

Rooster's Tale



Sons in Retirement – Branch 110

Meeting August 25, 2025 1705 Manzanita Ave., Chico, CA

Luncheon at 11:30 am—Executive Committee at 9:30 am

Program: Our Luncheon speaker for August will be **Katherine Schwab** who will talk about the **Butte Humane Society**. She has been the Community Outreach and Special Events Coordinator for the Butte Humane Society since January 2024. Her responsibilities include educating the surrounding public on the importance of animal welfare in the community and cultivating events to raise funds to support the operation of the animal shelter. The Butte Humane Society is one of the oldest non-profits in Butte County as a limited-admission shelter, BHS is a safe haven where scared eyes find comfort and wagging tails rediscover joy. Since 1911, they haven't just cared for animals, they have given them a second chance at love. Together, they will create a future where every animal finds a loving home, where empty bowls are a thing of the past, where veterinary care is accessible, and where responsible pet ownership is the norm. The mission of the Butte Humane Society is to save lives, find homes, and inspire compassion.



Lunch: **The price of a salad is now \$18. The price of lunch is still \$20.**

Lunch Menu	Lunch Attendance Communication
Chicken Piccata with lemon capers sauce, wild rice pilaf, veggies, and bread. Dessert will be chocolate cake.	It is important to communicate whether you will participate in the August 25th luncheon. <u>Please respond to the survey</u> , but if you could not do the survey, and <u>if you WILL attend</u> , contact Rocky Rockwell at 916-209-3217 or Dave Jones at 530-895-1022 <u>by 6:01 pm on Wednesday, August 20th.</u>



Big Sir Message: Greg Sanger truly delivered an insightful and inspiring presentation on the Chico Airport's past, present, and future during the July 2025 luncheon. His deep knowledge and personal investment in the airport's development were evident throughout his talk.

Highlights from Greg Sanger's Presentation:

- Historical Perspective: Greg traced the evolution of the Chico Regional Airport, offering context on its significance to the community and its changing role over time.
- Future Vision: He emphasized ongoing efforts to restore commercial passenger service, a goal he's been actively working toward in collaboration with the City of Chico.
- Personal Commitment: As a former Airport Commissioner and current advocate, Greg has devoted substantial time and expertise to this cause. His technical background—spanning aerospace, optics, and satellite systems—adds depth to his understanding of aviation infrastructure.

• **Community Impact:** Greg's work aims to enhance regional connectivity, boost economic development, and provide greater travel convenience for Chico residents.

Celebrating Darrell Hands and Doug Shook: Pillars of Our Golf Club

Darrell Hands and **Doug Shook** are doing a fantastic job leading our Golf Club. Their dedication, teamwork, and tireless commitment have made a lasting impact on the Club's operations and the overall member experience.

Over the years, they've devoted thousands of hours to ensuring our tournaments run smoothly and enjoyably. Their work goes far beyond the fairway:

- **Course Coordination:** They handle the complex task of scheduling tee times with the various courses we play throughout the season.

- **Player Registration:** Before each tournament, they collect names and organize the roster of members who wish to participate.

- **Tournament Day Logistics:** On the day of play, they arrive early to register golfers, answer questions, and ensure everything is set for a great round.

- **Scorekeeping and Results:** After the final putt drops, they meticulously record scores and compile results—often staying long after others have left.

Their leadership is the backbone of our golf program, and their efforts create the welcoming, well-run atmosphere we all enjoy. Let's take a moment to thank Darrell and Doug for their incredible service and unwavering commitment to our club. *Don S.*

Please check out our website for regular updates and new humor.

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

Webmaster: Ron Braziel

2025 Officers and Directors

Big Sir: Don Sturt		Little Sir: Ralph Skytte
Secretary: Bob Dinger	Asst. Sec.: Dave Rush	Database Mgr: Rocky Rockwell
Treasurer: Charles Staser	Asst. Treas.: Jose Lopez	Parliamentarian: Ken Edson
Director: Randy Benson (3 rd term)	Director: Mike Nicholas (2 nd term)	Director: Joe Navarro (2 nd term)
Director: Mike Gross (1 st term)	Director: Dave Jones (1 st term)	Director: Jan Loring (1 st term)

Join us for the August luncheon meeting to elect new Officers!

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 deepest sin against the human mind is to believe things without evidence.

Aldous Huxley


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.

