and brought out a record 23 players for 9 hole golf. It was great to see more women play in our group. Maile Alfaro, Sue Vanderwerf and Ruth Reynolds. Thank you all for joining us. Paul Poling's son Adam joined us and shared very interesting stories about his time in the Pentagon that included September 11th 2001. Very nice man. He must take after his mother.

Our next outing is at Gold Hills on Tuesday August 13 and is before our next SIR's meeting so the only way to sign up to play is to email or call me. lakehead6@gmail.com, 530-245-0684

Remember the 9 Hole outings are open to your spouse or friend. Invite someone and let's play.

Next three 9 hole outings

<table>
<thead>
<tr>
<th>Date</th>
<th>Course</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>13 Aug (Tues)</td>
<td>Gold Hills</td>
<td>9:00 a.m.</td>
<td>$20.00(Cart Included)</td>
</tr>
<tr>
<td>26 Aug (Mon)</td>
<td>Allen's</td>
<td>8:00 a.m.</td>
<td>$9.00(reserve cart)</td>
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<tr>
<td>3 Sept (Tues)</td>
<td>Lake Redding</td>
<td>8:00 a.m.</td>
<td>$9.00(reserve cart)</td>
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Bob Goetz - 9ers Chairman

Left to right, Hal Leininger, Denny Alfaro, Maile Alfaro, Dick Fyten and Bill Harris at Tierra Oaks 9 Hole outing.

Sue (Rooster) Vanderwerf and Justin Clandening. FYI Sue was one of the winners of the rooster that was auctioned off at the June meeting.

Paul Poling and his son Adam. Adam was visiting his dad and works at the Pentagon in DC.
SIR Fishing Report July 2019  
By Jay Liu

June Fishing Meeting  
(2nd Wednesday of the Month @ the Country Waffle Restaurant)  
Howard Hughes did a presentation on fishing rods, he talked about what he liked about different rods and why he uses them.

SACRAMENTO RIVER

**Salmon**  
Salmon season is closed, and supposed to open below Red Bluff on July 15 and after Aug 1 above Red Bluff north.

**Trout:** The flow is 10891 CFS and trout fishing is pretty good from south Bonneville Bridge to the Sundial Bridge. I did not get a report on the lures of choice.

SHASTA LAKE

**Bass:** The lake is 17 feet down and dropping about a third foot a day. Fishing is wide open, top water is just starting to turn on early in the morning then go to bottom baits, most of the fish are around 25 to 35 feet down. The baits of choice are Swim baits, flickshake worm on a ball head, Ned rig TRD and Hula grubs.

**Trout:** The trout fishing is starting to pick up. They are trolling 50 to 60 feet down and the speed is 1 to 2 miles. The lures of choice are Kast Masters in shad color, Meps Spinners (black with yellow dots), Bass Rat and the Optimizer.

**Kokanee and Big Kings:** I did not get any report on the Kokanee or Kings.

TRINITY LAKE

**Bass:** Trinity lake is down 13 feet dropping about a 1/8 ft per day. The bite was slow and mostly small fish. Most of my fish are starting to show up on points. The baits I been using are Keitec swim baits, Hula Grub, Shake Flick worm on a ball head, Senkos, Neko (also known as the Izzy rig) rig and the Ned rig.

**Trout and Kokanee:** No report

WHISKYTOWN

**Bass:** I heard that there is a pretty good bite for bass. They have moved out from the banks and are starting to show up off shore on island tops using drop shots or small swim baits.

