



~The SIR~ LAKE TAHOE BRANCH 160~

CHARTERED APRIL 22, 1991

MEMBERSHIP OPEN TO MEN REGARDLESS OF AGE, RACE, COLOR, OR RELIGION
GETTING TOGETHER FOR LUNCH AND ENJOYING OUR VARIOUS ACTIVITIES

HIGH MOUNTAIN NEWS

OCTOBER 2021

We meet the 4th Monday of the month

Next reg. meeting – our 369th	OCTOBER 25, 2021.....	GOLD DUST WEST
Officers & Chairmen.....	10:00am.....	2171 E. Williams St.
Social hour.....	11:00am.....	CARSON CITY, NV
Luncheon.....	12:00noon.....	



Greetings Fellow SIRS:

To start things off, I would like to Thank everyone that showed up to our annual picnic it was a huge success. We had approximately 50 to 60 people there and it was great. There was a lot off talk about changing our picnic date from July to September because of the weather. We will continue this discussion later. I would also like to thank Larry Coffman, Dave Tiongco, Mike Patton, Steve Hollstrom, Kip Steele, David Scott for all their help.

I talk to John Lilygren and he is feeling a lot better now. He says he still has a hard time breathing and keeping his O2 levels up. Our thoughts are with you John, keep up the good work.

The year is quickly ending, and I would like to thank everyone that has stood behind me though this difficult year. I know I didn't make some people very happy with the COVID issue, but I was following the "STATES" guidelines. This is a great organization and a lot of great people, so let's stand together and make things work.

I don't know if I am going to make the meeting, because I'll be hunting up in the Rubies. So, whoever runs the meeting thank you and good luck.

Please be safe and protect you and your family.

Big Sir Joe Tomlin



Hello fellow Sir Branch 160 It will be good to have another meeting in October 25. I think this is our third meeting in 2021 I did loose count? Our guest Speaker for our meeting will be Tom Kerns he previously gave the presentation without video (our projector didn't like the format) so he has changed the format and wished to give it again. He is an avid hiker and backpacker and has visited sites throughout the United States and beyond. We will have our slate of officers for 2022. We will also discuss our Christmas Party. Tepp's is still closed Gold Dust doesn't have any openings so Mike Patton and myself are currently looking for a location. Please let your caller know if you are attending, we will be charged for any no shows and will pass the charge to those that don't show. Hope to see you at the meeting. John

OCTOBER BIRTHDAY BOYS

RAY GRUBBS, DON HANIFEN, ROGER HUGHES, LARRY COFFMAN, DAVE BEST, GEORGE MCCOOL, TOM SAWYER, RUSS DOW, TIM BOYLES

HAPPY BIRTHDAYS

responsibility for the well-being or safety of the participants or passengers, or their property or any damages whatsoever, in any manner pertaining to said activities.

Lake Tahoe Branch 160 Badge Color Scheme: Charter Member...**RED** Honorary Life Member...**GOLD** New Member...**BLUE** the rest of us...**BLACK**. When you see a badge with **BLUE** lettering indicating a **NEWER MEMBER**, be sure to make him feel welcome.



MEMBERS

ANNIVERSARY

FOR THE MONTH OF OCTOBER
1990 Ken Koegl, 1999 Ray Grubs,
2000 Dale Herman, 2006 Larry Coffman,
2017 Bob Drabant, Daniel Rodriguez,
Neil Wolf, 2018 Johnny Myers

~NOTICE~

YOUR ASSMENT FEE IS DUE AT THIS TIME. \$7.00 WILL BE COLLECTED AT THE PICNIC, THE NEXT MEETING OR THE NEXT GOLF TOURNAMENT YOU ATTEND. YOU CAN ALSO MAIL THE FEE TO MIKE PATTON, 2605 CLAPHAM LANE, MINDEN NV 89423. THIS FEE IS PAID TO THE STATE SIR FOR RUNNING THE ORGANIZATION.

~NOTICE~

All travel events and other activities sponsored by Sons In Retirement, Incorporated, or its Branches, are for the convenience and pleasure of its members and their guests who desire to participate. Sons In Retirement, Incorporated, and its Branches do not assume any

2.

ROOSTER SALES
~NOTICE ON SALE NOW~

**SUPPORT "The SIR" ~ DRESS IT UP
WITH ROOSTER PINS,**



**HATS AND SHIRTS.
SHOW HOW PROUD
YOU ARE TO BE A SIR!!**

HATS ~\$15

VESTS ~\$29.50

POLO SHIRTS~ \$21

WICKING SHIRTS~\$20/24/30

PINS ~ SMALL \$2/LARGE \$3

GOLF/BOWLING TOWELS ~\$9

Start looking good!

