

# Rooster's Tale



*Sons in Retirement – Branch 110*

Meeting December 16, 2024 1705 Manzanita Avenue, Chico, CA  
 Luncheon at 11:30 am – Executive Committee at 9:30 am

**Program:** Members of Branch 110 have a treat to look forward to at our December 16, 2024, Luncheon Meeting. We will be entertained with happy Christmas music by the Sounds of the Valley Chorus. This wonderful singing group is a membership organization of female singers, who meet regularly to practice, perform, socialize and have fun. Originally chartered in 1974 as Chico Sweet Adelines, the chorus was renamed the Sounds of the Valley Chorus in 1994. For over 45 years, they have carried on the proud tradition as Chico's Original Women's Barbershop Chorus.



**Lunch:** The price of a salad as been reduced to \$18. The price of lunch is still \$20.

Lunch Menu	Attendance Communication
<p><b>Stuffed Pork Tenderloin</b> with herb's, blue cheese, cranberry, and spinach w/ sundried tomato cream sauce, mashed potatoes, green beans, and bread. Dessert will be strawberry cheesecake.</p>	<p>It is important to communicate whether you will participate in the <b>December</b> luncheon. <b>Please respond to the survey</b>, but if you could not do the survey, and <b>if you WILL attend</b>, contact Rocky Rockwell at 916-209-3217 or Dave Jones at 530-895-1022 <b>by Thursday, December 12.</b></p>

**Big Sir Message:** This is my last Big Sir message of 2024. It's amazing how fast the year went. I want to thank all the folks that really made my job easy. I didn't realize just how good we have it at SIR 110 before I got on the BEC. A couple of years ago, when I told a few guys that had pressured me for years to become the Little Sir, that I would do it. I had that sinking feeling that I had just made a huge mistake. I was stressed but as the months clicked off, I felt more and more comfortable sitting next to Rich Utter. As the months passed, I started to feel that this might not be as bad as I once thought. When you are the Little Sir, your responsibilities are almost nothing. The biggest stress I had was hoping like hell Rich would make it to each SIR lunches without any conflict. I dreaded the thought that I would get that call from him telling me he would be out of town or not feeling well, and I would be on my own at the next meeting. Thank God it didn't happen. When it was my turn Rich gave me his big folder that had been put together from the previous Big Sirs and after you spent some time looking at all the templates and the history that was there, it appeared that it really wasn't a big deal after all. After the first few meetings everything slowed down and it's not as difficult as I imagined. **We need a Little Sir for next year.** I ask anyone who might be interested in that or any of the open positions please call someone on the BEC with any questions. The Big Sir



gets most of the credit but the guys who do **all the hard work is everyone on the BEC Committee and all the guys who sit at the tables as we come to the meetings and all the Committee Chairmen.** I personally want to say thank you to all the people that make our group as good as it is. They make SIR 110 enjoyable and fun to come to each month. They spend many hours behind the scenes and really do all the hard work. The truth is that the Big Sir gets a lot more credit than they deserve. The small group I've mentioned should get most all the credit. We need to replace a few of them soon. If you feel like you want to get involved, please contact us. Next year we have Don Sturt as incoming Big Sir. He is a fun guy, and he will be great in this position. He has recently volunteered to participate on "The SIR Statewide Advisory Council". This is a relatively small group of SIR leaders from all over the north state that will figure out the best way forward for the State SIR organization. As everything in life changes, it is necessary to stay relevant and successful. He will be fun at the lunch meetings and will be able to let us know about the future of SIR, as he will be able to report on the committee decisions and their intentions and the direction that they see going forward.

I want to thank Sean Farley, the son of a member of SIR 84, for his great presentation and the passion he has for the family's private museum of military memorabilia that is in Durham. It's incredible the efforts and money that this very patriotic family has for all branches of the military. It was eye opening to me the detail and authenticity that they go through to put an exhibit into the museum. He stated that he was a third generation Army veteran. Just the small amount that he highlighted in his presentation kind of makes me feel that this museum is a big secret to most all folks in our area. He will set up with Jim Braziel one day in the future to go out to Durham and do a private tour. It was also interesting to see the 7 US flags again. The history of them is something I'll bet not many folks know about. Thanks to Jim Brazil who had the idea and Norm Stump who got the flags out of the basement.

In December we are fortunate to have some Christmas music from "The Sounds of the Valley" They have been our December go to program for the last few years. They spend many hours practicing their Christmas program and every year it is a bit different. I hope that you enjoy the program, and it helps getting us in the Christmas spirit.

