

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

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2003 ELECTED OFFICERS

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Larry Root, Area Golf Chair ..... 530-333-4844

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Attendance Asst. .... Stan Budo	Golf ..... Paul Tomlinson	Publicity ..... Bill Yeager
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Chaplain ..... Bill Clark	Photography ..... Al Schmidt	Supplies ..... Bob Carlquist
		Travel ..... Jerry Cias (Br. 166)

**BIG SIR Greg Rhine 916-774-6574**

Today is a very special day. Not only is it our regular meeting day, but it's Valentines Day and a way to thank all those good mates who have put up with us over the years! If you haven't taken care of that special person, it's not too late.

George van Blyenburgh did a great job as Little Sir in his first meeting in that capacity last month. Barbara Ross, the UC Davis health system rep did a fine job in explaining and updating our knowledge of the hospital and its' services.

**VERY IMPORTANT UPDATE** – At our last meeting I announced that several of our members including PBS Tom Gambe, PBS Jim January, PBS Harry Shirley, Neal Lucey, myself and Little Sir George van Blyenburgh will visit the new Elks Lodge at Cameron Park, California. We did join the Placerville SIR Branch #165 at their luncheon and we examined the facilities and obtained information regarding the use of the Lodge for our meetings at some future date. We discussed the pros and cons of changing from our current meeting site and at a special meeting of our Board of Directors, it was decided that the facility did not fit our needs. Past Big Sir Tom Gamble will review our findings at todays meeting so that the membership can understand our reasoning. If our membership wishes to vote on a move, we ask for a show of hands in support. A final decision will be made at our April meeting.

My wife and I will be vacationing in Hawaii during the February meeting. Little Sir George will take over for this meeting.

**Complaints by Quantas Airline Pilots (P) to their Maintenance Crews (C)  
and the Responses by those crews**

1. P. Something loose in cockpit. C. Something tightened in cockpit.
2. P. Dead bugs on windshield. C. Live bugs on back order.
3. P. Evidence of leak on right main landing gear. C. Evidence removed.
4. P. Suspected crack in windshief. C. Suspect you're right.
5. P. Number 3 engine missing. C. Engine found on right wing after brief search.
6. P. Mouse in cockpit. C. Cat installed.

**LITTLE SIR George Van Blyenburgh 530-677-1916**

Dr. Jeffrey Applebaum, MD, FAAFP, is our February speaker. Born in Washington he attended the University of Washington for both his undergraduate and medical studies. He completed his medical training at Harbor General in southern California.

He has spent the majority of the past 30 years in family practice and since 1979 he has been associated with UC Davis teaching both medical and nurse practitioner students. Additionally he has a special interest in the field of psychiatry and psychopharmacology. He completed his master Clinicians Certification in psychopharmacology through Dr. Stephen Stahl and the UC San Diego Neuroscience Education Institute in 2003.

Dr. Applebaum enjoys skiing, boating, scuba diving, golfing and tennis. Let's give a big SIR welcome to the doctor!

February birthdays: Nyle Baker, Ron Brothers, Bob Carlson, Troy Gandy, Bob Gilmore, Ken Hepler, Howard Kastan, Frank Messer, Joe O'Shea, Lou Rain, Paul Tomlinson and Neil White.

### Facts of Life!!

1. Birds of a feather flock together and then crap on your car.
2. The older you get, the tougher it is to lose weight; because by then your body and your fat are really good friends.
3. The easiest way to find something lost around the house is to buy a replacement.
4. If you think there is good in everybody, you haven't met everybody.
5. The sole purpose of a child's middle name is so he can tell when he's really in trouble!

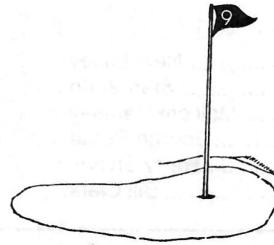
### SAND TRAPS Paul Tomlinson (916) 939-8390 and Brian Upton (916) 939-6601

Rain, rain, go away and come on other than golf days! We were rained out at El Dorado Hills and Mather Golf Courses. January results at Wild Hawk and Castle Oaks follow.

Results:	First	Second	Third	Fourth	CT Pin
Wild Hawk, 1/18	C. LePere	A. Lohrmann	G. Van Blyenburgh		P. Tomlinson
Castle Oaks, 1/27	R. Wainsner	T. Gandy			R. Waisner

### Useful Golf Rules

1. Proper excuses for dringing bear before 10:00 am.
2. How to hit a Nike from the rough when you hit a Titleist off the tee.
3. When to suggest major swing corrections toyour opponent.
4. How to get more distance off a shank shot.
5. Using your shadow on the greens to maximize earnings.
6. Crying and how to handle it!



The District Director 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 2005 Bulletin must be in the hands of Harry Shirley, 677-1066, by Wednesday, March 2, 2005.

Harry Shirley  
3405 Bristol Ct.  
Cameron Park, CA 95682



WHAT'S COOKIN' AT 95?

First Class

