



SIR HAPPENINGS

November 2019

Volume 15

Issue 5

The Mission of SIR is to Improve the Lives of Our Members Through Fun Activities and Events—While Making Friends For Life

Hi Fellow Sirs,

We have two (or maybe two and a half) major challenges facing SIR. The first is a critical need for volunteers in many branches. An offshoot of this challenge is the inability of some Branches to recruit members into leadership positions. The second major challenge is recruiting first time guests to Branch activities and luncheons. It is only by bringing guests that we can replace those Sirs who leave us – primarily for unpreventable reasons.

I had a very interesting telephone conversation today with the Big Sir of a 70-member Branch who was concerned that the lack of volunteers and leaders stepping up would eventually cause his Branch to dissolve. He was a realist – he understood that many of the Branches' members had served their time and felt they had already done their part. That's understandable.

That brings us to our second major challenge, bringing guests to activities and luncheons and converting them to Sir members. New members are much more likely to volunteer, and we can also recruit leaders from the new member ranks. Thus, our two challenges are intertwined, and a greater emphasis on recruiting might solve both.

Several years ago, we introduced a program called the “Legacy of One...or More.” Its purpose was straightforward – it encouraged each of us to sponsor one or more new members as our replacement when we have to leave SIR. I'm giving serious thought to re-vitalizing the program.

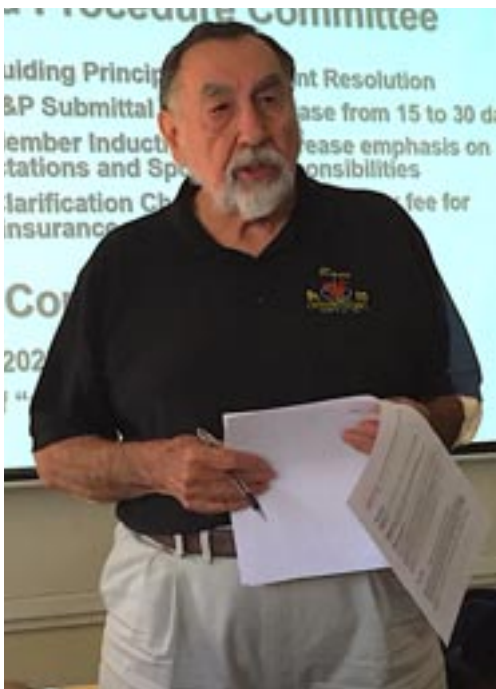
In the meantime, remember that all of us will eventually leave SIR. Please don't leave an empty chair when you've gone.



Best regards,

Ed Benson, State President

State SIR Meeting—October



**Addressing
the Issues**

**State SIR
Board
Meeting**

October 2019

Pictured:

**Russ Salazar
Bowling**

**Emeritus
Dwight Sales**

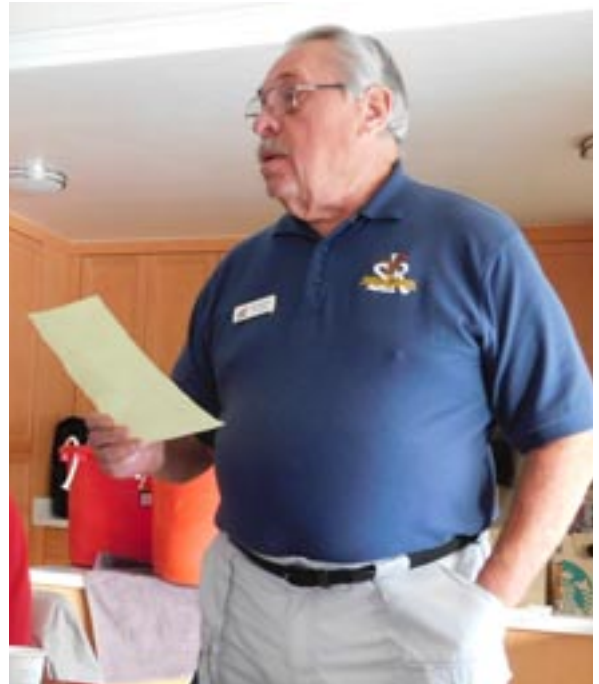
VP

Jim Johnson

**G & M
Tony de
Losada**

**Info Systems
Dean
Steichen**

**AG/Rules
Dale Decker**



Photos by
Lee Moy

State SIR Meeting—October



October
2019

**State SIR
Board Meeting**

held at
**Rossmoor
Walnut Creek**



Attendees

**President
Ed Benson**

**Vice-President
Jim Johnson**

**Secretary
Ron Flagel**

**Treasurer
Roy Hodgkinson**

**Info Systems
Dean Steichen**

**State Advisor
Stu Williams**

**Regional
Directors:**

Mark Stuart

Rick Kindle

**Dennis
Pangburn**

**Patrick
O'Keefe**

Billy Holly



State SIR Meeting—October



State SIR Board Meeting October 2019 Walnut Creek



New Members



Westgate Branch 125— *In photo at the left, Jim Drozdiak (Rt.) was introduced by John Roberts. Right, Dave Gord (Rt.) was introduced by John Thompson.*



Luthur Burbank Branch 17 — *New members, Terry Freeman and Tom Sparrowef*

Stanislaus Branch 103—

(L-R) Howard Wooley and Larry Walters with Orientation Chairman Bob Kredit.



Arnold Branch 152— *New members and their sponsors at the picnic. L to R Charlie Hoenisch, Bruce Tallakson, Dennis Pinion, Mike Dwiggins, Bob Polakov, Norm Rector.*

New Members

Roseville Branch 98

By David Bills, Membership Chairman

Member Status for JUNE 2019



We are OVER half way through 2019 and our goal for 2019 is 37 new members and we have inducted 17 new members in since January 1 or 46% of our 2019 goal. This is a 4 below where we should be for the first 7 months. We have inducted 5 new members at our July luncheon. We have 6 applications for membership which we expect to induct in August. On the other hand, we lost three members in July. Two resigned due to health issues & that just lost interest. If we induct all 6 who applications we have, we will be back on target. Lets ALL welcome our new "STAR" Members into our club.

JIM YEO

Spouse: PAT
Birth Month:
October
Resident of:
Loomis
Phone: (916) 652-7427
Badge: 32
E-mail: jimyeo@me.com



ALAN (AL) W. SAVERY

Spouse: PAM
Birth Month:
September
Resident of:
Roseville
Phone: (916) 202-2463
Badge: 126
E-mail: flogger1227@gmail.com



DAIN R. LEADMON

Spouse: LARAINÉ
Birth Month:
June
Resident of:
Roseville
Phone: (916) 474-4417
Badge: 201
E-mail: zzhawg@comcast.net



ALBERT (AL) J. LIPSON

Spouse: ZALIA
Birth Month:
November
Resident of:
Rocklin
Phone: (916) 276-7487
Badge: 12
E-mail: alipsons@starstream.net



THOMAS (TOM) M. GIBBS

Spouse: MARCIE
Birth Month:
April
Resident of:
Loomis
Phone: (916) 955-4409
Badge: 182
E-mail: gibbs@starstream.net



Fremont Branch 59 was honored to have seven new members this past three months: Top (L-R) Jim Green, Robert Lovell, Big Sir Rich Henry, returning member Bill Palleschi, Zacharica Ploscaru, Donald Roach, Fred Kaseman and (at the left) Russel Blowers (L) welcomed by Sir Dave Nelson.

Branch Awards

Westgate Branch 125



Sir Dick Rathmann received SIR Senior Member award—20 year SIR Member.



Westgate Golfers of the month, Terry Drobny, Dave Brown, Ray Gilcrest and Vince Endter (August)



Sir Don Williams received SIR Senior Member award—20 year SIR Member.



Westgate Golfers of the month, Daryl Jones, Bob Fraka, Pat Doran and Dean Coleman (July)



Westgate Golfers of the month, Alex Canada and Ken Rose (June)

Branch Awards

Arnold Branch 152 received two SIR Awards for 2018



Fremont—Branch 59



Sir Rob Ingebretson of Branch 59 Fremont received the well deserved Honorary Life Membership. Rob has been Big Sir, Area Governor, Social Chairman, Director, and was coincidentally selected as Branch 59's "Sir of the Month" for October.



Sir Art Winkley was our Sir for the month of September. Art is possibly the friendliest and most sincere person that you will ever meet. At a young 92, he joined Branch 59 in October 1992. Art is also an Honorary Life Member.



