



# Sons in Retirement SAN JUAN BRANCH NO. 102 June 2023

## LUNCHEON MEETING

2nd Tuesday of the month  
Executive Board meeting 9:30 A.M.  
Social Hour: 10.45—Luncheon: 11:30  
Carmichael Elks Lodge

## Next Meeting

Tuesday  
June 13

[www.sirinc2.org/branch102/](http://www.sirinc2.org/branch102/)

## Lunch Menu:

.Hot Dogs, Hamburgers salad etc.

**Bar will be open**



### BIG SIR COMMENTS:

#### Gabe Reddig

"Hi folks! Today I will tell you the tale of the new knee for me. I know that there are many of you, maybe only a few, who want to know how my total right knee replacement surgery worked out, as you can see some similar surgery in your future. I can report to you that it happened as scheduled at Sutter Hospital Roseville on Monday the 15th of May. I checked into Surgery at 7:30 AM, went through the preop & registration process, and was in surgery from 9:30 to 11:00. Next it was on to Recovery for 3 & 1/2 hours, and then the Lovely "Dot" had me home by 2:30 with my completely new bionic knee joint, feelin' no pain & experiencing only joy that this long anticipated surgery was completed - successfully!!! They get you up walking as soon as the anesthesia wears off, and the beautiful 72 hour pain shots they give directly to the knee before surgery makes movement with a walker a "piece of cake". There is a good deal of swelling right at the knee, and at the thigh and ankle area, but the pain killer meds mask the effects perfectly!

And you guessed it, this easy transition could not be possible without the magic of "Pharmaceuticals"! The important ones are - Oxy & acetaminophen (Percocet), Ibuprofen, and Colace - a vital laxative & stool softner. The good pain killers back ya up real good, so it must be proactively managed. Now it's Wednesday night/Thursday morning & the 72 hour pain shots in the knee are wearing off.....It's not a great feeling - gotta reach for the good stuff and start managing the pain & swelling. I am very lucky as my Medicare and TRICARE insurance plans allow for a home healthcare nurse visit twice a week, and a physical therapist visit twice a week also for up to three weeks after the surgery. Believe me, get it if you can because the nurse and the physical therapist are really indispensable. It's Friday after lunch as I write this, and I just got some good news! The physical therapist has just finished, after her second visit this week, and left me with a very nice thought. She says my ability to stretch the knee is going way better & faster than expected, and my bend/stretch angle is about 115 degrees, and typically is in the 75 - 80 degrees range 5 days after surgery. I told her "thanks very much," and that I finally now have a topic for my Big SIR Comments! We got this, guys! We can do it!!!"

**Gabe Reddig,  
Big SIR**



### LITTLE SIR COMMENTS:

#### Gary Adams

For those of you who missed our last meeting, I must say it was very good, and you missed a tremendous story of how Susan Savage and her Husband came about owning the Sacramento Rivercats Baseball team, a current Triple-A affiliate of the San Francisco Giants. Susan became the owner of the team following her husbands passing and ultimately sold the team to the Sacramento Kings. A great speaker and a very interesting story. Thanks to Fred Campbell-Craven for arranging her to make her presentation.

Our next Speaker, or Speakers, will also be a winner. Don Wagner has arranged for the "Sacramento Blue Star Moms" to make their presentation to us in June. The Sacramento Blue Star Moms is a non-political, non-sectarian, non-racial, non-profit Military/Veteran support organization, with a charitable 501(c)(3) tax- exempt status. Members are proud mothers, stepmothers, foster mothers and female legal guardians living in South Placer county and Sacramento county who have children serving in the military, guard or reserves, or children who are veterans. They support Veterans, Service Members from all branches of the U.S. Armed Force, and honor Gold Star Families. Blue Star Moms share their pride in the Armed Forces and our country by participating in patriotic events, community awareness, supporting Veterans and deployed Service Members and their families left behind. These Blue Star Moms send 1500 care packages per year to deployed service members around the world. Don't miss this one.

