



BRANCH 163 WELCOME

AUGUST 2025

NEWSLETTER



JULY LUNCHEON WAS A REAL SUCCESS AND EVERYONE HAD A NICE TIME. It appeared to me that every table had meaningful conversations and light-hearted comments. One thing we are not; Stuffed Shirts. And we don't want our guests to see us that way. By the way: always invite a guest. That helps us build membership.

**INVITE A
FRIEND AS
GARY DID
WITH DENNIS**



HODEL'S LUNCHES

- One of the best ways to make a friend is to bring them for one of our Hodel's Lunches.
- That should bring them back again.
- From the looks of this not only was the chicken tasty but the meatloaf was 'killer'.
- For those of you who did not attend I think this was one of the best meals we have had and by the looks of the 'Overflowing Plates' I know you'd agree.!



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DOING MY PART Recognition Pin

Ron Huntington brings in a new Member



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*****NEW MEMBER*****
GREG HUNTINGTON

WELCOME TO SIR
We do hope you enjoy our
Family and that you will
tell others.



BIG WINNER \$\$\$\$

- AL PRINSTER won the golden duck valued at \$28
- That will make anyone smile.
- Don't forget to share with your wife!
- ** We always have a 50/50 drawing and split the pot with the three lucky winners. Branch 163 funds this operation with our share.
- So thanks guys for being generous gamblers.





U.S. COAST GUARD BIRTHDAY TIMELINE

1790

Thank Hamilton for the U.S. Coast Guard

Alexander Hamilton, the first Secretary of the Treasury, founded the Revenue Marine — which later became the U.S. Coast Guard.

1915

The U.S. Coast Guard is a name change

The Revenue Cutter Service and U.S. Life Saving Service merged to form a single maritime entity called the U.S. Coast Guard.

2003

Coast Guard moved to Homeland Security

The U.S. Department of Homeland Security took over jurisdiction following the 9/11 terrorist attacks.

HAPPY 235TH BIRTHDAY TO OUR U.S. COAST GUARD

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A few armed vessels, judiciously stationed at the entrances of our ports, might at a small expense be made useful sentinels of the laws.

Alexander Hamilton, *Federalist Paper #12* (November 27, 1787)

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AUGUST 2025 CALENDAR OF EVENTS

7th Honor Flight, Elks Lodge, 7:30 AM, 1616 30th St.

14th Lunch-Out at Spencer's Café. 10437 Rosedale Hwy, 11 AM

21st SIR Lunch at Hodel's 56917 Knudsen Dr, 11 AM

**25th Pool Buddies, Firehouse 2905 Calloway, 11:30 AM
(subject to change)**

****REMEMBER:** THE BEST WAY NOT TO MISS AN ACTIVITY IS NOT TO SCHEDULE ANY APPOINTMENTS ON THURSDAYS. IF YOUR DOCTOR WON'T BUDGE; BRING HIM ALONG!

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TERRIBLE DAILY AFFIRMATIONS:

Don't let anybody make you feel bad about yourself. That's your job!

Not every day is precious. Waste today, you deserve it.

Today I'm putting myself first!.....if that's OK with you.

Take a moment to be grateful for all that you have. OK, now back to wishing everything was different!

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SPEAKERS FROM NORTH OF THE RIVER REC.

Both Jasmin LoBasso and Betty Hendrix shared some of the many activities available to seniors at the Rasmussen and three community centers in Bakersfield. The Rasmussen has the most with live music, dancing, lunch, pickle ball, chair exercises, movies, bingo, and the list goes on. Absolutely no excuse to sit around and feel sorry for yourself when enjoyable activities are waiting for you! By the way, anyone interested in Pickle Ball partners? How about Corn Hole teams? If you are, give me a call. 703-9450

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WAKE UP AND SMELL THE COFFEE:

Many studies have linked health benefits to drinking coffee, but a recent study by scientists at Harvard and Tulane universities found that the benefits are specifically linked to the time of day people drink the brew!

