

**Officers**

President: Lee Lamp

Vice President: Morgan Akin

Secretary: Cris Andrews

Asst Sec: Gerry Dodge

Treasurer: Rix Callaway

Asst Treasurer: Ken Timmerman

**Directors**

Dennis Compomizzo

Barrie Lee

Sid Nobles

Chuck Spafford

**Administrative Leaders**

Attendance: Phil Perry

Attendance Asst: Tom Ward

Chaplain: Joe Beck

Chaplain: Larry Morgan

Facilities: Chuck Spafford

Membership: Phil Perry

Nominating Chair: Cris Andrews

Newsletter: Lee Lamp

Raffle: Jim McClelland

Sunshine: Len Napoli

Special Awards: Lee Lamp

Sergeant At Arms: Tom Merrow

Teller of Tales: Darrel Elliot

VOLUME 40 NO 8 August, 2024

# SIR

## Newsletter



Three Shastas  
Branch 129  
Redding, CA

**The Pres Sez'**

Have any of you looked forward to August for cooler weather? OMG what month July has been. After several days in June with temps over 100 degrees we went absolutely crazy with temps in July. Hottest July on record. Single hottest temperature ever on July 6th of 119 degrees. 25 of 26 days between July 1-26 we had days above 100 degrees, with 11 of those days at or over 110 degrees. Years ago I'd reflect on a columnist in the Record Searchlight who often said "Redding summers were not for sissies". She was right. That first week of July I was in San Diego with my daughter's family and missed the record highs.

July also brought a date with a surgeon for me. I finally had shoulder surgery on the 15th. While MRI results pointed towards the need to repair a couple tears, once the surgeon had "eyes" on the actual damage felt that cleaning up the debris around the tears and then creating space in the shoulder joint was a better option. This should shorten the recovery time and in fact I start PT on Aug 1st. Maybe back to the golf course in 6-8 weeks. Although I did make it out for our Bocce game on the 26th. Rolled the ball right handed (remember that I am a lefty). Had a lot of fun with the group. If you're not playing, you are missing out. Dennis does a great job coordinating this event and all in attendance have really had a great time. Add this to your calendars and come out to the next event. Bring your spouse or a partner to add to the fun. I missed the Lunch Bunch this month due to my surgery and look forward to the get together this month. That's another great outing to consider if you are not already coming regularly. Thank you Duane for your efforts!

**Monthly Meeting***First Thursday of the month**Elks Lodge*

Meeting/Speaker: 11:00 - 12:00

\*Nov/Dec subject to change for holidays

***Attendance is Important*****Guest  
Speaker:**

Kim Hawkins,  
Parkinson  
Support Group

## State Officers

<b>State President</b>	Dale Decker Br 136	<b>Board Area Rep #2</b>	Bruce Corwin Br 159
<b>Vice President</b>		<b>Board Area Rep #3</b>	Fred Serena Br 26
<b>2nd Vice President</b>	Rich Carlson Br 8	<b>Dir State Documents</b>	Jeff Chin Br 103
<b>Secretary</b>	Rich Carlson Br 8	<b>Dir State Activities</b>	Mark Stuart Br 98
<b>Treasurer</b>	Carl Mason Br 88	<b>Dir Marketing/Comm</b>	Andy Danver Br 35
<b>Chief Information Officer</b>	Roy Hodgkinson Br 146	<b>State Advisor</b>	Derek Southern Br 8
<b>Board Area Rep #1</b>	OPEN	<b>Legal Advisor</b>	Stu Williams Br 149

## Lunch Bunch

by Duane Nelson



Come out and join us on August 21st at 11:30am and enjoy the Buffet at GoodTimes Pizza in Palo Cedro. If you have questions or suggestions please contact me (email [bandan@msn.com](mailto:bandan@msn.com) or call 530-547-5157).

## Guest Speaker by Morgan Akin

Kim Hawkins is a volunteer Facilitator for the Redding Parkinson Support Group, an affiliate of Parkinson Association Northern California (PANC). Kim retired as a registered nurse in 2012 and has been active with this group since that time. The support group offers several meetings/activities each month for those suffering with the disease as well as family members and friends who offer outlets of support for those afflicted with Parkinsons.

Activity	Chair	Telephone	Email
Book Exchange	Len Napoli	530-547-4201	lenandgail@frontiernet.net
Golf - 18 Hole	Lee Lamp	530-921-1375	lel4355@yahoo.com
Golf - 9 Hole	Bob Goetz	530-245-0684	lakehead6@gmail.com
Lunch Bunch	Duane Nelson	530-547-5157	bandan@msn.com
Bocce Ball	Dennis Compomizzo	530-356-9966	dennysz71@yahoo.com

## 2024 Slate of Officers submitted by Cris Andrews

It should be noted that all the Committee and Activity Chairs are appointed by the incoming 2025 Big Sir and not subject to approval by vote of the members at the August 1, 2024 General Members Meeting.