You may or may not remember that I sent out the BEC Meeting Minutes last month for your review. Thought that it might be of interest to see what we discuss in the meetings. A necessary requirement for our "Corporation" and the State SIR. You are always welcome to come in to the meetings if you are interested, especially if you have a new member or if you want to speak to the BEC.

My last comment, as usual, is to mention the need for some of you to step up and volunteer for a position in the Branch. We can always use more help and there are still a few openings that are needed to fill. Believe it or not, none of the positions are difficult and I guarantee you will ultimately be thankful for getting involved. I know I have.

By the way, we had a blast in Rolling Hills for our two days of golf. What a nice facility and golf course. John Daly's course is tough but for the scramble format we play it's perfect. I was the D player in my group and we came in first place on the second day. Can you believe that? It was fun.

Get ready for Carson City, it's coming in July and that is definitely the highlight of our Golf Club. Don't forget to signup at the next luncheon and remember, anybody can play, so bring a friend.

**Gary Adams,  
Little SIR**

**SIR 102 BEC Treasurer Report**  
**Month of May, 2023 to 05/31/23**

**BEGINNING FUNDS** **\$7,649.19**

**General Accounts:**

<a href="#"><u>Bank Dividends</u></a>	<b>\$0.32</b>
2023 Yearly Dues (3 deposits this month; 1 additional is pending) <sup>1</sup>	<b>\$30.00</b>
Constant Contact - Hosting	<b>(\$20.00)</b>
<b>Net General gain/(loss)</b>	<b>\$10.32</b>

**Custodial Accounts:**

Luncheon Receipts 05/09/23	<b>\$1,320.00</b>
Luncheon Elks Club Luncheon Expense 05/09/23	<b>(\$1,166.00)</b>
Luncheon Raffle/Wine 05/09/23	<b>(\$31.08)</b>
Luncheon Bar 05/09/23; (to meet \$175 Minimum)	<b>\$0.00</b>
<b>Net Custodial gain/(loss)</b>	<b>\$122.92</b>

**ENDING FUNDS:** **\$7,782.43**

Active 2023 Membership is 104

Next Luncheon is Tuesday, June 13, 2023; Cost is \$25.00 for eating; \$5.00 for Attending but not Eating

**John Slingerland**  
**1100 El Sur Way**  
**Sacramento, CA 95864**

***Happy Birthday***



**June**

Hank Price	93	Jim Lunsford	82	Tom Liddicoat	75	Robert Rogel	67
Fran Jones	82	Charles Randall	79	Jim Morgan	69	Jiff Janoian	64



# BIRDIES AND BOGEY

## June 2023

web site: [www.sirinc2.org/branch102/](http://www.sirinc2.org/branch102/)



### **GOLF CHAIRMAN: Jeff Dye**

.Hi Fellow Golfers,

Well, June is upon us and the weather is warmer and we're finally getting some extra distance on the course.

If you haven't signed up for our Carson City "mini vacation" you can do so at the June luncheon.

Invite your spouse, girlfriend, neighbor or friends to our wonderful event. There is also a chance to win money either in the casino or on the course or both.

Our travel chairman, Don Wagner, has done a great job setting up this event. His flyers were mailed to all of you so check it out for all of the information you may need.

Hope to see you at the June luncheon and don't forget your checkbook for golf sign ups.

*Jeff*



### **MEMBERSHIP: Ramon Murillo**

Greetings,

Our current membership is 104 due to the passing of one of our members in Gilbert A. Anderson. Condolences to his family and friends.

As always, we encourage you to bring new members to further our fellowship.