Again, thanks to all the folks that made this year fun and fairly easy. They truly are the backbone of this organization. (They know who they are.) It was eye opening to me the hard work that is done behind the scenes to make our lunch meetings fun. Thanks also to the Elk's Lodge for the hundreds of times I've contacted either Kirk or Jocel setting up stuff for our meetings. They set us up in one room to save us another lunch increase. I've contacted Jocel every month setting up lunch menus and adjusting the numbers to eliminate any additional costs for lunches ordered and not paid for. And in this regard, I thank all you SIR 110 members for making a great attempt to get the lunch numbers accurate. I hope you all have a Merry Christmas. *Dave*

## 2024 Officers and Directors

Big Sir: Dave Jones		Little Sir: Don Sturt	
<b>Secretary:</b> Bob Dinger	<b>Asst. Sec.:</b> Dave Rush	<b>Data Base Mgr:</b> Rocky Rockwell	
<b>Treasurer:</b> Charles Staser	<b>Asst. Treas. :</b> Jose Lopez	<b>Parliamentarian:</b> Ken Edson	
<b>Director:</b> Ken Edson (3 <sup>rd</sup> term)	<b>Director:</b> Ron Braziel (3 <sup>rd</sup> term)	<b>Director:</b> Bill Colvin (3 <sup>rd</sup> term)	
<b>Director:</b> Randy Benson (2 <sup>nd</sup> term)	<b>Director:</b> Mike Nicholas (1 <sup>st</sup> term)	<b>Director:</b> Joe Navarro (1 <sup>st</sup> term)	

**Please check out our website for frequent updates and new humor.**

**Branch 110 Website: <http://www.branch110.sirinc2.org>**

**Webmaster: Ron Braziel**

## 2025 Officers and Directors

<b>Big Sir: Don Sturt</b>		<b>Little Sir: VACANT!!!</b>	
<b>Secretary: Bob Dinger</b>	<b>Asst. Sec.: Dave Rush</b>	<b>Data Base Mgr: Rocky Rockwell</b>	
<b>Treasurer: Charles Staser</b>	<b>Asst. Treas.: Jose Lopez</b>	<b>Parliamentarian: Ken Edson</b>	
<b>Director: Randy Benson (3<sup>rd</sup> term)</b>	<b>Director: Mike Nicholas (2<sup>nd</sup> term)</b>	<b>Director: Joe Navarro (2<sup>nd</sup> term)</b>	
<b>Director: Mike Gross (1<sup>st</sup> term)</b>	<b>Director: Dave Jones (1<sup>st</sup> term)</b>	<b>Director: Jan Loring (1<sup>st</sup> term)</b>	

## Health, Memorials and Wisdom

In order to include information about Branch 110 members who have health issues or have passed away, **everyone's assistance is requested**. If you know of a member who has had health issues or has recently died, please provide the information to Don Alger. Let's not miss acknowledging our fellow members. The following member has recently passed away.

**Robert (Bob) Huss** passed away Monday October 28, 2024 at the age of 87. Bob retired from the USAF in 1981 as a Lieutenant Colonel with degrees in Aeronautical Engineering and Mechanical Engineering. After retirement, he started a second career at McDonnell Douglas and worked there until 1994. After his second retirement, he was active in several organizations including SIR Branch 110 as a member since March 1997.

The person we lost will never be forgotten. They will continue to live in our hearts and memories.

## 50 Years Ago

**December 16, 1974:** The Safe Drinking Water Act was signed into law, setting standards for drinking water quality for all public water systems in the United States.

### Fluoride Toxicity

I know that fluoride is a current hot political topic. However, this is NOT meant to represent any sort of political commentary. Based on teaching college level chemistry for 40 years and a toxicology course for over 20 years, I offer you the following scientific information. I recognize that some may not accept science as your primary source of knowledge and some may feel that the fluoride controversy is a matter of personal freedom of choice but here I offer some scientific facts regarding toxicology in general and fluoride in particular.

All chemicals are toxic at some level. Even oxygen and water can be lethal at high exposure but obviously have safe exposure levels and in fact are necessary for survival.

There are over 1000 deaths per year in the US due carbon monoxide poisoning, but we all are constantly breathing in small amounts because it is in the atmosphere at low concentrations. These chemicals and others obviously have safe exposure levels.