Cris Andrews, Nominating Chairman; Committee: Barrie Lee - Submitted & Approved at BEC Meeting on 6/6/24

The BEC Approved Slate for 2025 will be recommended to the members for a vote by all who attend the August 1, 2024, General Members Meeting. There may be nominations from the floor. The result of the vote will be sent to the State SIR by August 31, 2025, as required.

*Note: By tradition, the prior year's President becomes a Director for one year immediately following his term of office. Because Past President Lee Lamp will be the State SIR President for 2025, the Committee in consultation with President Lamp decided to not follow the tradition because of the heavy workload he will carry as State SIR President.*

Barrie Lee, President

Ken Timmerman, Asst. Treasurer

Morgan Akin, Vice President

Sid Nobles, Director

Cris Andrews, Secretary

Chuck Spafford, Director

Gerry Dodge, Asst. Secretary

Dennis Compomizzo, Director

Rix Callaway, Treasurer

David Yorton, Director



## Treasurer Report by Rix Callaway

Hot! Dehydration is a real concern. Make sure you stay hydrated (electrolyte drinks). No Cris, Crown Royal on the rocks is not an electrolyte. Remember when you arrive at the monthly luncheon to check in even if you are not paying for lunch so we have an accurate count. It's important. Thanks. The bills are paid and the account is balanced. See you at the August luncheon

## Birthdays in July

Andrew Buelna  
Jim Girt

Aug 24  
Aug 9

Ron Keown  
Jim McClellan

Aug 5th  
Aug 3rd

Howard Hughes  
Steve Irey

Aug 2nd  
Aug 18th

Sid Nobles

Aug 21st



## Aug/Sept Calendar of Events

Activity	Date/Time	Meeting Forum
BEC Meeting	Aug 1st, 9:30am	Elks
General Membership Luncheon	Aug 1st, 11:00am	Elks
9 Hole Golf	Aug 2nd, 9:00am	Allens
18 Hole Golf	Aug 8th, 10am	Riverview
Bocce	Aug 9th, 9:00am	South City Park
9 Hole Golf	Aug 20th, 9:00am	Lake Redding
Lunch Bunch	Aug 21st, 11:30am	Goodtimes Pizza, Palo Cedro
Bocce	Aug 23rd, 9:00am	South City Park
18 Hole Golf	Aug 26th, 9am	Canyon Oaks
Bocce	**Sept 4th, 9:00am	South City Park
BEC Meeting	Sept 5th, 9:30am	Elks
General Membership Luncheon	Sept 5th, 11:00am	Elks
9 Hole Golf	Sept 6th, 9:00am	Allens
18 Hole Golf	Sept 9th, 9am	Mount Shasta Resort
9 Hole Golf	Sept 17th, 9:00am	Lake Redding
Lunch Bunch	Sept 18th, 11:30am	Goodtimes Pizza, Palo Cedro
Bocce	Sept 20th, 9:00am	South City Park
18 Hole Golf	Sept 30th, 9am	Fall River
<b>**The Sept 4th date is a Wednesday due to 9 Hole Golf being scheduled for the 6th (Friday). Pisano Days also limits Friday choices to reschedule to.</b>		

**ATTENTION: The next General Membership Luncheon  
is August 1st at 11am.**

### ***Computer Group***

**While there is no computer meeting, it does not mean there is no help....call Big Sir and maybe, just maybe he can help.**

## Sunshine Report By Len Napoli

I was looking forward to a change in the weather, and hope the heat wave is behind us. How things have changed now that fire season is taking over. We missed going to the Blessings of the Grapes at Vina, which is a wonderful social event, due to the Park Fire. The tasting of their medal winning wines are a real treat, which brings me to a timely joke.

### MEN ARE LIKE FINE WINE

They start out as grapes and it's up to the women to stamp the crap out of them until they turn into something acceptable to have dinner with.

Healing news finds Lee recovering from shoulder surgery. John McCue just got out of the Veteran's Hospital having his lower leg veins reamed out for better circulation. This getting older is starting to catch up with many of us.

Thanks to Lisa Burgess, we have some new books for the book table.

