

STATE PRESIDENT- Sir David Gonzales, 408-621-8835
REGION 1 DIRECTOR- Sir Hugh Thompson, 916-276-5117

STATE VICE PRESIDENT- Sir Dale Decker, 209-533-0455
AREA 2 GOVERNOR- Sir Hugh Thompson, 916-276-5117

BIG SIR- Manny Cardoza 530-674-8184
LITTLE SIR- Bijan Parhizgar 530-301-8740
SECRETARY-
ASST. SECRETARY- Bill Craig, 530-763-5476
TREASURER-Brad Johnson, 530-632-7943
ASST. TREASURER-Guy Rector, 530-674-1236



Bill Crocker, 530-673-8982-ATTENDANCE
Gary Kim, 916-205-7427- e-BULLETIN
Bijan Parhizgar 530-301-8740-PROGRAM
Dennis Dempsey, 530-487-3830-SUNSHINE
-TRAVEL

PEACH BOWL BRANCH 45

A nonprofit public benefit organization for retired men devoted to the promotion of independence and dignity of retirement.
Meets the first Monday of every month at 11:45 in the Plaza Room, Julie Drive, Yuba City

Maintenance of membership requires regular attendance. Branch Executive Committee (BEC) meeting follows the monthly luncheon at 1:40 p.m.

SIR Branch 45 Website: branch45.sirinc2.org

BOARD OF DIRECTORS

Bill Crocker 530 673-8982	Ed Kennedy 530 673-9731	Doug Parker 530 671-9133	Tom Bethards 530 632-6751	Tom Thompson 530 751-9225	J.P. Hill 530 632-8246
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VOLUME-FIFTY ONE

NUMBER TWO

FEBRUARY 2023

BIG SIR MESSAGE



Manny Cardoza, 530-701-8184
boebadic@comcast.net

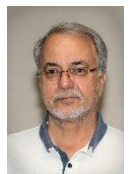
I will be taking some personal time for family matters and hope to see you soon.

Manny Cardoza
Big Sir

LITTLE SIR MESSAGE

Bijan Parhizgar, 530-301-8740

bthere4asap@yahoo.com



February Guest Speaker:
Leilani Barnhart
Luna Lei Wellness

Leilani Barnhart grew up in the Yuba Sutter area but went to Missouri for college graduating with her bachelor's in psychology. She went on to pursue natural medicine and is now a holistic practitioner in Traditional Chinese Medicine and Ayurveda. She founded her business Luna Lei Wellness in 2018 that specializes in natural health including Eastern Medicine, Western herbs, and yoga.

Topic: I will be sharing on men's natural health, the nervous system and including some breathwork!

SINCE WE LAST MET



Little Sir Bijan Parhizgar presenting a certificate of appreciation to our guest speakers from the Yuba City Public Works Dept.

Tom Bethards presents a certificate to Bill Craig for recruiting the most members in 2022.



Dieter Rex receives a New Members recruitment award from Tom Bethards.

Committee Chairs

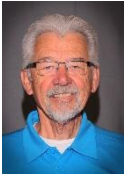
Attendance: Bill Crocker
Asst. Attendance: Mike Gyorfi
Badges: Bill Smith
Bicycling: Bill Craig
Asst. Bicycling: Gilbert Corchado
Bocce Ball: Carey Saunders
Asst. Bocce Ball: Jack Schoen
Bowling: Ray Buttacavoli
Asst. Bowling: Jeff Brockman
Card Guy: Roy Meli
Asst. Card Guy: Bob Penix
Cashier: Fred Preston

Asst. Cashier: Darel Abbott
Chaplain: Jack Mayberry
Asst. Chaplain: Dieter Rex
Fine Dining: Rich Dettmer
Fishing: Pat Dilling
Asst. Fishing: Rodney Jorgensen
Golf: Dennis Dempsey
Asst. Golf: Peter Brennan
Historian: Bill Crocker
Membership: Bill Crocker
Photography: Bob Engen

