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President: Barrie Lee

Vice President: Morgan Akin

Secretary: Cris Andrews

Asst Sec: Gerry Dodge

Treasurer: Rix Callaway

Asst Treasurer: Ken Timmerman

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Dennis Compomizzo

Sid Nobles

David Yorton

Lee Lamp

OPEN

Administrative Leaders

Membership: Phil Perry

Membership Asst: Tom Ward

Chaplain: Gerry Dodge

Facilities: OPEN

Membership: Phil Perry

Nominating Chair: Cris Andrews

Newsletter: Lee Lamp

Raffle: Jim McClelland

Sunshine: Len Napoli

Publicity: Jim McMahon

Marketing: OPEN

Sergeant At Arms: Tom Mellow

Teller of Tales: Darrel Elliot

VOLUME 41 NO 4 April, 2025

SIR 129

Newsletter



Three Shastas
Branch 129
Redding, CA

The Pres Sez'

It's that time of year when we wait for any possible tax return refunds coming our way. I never receive a return since I'm always paying more. It is also time to return to the great outdoors to enjoy all the different activities available to us. We have a long list of things we could add to our current activities. Our purpose is to encourage all of you to enhance your lifestyle by joining in activities that interest you, If any of you would like to know more, just ask our Secretary to provide you with that list. I must also touch on a topic that was handled by the BEC during the March BEC meeting, prior to the luncheon meeting of the membership. We were forced to remove a member from the branch for behaving in a manner unbecoming a SIR member. I would like to encourage all of you to speak up during some of our membership luncheons and ask questions of the MC. And please consider attending a BEC meeting to understand how the branch operates, and who is on the board. We have a few people sit in on our meetings every month. We welcome any and all to join us. This meeting normally starts at 9:30 AM prior to the regular membership meeting. Hope to see you on the golf course, playing Bocce, or at the monthly Lunch Bunch.

Remember that the 2025 directory is available and you can pick one up when you attend the monthly luncheon!

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

Meeting/Speaker: 11:00 - 12:00

Lunch follows.

*Dec subject to change for Annual Christmas Lunch

Attendance is Important**Guest
Speaker:**

Crystal Cassell,
Physical
Therapist, DPT

2025 Directories available at April Luncheon

State Officers 2025

State President	Rich Carlston Br 8	Board Area Rep #3	Fred Serena Br 59
Vice President	Lee Lamp Br 129	Dir State Documents	Bruce Corwin Br 159
Secretary	Jeff Chin Br 103	Dir State Activities	Michael Lee Br 128
Treasurer	Carl Mason Br 88	Dir Marketing/Comm	Andy Danver Br 35
Chief Information Officer	Ramesh Thadani Br 98	Dir Branch Support	John Farcich Br 1
Board Area Rep #1	Jerry Morrow Br 172	State Advisor	Derek Southern Br 8
Board Area Rep #2	Bruce Corwin Br 159	Parliamentary	Roy Hodgkinson Br 146

Lunch Bunch

by Duane Nelson



Come out and join us on April 16th at 11:30am if you don't have other plans. You can enjoy the Buffet at GoodTimes Pizza in Palo Cedro. If you have questions or suggestions please contact me (email bandan@msn.com or call 530-547-5157).

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

Guest Speaker by Morgan Akin

This month we will have Crystal Cassell, Doctorate of Physical Therapy, joining us to share the importance of remaining active both prior to and after any injury/surgery especially for those in our later years. While she primarily provides care after injury, she also enjoys using her skills to create preventative plans to reduce the risk of future injuries. Crystal grew up riding horses and helping with her mom's equine boarding facility. She is an avid animal lover and takes her dogs anywhere she can. She plans to bring Lauren Schneider, PTA along to add to her presentation.

ATTENTION: The next General Membership Luncheon is April 3rd at 11am.

Welcoming New Members 2025 Phil Perry, Membership Chair

We started this newsletter entry last year and will continue a new tradition of announcing new members as they are inducted.

The following individuals all joined our Branch during the 2025 calendar year. Join me in welcoming them. It will be a running total through the year.