After examining the health and habits of more than 40,000 adults, scientists found that drinking coffee only in the morning hours was associated with a significantly lower risk of cardiovascular disease and death from all causes compared to not drinking coffee. Interestingly, people who drank coffee all day did not experience the same risk reduction.

So have that cup of Java in the morn and feel good about yourself.

ANNOUNCING: Speakers for August

- George Buell and his wife will share understanding of the loss of a loved one.
- They will address many of the issues one has to face in this struggle.
- How to cope? Not sitting around but joining meaningful associations, like SIR for example.
- Stay Occupied.



HAPPY BIRTHDAY

- Our very dear friend Richard Weigelt just Turned

90

- Can you believe that? Why he doesn't look a day over.....?
- Actually that's not important.
- Enjoy Great Health and a loving family.



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Vince Fong US Representative for California 20th
Congressional District tells us that a committee
Report claims China will invade Taiwan in 2026.
Standby and Watch!

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AUGUST

A poem to the hottest month of summer

“In August”

By Paul Laurence Dunbar

When August days are hot an’ dry,

When burning copper is the sky,

I ‘d rather fish than feast or fly

In airy realms serene and high.

I ‘d take a suit not made for looks,

Some easily digested books,
Some flies, some lines, some bait, some hooks,
Then would I seek the bays and brooks.
I would eschew mine every task,
In Nature's smiles my soul should bask,
And I me thinks no more could ask,
Except—perhaps—one little flask.
In case of accident, you know,
Or should the wind come on to blow,
Or I be chilled or capsized, so,
A flask would be the only go.
Then could I spend a happy time,—
A bit of sport, a bit of rhyme
(A bit of lemon, or of lime,
To make my bottle's contents prime)
When August days are hot an' dry,
I won't sit by an' sigh or die,
I'll get my bottle (on the sly)
And go ahead, and fish, and lie!

ABOUT JUSTICE::

Let love and faithfulness never leave you;

Bind them around your neck,

Write them on the tablet of your heart.

Then you will win favor and a good name

In the sight of God and man.

**BIG SIR JIM
SHAPAZIAN**



Gentlemen, it is my opportunity to again come before you and present an encouraging and welcoming memo.

It is August, 2025. What occurs in August that is important to you, your family, or our country? In looking over the special August days listed, I have found that there are no federal or state holidays in August.

I know many of you have dogs for pets so prepare to treat them as special on August 26. Yes it is National Dog Day. For those of you having cats as pets, you may have missed International Cat Day on August 4th.

There are many very unusual “special” days such as International Left-Handers Day. I could go on but you get the idea. Some of us have grandkids or even great grand kids and they started school last week. CSUB and Bakersfield College start August 25th. This can be a big deal especially for those students leaving home for an out of county or out of state school.

Many of you may plan vacations around this time of year just because it is after school starts. If so, enjoy your time away and always be aware of your surroundings to stay safe. Labor Day is September 1st this year so you might not want to go anywhere until that is past. Have a great rest of your summer.

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LARRY and BILLIE DOUGLAS

“A story of two converging paths of life”

Isn't it amazing, once you match a face with a name you realize who they are? Larry and Billie have been around for years but only their inner circle of friends really know them. That's why we like to profile our members so we know them more intimately.

Their story actually begins in Wasco where each was born and raised through high school as neighbors but not real friends. Larry played sports, loved baseball, and tinkered with electronics like radios which were complicated to many in those early

years. His Dad was head custodian and constable at Wasco Union High School. A constable represented the police department so everyone stayed 'in-line'! On top of that Larry's Mother was a teacher at Wasco Elementary school. Needless to say Larry stayed out of trouble, at least that what he tells us.

Larry remembers working in the fields picking cotton and potatoes for 25c a bag. He also worked at the local grocery store stocking shelves, cleaning the store at night, and working as a 'box-boy', and even check-out cashier. Although these jobs didn't pay a lot they provided Larry the necessary funds for his first car, a model A with a Ford V-8 engine! Now that sounds fun to me!