Photographer: Richard Grant
Pool: Ruben Gomez
Asst. Pool: Bob Penix
Roster: Bill Crocker
Asst. Roster: Roy Meli
Sunshine: Dennis Dempsey
Asst. Sunshine: James Anderson
Website: Bill Crocker
Asst. Website: Gary Kim

ACTIVITIES

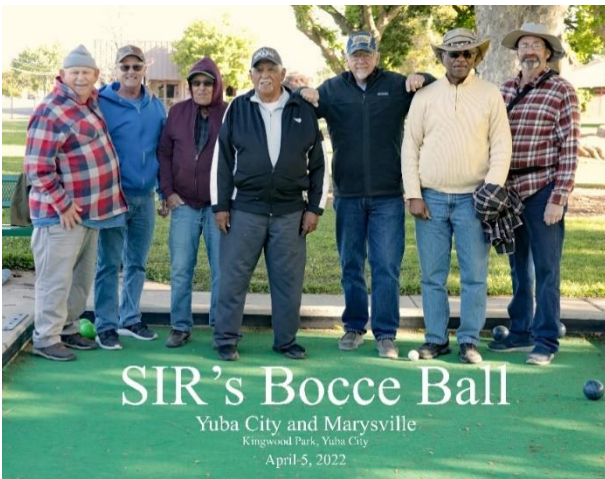
BOCCE BALL



Carey Saunders, 530-671-5155

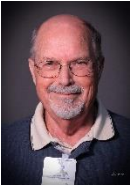


Jack Schoen, 719-400-9830



Tuesdays 10:00. Played at Kingwood Park on Gray Ave. We are looking for more participation so that we can enter tournaments with other branches.

YUBA CITY/MARYSVILLE BOWLING



Ray Buttacavoli, 530-329-2038



Jeff Brockman, 530-755-0746



We started our new bowling season on August 3RD, and it will run all the way until July 26TH of next year. Our plan is to take only one week off for the Thanksgiving week. We ran our final sweeper for last season and had 20 bowlers participate. Every bowler won some of the pot of \$525. Following my newsletter is a page showing who we paid for each of the categories.

The bowling center had to raise the bowling fees by \$0.25 per game, but we were able to maintain our regular bowling fees by reducing the amount that goes into the sweeper fund each week. With that reduction, there will only be two sweepers this season rather than the three we ran last year. In my next article, I'll explain our bowling fee structure and our weekly prizes.

We continue to bowl on Wednesdays at 11:00 AM. All are still welcome to bowl with us, but if you have not bowled with us since we moved to Beale AFB, it will be necessary to contact me so that we can start the paperwork for the Guest Pass, that is unless you have a valid military ID. You can contact me at the phone number above or via email at rdb0416@comcast.net .

SLOW TROLLERS



Pat Dilling, 530-218-0641



Rodney Jorgensen, 530-415-3724



Don Hayward's Catch

The Slow Trollers Fishing Club is looking forward to an exciting 2023. We have several new club officers: Pat Dilling is the new President, Rodney Jorgensen is Vice-President, John Perkins is Secretary and Tony Mello is continuing as Treasurer. Our event committee has put together a proposed schedule of fishing and other fun events for 2023.

We closed out 2022 with a fun fishing day on December 15th at Lake Oroville. We had 11 fishermen in 6 boats casting lines. Everyone reported catching some hard pulling spotted bass. Our bonus Fun day was planned for the 5th Thursday, but most opted out due to wind and rain. We have agreed that we are mostly fair-weather fishermen these days.

Come join us on the first Monday of the month, same as our SIRs meeting, at 9 o'clock at the Yuba City Moose Lodge, 205 S. Walton. Free donuts and coffee are provided, bring your own fish stories!