<i>Name</i>	<i>Sponsor</i>	<i>Name</i>	<i>Sponsor</i>
<i>Mitch Crowe</i>	Jack McAuliffe	<i>Steve Martinez</i>	John McCue
<i>Earl Poytress</i>	Mike Smith		

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

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/>



Treasurer Report by Rix Callaway

It is time to renew your membership if you have not done so. You will be delinquent after April and subject to being dropped from the branch. There are 15 of you who have yet to pay. You can pay at the next meeting or mail a check to 8921 Olney Park Drive, Redding, CA 96001. Make checks out to SIR please. Dues are \$50.00.

Again, please CHECK IN for the monthly luncheon even if you are not paying for lunch so we have an accurate count. The bills are paid and the account is balanced.



Birthdays in April

Terry Alvord
Mike Deay

Apr 21st
Apr 2nd

Jack McAuliffe
David Yorton

Apr 10th
Apr 8th



Sunshine Report By Len Napoli

Welcome to April, a month of breaking out the garden tools, lawn mowers and golf clubs. Suggestion: If you keep busy outside, you won't be called inside to help the wife with her Spring Cleaning!

Another suggestion: Don't over do it. Learn to pace yourself because inside every older person is a younger person wondering, what the hell just happened.

On the brighter side, the wild flowers are going to be spectacular this spring and with the lake full, the fishing should be good.

Say a prayer for Tom VandeVenter as he's developed a fracture in his back and might be preparing for surgery. Let's all keep in shape & stay healthy.

Easter will be here and a time for all the blessings His rising has brought us.



Bocce by Dennis Compomizzo

I hope everyone enjoyed the warm weather the past week, I sure did. Winter weather got back to normal this past weekend. The bocce courts won't be reopened until after the start of the City of Redding bocce leagues. I am guessing that the SIR's first bocce game will be sometime in May. I will send out a Constant Contact announcement to all the SIR's membership, five days prior to the bocce game. If you want to enjoy some great bocce games, get down to South City Park for the City of Redding bocce league play. The leagues are as follows; the 4 person league goes from April 21st to June 5th and starts at 6:00 PM. The 2 person league goes from April 22nd to June 4th and starts at 6:00 PM. The senior league goes from April 21st to June 5th and starts at 9:00AM. I hope to see everyone at the next Sir's meeting and luncheon.

If you have any questions, call, text, or email. 530-356-9966
dennysz71@yahoo.com.



Free Lunch

Don't forget that a badge number is hidden in this newsletter. If you find **your badge number somewhere in the newsletter** and correctly identify your number to Rix (our treasurer) at the time you are checking in for lunch at the next scheduled Membership Luncheon that meal will be free! (Only the member whose badge number is hidden is allowed to collect on this).

Mar/Apr Calendar of Events

Activity	Date/Time	Meeting Forum
BEC	Apr 3rd, 9:30am	Elks
General Membership Luncheon	Apr 3rd, 11:00am	Elks (arrive early to mingle)
Bocce	Apr 4th, 10:00am	South City Park (one can hope)
9 Hole Golf	Apr 8th, 8:30am	Tucker Oaks
Lunch Bunch	Apr 16th, 11:30am	GoodTimes Pizza, Palo Cedro
18 Hole Golf	Apr 17th, 10:00am	Riverview
Bocce	Apr 18th, 10:00am	South City Park (one can hope)
9 Hole Golf	Apr 22nd, 9:00am	Gold Hills
18 Hole Golf	Apr 30th, 9:00am	Rolling Hills
BEC	May 1st, 9:30am	Elks
General Membership Luncheon	May 1st, 11:00am	Elks (arrive early to mingle)
Bocce	May 2nd, 10:00am	South City Park (one can hope)
9 Hole Golf	May 7th, 8:30am	Churn Creek
18 Hole Golf	May 14th, 9:00am	Tierra Oaks (Subject to Change)
Bocce	May 16th, 10:00am	South City Park (one can hope)
Lunch Bunch	May 21st, 11:30am	GoodTimes Pizza, Palo Cedro
9 Hole Golf	May 23rd, 9:00am	Allen's
18 Hole Golf	May 28th, 9:00am	Bidwell



March Madness 2025 by Phil Perry

After the first four rounds of the tournament, there are multiple brackets still in contention to pick the most wins. It all depends on which team was picked to win the tournament. All of the Number 1 seeds advanced including: Duke Blue Devils, Auburn Tigers, Houston Cougars and Florida Gators.