## 9 Hole Golf Report by Bob Goetz

Well July was a bust. We had two outings and both were canceled because of high heat. That only means one thing, August is going to be GREAT. We have two scheduled events, August 2<sup>nd</sup> (Friday) at Allen's and August 20<sup>th</sup> (Tuesday) at Lake Redding. Both courses are easy to play, come out and enjoy the fellowship of our group. We would love to see you there.

### HOW TO SIGN UP TO PLAY

I will send out an invitation to play the 9-Hole events about 5 days before the playing date. If you are not on my distribution list please contact me to have your name added. I also have sign-up sheets at the SIRs monthly meetings or you can contact me by calling or texting me at (530-213-3850). When texting, please include your name in the text. You can also email me at [sirs9holegolf@gmail.com](mailto:sirs9holegolf@gmail.com). As always you can invite a spouse, son, daughter, grandchild or friends to play with you. Hope to see you at a future event.



*No pictures from golf last month so offering a couple "blasts from the past" while recognizing a couple past members who really enjoyed our 9 hole golf program.*



Murray Blake RIP



Justin Clandening (RIP)



## 18 Hole Golf Report By Lee Lamp

The first event for July was in the cooler confines of Mount Shasta Resort. 12 branch members and 3 guests made the trip north for this event.

First Flight	Second Flight
Len Napoli	Randy Moore
Mike Deay	Len Dolan
Greg Ephland	Phil Perry

There were 5 skins awarded (Mike Deay, Greg Ephland, Randy Moore, Len Dolan, Mike Hurley)

The second event again put the group in the cooler weather up north at Lake Shastina. 10 Branch members and 5 guests participated. This is one of my favorite courses and was disappointed I was unable to make this trip.

First Flight	Second Flight
Jim Girt	Len Napoli
John Crowley	Bob Monaghan
Mike Bishop	Chuck Cotten

There were 8 skins awarded (Bob Monaghan x4, Mike Deay x2, Chuck Cotten, Brad Bunnell)

**Next up is Riverview on Aug 8th followed by Canyon Oaks on Aug 26th. Signups are open now for both but move quickly for Riverview.** Please remember that normally checks are easier to manage for me. They can be mailed to me at: 4355 Singing Wind Ct, Redding, CA 96001. **You need to let me know if you plan to play! Courses ask for the number of players several days in advance.**

**Inviting a guest to play golf with us is a great way to grow our membership and several of you have brought guests recently...Turn them into members!** It's easier than ever to fill out an application. Send them to our online application web site:

[https://sirinc.org/application/?branch\\_name=Three%20Shastas%20%20Branch%2C%20Redding&branch\\_number=129&branch\\_website=https://sirinc2.org/branch129&branch\\_email=sirs129@outlook.com&branch\\_activities=Golf%20\(9%20and%2018%20Holes\)%2C%20Bocce%2C%20Lunch%20Bunch%2C%20Book%20Exchange&branch\\_volunteers=Publicity%2C%20Recruiting%2C%20Member%20Relations](https://sirinc.org/application/?branch_name=Three%20Shastas%20%20Branch%2C%20Redding&branch_number=129&branch_website=https://sirinc2.org/branch129&branch_email=sirs129@outlook.com&branch_activities=Golf%20(9%20and%2018%20Holes)%2C%20Bocce%2C%20Lunch%20Bunch%2C%20Book%20Exchange&branch_volunteers=Publicity%2C%20Recruiting%2C%20Member%20Relations)

**[Share this newsletter with your friends and help us grow the membership!](#)**



## Bocce by Dennis Compomizzo

Summer is here with some extreme temperatures and the start times have been moved up to 9:00 AM to try and beat the heat.

The games scheduled for July were canceled or rescheduled due to hot temperatures. Our next bocce play dates for the month of August will be the 9<sup>th</sup> and the 23<sup>rd</sup> at 9:00 AM. Please be aware of the schedule changes for the month of August as they have been changed from the calendar of events sent out with the July newsletter (adjusting the dates due to the reschedule for heat). A Constant Contact announcement will be sent out advising everyone about the dates and time of play. If you haven't tried playing bocce, you are missing out! Bring your family and friends and enjoy some fun times and a little competition. See you at the next SIR's meeting and luncheon.

***\*\*please note the Sept dates in the 2 month Schedule provided in this newsletter.***

If you have any questions, call, text, or email. 530-356-9966  
[dennysz71@yahoo.com](mailto:dennysz71@yahoo.com).



Rich Reese celebrates a victory at the last match!

