



Port Stockton Sayings Bulletin

The monthly bulletin of Port Stockton Branch 46 of Sons In Retirement, a California non-profit corporation chartered July 23, 1974.



CHRISTMAS LUNCHEON: DECEMBER 5th - THURSDAY 11:30 AM

BIG SIR GREETING

December, 2019

Lots of special days in December. Of course, the two most important are the Ladies Day Christmas Luncheon on December 5 and, finally, Christmas Day. Other days are Pearl Harbor day, Poinsettia Day, Winter Solstice (shortest day of the year), Christmas Eve, and New Years Eve. In case you haven't signed up for the December 5 Christmas Luncheon, there's a special page further on in the bulletin that tells you what to do. And please note the special notice on the page about the Luncheon schedule change. Social Hour starts at 11:30, Luncheon will be served at 12:00 Noon, and the Lincoln High Choir starts at 12:30. This schedule change was requested by Lincoln High.

Our active membership is currently 79 - short of our 2019 goal of 100. Although we are gaining one member this month, sadly, we lost a member. Bob Shellenberger, a longtime member of Branch 46, passed away on October 26. Once again, we encourage everyone to participate in our recruiting efforts – either by contacting your friends, the people you meet in our branch activities, or anyone else you come across who you think would enjoy being a member of our organization. In this regard, be sure to carry several of the wallet-sized cards that are always available at our sign-in table. If you don't have any of these cards, please contact Dave Derksen or Jack Lamberty.

The November Branch meeting and luncheon were very successful. The food was good and there were 51 active members to enjoy it. Our speaker, Jacqui Stevens, President of the San Joaquin Genealogical Society, delivered an excellent presentation on methods of "finding your roots" as she put it. The November Luncheon article in this bulletin has more on the speaker and the subject. We also swore in a new member, Dave Scotten,

during the meeting. Information on Dave is presented later in this bulletin.

Finally, this will be my last Greeting for the bulletin. Glenn Nellman will take over the Big Sir duties in January. I would like to thank all those who helped me during the year – there's not room enough in this bulletin to name everyone. I have really enjoyed being your Big Sir. It's an excellent way to meet people and to become more familiar not only with the workings of the Branch but also with the State Sir Organization. But you're not getting rid of me – I will be back on the podium next year as your Little Sir.

Merry Christmas! Mike Sather Big Sir 2019



NEW IN THIS EDITION

- *Birthdays & Anniversaries*
- *December Calendar*
- *November Luncheon*
- *Roster Changes*
- *New Articles on Website.*
- *Last Notice for Christmas Luncheon*
- *Luncheon Schedule Changed! Read "Last Notice" above!*
- *Little Sir Rambling (Good Article on Personal Hygiene)*

ANNOUNCEMENTS

Miss a Meeting?

When you know you will miss a luncheon meeting please give our Attendance Chairman, Dick Andersen, a call (478-3753) whalelady@comcast.net

Bring a Friend – Win a Prize!

When you bring a friend (prospective new member) to a Branch 46 luncheon meeting, and he eventually joins, you will also receive FREE ten 50–50 tickets.

SIR BRIDGE

Bridge starts at 8:30 AM preceding the monthly meeting. Please contact Dave Palmer to reserve a seat at a bridge table. Dave Palmer – Bridge Chairman 242-2093 or E-Mail Dave at Dpalmeretal@aol.com.

Sunshine and Memorials

John Mendonca is our chairman for this committee. His phone number is 477-0743. Whenever you are aware of a member who has a serious illness or whose family has experienced some tragic circumstances, give John a call. Please don't be hesitant to call if you are aware of a member who is having problems. A call from the SIR would be greatly appreciated.

9 Hole Golf

The 9 Hole Golf group plays every Tuesday at Swenson Executive Course. Players should arrive by 8:30 a.m. to get their tee times. In the winter months we play on an informal basis. Come and join us. Any questions, call Abraham Mackey at 471-7007 or Email at abraham4880@gmail.com

Switching to E-mail

Sending out your bulletin via Snail-mail (USPS) is time-consuming and expensive. If you have a computer, but are now receiving your bulletin thru USPS, please consider switching to E-mail. Simply contact Jack Lamberty, and we'll take care of the rest. 451-1165. JackL68734@aol.com

Remember – E-mail is in color!!