Lee Lamp and Lon Harris have the lead, but other brackets behind them can win if the team they selected wins. There are still three games left to play to determine the winner and it might come down to total points in the Championship Game to be a tie breaker.

Branch 129 Historical Tidbits Submitted by Cris Andrews

From May 1999 “SIR UPDATE”

As I was browsing through some old “SIR UPDATE” issues I found an article by Big Sir Jim McCall, from 26 years ago, that I thought was interesting and that I want to share with you. It was under “Big Sir Says” with a headline that read **“Our Branch is Strong...”**

“The 1999 year is already 1/3 behind us. As of the month of April, we have a solid core of 200 members coupled to a list of 21 waiting to be inducted when vacancies occur. An average of 155 members attend and participate in our monthly Luncheon Meetings. These are positive signs of a strong & healthy organization.”

Branch 129 had a cap of **200** members in 1999 presumably because the meeting location, then at the Redding Moose Lodge, couldn't manage more for the luncheon meetings. And just think of a waiting list of **21** waiting to get into membership!

At that time Branch 129 had more activities to offer. I noted the newsletter “SIR UPDATE” had reports on Bridge (couples), Bowling, Dinner Club as well as Golf. But they didn't have Bocce!

It was interesting to note, in the same article, that even with such a large membership, Big Sir Jim McCall warned: “...we should not be lulled into a sense of complacency as we still suffer from the lack of a Travel Chairman and an Assistant Treasurer.” *Some things never change!*

9 Hole Golf Report by Bob Goetz

Allen's Golf Course hosted our 2025 kickoff of 9-Hole SIRs golf on March 7th with 10 SIRs participating and Churn Creek on March 26th with 17 SIRs playing. The pictures are from the Churn Creek outing.

The next scheduled outing for 9-hole golf is Tuesday April 8th at Tucker Oaks Golf course. First tee is 8:30 AM.

The entire 2025 schedule can be viewed by going to the Redding SIRs website at

<https://sirinc2.org/branch129/activities/9-hole-golf/>.

HOW TO SIGN UP TO PLAY

If you are on my 9-Hole Golf distribution list I send out an email 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. You can contact me three ways, email sirs9holegolf@gmail.com, call or text me at (530-213-3850). When texting, please include your name in the text. I also have sign-up sheets at the SIRs monthly luncheon meetings.

As always you can invite a spouse, son, daughter, grandchild or friends to play with you.

Hope to see you on the course.





18 Hole Golf Report By Lee Lamp

The first event of March was another trip to Gold Hills. We had a very good turnout (18 players) although 3 had to leave at the turn. It was great weather and a great day to play golf. Course was still wet and badge 33 cart path only in several spots...it paid to direct the ball near the path on those holes. (Yes, we are all that good 😊). There were 6 skins awarded: T Holmquist x2, L Leisting, D Streetman, M Deay, P Rubalcava

1st Flight	2nd Flight	3rd Flight
Greg Pearson +5	Mike Deay +5	Bob Watt +12
Steve Renier +6	Mark Robison +7	Don Streetman +14
Tim Holmquist +7	Lynn Leisting +8	Larry Welch +16

The Next outing was scheduled to be at Bidwell in Chico on 3/31. Weather changed things with 1" of rain expected over the Sun/Mon period. Next up is Riverview on April 17th.

Inviting a guest to join an activity 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://sirinc2.org/branch129/>

NASCAR/INDY CAR Report by Barrie Lee



The first IndyCar race of the year has just finished on this rain soaked Sunday morning. And what a fantastic race it was. Team Penske driver Scott McLaughlin in the #3 Dalara was on pole. His teammates didn't do as well. But the race allowed many teams to run in the front and it really was fun to watch. Every team had to run on both sets of tires supplied by Firestone Tire. The harder compound blacks and the softer tire with green sidewalls. The green version was only reliable for about 15 laps before being required to be replaced. Watching the different teams fight for the lead was very enjoyable. But in the end, the winner at St. Petersburg, Fl. was Alex Palo, followed by his teammate Scott Dixon. Both men drive for Chip Ganassi Racing. Alex won last year's Championship along with 4 of the last 5 seasons. He's again off to a great start! Joseph Newgarden and Scott McLaughlin in the #2 & 3 cars, drive for Team Penske. They finished 3rd and 4th. I hope you all had a chance to see this race.