Fluoride is also toxic and can be lethal at very large doses, but like the other chemicals mentioned above, fluoride has perfectly safe levels of exposure and has been added to community water supplies to produce concentrations from 0.7 to 1.0 milligrams per liter (ppm) since the 1940's with no scientific evidence of adverse health issues. The current limit in the U.S. is 0.7 ppm and the World Health Organizations has a limit of 1.5 ppm. All natural water contains some fluoride and some supplies have concentrations well over 1.5 ppm. (continued on the next page)


There is good scientific evidence that dental fluorosis (a **cosmetic** mottling of tooth enamel in children who consume too much fluoride while their teeth are developing) can occur with fluoride concentrations over 1.5 ppm. They did, however, find fewer cavities in those children than normal.

In August of 2024, there was a media publicized National Toxicology Program report evaluating the potential relationship between fluoride and IQ in children. It concluded there was an "association" between fluoride exposure to water greater than 1.5 ppm and lower IQ. In general, **media reports** of "links" or "associations" means that the study did **NOT** indicate that there was a **cause and effect**. This was the case with the NTP study which was clearly indicated in the report.

## SIR 110 Activities

**Please remember that when planning SIR activities, it is critical that approval be obtained from the BEC and have it entered into the minutes for insurance coverage.**

<p><b>Hiking</b></p>		<p>Our <b>Wednesday, December 11</b> hike is along the Paradise Lake walking path. <b>PLACE:</b> Meet at Park and Ride lot nearest Highway 99 along Fir Street and carpool to Paradise Lake. Lunch afterward in the Paradise area (optional)</p>
<p><b>DATE:</b> Wednesday, December 11, 2024 <b>TIME:</b> 10:00 am  <b>WEAR:</b> Layers, hat, walking or hiking shoes or boots  <b>LOGISTICS:</b> Bring water. Bring a snack, if desired. Suggest bringing sunscreen, eye protection, lip balm, walking poles or staff if desired, a personal first aid kit, and a hat. Binoculars could come in handy to bird watch. Include in your pack the name of an emergency contact, contact information and medical insurance information. Bring money for lunch (optional).  <b>COMMENTS:</b> This hike is along a walking path so this is generally even terrain with gradual elevation changes. Surfaces can include rocks and potholes and can be slippery from rain and leaves. Be alert to tripping and fall hazards. <b>For additional information please contact Rich Utter, Randy Benson or Jim Hertl.</b></p>		

<p><b>Piscatology</b></p>		<p>At our November, 18<sup>th</sup> luncheon, Bill Colvin presented the 2024 Les Vander Velden big fish trophy to Vern Hartman. The fishing group will next meet at our monthly breakfast at the</p>
<p>Cozy Diner on <b>Thursday, December 12, at 7:00 am.</b> This month we will have a gift exchange. Congratulations to Vern Hartman for winning the "largest fish" caught this year, thus receiving the Les VanderVelden Memorial Trophy (see below). If interested in fishing, please join us. <b>Call Dana Davis (530-570-1687) or Bill Colvin (530-521-7269) for more information.</b></p>		

### Documentation of SIR Hiking and Fishing Fun




**Sacramento River Trail Hike**





**Dana Davis, Larry Kreider  
Vern Hartman & Bill Colvin**




**Larry Kreider &  
Vern Hartman**

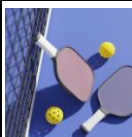
<b>Bridge</b>		<p>The Bridge players played last month. <b>Bob Dinger</b> won two sessions. Please come join this friendly Bridge group. They meet weekly on Thursdays at 2750 Sierra Sunrise Terrace in Chico at noon.  <b>Call Bob Dinger at 530-892-9063 for information.</b></p>
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<b>History</b>		<p>The next meeting will be <b>Tuesday, January 14, at 10 am at 6 Stratford Way</b>. This meeting will continue discussions about <u>Old Grocery Stores of Chico</u> and a new project on producing a book with</p>
<p>Biographical Sketches of Notable 20<sup>th</sup> Century Residents of Chico. Information on <u>Flour Mills and Flumes of Chico</u> will also be presented.</p>		
<p>The History Group has been very busy and has published "<u>Post Offices of Chico 1881-2024</u>" by Don Alger and Ray Rolls. It is digitally published and available on the SIR Branch 110 website. It is on the website under <b>Site Map</b>, click on "Activities" and then on "Current Activities" then on "History Group". This book is also available on Amazon.com.</p>		
<p>Ray Wilson has published a book on The History of the Chico Brewery and Andy Andersons Blacksmith Shop entitled "<u>The Brewer and the Blacksmith</u>". It is available at <a href="http://www.thebookpatch.com">www.thebookpatch.com</a> and also on the SIR website (see above).</p>		
<p><b>If you would be interested in participating or would like more information, please contact Don Alger (<a href="mailto:dalger@csuchico.edu">dalger@csuchico.edu</a> or 530-894-2452).</b></p>		