## NASCAR/INDY CAR Report by Barrie Lee



**6/30**

We saw a great race today from Nashville, Tn. Temperatures were running over 120 degrees inside the cars, and add the drivers fire suit and you can only imagine how they felt. JGR ran very well with all their cars racing at the front. Hamlin, Gibbs, Truex Jr. and Christopher Bell in the #20 Toyota winning the first two stages. But HMS was also well represented with Kyle Larson, and Chase Elliot running well. 23XI Racing had Bubba Wallace in the top ten most of the day and Tylor Reddick (yes, our Corning, CA guy) fought until the very end and finished 3rd. He seemed angry after the race about someone, and it had to be Joey Logano who won the race that ticked him off. I don't know why. Penske drivers were up and down all day, but only Joey led at the end. What made the race extra exciting was the multiple attempts at green, white checkered finishes (overtime) at the end. The top ten cars were low on fuel and it was a crap shoot to see if any of those cars could make the extra 31 laps to win. Both Hamlin and his teammate Truex Jr. both had to pit after the third attempt to finish one, two. Joey and Tylor were the two best drivers at the end and raced each other hard. Team Penske now has all three of their drivers able to move on to the playoffs.

**7/7**

IndyCars at Mid Ohio in Lexington, Oh. Good race with the series leader, Alex Palou trading the lead with Pato O'Ward. Alex drives for Chip Ganassi Racing in the #10 Dalara, and Pato drives for Arrow Racing in their McLaren #5. Marcus Ericsson finished 5th in his #28 Dalara for Global Andretti, Colton Herta was 4th also driving for Global Andretti. Scott McLaughlin finished 3rd driving for Team Penske in his Chevy Dalara #3. Real close finish. This was the first race in IndyCar with their new format which includes a hybrid technology using battery power along with the regular fuel. More on this news soon.

8

### **7/7 cont'**

Nascar ran the street circuit in Chicago Sunday through several rain showers. For the second time in the Cup series, teams were given the choice to run slicks or tread tires. The tread tires allow for water to be dispersed away from the tire surface, therefore making it easier to maintain traction. Many crashes and fender banging which was actually fun to watch. Long race that was ended by a clock since lighting was not available. The winner was Alex Bowman #48 HMS, followed by Tyler Reddick #45 23XI, Ty Gibbs #54 JGR, J. Hand (new driver for RFK racing) and first time cup racer, and Michael McDowell #34 with Front Row Motorsports. Next week is Pocono and the Tricky Triangle. I was hurt at the Pocono race in 1976 (fueling for the IndyCar team) and spent the summer in a cast. There are only three turns at the Pennsylvania track with long straightaways.

### **7/14**

IndyCar ran the second race of a two race weekend in Iowa today on a track designed by Rusty Wallace. Scott McLaughlin won the Saturday event for Team Penske in his #3 Dallara/Chevy. I missed that race but caught the Sunday event and saw Will Power come from 19th place to win over Alex Palou in 2nd and Scott McLaughlin in 3rd. So Team Penske won both races with all three of their cars in the top 7 spots. Much carnage at the end of race two with several cars flying through the air and collecting each other.

Nascar was in Pocono, Pa. on the tricky triangle two and a half mile track. I was hurt many years ago at Pocono Raceway crewing Tom Sneva's Indy Car. Spent that summer in a cast. Anyway, this race is not normally exciting since the track is so big and so long. But today's race was a good one. Ryan Blaney for Team Penske won the race with Denny Hamlin closing in at the end. Alex Bowman finished 3rd for HMS in his #48 Chevrolet after winning for the first time in many races last weekend in Chicago, Il. The ebb and flow of the race was fun to watch, with pit stops and strategy playing a major role for each team. Nascar returns to Indy next week and will run the main oval track again, after several years running on the road course there. It will be the first time for the new car design to run that oval and it should make for a great event.

### **7/21**

IndyCar ran a race today in Canada, and for the second year in a row, NBC forced those of us that care about watching the series to tune in Peacock to see it and pay for the experience. I watched Formula One in Hungary and Formula E in England. Both were fun with Porsche winning in F-E and McLaren finishing 1 & 2 in Formula One.

Nascar's cup series raced at the BrickYard today on the oval for the first time in several years. If you missed it, you missed a fantastic display of team strategies and driver knowledge, luck, and some disappointments to several teams. Kyle Larson won and he deserved to win. Tyler Reddick was 2nd and Ryan Blaney 3rd. Since the NBC coverage of the summer Olympics will be sucking the oxygen out of the room for the next two weeks.

SIR Branch 129 Facebook page link.

<https://www.facebook.com/socialactivitiesformen/>

SIR Branch 129 Private Facebook page link.

<https://www.facebook.com/groups/401463741647384/>

For more information on Zoom: Go to

<https://sirinc.org/Zoom/LearningZoom.pdf>

State SIR Newsletter "Happenings".