Same Day! We're at the CODA track in Texas. It was built as America's best track to host Formula One. Situated close to the state capital, it's a major challenge for all involved. I just finished watching the race, and I can't believe we were given two excellent races on the same day. The odds for the drivers today took an amazing twist with the exception of the eighteen year old, driving in his first Nascar race. Shane Von Ginsbergen is now a full time driver for the Trackhouse Racing Team. As a sedan racer from down under (New

8

Zealand & Australia) he came to the USA a couple of years ago and won the inaugural Nascar street race in the City of Chicago. Unheard of! He drove part time the following year for different teams. This year he's found a home. He was the odds on favorite today and led several laps. Ford didn't get the memo about the proper setup today and they didn't fare well. So that left it to Toyota and Chevy teams to entertain the masses. And that they did. There were several cars damaged at the first turn of the first lap. Most notably, Denny Hamlin. He lost his front right fender but managed a gutsy effort anyway. But the biggest news for most was the mighty effort displayed by the dreaded Kyle Busch. Driving the #8 Chevy for RCR, his demonstration of driving talent was on full display today. But he hasn't won a race in 60 races in a row. Wow! The great Kyle Busch, often explained by the man himself, has hit a dry streak. I was pulling for anyone other than the #8 Chevy. I also didn't want to see William Byron win again. He's frankly too full of himself. The one driver at JGR that I like is Christopher Bell. He's humble, not full of himself, and an extremely talented driver. Since Team Penske was simply awful, my choice to win was mainly SVG from down under, or AJ Almindinger in the #16 Chevy for Kaulig Racing. You need to know that Kaulig is owned by the Leaf Filter gutter screen company. What say you? It was one hell of a race. Toward the end, we were entertained by a nose to tail effort by Bell to get past Busch. GREAT RACING! Busch wore out his right rear tire and Bell, Byron and our own Tyler Reddick came in 1st thru 3rd. Even Chase Elliot moved into the top five spots. One hell of a race. Hope you watched.

3/9/25

We raced in Arizona today at the track in Avondale. Katherine Legge drove in her first Nascar Cup race today and was punted early on. She's the first female driver in the cup since Danica Patrick retired. The main story of the race was the two choices of Goodyears available for all teams. The yellow tire was the standard and harder compound. The reds were softer and allowed cars to move forward quicker. The only problem with the softer compound is they wear out much quicker. All teams had to use the reds during the race, at least once. The lead changed several times but both William Byron and Christopher Bell were up front a lot. Tyler Reddick challenged early but fell off during the race. And as the race wound down, Hamlin raced Bell hard for the lead but finished in 2nd to Bell's win. That makes Bell the first driver to win three races in a row since Kevin Harvick did it in 2017. Larson was 3rd, Josh Berry was 4th (major improvement for the Woods Brothers car) and Buescher was 5th for RFK Racing.

4/16

Not much room left this month, so I'll say that the Woods Brothers won the Las Vegas race with Josh Berry driving. Watch this team this year. Mustang # 21.

Nascar in Miami with Kyle Larson winning and IndyCar was in Thermal, Ca. with Alex Palou winning for Chip Ganassi Racing, with Pato O'Ward finishing 2nd in the #5 Arrow McLaren and his teammate Lundgaard in 3rd driving the #7 Arrow McLaren. I really wasn't very impressed with either race but Alex Palou showed why he is so well respected.

Each month the State President is sending out a short newsletter to all members with an email address on file. I'm including on the ensuing pages for those that may have missed this. Enjoy the March edition of the "The Rooster Crows"!



The Rooster Crows!

The Scoop from the Coop

March 2025

Board of Directors

Rich Carlston
President
Lee Lamp
Vice President
Jeff Chin
Secretary
Carl Mason
Treasurer
CIO (open)

Andy Danver
Dir. Mktg/Comm.