<b>ABV 110</b>		<p><b>No activities will be scheduled for November or December due to the variety of holiday activities which many people have planned.</b>  <b>Ideas for futures activities are more than welcome.</b></p>
<p><b>To be added to the email list, contact Don Alger (<a href="mailto:dalger@csuchico.edu">dalger@csuchico.edu</a> or 530-894-2452).</b></p>		

<b>Pinochle</b>		<p>November Pinochle Report: The winners for the day were: Barbara Favilla - 1st; Maggie Navarro - 2nd; Charles Clayton - 3rd. Due to the holiday, please remember the date change for December. <b>We will play Wednesday, December 18, 11:00, BCCC.</b></p>
<p>Come join the fun group. <b>Call Joe Navarro at 343-0832 with questions.</b></p>		

<b>Wood Working</b>		<p><b>Due to a lack of participation, there are no longer regular meetings.</b> If someone has a project that needs a little help, <b>call Craig Lindquist at 530-898-8483 or Bill Gebhardt at 530-879-0429 for more information.</b></p>
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<b>Pickleball</b>		<p>The pickleball group will resume on Thursdays at noon as the weather improves. Stay tuned for forecasts.  <b>Jay Hanson can be reached at <a href="mailto:jbirdhanson1@gmail.com">jbirdhanson1@gmail.com</a>.</b></p>
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<h2 style="color: blue;">Bowling</h2>		<p>SIR Bowling meets Tuesdays at 6 pm at Bowlero. This is a drop-in league that meets each week, so you can attend every Tuesday or when the mood strikes you. If you decide to show up near a holiday or as summer approaches, you might want to check to make</p>
<p>sure the bowling night is happening. The cost is \$17 for three games plus shoe rental. There is a \$25 league enrollment fee so your first time to bowl will be \$42 then \$17 each time thereafter.  <b>Please contact Randy Benson with any questions at 530-513-9815.</b></p>		

<h2 style="color: blue;">Golf</h2>		<p>Branch 110 Golf is a very popular activity not only for our members but also for other local SIR Branches. There are tournaments usually twice a month on Mondays with a variety of entertaining formats at different courses. Call <b>Darrell Hands</b>, the Chair of the activity, at 530-966-1303 for information.</p>
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On November 4, 47 Sirs played at Table Mountain

<b>1<sup>st</sup> Net = 143 (tie)</b>	<b>1<sup>st</sup> Net = 143 (tie)</b>	<b>1<sup>st</sup> Net = 143 (tie)</b>
BROSSOIT, PAUL	BARNUM, DAVE	CAGNO, JIM
EBER, JEFF	BINGAMAN, BILL	HERMAN, CRAIG
HYDER, MARK	HILDENBRAND, LARRY	KNOWLTON, JACK
PERTUIT, GLEN	WEIDERT, JIM	PARSONS, DICK
<b>4<sup>th</sup> Net = 144</b>	<b>5<sup>th</sup> Net = 147</b>	<b>6<sup>th</sup> Net = 149</b>
BARGER, JIM	BRUGGMAN, DENNIS	DONAHOO, SCOT
MABREY, BOB	HULL, MICHAEL	HANDS, DARRELL
MCMAMARA, DENNIS	QUINTO, RAY	PORTERFIELD, CAP
WHITE, GARY	VAN PATTEN, ALEX	SHOOK, DOUG

**CLOSEST TO PIN 3:** BROWNING, BOB - 8' 1"; MABREY, BOB - 8' 3" **PIN 7:** MCMAMARA, DENNIS - 1' 4"; KEYSER, DENNIS - 12' 6" **PIN 12:** EBER, JEFF - 1' 2"; GRAY, MARK - 11' 1" **PIN 16:** PORTERFIELD, CAP - 0,0; QUINTO, RAY - 6' 1"

## SIR 110 Information Resources

**This is information related to History that does not represent official Branch 110 activities, but does provide information about other history events.**

