A Non Profit Benefit Organization For Retired Men Devoted to the Promotion Of Independence and Dignity of Retirement

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PUBLISHED BY BRANCH 95

GOLD COUNTRY BRANCH 95

BULLETIN 205

FEBRUARY

JANUARY-2004

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BIG SIR Tom Gamble 677-7764

Last month's speaker, Sharon Pauser, certainly did her part to provide respite from a cold winter day. Sharon's presentation warmed up the room and provided much good information and many delightful laughs. Thanks, Greg, for such an enjoyable program.

Looking forward to summer activities, SIRs day at the Sacramento River Cats game will be on Tuesday, June 29. This will be a day game and is presently scheduled to start at 11:30 am. Ticket sales will come later, but it might be well to mark your calendar now. SIR's day at the San Francisco Giants game on July 22, is scheduled to start at 12:35 pm. Tickets range from \$16.00 to \$32.00 and need to be purchased by April 1. Contact me if you want tickets to the Giants game.

We welcome three new members today: Amil Gray, John Schade and Dennis Widman. We also want to welcome Bill Short, our Region II Director and Bill Peck, Area 19 Governor. Just a reminder, next Saturday is Valentine's Day!! (only for our guys with a short memory)

Truisms for Old Guys

- 1. First you forget names, then you forget faces. Then you forget to pull up your zipper. It's worse when you forget to pull it down.
- 2. Old age is when former classmates are so gray and wrinkled and bald, they don't recognize you.
- 3. We don't approve of political jokes we have seen too many of them get elected.
- 4. Eventually you will reach a point when you stop lying about your age and start bragging about it.

LITTLE SIR Greg Rhine 916-774-6574

A great big thank you to each of you who gave your undivided attention to the first speaker of the new year. I thought her message and recommendations were right on target and besides, she is a gracious and personable young lady. Its up to us to follow through with her program!

Our speaker for this month is Lt. Colonel Christopher B. Jella, who is the Director of Operations for the 12th Reconnaissance Squadron at Beal Air Force Base. A few of Colonel Jella's accomplishments are as follows: He attended Rio Vista High School, graduated with honors and received a presidential nomination to attend the U.S. Air Force Academy at Colorado Springs. He received his Bachelor of Science degree in Physics, then went on to the University of Idaho where he received a Masters degree in Electrical Engineering. His other accomplishments are too numerous to list, so I will read them to you. Colonel Jella will tell us of his job and experiences in the Air Force.

Birthdays for February: Nyle Baker, Ron Brothers, Leland Cunningham, Troy Gandy, Ken Hepler, Howard Kastan, Frank Messer, Joe O'Shea, Bob Roth, Paul Tomlinson and Neil White.

Cowboy Truisms

- 1. Meanness doesn't happen overnight.
- 2. Don't squat with your spurs on.
- 3. Don't interfere with something that ain't botherin' you none.
- 4. Never miss a good chance to shut up.
- 5. Always drink upstream from the herd.

SAND TRAPS Paul Tomlinson (916) 939-8390 and Brian Upton (916) 939-6601

Early January was foggy and cold but later in the month we enjoyed some beautiful winter sunshine!! The sun brought out a lot of our good weather golfers and we had a fine turnout for our play at Castle Oal Golf Club, the first time our group has played the course in a couple of years. Great golf and a very nice course!!

Golf in January - Results follow:

	First	Second	Third	CT Pin
Mather AFB, 1/13	L. Wheeler	B. Upton	D. Lewis	J. Harris
Wild Hawk, 1/15 Castle Oaks, 1/29	H. Shirley J. Studebaker	J. January D. Lewis	B. Upton S. DeSilva	G. Curtright G. Van Blyenburgh

The bride came down the aisle and when she reached the altar, the groom was standing there with his golf bag and clubs by his side. She said, "What are your golf clubs doing here?! He looked her right in the eye, and said, "This isn't going to take all day, is it?"

A woman goes into the local newspaper office to see that the obituary for her recently deceased husband is published. The obit editor informs her that there is a charge of 50 cents per word. She pauses, reflects and then says well, then, let it read "Fred Brown died". Amused at the woman's thrift, the editor tells her that there is a seven word minimum for all obituaries. She thinks it over and in a few seconds says, "in that case, let it read, Fred Brown died; golf clubs for sale."

Golf Laws:

- 1. The person you would most hate to lose to will always be the one who beats you.
- 2. The higher a golfer's handicap, the more qualified he deems himself as an instructor.

SUNSHINE CORNER Bill Clark (916) 933-8947

First the good news: Ron Rau's "broken bones" have healed and it was good to have him back at our meeting. Also in attendance was Larry Keenan. He got some good news from USCF Cancer Center, where he went for a second opinion after having surgery. He was told "there is not enough evidence to support going through chemo at this time." He is now on a regimen of nutrition, i.e. vitamins, diet and exercise to get back on the golf course. He misses our golfer's money!! Jim Thompson also made it back and is feeling better. The pulmonary rehab program is helping Jim. Jerry Rider is back from treatments in Germany. He is now between treatments. His latest CT scan shows the original cancer gone but one new spot was found. He and his wife are going to see a specialist in LA but Jerry is feeling better and getting his strength back. Did anyone notice that Bob Bartlett, our Assistant Treasurer, was not wearing glasses? Bob had successful cataract surgery and is looking forward to golf!

Our club sent a sympathy card to Rita, Jack Reynold's widow. We miss him greatly. For all our members, please provide me with news, both good and bad, and I will include it in our bulletin.

The District Governor has asked that the attendance and travel rules be distributed in the monthly bulletin.

Attendance: Rule 60 – Members are obligated to attend all regular luncheon meetings unless prevented by illness or absence from the branch locale. Rule 100 – A member may be notified in writing by his branch of the pending termination of his membership (Rule 107) if he is responsible for any of the following:

- a) Miss three consecutive regular meetings without being excused by contacting the designated Attendance person prior to the meeting date.
- b) Non-attendance at six (6) regular luncheon meetings within the previous twelve (12) consecutive month; Note: Excused meetings may not be included.
- c) Attendance at Ladies Day functions may be excluded at the discretion of the Executive Committee.

Any item to appear in the March 2004 Bulletin must be in the hands of Harry Shirley, 677-1066, by Wednesday, February 25, 2004.