Piscatology		The fishing group's Medicine Lake trip was enjoyable for the five members that made the drive. We camped in two lakeside campsites and fished a couple of times each day.
The bite was amazing and with catch and release, when possible. We each caught multiple limits of rainbow trout. Our fishing group meets again for breakfast at Cozy Diner on Thursday August 14 th at 7 am. Stop in and join us for breakfast. Contact Dana Davis at 530-570-1687 if you want to know more about the group.		

Hiking		Our Tuesday September 16th , the hike will be in Upper Bidwell Park. We're thinking a hike out along the Middle Trail and a return on the Yahi Trail along the creek but can decide on our route the day of the hike. Coffee or cool drink after, place TBD (optional)
PLACE: Horseshoe Lake, Upper Bidwell Park WEAR: Layers, hat, walking or hiking shoes or boots LOGISTICS: Bring water. Bring a snack, if desired. Suggest bringing sunscreen, lip balm, walking poles or staff if desired, a personal first aid kit, and a hat. This is a bird area so binoculars could come in handy. Include in your pack the name of an emergency contact and contact information and medical insurance information. Bring money for gathering for a drink afterward (optional). COMMENTS: This hike is generally on uneven terrain with some elevation changes. Surfaces are uneven so be alert to tripping and fall hazards. We need to be aware of other trail users that may include joggers and cyclists. Temperatures can be warm so make sure to bring water. Participants will need to stay hydrated and watch for signs of heat stress. For additional information please contact Rich Utter, Randy Benson or Jim Hertl.		

Bridge		The Bridge players played last month. There was no Branch 110 winner. Please come join this friendly Bridge group. They meet weekly on Thursdays at 2750 Sierra Sunrise Terrace in Chico at noon. <u>Call Bob Dinger at 530-892-9063 for information.</u>
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History		No August Meeting! The next meeting will be Tuesday, September 9th, at 10 am at 6 Stratford Way. The agenda will depend on the progress on the various projects which are underway.
If you would be interested in participating or would like more information, please contact Don Alger (dalger@csuchico.edu or 530-894-2452).		

More History		There will be an endeavor to keep folks informed about upcoming history related community events. Contact Don Alger (dalger@csuchico.edu or 530-894-2452) for more information about these history activities.
<u>Chico History Museum Events</u> Saturday, September 20: : Renegades, Cut-throats, and Cannibals: Chico and Beyond		

Pinochle

The winners of July's Pinochle game are: Lyn Smith - 1st; Joe Navarro - 2nd. Next game and lunch date at BCCC is August 27th at 11:00 am.

Come join the fun group. **Call Joe Navarro at 343-0832 with questions.**

Wood Working

Due to a lack of participation, **there are no longer regular meetings.** If someone has a project that needs a little help, **call Craig Lindquist at 530-898-8483 or Bill Gebhardt at 530-879-0429 for more information.**

Pickleball

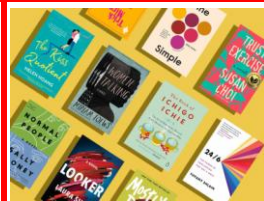
The Pickleball group has been enjoying some cooler weather posting in the mid to high 90s as opposed to this time last year when it was Triple digits for the whole month of July.

Play is picking up with lots of new players getting better each and every time we go out. Anybody thinking about picking up a paddle you are welcome to join us on Thursday mornings at 10:00 am at 20th Street. Come on out and enjoy the fun. .

Jay Hanson can be reached at jbirdhanson1@gmail.com

Bowling

SIR Bowling is taking the summer off and will start again in September. **Please contact Randy Benson with any questions at 530-513-9815.**

Book Exchange

If you have books you've read and are ready to pass on, stop by the SIR Book Exchange table and put them out for exchange. Or if you are looking for your next read, stop by the Book Exchange table at our next lunch.

The book exchange starts during the social time before our lunch meeting.

Please contact Rich Utter or Randy Benson with any questions.

ABV 110

There are no plans for an August ABV event. There should be a September activity, but nothing definite is currently planned. As usual, ideas are always welcome.

To be on the email list, contact Don Alger (dalger@csuchico.edu or 530-894-2452).

Golf

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 **Darrell Hands**, the Chair of the activity, at 530-966-1303 for information.

Golf information is continued on the next page.