Sir Bowling

Come join us for bowling fun every Wednesday morning, 9:30 am, at Pacific Bowl. Experienced bowlers, beginners, and anybody in between will have a great time. Women are welcome, too. Call Ron Korock at 951-4759 for more information. Or ronkorock@comcast.net.

Previous and Coming Speakers

BEC Luncheon Speaker

Jan 14 **Jan 17** **Peter Jaffe**
Stockton Symphony Conductor

Feb 18 **Feb 21** **Bill Brennan**
“Cold War from the Bottom of the Ocean”

Mar 18 **Mar 21** **Russell Stark**
Stockton Metropolitan Airport

Apr 15 **Apr 18** **Tod Ruhstaller**
Haggin Museum

May 13 **May 16** **Glenn Nellman**
Branch 46 Little Sir
Adventures of a SJ Deputy Sheriff

June 17 **June 20** **Ladies Day Picnic**
New Location - Bregman Estate

July 15 **July 18** **Sally Snyder**
Business Owner, Snyder Vineyards
President, Worlds of Wonder, Lodi

Aug 12 **Aug 15** **Jane Adams**
Sandhill Cranes

Sept 16 **Sept 19** **Elbert Holman**
S.J. Sheriff Dept. and D.A. office
City Councilman, and Vice Mayor

Oct 14 **Oct 17** **Brad Davis**
Coach, UOP Women's Basketball

Nov 18 **Nov 21** **Jacqi Stevens**
San Joaquin Genealogical Society

Dec 2 **Dec 5** **Ladies Day Christmas Party**
Elkhorn Golf Cub

2020

Jan 13 **Jan 16** **Roger Speed**
San Joaquin County Mental Health Services



18 hole golf had a great season. Our 2020 tournament Schedule will be finalized soon. We will be having some new and interesting places to play. Our first Tournament will be in February. The NCGA Dues are now due. The renewal amount is \$45. A checks should be sent to: Bill Rutherford, 1067 1st Avenue, Walnut Grove, CA 95690.

Any of you who have not been involved with 18 hole Golf, but would like to be, call me (470-2521), and I will help you get involved. We all have a good time. You are not required nor expected to play in every tournament. You may pick and choose which ones to participate in.

John Stevens

ROSTER CHANGES

Please make the following addition to your roster

Scotten, Dave (#11)	(11-18)
1319 N. Madison #110	BD Jan 21
Stockton 95207	Ph 227-5107
Credit Rep, PGE	Bowling

Please remove the following Sir from your Roster
Shellenberger, Robert - Deceased October 26, 2019



IMPORTANT DATES FOR BRANCH 46 December, 2019

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Red Dates are Branch Functions

- Dec. 5 Ladies Day Christmas Luncheon
- Dec. 7 Pearl Harbor Day
- Dec. 12 National Poinsettia Day
- Dec. 13 Friday 13th – Also National Ice Cream Day
- Dec. 16 National Chocolate Covered Anything Day
- Dec. 21 Shortest Day of Year – Winter Begins.
- Dec 23 Last Day for Bulletin Input
- Dec 25 Christmas
- Dec 31 New Year’s Eve

FORGET SOMETHING?



LIKE BUYING TICKETS TO THE LADIES DAY LUNCHEON?

NO WORRIES!

If it's not yet December 5 just call Ron Korock, 951-4759, and tell him how many, plus Ham or Tri-tips. Do this now! We need a head count ASAP. And don't forget to bring: (1) A gift for the gift exchange activity (2) Your Big R tickets for our branch fund raiser, (3) money, and (4) your wife or significant other. You don't have to be present for the Big "R" drawing. Just mail your tickets and check to Pete Lepisto, 3407 W. Sonoma Ave, Stockton 95204

And, if you're reading this on December 5th, come on out anyway!

Just bring the required stuff and we'll find a tri-tip for you.



Big "R"



Gift Exchange

IMPORTANT NOTICE!! CHANGE IN SCHEDULE!!

SOCIAL HOUR STARTS AT 11:30 LUNCHEON SERVED AT 12:00

CHOIR STARTS AT 12:30



BRANCH 46 WEBSITE <http://branch46.sirinc2.org>

Website Remember, to access the website, use the CTRL, Click feature on the above link. Or, if that doesn't work, go to your internet provider and type in the above address for the link. There are 14 new articles in the December computer newsletter by Bill Bromily, and all of these are on our website. Two that we found interesting are briefly described below. Just log on to our website, click on Computer and check out the summaries of the articles. Be sure and click on the link referenced at the end of each article. These links are the complete, published version of the articles.