John Farcich
Dir. Br. Support
Bruce Corwin
Dir. State Docs.

Michael Lee
Dir. Activities

Fred Serena
AR Coord., AR
Jerry Morrow
AR

Bruce Corwin
AR

Derek Southern State
Advisor

Roy Hodgkinson
Parliamentarian



Please join me in welcoming John Farcich and _____ to the Board of Directors. We are look forward to working with them.



Welcome Spring!

News Of The Day From State



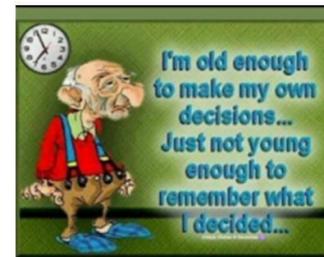
- First, congratulations and Thank You to the members of the BAC. They have worked tirelessly to provide input to the Board of Directors. They will continue over the next many months to continue to assist me and the Board.
- We are working on improving the SIR Manual. Presently, it is a formidable document that I've been told is not inviting to read. It is not the readily used tool or general source of information it is meant to be. We're trying to fix that. Bruce Corwin is leading the effort to make it more inviting and easier to use. This is important given the constant turnover in leadership that our branches experience. We need a manual that provides clear information and guidance for our new branch leaders so they can lead their branch. To that point, the new manual will be more compartmentalized. It will have a section for our branch leaders that is shorter and more concise, giving them the information they need. It will focus attention on the branch by-laws which contain the basic "how to" for running a branch. More esoteric matters will be addressed in the appendices. And of course, there will be a separate section addressing State SIR policies and procedures. Bruce is also working to improve search capabilities. The net result, we hope, will be greater use of the manual by our leaders.
- **Correction:** Last month I announced our relationship with Grouper but made a typo in the announcement. Grouper may work with Medicaid but I intended to say Medicare. Thanks to those who pointed out the error. More to come on Grouper.



...to Jim Gragg and Kevin King who have been serving on the Board of Directors but have needed to resign for personal reasons. We greatly appreciate all they have done for SIR!!



The New 60





Business Planning

We are beginning to work on a major project that is years overdue. The Board, with the assistance of some members of the BAC, is beginning to work on a “five-year business plan” which we hope to have available by this year’s Annual Meeting for your review and consideration.

Guided by our Mission Statement “to enrich the lives of its members through fun activities, luncheons and events while making friends for life,” we need to recognize who we are and our personal and organizational limits. We need to examine our strengths, weaknesses and challenges. We need:

- to develop a vision of who we want to be in the future,
- to determine how we can get there and what obstacles or challenges we will face,
- to determine action plan(s) and goals and
- to ensure the business plan is reviewed, understood and supported by our organization.

Finally, and perhaps most importantly, once the plan is adopted and approved, it will need to be implemented, not just set it on the shelf to gather dust.

It is likely the business plan will call for change. Change is not a bad thing but a necessary fact of life. We are constantly undergoing change although we often don’t recognize it. A good illustration of ongoing change is in our current emphasis on growing our membership. Branches are now focusing greater resources and effort on increasing their membership – this is change. Branches are endeavoring to increase the number and diversity of their activities – this is change. Branches are improving their websites – this is change. Branches are actively considering how to attract younger members – this is change. Branches are modifying some of their luncheon approaches to make lunch more entertaining – this is change. Our pilot marketing programs with State SIR matching funds - this is change. State SIR is modernizing its reporting processes and computer capabilities – this is change. State SIR is reemphasizing its training efforts – this is change. There is always change. The key to a good business plan is to identify appropriate changes beneficial to the organization and that have the support by the organization.

One change that I would like to see is the removal of the geographic limitation for our organization. I’m informed that the limitation to Northern and Central California was established so that everyone could attend the Annual Meeting. Our capabilities for remote attendance have changed dramatically, removing the reason for the geographic limitation. There is a tremendous need for our organization in Southern California and we have men interested in forming SIR branches there. I’ll have to see if others agree.

It's **Spring**. Time to **spring** Forward!!
Time to get out and go!!