On July 21st, 39 Sirs played at Plumas Lake

1 st Net = 58.7	1 st Net = 58.7	3 rd Net = 59.6	4 th Net = 60.9
DAY, JEFF	BARNUM, DAVE	BROSSOIT, PAUL	BARGER, JIM
KRYSAKOWSKI, DON	CAMY, DON	PERTUIT, GLEN	MABREY, BOB
NUSSBAUM, RICHARD	HERMAN, PAUL	QUINTO, RAY	MCNAMARA, DENNIS
SOMMER, BENNY	WESSELS, BOB	VAN PATTEN, ALEX	WHITE, GARY

CLOSEST TO PIN 3: KRYSAKOWSKI, DON - 6' 9" **PIN 7:** VAN PATTEN, ALEX - 0' 10"; VELASQUEZ, JOE - 3' 2" **PIN 13:** QUINTO, RAY - 10' 5" **PIN 14:** HERMAN, PAUL - 5' 7"; NUSSBAUM, RICHARD - 9' 2"

On August 6, 37 Sirs played at Wilcox Oaks

1 st Net = 53.9	1 st Net = 54.9	3 rd Net = 58.1	4 th Net = 59.0
BARGER, JIM	EBER, JEFF	DAY, JEFF	KRYSAKOWSKI, DON
MABREY, BOB	HYDER, MARK	GLAZINER, KEN	HILDENBRAND, LARRY
MCNAMARA, DENNIS	PERTUIT, GLEN	GLAZINER, KYLE	WESSELS, BOB
WHITE, GARY	BROSSOIT, PAUL	PARSONS, DICK	GALLAWAY, JOE
	VAN PATTEN, ALEX		

CLOSEST TO PIN 4: KRYSAKOWSKI, DON - 18' 5"; VAN PATTEN, ALEX - 20' 7"

PIN 8: VAN PATTEN, ALEX - 14' 5"; DAHL, JAKE - 16' 8" **PIN 15:** SMITH, SAM - 4' 6"; BROWN, WAYNE - 13' 11" **PIN 18:** MCNAMARA, DENNIS - 3' 5"; HANDS, DARRELL - 23' 4"

50 Years Ago

August 8, 1975 (Friday): Singer **Hank Williams Jr.** was seriously injured in a near-fatal mountain climbing accident at Ajax Peak in Montana, when the ground beneath him gave way, and fell 500 feet down the slope. After two years of reconstructive surgeries, Williams would set about rebuilding his career and become one of the best-selling country music artists in history.

August 12, 1975 (Tuesday): **John Walker** of New Zealand became the first person to run a mile in less than 3 minutes and 50 seconds, clocking in at 3:49.4 in a meet at Gothenburg in Sweden.

This was over twenty years after **Roger Banister** ran a sub-four-minute mile, (3:59.4) late on the afternoon of May 6, 1954.

The current world record for the mile is held by **Hicham El Guerrouj** of Morocco, who ran it in 3:43.13 on July 7, 1999, over twenty-five years ago.

August 25, 1975: **Bruce Springsteen's** album *Born to Run* was released in the United States, becoming a hit and making Springsteen a rock superstar.

Born to Run was Springsteen's breakthrough album. Its success has been attributed to capturing the ideals of a generation of American youths during a decade of political turmoil, war, and issues facing the working class. Over the following decades, the album has become widely regarded as a masterpiece and one of Springsteen's best records. It has appeared on various lists of the greatest albums of all time and was inducted into the National Recording Registry in 2003 by the Library of Congress for being "culturally, historically, or aesthetically significant".

MEMBERSHIP

There are now **129** members including **10** on Attendance Relief.

Membership brochures and applications are always available at the membership table or you can call **Sam Smith** at 530-720-1041 to get one via the postal service.

Roster Updates

Since the preparation and printing of the 2025 Roster, 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).

Members not in the 2025 Roster	Mick Grey	Robert Minton	Warren Locke	Tim Hill
	Mark Frey	Scott Brogden	Mike Bates	Don Krysakowski

New Member in July



Name: **Don Krysakowski**
Occupation: Work Training Center
Interests: Golf, Travel, Wine Tasting, Race & Collection Cars
Sponsored by: Jeff Day

No Guests in July



Did you forget to invite a friend?

Announcements

Editor's Note: The deadline for the **September** Rooster's Tale is **Thursday, September 4**. Send your information by email to dalger@csuchico.edu or phone at 530-894-2452.

Future Programs: A program on Artificial Intelligence is scheduled for **September 22nd**. On **October 27th** a report about Bidwell Mansion will be given. A **November 17th** veterans program is scheduled. **December 15th** will feature Christmas music.

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

Our Branch Calendar: SIR activities are included on our Branch calendar which can be accessed on the Branch 110 website. We also include items of interest such as Chico State Commencement. If you have an item to post or to update on the Branch calendar, please contact Rich Utter or Rocky Rockwell.