<h2 style="color: blue;">History</h2>		<p>There will be an endeavor to keep folks informed about upcoming history related events.  <b>Contact Don Alger (<a href="mailto:dalger@csuchico.edu">dalger@csuchico.edu</a> or 530-894-2452) for more information about the following.</b></p>
<p style="text-align: center;"><b><u>Chico History Museum Events</u></b></p> <p><b>December 7:</b> "Anna Marks - Another Look"</p>		





## MEMBERSHIP

There are now **134** members including **8** on Attendance Relief. Membership brochures and applications are always available at the membership table or you can call Don Levensaler at **530-520-3291** to **get one via the postal service.**

## Roster Updates

Since the preparation and printing of the 2024 Roster in January, some changes have occurred. The "Roster Updates" will help keep members informed of **current membership.** If you need to communicate with a new member, contact Rocky Rockwell (530-961-3418).

<b>Members not in the 2024 Roster</b>	Ralph Skytte	John Schaller	Dan Bequette	Dana Davis
	Kevin Hennessy	Bill Knudsen	Paul Tullius	Joe Gallaway
	Len Spesert	Jim Cagno	Gil Jones	Steve Miller
Vince Herrera	Duncan Way	Kurt Himmler	Jeff Owings	

## November Guests

**Mark Frey** - guest of Vern Hartman

**Bob Russ** - guest of Bill Colvin

**Don Penland** - guest of Bill Colvin

## Announcements

**Editor's Note:** The deadline for the **January** Rooster's Tale is **Thursday, January 9.** Send your information by email at [dalger@csuchico.edu](mailto:dalger@csuchico.edu) or phone at 530-894-2452.

**Future Programs:** On **January 27<sup>th</sup>**, a California Highway Patrol presentation will be featured. Our **February 24<sup>th</sup>** will feature a representative from Cal Fire.

**State SIR Bulletin: (Sir Happenings)** is available for review at <https://sirinc.org/newsletters/>.

**Book Exchange:** We held our inaugural book exchange at the November meeting. The exchange was well received with numerous books taken home to be read and enjoyed. We'll hold a second book exchange at our December meeting. Bring a book or books that you would like to give away. Place the books you brought on the table set up for the Book Exchange during the social time before lunch. Look over the books available and if a book or two or three look interesting, take them home. If the books you bring don't get picked up, please take them home. For questions or suggestions, please contact Rich Utter or Randy Benson.

***Please Help! Branch 110 is in dire need of assistance.***

We need to fill important positions and find back-up people for other tasks.

A **Little Sir** for 2025 is still needed. This position does not involve much work other than learning the duties of the Big Sir. The Big Sir position is not as demanding as it may appear because we have a well established committee structure which provides a lot of assistance to the Big Sir.

A replacement **Chair for the Membership Attendance Committee** may have been found but an assistant (partly as an emergency backup) is still needed. This is the person who hands out the name badges. This is a great opportunity to meet and get to know our members.

Other assistants for critical tasks are still needed. Stay tuned for more details.

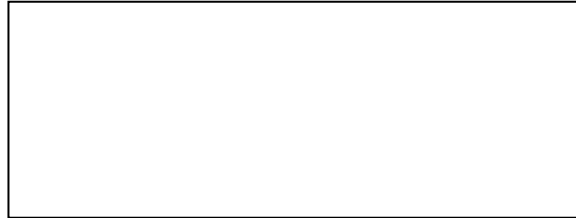
**Contact Big Sir Dave Jones, if you are willing to help.**



Don Alger, Editor  
6 Stratford Way  
Chico, CA 95973  
FIRST CLASS MAIL



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# HAPPY BIRTHDAY

If you have a December birthday, please join us at the December 16<sup>th</sup> luncheon and see what you might win.

Michael	Hull	Dec	7	Robert	Stone	Dec	18	Robert	Mabrey	Dec	22
Reuben	Williams	Dec	9	Charles	Priddy	Dec	18	Donald	Phillips	Dec	28
Ronald	Brazil	Dec	14	Cap	Porterfield	Dec	19	Don	Levensaler	Dec	29
Rick	Pero	Dec	14	Vance	Parker	Dec	20				

It is possible to get a free lunch. Both the sponsor and his guest will receive a free lunch when the guest joins and is inducted.

**Please, be a friend and bring a friend to the next SIR meeting!**

*Here is hoping you all have Happy Holidays!!*