<https://sirinc.org/newsletters/>





**Activities** I'm certain that there are some types of activities that we can consider to fill other days during the month. When thinking about what SIR is, I think of the fellowship we offer and coming together to remain engaged and active. Whether it be engaging our brains with board games or card games, finding a trail to hike that is easy for some or another trail to hike that may offer a challenge. Remaining active keeps us healthy. All it takes is one person with an idea.

## **Fishing Report** by Morgan Akin

We are still trying to get some members interested in creating a fishing group. The group would have the opportunity to meet and discuss all types of fishing interests and the possibility of getting out in our beautiful area and fishing. We had a truly short meeting a couple of months ago with some limited interest. Please meet with me after this meeting if you would like to join the group to pursue these interests. If we get enough members interested, we will set up a regular meeting each month. I am willing to have the first meetings at my home and as the group grows, we can move to a larger venue. You do not have to own a boat or have any real skills in fishing to be a member of the fishing group. I know there is another group that already meets in Redding each month, but I would like to have our own group of men in an in-house group. **Let's have an active group!**

Fishing for bass is going good right now in the Shasta, Whiskeytown, and Trinity Lakes. Steelhead and Rainbow Trout are being picked up in the Sacramento River and Trinity River. There are lots of other local waters available to explore and fish. Bass are not the only type of fish to pursue in our area. Trout, Salmon, Kokanee, Crappie, Catfish, and sunfish in Shasta Lake. Largemouth Bass along with Smallmouth Bass are found in Trinity Lake. The state records for Brown trout, and Smallmouth Bass came from Trinity Lake. Whiskeytown Lake offers Rainbow trout, Kokanee, Sunfish, and some exceptionally large Bass.

***The following is just information about the two lakes heavily used by anglers in the north state.***

### Shasta Lake

Trout and kokanee fishing is good right now. 20 to 40 ft first thing in the morning for both, by 10 am the kokanee bite dies. Trout move out to that 40 to 50 ft range and continue to bite throughout the day. Trolling Trinidad Tackle Jr Optimizers have been the lures of choice. For kokanee troll at speeds of 1.2 to 1.8 mph. For trout troll at speeds of 2.2 to 3.8 mph. Again, the trout bite is good all day.

Bass fishing is good at this time. Catching a lot of fish in the 15 to 40 ft depth range. Topwater baits to throw a Vixen in bone color or a Whopper Plopper in bone color. Shakey head, dropshot and darter heads in browns, green pumpkins, reds, and morning dawns working well. Baby bass color senkos neko rigged. Also throwing 3.8 Keitech swimbaits in sexy shad or rainbow shad on a 1/4 oz swimbait head catching a lot of fish. Small Shakey worms work well at daybreak along rocky banks. I personally fished earlier this month with a friend starting at daybreak to about 10:00 a.m. We worked the banks hard and ended up with a total of 60 Spotted Bass. Granted, some of the Bass were small but our total did include some in the 2–3-pound range.

### Trinity Lake

Trinity Lake has good populations of both largemouth and smallmouth bass. The dredger piles at the head of the lake, as well as other structures found in the coves and points throughout the lake provide excellent bass fishing for most of the year. Spring always provides the hottest action, however, as both species move into the shoreline to spawn. March through June are the favorite months to fish for these fish. Largemouth Bass can be caught in the cooler months with a little patience. Rainbow trout are found throughout the lake all year long. During the spring, they can be found anywhere as they cruise the lake surface to feed. As the lake waters are warmed by the summer sun, these fish school up at the mouths of the major tributaries, such as the Stuarts Fork, Swift Creek, and at the Main Stem and East Fork of the Trinity River. Boat and shoreline anglers seldom go without action using the usual baits, and even fly anglers report good fishing on occasion.

- ❖ Shasta Lake is 3.5 feet from the full level.
- ❖ The water clarity on average is 3- 6 feet.
- ❖ The water Temperature on average in the main body is 68-71 degrees.
  
- ❖ Trinity Lake is 31.93 feet from the full level.
- ❖ The water temperature is 52-56 degrees in the main body.
- ❖ The water clarity on average is 2-4 feet.



This is a picture of a fish that was caught in Shasta Lake in June 2024 included in this fishing report. The reason is to just have some fun and test your knowledge about fish in our area. ***The first person to contact me with the correct identification of the fish will receive a free lunch at our next monthly meeting.*** You can contact me at the August meeting or by email. My email address is [mamoakin001@gmail.com](mailto:mamoakin001@gmail.com). **Let's have some fun - Be the first!**

The Branch Executive Committee members are not allowed to participate in this contest.