Fred Gotthardt
(10/30/1927-10/9/2019)
Fred deserves many awards. He was Branch 59 "Sir of the Month" for July—actually the first member to receive the Sir of the Month Award. He was un-

able to attend our meetings for the past several months, but was still the man that made our name tags, special Luncheon tickets, award certificates, New Member packets, Birthday Cards, submitted Form 27, maintained our Access Database, was Assistant Editor for the SIR Pathfinder, and the "SIR Happenings".

Fred left a huge hole to fill for Branch 59. He is the man that tried to keep me straight on the usage of SIR vs. Sir. When I first joined SIR, Fred was Mr. Cyber Geezer—our computer group. He was also one of two Senior Honorary Life Members.

A's Giants Game 1



2019 State SIR Annual MLB Game Bay Bridge Series Oakland A's vs SF Giants



Take Me Out to the Ball Game



Photos by Lee Moy

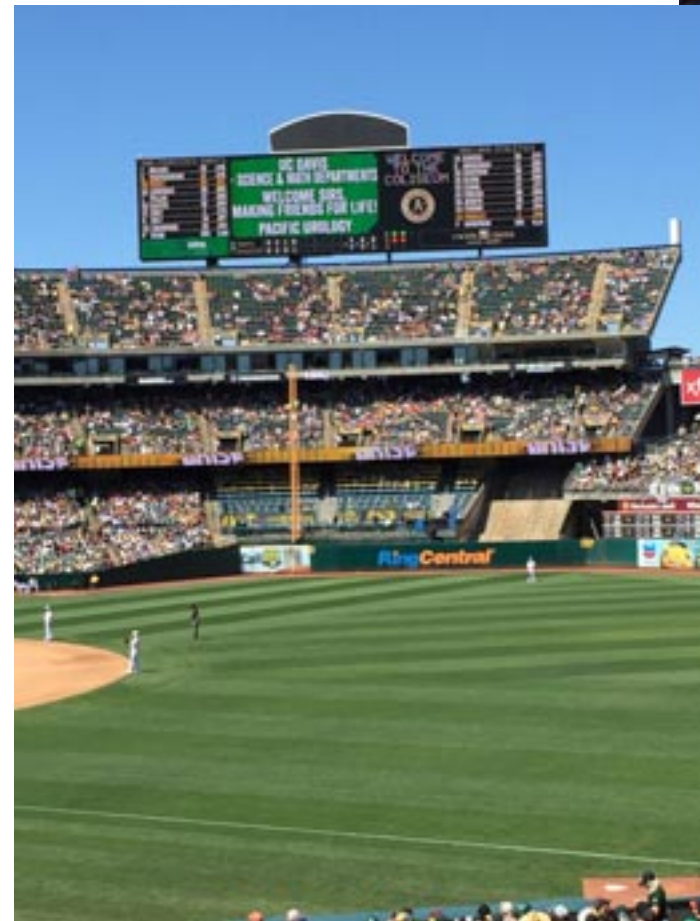
A's Giants Game 1



Bay Bridge Series
A's vs Giants-2019

Photos by Lee Moy

A's Giants Game 1



*Photos by
Lee Moy*

A's Giants Game 1



*Photos by
Lee Moy*



A's Giants Game 1



Lee Moy



*“Come for the Fun”
Stay for OUR
Friendship*



*See You —2020
“Making Friends for Life”*



Poker Tournament Winners

BEST POKER PLAYER IN SIR'S

After the “SIR Annual Meeting” of all branches at Thunder Valley Casino in Lincoln, CA thirty-one poker players meet in “The Poker Room” to determine the “Best SIR Poker Player”. The game was Seven Card Stud High/Low, the competition intense and top five players at tournament end are pictured below. All had a great time and enjoyed the competition and friendly table talk so we will be looking at holding another tournament in 2020 to again determine The Best Poker Player. Hope you will join us.

The winners were.

- 1st, Don Launius, Br. 109*
- 2nd, Cal Conley, Br. 37*
- 3rd, Ray Tschirart, Br. 170*
- 4th, Butch Hodgkins, Br. 45*
- 5th, Robert Hayes, Br. 102*



State Bowling News

SIR BOWLING NEWS

By Sir Russ Salazar, Chairman, SIR State Bowling Committee

An active SIR bowling program exists and is available to all SIR branches and members. SIR bowlers enjoy weekly SIR bowling leagues, and regional and state tournaments throughout the year including the Annual SIR State Bowling Tournament.