DAVE TIONGCO



**BADGE DRAWING WINNER FOR
SEPTEMBER LUNCHEON TOM KERNS**

**Come to a meeting, have lunch, hear our guest
speaker and have your badge pulled from the
bucket for a lunch on the SIR at the next
meeting.**

Membership & Luncheon Report
Sons In Retirement – Lake Tahoe Branch 160
Your attendance Chairman, Steve Butts



SEPTEMBER 2021

Total Member previous report (112)

Members Dropped (3) Dennis Wingate moved, George Montoya moved, Dale Friend Passed

Members Added (0)

Total Members this report (112)

Inactive to active (0)

Medical Leave (5) Ed Rector, Jack Post, Franz Goepfert, Van Marshall, Leo Fuller

Excused Snow Bird (0)

Total excused members (5)

Total Active Members minus Excused Members (107)

Total number unexcused not at meeting (70)

Visitors-(33) Picnic

Picnic attendance members (37)

Speaker (0)

Also, this year's assessment is now due before participation in any Sir Activities. \$7.00

3.

ARE WE THERE YET?

Who can relate to the question, "Are we there yet"!

You ever wonder why young ones and sometimes old ones ask that question?

Is it because we are impatient with the situation that we find ourselves in? Could it be because we are not doing nothing but just sit around the house?

As the year is coming to an end, we have to evaluate our health status. With that being said we need to reflect on where we are with our well-being, physical and mental condition. I have Parkinson's and other find themselves with other medical conditions. Whatever your condition is, you need to reflect on the following:

- My present physical and mental condition
- What have I done to understand my condition
- Am I being Pro-Active or Re-active with my present condition.

We cannot afford to be reactive and ask the question "Are we there yet". You do have a choice, Be Pro-Active. How, you say? Stay active:

- Mentally - Do word Games/Puzzles, play games with others, listen to music and reflect on the lyrics and read.
- Physically – go to a gym, ride a bike, walk or do yard work. Any type of physical exercise like boxing "Rock Steady" has improved my balance and motor skills.

Is there a specific exercise we should be doing? There have been studies on that question of what activities is best for us. They tested people doing boxing, dancing, cycling and running but the study was not conclusive. Why? Because they could not measure brain functions while people were doing different activities.

So, the study took on a turn to visualization. Yes, a person would close their eyes in an MRI station and visualize boxing, dancing, running and other activities. The facilitators could see different brain engagements with different activities. There are many studies and theories to help our well-being or conditions. We are seeing more pharmaceutical companies, universities and private funded projects trying to solve medical problems around our country.

The other day I saw a flock of birds flying in a pattern to overcome the difficulties they were facing (the wind). Why not learn a lesson from those birds? Together, yes together as a group we can overcome and face the medical problems we have. In my case, I struggle with the problems associated with Parkinson's.

I have joined a "Parkinson's Support Group and Rock Steady Boxing Club" where I feel very comfortable with the groups because we all have the same medical problems. In my opinion, if we stay engaged in reading and learning about our medical condition, getting involved in social activities and in an exercise program, we would not have the time to ask the question, "Are we there yet".

Joe Carmona celina-carmona@sbcglobal.net 530) 521-3729

4.

**LAKE TAHOE BRANCH 160 FOUNDERS DAY
OCTOBER 31, 1990**

31 years ago . . . how time flies!

Back in the summer of 1990, SIR Area governor Campbell O'Neill from Placerville's Hangtown Branch 29 ran an ad in our local newspaper asking retired men to attend an informational meeting concerning the establishment of a Branch of SIR at Lake Tahoe. The meeting was held at the old 89 Bar & Grill on Emerald Bay Road, and was attended by half a dozen locals and four men from Branch 29. Current Members Bob Peterson, Al Bartley and Ken Koegl spread the word and ran newspaper ads and put out fliers and the response was great. Right away they moved the luncheons to Carrow's Restaurant for several meetings before moving to Timber Cove Lodge (soup and sandwiches served by "Angie's"). On October 31, 1990, the SIR State organization granted probationary status to the new Branch 160. Probation was to continue until the new Branch could show a total membership of 75 men, at which time we would be officially chartered. That happened on April 22, 1991.

This club has grown to well over 100 members, some of whom are very involved in our activities, and serving on committees and as officers. It is important that we continue to grow in membership, because that makes it a lot easier to find officers and committeemen, and increases our monthly donations so we don't have to sweat that out so much. When one of the many SIR Branches folds up, more often than not it is because the guys won't help out by filling the leadership chairs.

Those are a couple of selfish reasons for bringing in new members. But consider this ... retired and semi-retired men living everywhere from Woodfords and Meyers, through South Lake Tahoe and Stateline, up both sides of The Lake and down in The Valley -- these guys need us as much as we need them! When you invite an acquaintance to be a guest at the luncheon and he decides to join, figure you have done him a big favor. He doesn't need to become real active, if only he enjoys the monthly luncheon as a social event, that's fine. And who knows ... there may be some real talent among these fellows.

So here we are, after 31 years of building . . .

Your Branch 160 Executive Committee 2021

JOE TOMLIN, JOHN LILGREN, GORDON SALAS, MIKE PATTON,
LARRY COFFMAN, SKIP HEMPLER, TERRY CANNON,
JIM BEILSTEN, JOHN GERARD, STEVE BUTTS

5.