Our Branch Nominations for 2026: The Nominations Committee proposed the following list of members to the Branch Executive Council (BEC) and they voted to accepted these gentlemen as nominees for the SIR Branch 110 2026 Officers and Directors. A formal election will be held at the August luncheon meeting.

Proposed 2026 Officers and Directors

Big Sir: Ralph Skytte		Little Sir: Vacant
Secretary: Bob Dinger	Asst. Sec.: Dave Rush	Database Mgr: Rocky Rockwell
Treasurer: Rich Utter	Asst. Treas.: Jose Lopez	Parliamentarian: Ken Edson
Director: Joe Navarro (3 rd term)	Director: Mike Nicholas (3 rd term)	Director: Jan Loring (2 nd term)
Director: Mike Gross (2 nd term)	Director: Dave Jones (2 nd term)	Director: Dana Davis (1 st term)

Our Branch Fall Barbeque:



Date: Saturday, September 6th.

Time: 4 pm–6 pm

Where: At the Elks Lodge picnic area

Food: BBQ Tri-tip and Chicken Thighs plus starch and veggies and Shubert's ice cream

Drinks: **Bring your own**

Raffle: Details to be determined

Cost: \$35 per person

Tickets: Tickets will be sold at the August luncheon meeting. Please contact **Craig Lindquist** at 530-898-8483 (Home) or 530-680-3700 (cell) with questions.

Music Notes

After singing "Bye Bye Blackbird" at the July luncheon, the question was raised as to the significance of the blackbird. No one had an answer, so thanks to Google AI, here is some information.

"Bye Bye Blackbird" is a song written in 1926. It gained popularity in the 1920s and 1930s and has been recorded by numerous artists across various musical styles.

In blues and jazz, blackbirds frequently appear as symbols of isolation, sadness, and the search for a better life. The imagery of a blackbird flying away symbolizes leaving behind troubles and embracing a brighter future. The "blackbird" flying away represents a departure from a dark period and a step towards a more hopeful future. . The song's lyrics, "Pack up all my cares and woes, here I go, singing low," express a desire to move on from difficulties.

Chemistry/Toxicology Notes

High Fructose Corn Sugar

High fructose corn syrup (HFCS) is often a cause for concern due to its potential links to weight gain, obesity, and increased risk of type 2 diabetes, heart disease, and fatty liver disease. These health issues are often linked to consuming large amounts of added sugars, including HFCS. While HFCS is not the only sugar to be concerned about, excessive consumption of any added sugars can contribute to these health problems.

If you are concerned about these potential health effects, it makes sense to limit the intake of added sugars in general. However, **it makes absolutely no sense to focus on High Fructose Corn Sugar (HFCS) relative to table sugar (sucrose).**

It is very simple chemistry and toxicology principles needed to understand this statement. Table sugar is made up of equal portions of fructose and glucose chemically combined in sucrose. After it is ingested and metabolized in the small intestine you have a 50-50 mixture of fructose and glucose. When you ingest HFCS, there is already free fructose (from 42-55% depending on the source) and glucose. But by the time it reaches the small intestine you have essentially the same percent of fructose as you have from table sugar. Therefore, any adverse toxic effects due to ingesting excess fructose would be essentially equivalent. Not surprisingly then, from many studies there is no evidence that HFCS is any more toxic than sucrose, if taken in recommended dietary amounts.



Don Alger, Editor

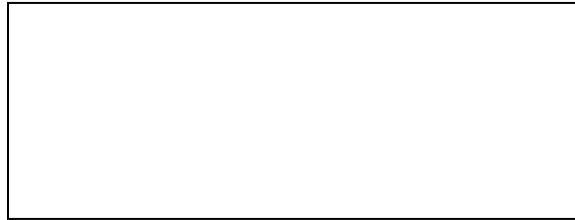
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Chico, CA 95973

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HAPPY BIRTHDAY

If you have an August birthday, please join us at the August 25th luncheon and see what you might win.

James	Braziel	Aug	17	Kenneth	Edson	Aug	16	David	Rush	Aug	24
Henry	Brown	Aug	1	Steven	Miller	Aug	17	Doug	Shook	Aug	9
Sam	Davis	Aug	23	Joseph	Navarro	Aug	11	Norman	Stump	Aug	7
Jeff	Day	Aug	4	Edward	Niepoth	Aug	18	Edward	Van Houtte	Aug	12
Bob	Dinger	Aug	7	Richard	Parsons	Aug	13				

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!

RANDOM THOUGHTS

Duct tape can't fix stupid, but it sure does muffle the sound.