



*Gold Country Branch 95
2014 Elected Officers*

Big Sir

Dan Cockcroft 916.933.6462

Little Sir

Jay Guertin..... 916.939.8037

Secretary

Tim Herdt 916.939.1405

Asst. Secretary

Terry Starkel 916.817.1524

Treasurer

Keith Hepler 916.933.7779

Asst. Treasurer

Joe Giacomini 916.939.2060

Directors at Large

Dennis Callahan 530.620.6908

Gary Grann..... 916.358.3805

Bill Stegman 916.351.0899

George Van Blyenburgh

..... 530.677.1916

Brian Upton 916.939.6601

Dennis Petersen..... 916.467.7748

Region II Director

Ralph Lingis 916.933.5561

Area 31 Governor

Frank Severn..... 916.985.7759

Honorary Life Members

Al Kaiser Ross Walter

Chairmen

Attendance George Simko

Attendance Asst..... *Open*

Badges/Raffle *Open*

Bowling..... Don Weick

Bulletin..... Jon Jakowatz

Chaplain..... Ray Retallack

Fishing..... John Ramsey

Golf Brian Upton

Asst Golf Dennis Petersen

Historian *Open*

Membership & E-mail Mike Mohr

Photography *Open*

Property..... *Open*

Publicity Bill Yeager

Sunshine..... *Open*

Travel *Open*

Webmaster Al Schmidt

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 304 - January 2014

BIG SIR — Dan Cockcroft

Review of the year

Welcome to the First Luncheon of the New Year. 2013 was a good year for our branch and I am optimistic and hopeful that 2014 will find us all in good spirits and health.

The Christmas luncheon was very successful last year with one of the largest turnouts in quite a while for our Branch. The turnout and the mood of the lunch is a testament to the ongoing viability of our Branch. Many thanks to all of the Volunteers that helped to make the lunch the success that it was.

I want to take the opportunity to thank and acknowledge Dennis Peterson for his outstanding leadership as Big Sir last year. Under his leadership, along with past Big Sirs and Board members, our branch is one of the more stable and financially secure Branches in the Region.

I also want to welcome Jay Guertin as the new Little Sir along with all the other 2014 board members. As a volunteer organization we are only as strong as the members that volunteer and we are blessed with a strong group. As a volunteer organization we are always in need of new and fresh input and would hope that you feel free to bring your ideas forward to me or any of the officers of the branch and think about volunteering as either an officer next year or as an at large board member.

With your help this year, I look forward to continuing the tradition and growth of our organization and to making the second Monday of the month a lunch appointment we all look forward to.

- Dan

LITTLE SIR — Jay Guertin

Happy New Year to all! This is the start of my adventure of being the Little SIR. I look forward to, and I am working on some things, to get to know all of you better.

Our speaker today is Dr. Ron Simms, D.C. whose topic is, *"Wellness in the Golden Years" - strategies to help you reach your full potential.* Dr. Simms office is located in El Dorado Hills with 2014 plans to expand into Ione, Granite Bay and downtown Sacramento. Dr. Simms is passionate about helping the families of our community reach their full expression of health through regular, natural Chiropractic adjustments and consistent health education. He knows that one can only reach their true health potential when our brain and tissues are communicating effectively without being restricted by spinal subluxations.

Dr. Simms has been married to his wife Carie for over 25 years and they have 2 amazing sons, Tyler and Josh. In addition to hanging out and travelling with his family he enjoys skiing, cycling, weight training, competing in triathlons, reading and studying the bible. He is on the leadership team at Rolling Hills Christian Church, and is active in many other community activities.

- Jay