FORM 28, SONS IN RETIREMENT MONTHLY CASH REPORT	Branch 160 Region 2	SEP 2021	
BEGINNING CASH		Month	YTD
BALANCE (Total Cash)		\$3,849.37	\$3,803.00
GENERAL ACCOUNTS			
	Contributions	\$(15.00)	\$85.00

	Interest	\$0.06	\$51.00
	Other Assement	\$126.00	\$364.00
	Subtotal General Receipts	\$111.06	\$449.51
	Disbursements		
	Printing, Supplies etc.	\$25.00	\$340.08
	Postage	\$34.80	\$320.80
	State Pro Rate	\$0.00	\$371.00
	Subtotal General Disbursements	\$51.26	\$1031.88
	Net General gain/loss	\$51.26	(\$582.37)
Custodial Accounts			
	Monthly Luncheon	\$00.00	\$1,725.00
	Special activities	\$150.00	\$1035.00
	50/50 drawing	\$230.00	\$380.00
	Rooster Items	\$30.00	\$168.00
	Other Picnic raffle sales	\$247.00	\$247.00
	Subtotal Custodial Receipts	\$00.00	\$2,898.00
	50/50 PAYOUT	\$00.00	\$80.00
	Monthly Luncheon	\$00.00	\$1,902.00
	Special Activities Picnic	\$661.64	\$661.64
	Rooster Purchase	\$25.00	\$261.00
	Other 50/50 Payout	\$115.00	\$195.00
	Subtotal Custodial Disbursements	\$801.64	\$3,019.84
	NET CUSTODIAL gain/(loss)	(\$144.64)	\$535.36
	ENDING CASH BALANCE (Total Cash)	\$3,755.99	\$3,755.99
CASH ELEMENTS			
	Checking	\$3,555.39	
	Savings		
	Other	\$200.00	
Total	\$3,755.99	Patrick Michael Patton	

September 30, 2021

Dear SIR Branch 160 Tournament Bowlers:

Thank you for your participation in our September tournament held this year at Carson City's Gold Dust West facility. We had sixty-two bowlers sign up for this tournament, a number that marks a big step forward in building back our SIR bowling tournament participation and the annual schedule.

Congratulations to the twenty-five of this year's bowlers who won prize money!

Our inclusion of SIR widows in this tournament has also been a fitting and successful step forward for us all.

It is not too soon to begin thinking about next year's Branch 160 tournament. We are planning to make some significant changes. First with the (hopeful) disappearance of the COVID pandemic, we should once again have an array of homemade goodies to snack on for the tournament. Dave and I have really missed these! Second, we are planning to begin the tournament a day early for a relaxed no-tap tournament that will provide you with a few games of practice with GDW's lane conditions. Third, we hope to have a buffet-style luncheon each day for the bowlers in one of GDW's conference rooms. Fourth and most important, we plan to add a four-person team event to the schedule.

We have already blocked out a significant number of rooms at GDW for next year. To book your room(s) and RV site(s) via phone, (1.) Call toll free at (877) or (775) 885-9000 and press 1 for reservations, or ask for the Tim Hall SIR September Bowling Tournament room block. Or (2) to book your room(s) online: go to www.gdwcasino.com, click on Carson City, click Book Hotel Reservations Here, enter your stay information, and book with group code: **THALLSIR9**. Book now!

Next year's tournament will be held Monday thru Thursday, September 12-15, 2022.

Thanks again for participating in the SIR's Branch 160 fall Carson City tournament. Dave and I look forward to seeing you all again next year.

Bowl on!

Tim Hall
Tournament Manager

Dave Moore
Tournament Manager

NEWSLETTER

LAKE TAHOE BRANCH 160 EXECUTIVE COMMITTEE

BIG SIR-----	JOE TOMLIN-----	775-790-7160	DIRECTOR-----	LARRY COFFMAN-----	530-577-0328
LITTLE SIR-----	JOHN LILYGREN-----	530-577-5234	DIRECTOR-----	SKIP HEMPLER-----	775-588-4998
SECRETARY-----	GORDON SALAS-----	775-690-2026	DIRECTOR-----	TERRY CANNON-----	775-883-4605
ASST. SECRETARY-----	TBD-----		DIRECTOR-----	JIM BEILSTEIN-----	775-790-5180
TREASURER-----	MIKE PATTON-----	775-300-1073	DIRECTOR-----	JOHN GERARD-----	530-542-2876
ASST. TREASURER-----	RON THOMPSON-----	775-848-1402	DIRECTOR-----	STEVE BUTTS-----	775-722-0177

HONORARY DIRECTORS

KEN KOEGL-----	619-651-5508	MIKE VADNAIS-----	775-546-0810
JACK POST-----	530-570-8063	DAVE TIONGCO-----	775-265-9448
TOM SAWYER-----	775-852-8675	RON THOMPSON-----	775-848-1402
VAN MARSHALL-----		530-307-0786	

BRANCH OFFICIAL E-MAIL CONTACT AND WEB MASTER JAMES MAXEDON jmx7@pacbell.net

Area 6 Governor – Gary Johnson 530-333-4814 - Region 2 Director – Dale D. Decker 209-533-0455 - State President– Stuart Williams



SIR Branch 160 Newsletter
P.O. Box 550086
So. Lake Tahoe, CA 96155