PHOTOGRAPHY

Bob Engen, 530-845-8360

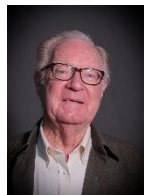


Richard Grant, 530-713-1919

The Photo Club is meeting at Tracey’s Diner in Marysville. We meet regularly on the 2nd Tuesday each month at 9:00am. This month it is the 14th. We have breakfast and view a video on photography. Currently, we are going through a series of lessons on cell phone photography. The February lesson is “# 8 Photography Principles: Light”.

To share our photos, each month we are having one of our club members submit a favorite photo to be published in our monthly bulletin. If you see something you like, please let the photographer know.

Photo of the Month -February 2023



Puerto Vallarta Wildlife by Gordon Case



Mexican Iguana protecting his home.

POOL



Ruben Gomez, 530-743-0477



Bob Penix, 530-790-0723



Mondays at 2:00 PM. Play at Gold Rush Billiards next to Papa Murphy's Pizza on Gray Ave. Even if you never played pool, come on out and learn. You'll enjoy it.

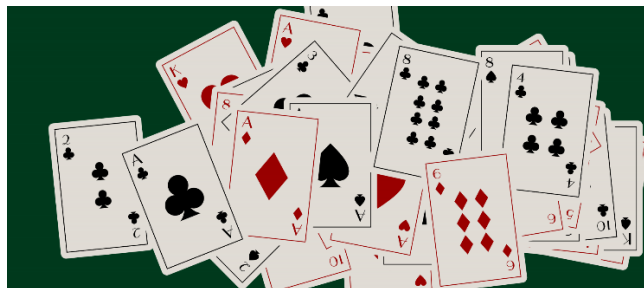
CARDS



Roy Meli, 916 826-4772

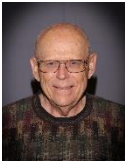


Bob Penix, 530-790-0723



Wednesdays 12:00-4:00. Played at different players' houses each week.

DINING OUT



Rich Dettmer, 530-755-4118



Assistant, Phone

Happy New Year!

On January Dining Out members went out together at Rocco's Bar and Grill in Colusa, hosted by Sir Bill and Susan Shaul on the 17th. There were 18 of us and we had a room to ourselves. The service was excellent and the food scrumptious. We had a good time. We had been there before, and it is a go-to place again in the future. What's up for February? Sir Rich and Jill Dettmer will be hosting an event at Marcella's Italian Restaurant on Bridge St in Yuba City. The date to be confirmed. Members of this activity will get notices via email and can sign up to attend,

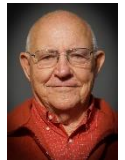
If you are interested, you must join our pack first and you can do by contacting me and I will add you to the list which gets you the upcoming announcements of events. All you have to do then is call or email the listed event host to sign up. There is no requirement that you attend all events, and you can pick and choose those venues that sound great and fit your calendar. Rich Dettmer (530) 755-4118 or CAPTRLD@SYIX.COM

Rich Dettmer. Past State President
Sons in Retirement
Branch 45, Peachtree
Dining Out Activity Coordinator

GOLF REPORT



Dennis Dempsey, 530 487-3830



Pete Brennan, 530 674-7234

Hello gents,

Don't forget the Golf Breakfast on Feb 12th at 0800 at Moose Lodge. Yocha DeHe outing is Feb 15 starting at 0830. First SIRs Tournament is March 7 at Peach tree and it will be low net and cost is 50 dollars, Dennis Dempsey is Tournament Director. Any questions please call him. Let have a great year and hope you are swinging better, Lets have lots of fun. Its not about score or who you play with its about friendship and be good to each other.

Dennis Dempsey

Golf Director



BICYCLING



Bill Craig, 530-763-5476



Gilbert Corchado, 530-434-6525

Whether it's a couple of us or a dozen, the group has so much fun together we want to share our joy with you. We are definitely noticed in the community and meeting new people. Spouses and guests are always welcome. We currently ride as a SIR activity on Fridays from Regency Park in north Yuba City, starting at 0900.

Try it, you'll like it!

TREASURER'S REPORT



Brad Johnson, 530-632-7943

The ending November balance: \$6,458.20

The ending December balance: \$5,652.76