

STATE PRESIDENT- Sir Fred Serena
 STATE VICE PRESIDENT- Sir Nick Feimer
 AREA 2 DIRECTOR – Vacant



INCORPORATED
PEACH BOWL BRANCH 45

Branch Officers
 BIG SIR- Tim Petrin 510-384-1956
 LITTLE SIR – Tim McGee 530-650-6862
 SECRETARY- Doug Marr 530-713-3130
 ASST. SECRETARY- Richard Grant 530-713-1919
 TREASURER-Brad Johnson 530-632-7943
 ASST. TREASURER-Guy Rector 530 674-1236
 ATTENDANCE Bill Crocker – 916 276-5117
 e-BULLETIN Gary Kim - 916-205-7427
 SUNSHINE Dennis Dempsey – 530 487-3830

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

3.
 Many

Bill Crocker 530 673-8982	Ed Kennedy 530 673-9731	Bijan Parhizgar 530 301-8740	Tom Bethards 530 632-6751	Barry Greathouse 530 301-8740	J.P. Hill 530 632-8246
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VOLUME FIFTY-FOUR

NUMBER FOUR

APRIL 2026



BIG SIR MESSAGE

Tim Petrin, 510-384-1956

TIMPETRIN@SBCGLOBAL.NET

Hello SIRs!

As we HOP into April, we see meaningful signs that a new season has begun. It's a reminder that change and growth are always possible, no matter our stage in life.

As the days get warmer, and we spend more time outdoors, please be aware of the need to remain properly hydrated. Staying hydrated becomes especially important as we get older, because the body's sense of thirst often becomes weaker with age. Here are some simple, effective ways to stay well-hydrated 💧

1. Drink water regularly (not just when thirsty).
2. Drinking a glass of water in the morning helps replace fluids lost overnight and gets your body off to a good start.

4. Keeping a refillable bottle within reach (like in your vehicle) makes it easier to remember to take small sips.

5. Need some flavor? Try adding slices of: Lemon, Lime or Mint.

6. Limit dehydrating drinks: large amounts of coffee, tea, and alcohol can increase fluid loss. They're fine in moderation, but water should still make up most of your daily fluids.

7. Watch for signs of dehydration: Dark yellow urine, Dry mouth, Fatigue, Headache, Dizziness. If these appear, it's a good reminder to drink fluids.

Random reminder: Family members and guests are welcome at all SIR-approved activities.

Thank you for being part of our SIR group and for the perspective and camaraderie each of you brings!

See you at the meeting on April 13th!

Tim Petrin

2026 Big Sir, Branch 45

LITTLE SIR MESSAGE

Tim McGee, 530-650-6862

mcgeemaui@yahoo.com

Hey everyone, Little Sir at your service, Well everyone, it certainly feels as though spring has sprung albeit a little early. We can all enjoy outdoor activities, get some exercise and work on our tan. For you younger guys (under 80), get your eggs ready for color, dust off your bunny suits and hop on over to the grandkids house and enjoy a grand Easter egg hunt. O! Easter is April 5th, I almost forgot.

Our guest speaker for April is Dr. Jennifer Kellogg, she is the psychologist for Folsom Prison.

See you all at lunch, who's buying this Month ? OK guys I'm out, keep on keepin on.

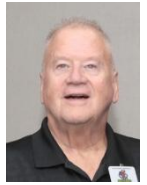
We'll talk next month.
Tim McGee

SIR Hikers



On March 19th, we ventured out to South Yuba River State Park, then embarked on a loop hike on the Point Defiant Trail (not me, still recovering). The trail was, at times, challenging. My hat's off to all of the intrepid hikers for sticking it out! The next hike will be more "agreeable". Nevertheless, the park was gorgeous and not crowded.

We took a break afterwards and had lunch in the shade. We also set a date and time for our next adventure: April 16th, meet at 7:00 am. Meeting place and destination TBA. Please join us!



Thank you,

Tim Petrin

Committee Chairs

Attendance: Bill Crocker
Asst. Attendance: Mike Gyorfi
Badges: Bill Smith
Bicycling: Bill Craig
Asst. Bicycling: Gilbert Corchado
Bocce Ball: Jack Schoen
Asst. Bocce Ball:
Bowling: Ray Buttacavoli
Asst. Bowling: Jeff Brockman
Card Guy: Dennis Dempsey
Asst. Card Guy:
Cashier: Fred Preston

Asst. Cashier: Darel Abbott
Chaplain:
Asst. Chaplain: Dieter Rex
Fine Dining: Tom Bethards
Fishing: Pat Dilling
Asst. Fishing: Paul Breitag
Golf: Tim McGee
Asst. Golf: Peter Brennan
Historian: Bill Crocker
Membership: Bill Crocker

Photography: Richard Grant
Asst. Photography: Walt Cotter
Pool: Ruben Gomez
Asst. Pool: Bob Penix
Roster: Dave Goldwyn
Asst. Roster: Bill Crocker
Sunshine: Dennis Dempsey
Asst. Sunshine:
Website: Bill Crocker
Asst. Website:

DINING OUT



Tom Bethards, 530 632-6751



2026 will be a new year of dining activities.

Tom Bethards, Peachtree Dining Out Activity Coordinator. chevyman61@comcast.net is my email or call me at 530 632-6751. Bon appetite.