8. Fast-growing Web of Doorbell Cameras

Internet connected video cameras in doorbells are one of the most rapidly growing devices in the marketplace. These cameras record a broad video view of any motion in the field of view of the camera, be the motion a person, animal or vehicle. This is transmitted to your smart phone where you can see and talk to whoever is on your front porch. **Editor's note: We have one of these, and it does everything the article claims. I don't recall the installation charge, but we pay \$30/year now.**

13. Stents and Bypass Surgery Are No More Effective Than Cardiac Drugs

Results of a large and long-awaited study show that for many heart disease patients taking cardiac appropriate drugs is as effective as invasive surgery to place stents or perform bypass procedures. The surgical procedures did outperform pills for patients suffering chest pain, but not all heart disease patients have chest pain.

DECEMBER 2019 BIRTHDAYS & WEDDING ANNIVERSARIES

MEMBERSHIP CHAIR – RON KOROCK

OUR 2019 BIRTHDAY GREETINGS TO...

John BAYLEY Don YERIAN Walter NICHOLS
Mike SATHER John MENDONCA Elvin TYLER

OUR BEST WISHES TO THE FOLLOWING SIRs AND THEIR WIVES ON THEIR WEDDING ANNIVERSARIES ...

Janet & Paul WAGNER married December 31, 1995
Elfie & Jim BROADWATER married December 08, 1973

and to those SIRs married 50 or more years ...

Susan & Mike SATHER married December 27, 1969
Rachel & Frank MARTINEZ married December 13, 1964

and very special greetings to two couples married more than 60 years ...

Shirley & Ellis WEEKS married December 21, 1957
Mava & Fayne WOLFORD married December 23, 1954

*Membership: 79 Active members, 8 Exempt
November Meeting Attendance: 51 = 65%*

SIRS AT UOP

WOMEN'S BASKETBALL

Left to Right:

Paul Wright, Reno Berbano,
Mike Sather, Glenn Nellman, and a
Gentleman named Galbraith



November Luncheon Happenings

The speaker for the November Luncheon was Mrs. Jacqui Stevens, President of the San Joaquin Genealogical Society. Jacqui encouraged us to “find our roots”, and her talk was mainly about methods to do this. She listed four personal requirements necessary to be successful. The first is (1) you need a curious mind (2) organizational skills (3) good networking skills and (4) cousins who have all the family information. For those who are interested in this endeavor, she provided handouts which show the preferred method for listing any relative you may come across in your search. A single page listing will have information on you as the starting point, your father, mother, grandfather, grandmother, great grandfather and great grandmother. All this plus the same information for your wife's side. For information on relatives that migrated to the U.S. she recommends contacting the particular government archival office where the relative first entered the country. Mrs. Stevens recommends the “My Heritage” website for additional information on “finding your roots”. She also will teach two classes on genealogy at Delta College next spring. Contact SICL (Stockton Institute for Continued Learning) at Delta for more information on this.



Jacqui Stevens
Genealogical Society

During the luncheon, Dave Scotten was sworn in as the latest member of Branch 46. Dave is a transfer from Branch 87 in Stockton and was a Credit Representative for PG&E. Complete information on Dave is provided in this edition.



Dave Scotten
New Member

WELCOME TO BRANCH 46

DAVE!!

LITTLE SIR RAMBLING – For those with flexibility problems

This month I am offering some candid plain talk with some suggestions about how to deal with personal hygiene problems that may be affecting my fellow SIRS or a family member due to flexibility problems caused by arthritis, sciatica, or being wheelchair bound, etc. I am one of those with flexibility problems so I am speaking from experience. Your hygiene problem maybe merely being able to shower or bathe completely or they may be about having difficulty in being able to wipe properly after a bowel movement. These hygiene issues are embarrassing to many and rarely do you hear anyone trying to discuss and seek information so I decided to offer the information here so they don't have to feel embarrassed or uncomfortable in asking.

