



*Gold Country Branch 95
2010 Elected Officers*

Big Sir

Bill Stegman 916.351.0899

Little Sir

Gary Grann 916.358.3805

Secretary

Dennis Callahan 530.620.6908

Asst. Secretary

Paul Tomlinson 916.933.7618

Treasurer

Joe Lampich 916.960.7676

Asst. Treasurer

Mel Hallett 530.647.8490

Directors

Al Freitag 916.933.2751

Larry Keenan 916.933.9475

Sandy Samboy 916.933.8903

Brian Upton 916.939.6601

George Van Blyenburgh
530.677.1916

Region II Director

Ralph Lingis 916.933.5561

Area 31 Governor

Bob Carlstroem 916.791.3608

Honorary Life Members

Al Kaiser Ross Walter

Chairmen

Attendance Chuck LePere

Attendance Asst. Neal Lucey

Badges/Raffle Bob Scheidegger

Billiards Carl Backers

Bowling Don Weick

Bulletin Jon Jakowatz

Chaplain Ray Retailack

E-Mail Open

Golf Brian Upton

Asst Golf George Van Blyenburgh

Historian Open

Membership Mike Mohr

Photography Warren Graves

Property Open

Publicity Bill Yeager

Sunshine Open

Travel Open

Webmaster Kurt Borowski

SONS IN RETIREMENT

A NON-PROFIT BENEFIT ORGANIZATION FOR
RETIRED MEN DEVOTED TO THE PROMOTION OF
INDEPENDENCE AND DIGNITY OF RETIREMENT

Gold Country Branch 95 - Bulletin 273 - November 2010

BIG SIR—Bill Stegman

It has been five years that I have sat on the dais, starting as Assistant Treasurer, then Treasurer, Little SIR, and two years as Big SIR. During my tenure as Big SIR, we have moved the location, been joined by Branch 166, and had numerous picnics and Christmas parties. I am looking forward to sitting with all of you and enjoying speakers, but before I leave I owe a great deal of thanks to those who have served with me. Our current Little SIR, Gary Grann, will officially become Big SIR at next month's Christmas party. I'm sure, by now, most of you realize that Gary is a man of integrity, honesty, and leadership. He will do a great job as Big SIR, just as he has done as Little SIR the last eighteen months. I am also excited about our new Little SIR, Vince Mamone. Vince has already shown his great enthusiasm with new ideas, as he has helped plan this year's Christmas party.

During the last two years, I have received incredible help from both our Secretary, Dennis Callahan, and our Treasurer, Joe Lampich. Whenever we have needed help or experienced a problem, both have been upfront and forward in their offers of help and assistance. They both have contributed greatly to the success of the last two years. Their assistants, Paul Tomlinson and Mel Hallett have been equally supportive and have done great jobs.

It has been a pleasure working with these five gentlemen and a supportive board of directors. I wish to thank each of you individually for your support and efforts.

I wish I could say that Gary was going to receive a branch without needs. Unfortunately, that is not true. We must work hard at increasing the activities offered by SIRS 95, and it is imperative that more of you become involved in our organization.

Finally, I would like to thank all of you for the quiet encouragements offered, the compliments given, and your undying support. Without you, it would have been a very difficult job. Wishing you all a great holiday season, and great 2011, and the best to come with SIRS 95.

LITTLE SIR—Gary Grann

HOW TO STAY FIT AS WE GET OLDER - Today's speakers are Bobby Siravo, Owner of "iFit Golf", and the Director of Instruction, Kevin Estrella. They will demonstrate a number of exercises that will greatly improve our mobility/flexibility in all athletic endeavors, not just golf. They will also talk about and demonstrate new equipment that is designed for older golfers that can significantly improve their game.

Sand Traps
by Brian Upton

SIR Branch 95 Results
October Tournaments:

Empire Ranch Tournament
October 5, 2010

First: Mel Hallett
Second: Gary Grann
Third: George Van Blyenburgh

Diamond Oaks Tournament
October 12, 2010

First: Ron Waisner
Second: Bill Stegman
Third: Keith Hepler
Fourth: Dennis Callahan

Wildhawk Tournament
October 19, 2010

First: Roy Emrich
Second: Steve Thomson
Third: Paul Tomlinson

Turkey Creek Tournament
October 27, 2010

First: Steve Thomson
Second: Dan Cockcroft
Third: Gary Grann

Closest-to-the-pin
Empire Ranch – Dan Cockcroft
Diamond Oaks – Bob Mello
Wildhawk – Bill Stegman
Turkey Creek – Dan Cockcroft

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Lee Trevino once observed:
An aging golfer loses three things; his nerve, his memory...
He couldn't remember the third thing.

Which leads us to the 18th
Alzheimer's Rule for Golf:
If you cannot find your ball within
5 minutes, check the ball washer.

Bulletin Updates

Items for the **January 2011 Bulletin**
due to Jon Jakowatz by
Sunday, January 2, 2011
E-mail: SIR95Bulletin@jakowatz.net

Golf
by Brian Upton

Remaining **November** tournaments:

Tomorrow, November 9th we are at Mather. Check with Dennis Petersen today to verify if openings are still available.

Next Tuesday, November 16, 2010 we are at Wildhawk. Contact Joel Enns if you wish to play.

Just a reminder: if you have not yet paid your 2011 NCGA annual membership, they are due December 1, 2010. Contact Brian Upton if you have any questions. Several new golf courses have been added to next year's schedule, including Wildhorse in Davis.

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Birthdays
November --- December

John Collens	Lee Brilliant
George Engel	Jerry Cias
Joel Enns	Edmond Gupton
Warren Graves	Ture Roslund
Tom Hubbs	Al Schmidt
David Hyman	Slim Schrader
Jake Jacobson	William
Ed Newton	Spackling
Ken O'Farrell	Brian Upton
(PBS)	
Steve Thomson	

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SIR Websites

State
www.sirinc.org
www.sirinc.org/sirhappenings/
Branch 95
95.sirbranch.com

Branch 95 Luncheon Location
2nd Monday of the Month

Placerville Elks Lodge
3821 Quest Ct.,
Shingle Springs, CA
TEL. 530.672.9120.
Happy Hour 11:00 a.m.
Lunch 12:00 noon

Billiards
by Carl Backers

Join us for partners **8 Ball** every Monday except for SIRs luncheon Monday. We rotate partners after every game and play two to three hours, depending on how many show up. There is no charge for play and food and drinks are available.

Where: Lake Bowl on Bidwell Street in Folsom in the bar area

When: Play starts 12:30 - 1:00 PM

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California SIRs
by Harry Hubinger

Update: When we last met our retired hero, Rob, he had just returned from his first-ever SIRs meeting.

Rob's mind was a bit muddled. The meeting had been OK. The guys he met had all been friendly and helpful. The lunch itself was about a six on Rob's scale of zero to ten. The meeting was precise, and the boss at the head table, who apparently held the title of Big SIR, had kept things moving – a trait Rob appreciated. He had enjoyed the speaker. Once again, the presentation had been about the right length – not too long – but entertaining enough to keep his interest. One of the officers had given him an application blank with only a mild amount of perceived pressure.

So, considering all this, what stood in Rob's way of filling out the application and signing on?

In short, he missed a younger crowd. It was a step for Rob to admit he fit into the group. He needed a little push, and how was he to get it?...

Part 3 of this four part series is at:
<http://aliveeastbay.com/archives/california-sons-in-retirement-sirs/>