WHEN WE LAST MET



Dr. Amin, Opthamologist



Our new members

YUBA CITY/MARYSVILLE BOWLING



Ray Buttacavoli, 530-329-2038



Jeff Brockman, 530-755-0746



Our bowlers and their guests recently bowled in two SIR sponsored tournaments. The first was in Carson City where **Jeff Brockman** took 1st place in the men's singles and his partner, Peggy McCarty placed 6th in the women's singles. **Harvey Robinson's** partner, Lorraine Williams, placed 1st in the women's singles. Then in the doubles' competition, Jeff and his partner placed 2nd while Harvey and his partner placed 4th. This tournament was followed by the State SIR tournament in Sacramento. Our own **Ken Sisney** placed 2nd in the Division 1 singles while **Larry Herrera**, Branch 109, placed 9th in Division 2 singles. Then **Ken Sisney** and **Tony Rainey** placed 2nd and **Stan Gryczko** and **Jack Dunn** placed 5th in Division 1 doubles. In Division 2 doubles, **Larry Herrera** and **Dan Moreno**, Branch 109, placed 4th. Both tournaments turned out to be quite profitable for our bowlers. The next big tournament will be in Reno in August, and in this report, we will be sending 12 bowlers to compete. The Reno tournament generally attracts around 300 SIR bowlers and guests.

We continue to bowl every Wednesday 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 a Guest Pass, that is unless you have a valid military ID. There is no charge for the Guest Pass. You can contact me at the phone number above or via email at rdb0416@comcast.net if you have any questions

SLOW TROLLERS



Pat Dilling, 530-218-0641



Paul Breitag, 530-519-5374

The Slow Trollers Fishing Club will meet at the Yuba City Moose Lodge at 9 am on April 6. Come early to enjoy coffee donuts and fish stories. We are excited to welcome two new members. Come join the fun! We will be planning our April outing to Bullards Bar lake and our May four day trip to Lake Shasta.

Our most recent event was a team tournament at Collins Lake where we had an excellent turn with 12 fishing from boats and another 2 or 3 fishing from shore. The Trout overall winner was Tom Pickett claiming both the big trout and the best trout stringer. The big bass was won by Gene Trujillo and he and his partner Robbie Merwin had the best bag for 5 bass. Everyone caught some fish! We capped the outing with a great lunch prepared by John Perkins and Don Hayward.

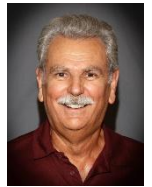


Back Row: Robbie Merwin, Gene Trujillo, Mike Trimble, Don Allen, Paul Breitag, Jack Schoen, Jim Merrell
Middle Row: Junior Sanchez, Len Kovats, Greg Isaacson, Gilbert Corchado, Mike Fox, Bernie Lafreniere, Don Hayward, Julian Rogas
Front Row: Fred Preston, Jim Coats, Joe Warda, Rich Minor, Al Deabel, Tom Pickett, Pat Dilling, John Perkins

PHOTOGRAPHY



Richard Grant, 530-713-1919



Walt Cotter, 530-671-1456

The SIR's Photo Club meetings are held monthly at the Dancing Tomato in Yuba City. We meet there regularly at 9:00AM on the 2nd Tuesday. Our April meeting is on 14th. There are usually about 8 to 10 of us and we have breakfast and a great time sharing photos and talking about photography. We occasionally take field trips to capture the beauty of our local area. The photo below was taken on March 10th. We are planning another field trip to the Historic Marysville Cemetery on Saturday, April 11th. Hope you can join us. All are welcome. You will make some new friends for sure.

Field Trip to Mushroom Adventures with Don Simoni



Thank you Hugh Smith for setting up this unusual local field trip for our Photo Club.

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

Bob Penix, 530-790-0723



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

BICYCLING



Bill Craig, 530-592-6592



Gilbert Corchado, 530-434-6525



It's been a while since most of us have been riding, but there's been occasions when some of us can't resist pedaling our butts around town . Looking forward to some sunshine. Whether it's a couple of us or a dozen, the group has so much fun together that we want to share our joy with you. We are noticed in the community and meet new people. Spouses and guests are always welcome. We currently ride as a SIR activity on Fridays from Regency Park in north Yuba City, Please call Bill Craig, 530-592-6592, or Gilbert Corchado, 530-845-2854, to get updates on ride times.

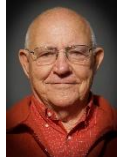
Try it, you'll like it!

 Look at this post on Facebook [SIR Bicycle Club on Facebook](#)

GOLF REPORT



Tim McGee, 530-650-6862



Pete Brennan, 530 674-7234



Hello to all the golfers and duffers,

Well, opening day is behind us now and season 2026 is under way. For those golfers who would like to get an edge over everyone else, (I know there are some out there), there is an indoor driving range in Marysville. (The Club House). The location is convenient for practice or rehab without driving all the way out to a golf course. There will be another one on Plumas Street in Yuba City called the 19th Hole. It is not open yet and I am not sure of the opening date.

OK, enough of that, I gotta go practice!

April tournaments are:

April 7th, Peach Tree

April 14th, Plumas Lake

April 28th, Table Mountain

Remember, straighten your drives and clean your balls!!

NO gimmies, sign up, show up and swing hard!!

Tim McGee

BOCCE BALL



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.

TREASURERS REPORT



Brad Johnson, 530-632-7943

The February ending balance is: \$8,083.54

The March ending balance is: \$8,540.26