The bathing and showering problem is the easiest to deal with. You simply refit your shower or bath with a shower wand with a flexible hose that you can move around with your hand to reach everywhere. You use it in conjunction with a cheap tool available in larger pharmacies that looks like a plastic rod with a clamping mechanism to hold a washcloth to reach your backside from the front or back. You need to double the washcloth in the holder to enable the clamp to retain the washcloth during soap application and scrubbing. If you are traveling you can inquire of hotels and motels if they have rooms equipped with the shower wands. Some have them in all rooms and some may only have them in rooms for the handicapped. I take the wash cloth gripping tool with me when I travel.

Some people try to deal with their rear personal hygiene problems by wearing adult diapers or wearing some kind of pad in their underwear to avoid fecal stains coming through to exterior clothing or into their underwear. They may also keep flushable wet wipes with them to further aid them when they are out in public and need to use the restroom. You may have to rely on these when you travel but at least when you are home the majority of the time you have a much better option... the after- market bidet attachment that retrofits your existing toilet. I know if you are like me you pretty much thought the bidet was something for women's hygiene and had no practical use by men. The aftermarket bidet attachments available at your hardware store or online have a knob that you use to adjust the water spray to either front or back. The knob also adjusts for water pressure. The add-on bidet fits under your toilet seat and raises it about a quarter inch. It connects to the existing flex line that is on the toilet plumbing. When using the bidet you will find the water stream is fixed so you will have to lean forward or back or to one side for the water jet to do its job. The only thing you are using toilet paper for is to double check and dry off. You will use a lot less toilet paper if you have a bidet. People are buying them who don't have flexibility problems for just this reason.

I hope this information is helpful to my fellow SIRS who need it now and may be used to others in the future if they develop flexibility problems.....

Little Sir Glenn Nellman



NOTICE: Articles to be included in the Branch 46 monthly "Bulletin" should be submitted NO LATER THAN the monthly luncheon meeting. Submit them to Jack Lamberty at JackL68734@aol.com or 209-451-1165.

SONS IN RETIREMENT BRANCH #46

c/o of Temple Gallagher
9292 Alhambra Avenue
Stockton, CA 95212

***NO BOARD
MEETING IN
DECEMBER***

**December 5th
LADIES DAY
LUNCHEON**

PRESIDENT

Ed Benson

REGION 2 DIRECTOR

Rick Kindle

652-8608

AREA 18 GOVERNOR

Pat Reed

2019 OFFICERS

BIG SIR

Mike Sather

601-1642

LITTLE SIR

Glenn Nellman

369-8620

SECRETARY

John Bayley

298-0327

ASST. SECRETARY

John Stevens

470-2521

TREASURER

John Doisy

478-4728

ASST. TREASURER

Bob Stewart

946-0897

DIRECTORS

2017 thru 2019

Ron Korock

951-4759

Bill Halboth

477-3155

2018 thru 2020

Pete Lepisto

948-2265

Dave Palmer

242-2093

2019 thru 2021

Jack Lamberty

451-1165

Dave Derksen

636-4650

2019 COMMITTEES & ACTIVITIES

ATTENDANCE

Dick Andersen

478-3753

AUDITORS

Dave Palmer

242-2093

open

BIOGRAPHER

BOWLING

Ron Korock

951-4759

BRIDGE (SIR)

Dave Palmer

242-2093

BRIDGE (mixed)

Dick Andersen

478-3753

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Jack Lamberty

451-1165

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Ethan Ives

239-4212

Ellis Weeks

951-2320

Jack Steigerwald

541-740-8787

Bob Stewart

946-0897

CHAPLAIN

John Mendonca

477-0743

CHRISTMAS LUNCH

Mike Sather

601-1642

Glenn Nellman

369-8620

FLAGBEARER

John Westhafer

957-0424

GOLF (Par 3 course)

Abraham Mackey

471-7007

GOLF (18 hole)

John Stevens

470-2521

GREETERS

MEMBERSHIP

Ron Korock

951-4759

MEMORIALS & SUNSHINE

John Mendonca

477-0743

MUSIC

Maynard Bostwick

474-7007

NOMINATING COMMITTEE

Dave Derksen

636-4650

PHOTOGRAPHY

open

PICNIC (June)

Mike Sather

601-1642

Glenn Nellman

369-8620

PROGRAM

Glenn Nellman

369-8620

ROSTER

Ron Korock

951-4759

TRAVEL

Dave Derksen

636-4650

WEBMASTER

Jack Lamberty

451-1165