**Trout and Kokanee:** I heard that the Kokanee haven’t shown up yet and the bite is tough.
Birthdays in August

<table>
<thead>
<tr>
<th>Name</th>
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<tr>
<td>HOWARD</td>
<td>2</td>
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<tr>
<td>JAMES</td>
<td>3</td>
</tr>
<tr>
<td>LARRY</td>
<td>4</td>
</tr>
<tr>
<td>AL</td>
<td>4</td>
</tr>
<tr>
<td>DEAN</td>
<td>6</td>
</tr>
<tr>
<td>TOM</td>
<td>6</td>
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<tr>
<td>RICH</td>
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<td>JAMES</td>
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<td>SIDNEY</td>
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<tr>
<td>CARL</td>
<td>25</td>
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<tr>
<td>MARVIN</td>
<td>31</td>
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If money is ever on your mind, this could be the group for you.
I hear you thinking: I don’t even have a pot to..., so why should I attend?
Well, even if you don’t have a pot, or much of a pot, maybe you’d like to have a pot, or a bigger pot, or maybe you want to protect your little pot to give it to your heirs, even if it isn’t much of a pot.
This group’s only function is to help you out with all that. (Well, we eat and BS also, but what did you expect).
Bill Harris, the group’s chairman—we call him chairman because it’s a financial term—always has a subject of the month to discuss. For example, we have talked about bank accounts, leasing versus owning, how to leave your stuff to your kids, and a ton more.
Don’t let those subjects scare you, because we don’t get in too deep. We talk about the whole range of money issues, from small pot concerns to in-your-dreams stuff, and if you have questions about something else, we’ll discuss it.
As Chairman Bill says, “I learn something every month.”
Join us. One of the Tuesdays near the end of the month at Lulu’s at 9:00 in the morning.
Profile of SIR Gary Heffley
By Frank Galusha

Little did we know when we inducted Gary Heffley into SIR Branch 129 in January we had a member who once carried the Olympic Torch. More on that later but it does illustrate that many of us have done some remarkable things in our lifetimes.

Photo No. 1 Caption: Gary and his wife Lisa love dogs, two of which, Emma and Angel shown here, have passed on but they still own Abby, a flat-coated retriever about 13 years of age.

Gary has been a friend of mine for over 12 years. When I met him he was traveling the north state for M. Block & Sons, a broad line distributor to retail stores. That meant Gary had contacts across the region and because he loved fishing, particularly trout fishing, he just happened to notice a website, MyOutdoorBuddy.com, for which I was the editor. We hit it off immediately and Gary began to write for that online outdoor news magazine, and to help me sell advertising. He was a top salesman and seemed to be greatly admired by all he came into contact with in his travels. It turned out he was, and still is, a very friendly, likeable guy you can trust. Gary has always enjoyed writing and still writes for NorCalFishReports.com.

Continued on next page
Gary was born in Oakland and was raised in Richmond, CA where he graduated from Harry Ellis High School in 1973. From there he attended Contra Costa College, 1975 and Cal State University Bay Area in 1999. You may have met Gary at his last job (he retired in January of 2017) at Sportsman’s Warehouse in Redding where he managed the fishing department when the store first opened and later other major departments where his performance was always customer-centric. He still serves as Santa Claus there.

Gary has been married to Eliza (Lisa) his high-school sweetheart since the 4th of July in 1977. They had been dating since their senior year at Ellis High. Gary and Lisa don’t have any children but they have often had a house full of wonderful dogs. I sponsored Gary. Gary has not held any offices but he is the kind of guy who likes to make contributions. I am sure he will be there to help Branch 129 whenever he is needed.

As implied, Gary came to Redding from the Bay Area.

“I had been visiting the area and Lake Shasta as a family fishing vacation destination since early youth and the view of Mt. Shasta had always and is still a magnet to me.” Fishing and the outdoors was the main attraction but Gary says he is also an avid reader.

“I enjoy books by Jack Higgins, Clive Cussler, Dan Jenkins and John Feinstein as well as books about outdoor activities of the region and state. I do some volunteering with the CDFW Free Kids Fishing Day Programs and have assisted with hatchery fin clipping at CDFW hatcheries on occasion. I am also a member of the Nor Cal Sportsman's and Guide Association. The winning badge number for a free lunch in August is 104. I have participated at numerous outdoor shows and expos for the last dozen years and enjoy promoting fishing and outdoor activities of the north state. I also enjoy seeking out garage sales and swap meets looking for bargains to enhance my collection of Fenwick fishing rods and fishing tackle. I am also a die-hard sports fan. Go Giants!”

Caption #2: Being married to his “high school sweetheart/senior prom date” for 42 years is Gary’s proudest accomplishment but the most unique life event was being selected and honored to run the Olympic Torch during the torch relay for the 1984 Summer Games in Los Angeles.

“I ran my relay leg with a number of co-workers from Longs Drug Stores in the San Luis Obispo area. I have also enjoyed trips to Hawaii, Canada and Alaska with, of course, fishing. During some of those trips I look forward to meeting more of my fellow SIRs and I will always gladly share the latest info on fishing this region...just ask!”
Golf Nutz

A recent study found that the average golfer walks about 900 miles a year. Another study found golfers drink, on average, 22 gallons of alcohol a year, which means, on average, golfers get about 41 miles to the gallon. Kind of makes you proud. I almost feel like a hybrid.