Graduating in 1958 both went their separate ways. Billie got married and started her family. At age 29 she completed her education at Bakersfield College and was employed for 36 years by the Bakersfield School district.

Larry went to Bakersfield College to pursue a degree in electronic engineering. He continued his major at Cal Poly San Luis Obispo. After one year he decided it best to get his military requirements completed so he enlisted into the Air Force in 1961 at the age of 21. He was assigned to the Air Force's Radar Technician School at Keesler AFB in Biloxi, Ms., where he spent 10 months studying radar detection. Then off to an isolated site in Alaska where Larry found himself on top of a tall mountain at an isolated radar detection facility. The only way up or down was by the longest open-air cable platform in North America! They would spend 2 - 3 weeks there and then allowed to go down to the main base at the bottom of the mountain where they could get a shower, fresh clothes, and sundries. Then back to the top. Water, food, medicine, mail and supplies were carried up by cable as needed. I asked Larry what he actually did up there but he says he can't talk about it.

After Larry was discharged he got a job with Pac Bell Telephone in Oakland as a "Long Line Tech" assigned to C-1 Bay where they processed all Delta Water emergency calls 24/7. He received his FCC First Class License with a Radar Endorsement which was his ticket to work anywhere he wished with regards to electronics and support systems.

Larry began his electronics career in the Bay area while pursuing his college education, graduating in 1973 with a Bachelor of Science degree from San Jose State University.

In his career Larry worked for several companies that were technological leaders in the electronic industry. For example, ATI manufactured electronic countermeasure systems and Larry worked in a number of phases such as test and evaluation, writing

proposals to the Air Force and Navy, and Field Engineer support for fight test programs.

Larry worked for Plantronics which manufactured miniature head sets and he was the manager of service and support for four years. He also worked for Cooper Medical which manufactured medical electronic equipment such as heart monitors and brain surgery monitoring systems. He also worked for ICT, Integrated Circuit Technology, where once again Larry was the service support manager both in the office and in the field.

Larry admits he was a 'Frustrated field engineer working as a service support manager' most of his career. He said he enjoys solving complex problems and delivering solutions to clients.

Married in 1967 to his wife Marian they lived in the Bay area for 44 years until Larry retired. They moved to Lacey, Washington (outside of Olympia) in 2011. Unfortunately, Marian passed away in 2012 leaving Larry alone in their new home.

As fortune would have it Larry came down to Wasco to celebrate the 100th Centennial of Wasco High School. At this reunion he met Billie and a friend who gave him a seat at their table for lunch. At this time Billie had been widowed for several years. They palled around in all the events and Larry invited Billie and some of his former classmates to come up and see what 'God's Country' really looks like.

Billie said something in her mind kept telling her to take Larry up on his offer which she did and which started their courtship. After several trips back and forth and much talking, deliberation, and compromising, plus knowing neither could afford this commuting between Bakersfield and Lacey for courting purposes they reached the same conclusion: get married! So they did and have been married happily for ten years. Together they have 5 grandchildren and 15 great-grandchildren.

They enjoy their lives, their family times, and friendships in Brighton Parks. Both concur that God brought them together and He Blessed them not to live single lives.

We thank you both, Larry and Billie, for your courage and determination in allowing God to bring your paths together in your seventies. You are a shining example of 'stepping out in faith'.

Sir Larry Sitzman



The village below was called 'Tin City' and on top of the mountain
Was Tin City Long Range Radar Station where Larry Douglas was
Placed during the early sixties. The village is now deserted and in
Shambles but the mountain is still in use as a weather station.

You can learn more from google, of course, now that it is no longer
Considered classified top secret.

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**HAVE A GREAT AUGUST MEN ! SEE YOU AT ONE OF OUR FAMOUS THURSDAY
LUNCHES.**