*Ramon Murillo*

**SIR 102 2021 OFFICERS**

**BIG SIR**.....Gabe Reddig  
**LITTLE SIR** ..... Gary Adams  
**SECRETARY**.....Jim Lasiter  
**ASST. SECRETARY**...Tom Hennessy  
**TREASURER**.....John Slingerland  
**ASST. TREASURER**.....Eloy Herrera

**DIRECTORS**

**Dallas Ito** (2025)  
**Cal Conley** (2026)  
**George Wheeler** (2023)  
**Dan Maglionico** (2023)  
**Jim Morgan** (2024)  
**Don Wagner** (State HLM)  
**Gary Bohn** (HLM)  
**Jeff Dye** (HLM)

**STATE OFFICERS**

State President: Dave Gonzales  
Area 4 Representative Jack Reefer  
Director Region 1 Hugh Thompson

**SIR 102 COMMITTEE CHAIRMEN**

**AUDITOR** Don Lewis  
**ATTENDANCE** Ramon Murillo  
**ACTIVITIES** Norm Steinbach  
**BOOK EXCHANGE** Tom McKinley  
**CHAPLAIN** VACANT  
**GOLF** Jeff Dye  
**HARDWARE** VACANT  
**MEMBERSHIP** Ramon Murillo  
**NEWSLETTER** George Wheeler  
**SUNSHINE** Gary Bohn  
**TRAVEL** Bill Maffei  
**WEBMASTER** Gary & Steve Adams  
**BOWLING** VACANT  
**RAMP Recruitment** VACANT  
**RAMP Activities** Norm Steinbach  
**RAMP Membership** Ramon Murillo

**HONARARY LIFE MEMBERS**

As Of  
Donald (Don) A. Wagner 2/23/2012 9.7 yrs  
Gary Bohn 12/9/2014 7.2 yrs  
Jeffrey Dye 8/9/2022

**SENIOR SIR**

Senior SIR Pete McDonough

**PAST 102 BIG SIR**

Gordon Nielson 1983 Bill Drake, 2007  
Pete Tapella 1984 Speedy Sheetz 2007  
Roy Bostic 1985 Joe Virga 2008  
Don Johnson 1986 Mickey Wagner 2009  
Paul Siglin 1987 Bob Lamora 2010  
Wesley Fisk Jr. 1988 Jim Johnson 2011  
Ray Nyman 1989 Dick Larsen 2011  
Don Gaylord 1990 Jim Reese 2012  
Les Jones 1991 Gary Bohn 2013  
Don Gaylord 1992 Don Whalen 2014  
Rock Sorgman 1993 Dick Coleman 2015  
Bill Spencer 1994 Jeff Dye 2015- 2016  
Tom Warburton 1995 Norm Steinbach 2017  
Don Neudeck 1996 Cliff Jones 2018  
Don Gayner 1997 Larry Dezonias 2019  
Don Wiles 1998 Mike Lorton 2020  
Tom Eyman 1999 Dan Maglionico 2020/21  
Bob Simowski 2000 Gary Adams 2022  
Stan Spalding 2001 Gabe Reddig 2023  
Chuck Shoemaker 2002  
Lloyd Browning 2003  
Bob Baker 2004  
Don Wagner 2005  
Frank Mason 2006

***NEWSLETTER INPUT: Please contact me if you want to have the newsletter sent to a potential member for a couple of months or if you have any input for "your" newsletter. Phone me, 916-332-4855 or email g\_wheeler@sbcglobal.net***

Sons In Retirement is a nonprofit public benefit corporation for retired men, devoted to the promotion of independence and dignity of retirement. SIR's purpose is to assist men in renewing former friendships and provide opportunities to make new friends through association with other retirees. The only requirement for membership is that a man be retired and sponsored by an active member. Membership shall be open to men retired from fulltime gainful occupation, regardless of age, race, color or religion. **Visit the SIR website at <http://sirinc.org/>**

**NON-RESPONSIBILIY DECLARATION**

All travel activities and other activities arranged for 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 passengers or safety of the participants or their property, in any matters pertaining to said events or activities. (Rule 345)