************

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 husband 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 you're putting." "Don't worry dear," says the husband calmly, "they found a doctor on the second hole and he's coming to help you." "Well, how long will it take for him to get here?" she asks feebly. "No time at all," says her husband. "Everybody's already agreed to let him play through."

************

A gushy reporter told Phil Mickelson, "You are spectacular, your name is synonymous with the game of golf. You really know your way around the course. What's your secret?" Mickelson replied, "The holes are numbered."

************

A young man and a priest are playing together. At a short par-3 the priest asks, "What are you going to use on this hole, my son?" The young man says, "An 8-iron, father, how about you?" The priest says, "I'm going to hit a soft seven and pray." The young man hits his 8-iron and puts the ball on the green. The priest tops his 7-iron and dribbles the ball out a few yards. The young man says, "I don't know about you, father, but in my church, when we pray, we keep our head down."

************

Police are called to an apartment and find a woman holding a bloody 3-iron standing over a lifeless man. The detective asks, "Ma'am, is that your husband?" "Yes," says the woman. "Did you hit him with that golf club?" "Yes, yes, I did." The woman begins to sob, drops the club and puts her hands on her face. "How many times did you hit him?" "I don't know -- put me down for a five."

************

A golfer teed up his ball on the first tee, took a mighty swing and hit his ball into a clump of trees. He found his ball and saw an opening between two trees he thought he could hit through. Taking out his 3-wood, he took a mighty swing. The ball hit a tree, bounced back, hit him in the forehead and killed him. As he approached the gates of Heaven, St. Peter asked, "Are you a good golfer?" The man replied: "Got here in two, didn't I?"

************

The bride was escorted down the aisle and when she reached the altar, the groom was standing there with his golf bag and clubs at his side. She said: "What are your golf clubs doing here?" He looked her in the eye and said, "This isn't going to take all day, is it?"
Computer Users

A few of you have asked about getting a group together to talk about photography. What is the best camera? What programs are available for photo editing. Is there a cost to use these programs or are they free? What about a photo shoot trip? Does a smart phone take the best pictures or should I use a camera? Etc... Let’s meet during the computer meeting to discuss how best to move forward with this.

AUGUST CALENDAR

August 6 18 Hole Golf Mt Shasta 9:00AM
August 13 9 hole Golf Gold Hills 9:00AM
August 14 Fishing Meeting Country Waffle 10:00AM
August 19 18 Hole Golf Fall River 9:00AM
August 21 Regular Meeting Elks Lodge 11:00AM
August 26 9 Hole Golf Allens 9:00AM
August 27 Breakfast Gang Marie Calendars 8:30AM
August 28 Dine Out Gold Hills 5:00PM

Coming Attractions

September Dine Out

Duane Nelson has once again arranged a movie and a dinner on the 4th Wednesday of September.

Where: Benton Air Park on September 25th
Cost: $15 per person - BBQ Chicken or Tri-tip
Movie: Stan and Ollie
Duane has tickets at the August meeting
Sunshine Report

We lost a truly active member of SIR’s as Harry Tully passed away August 2nd. He will be missed! Jim Girt is fighting brain cancer and just returned home from treatment. Bob Goetz will be traveling to Stanford to have treatment on another attack of cancer. Cloyd Buck lost his wife last month.

As we age, I guess our bodies start to wear down and all we can do is to treat each breakdown with attention, modern medicine and prayer. A positive attitude helps keep all those aches and pains at bay. I’ve started to play golf with the 9 holed’s and what a joy and hoot that has been. So get out, walk, visit with friends, watch a ball game and just have fun although Bob Hope saw things a little different as from his quote of the month:

"If you watch a game, it’s fun. If you play at it, it’s recreation. If you work at it, it’s golf."

Len Napoli – Sunshine Chairman

Dine-Out for August

This month’s dine out will be at Gold Hills on Wednesday August 28th. The menu will be Tri Tip and chicken, salad, beans and roll for $17. Cocktails at 5PM followed by dinner. Contact Bill Harris to make reservations. His number is 378-5629. His email is harrisbk1961@tds.net. You can also sign up at the meeting in August.