SIR branches sponsor 18-20 bowling tournaments throughout Central and Northern California and Nevada. Branches also sponsor about 12-15 local summer and winter SIR bowling leagues. These leagues and tournaments are all handicapped so every bowler, skilled or unskilled, has an equal chance of winning. Spouses and male guests (potential members) are welcome to participate in almost all SIR bowling events.

The SIR State Bowling Committee oversees the SIR bowling program. The Committee reviews and approves individual tournament rules and results and provides direct training and technical assistance to those branches currently sponsoring tournaments and leagues as well as those branches wishing to begin sponsoring tournaments and leagues. The Committee also maintains the bowling website at sirinc3.org/sirBowling. We suggest interested SIR bowlers add a short-cut to their desktop for quicker access. The bowling website contains a wealth of SIR bowling program information including tournament dates, entry applications, tournament results, Tournament Rules & Guidelines, Committee contact information, and much more.

SIR State Bowling Tournament

This annual tournament is the granddaddy of all SIR bowling tournaments. Only current members in good standing and applicants awaiting induction may participate. In addition to cash prizes, perpetual trophies and plaques are awarded to the A and B division winning teams. Plaques are awarded to the A and B division doubles winners. 2019 SIR bowling champions were:

<u>Division 1 - 4-man Team</u>	<u>Division 1 - Doubles</u>
Wiley Bobo Br. 73, John Hillsenbeck Br. 19, Tim Patterson Br. 88, John DonKonics Br. 73	Keith Jones Br. 161 Ron Wilson Br. 161
<u>Division 2 - 4-man Team</u>	<u>Division 2 - Doubles</u>
Allen Merrell Br. 55, Mike Akiyoshi Br. 55, Brad Petersen Br. 55, Art King Br. 55	Gary Bennett Br. 59 Victor Okumura Br. 59



Div. 1 Team champs (L-R) John Hillsenbeck, John DonKonics, Wiley Bobo, Tim Petersen



Div. 2 Doubles Champs (L-R) Gary Bennett and Victor Okumura

State Bowling News

Bumbaca Rolls 299!

Sir Bill Bumbaca (Branch 160 – Lake Tahoe) recently achieved a scratch score of 299 at the SIR tournament in Pollock Pines. Bill had a perfect game going into the tenth frame when he left the hated ten pin on his last ball. The house gave SIR Bill a huge congratulatory cheer. He was later awarded a SIR ring and plaque by the State SIR Bowling Committee for his near-perfect score. A plaque and SIR ring are awarded to SIR bowlers that achieve a scratch score of 298, 299, or 300.

Sir Bill Bumbaca(C) from Branch 160 (Lake Tahoe) is shown receiving a plaque from (L) Sir Russ Salazar, Chairman, State SIR Bowling Committee, and a SIR ring from (R) Sir Ray DiBasilio, Pollock Pines Toument Director.



Upcoming Tournaments

Bowling tournaments scheduled through March 2020 are shown below. Entry applications and additional information is available on the SIR bowling website sirinc3.org/sirBowling or by contacting the tournament manager directly.

Modesto	Oct. Nov.	Thurs 31 Fri 1	McHenry Bowl	4	Jim Pastorelli	209-406- 8156
Concord	Nov.	Tues 12 Weds 13	Clayton Valley Bowl	4	Mike Kropf Doug Schuster	925-689- 1453 925-687-
Danville	Dec.	Weds 4 Thurs 5	Danville Bowl	4	John Monahan	925-837- 1598
Napa	Jan.	Tues 22 Weds 23	Napa Bowl	4	Keith Knox	707-257- 7537
Livermore	Feb.	Tues 12 Weds 13	Granada Bowl	4	Dick Braden	925-455- 8633
Concord	March	Tues 19 Weds 20	Diablo Lanes	4	Dan Weller	925-935- 5510

“Activities for Men”

Boys’ Night Out:

(Article by Don Malvestiti)

The last BNO was at the Bear Republic Brewery in Rohnert Park. We had a fun time in a private room which was really nice. Only problem was, since it is such a big complex, one of our members got so lost that he could never find us and just ended up going home.

BNO will be on **Wednesday September 11th at Smokehouse Bistro**, 6811 Laguna Park Way, Sebastopol.

Join us by 5:30 pm for drinks, order dinner by 6:00 pm.

If you really like BBQ items, this is place to check out. For more information call 707-829-3277 or to see a menu, go check out their web site:



www.smokehousebistro.net.

Reservations are a must!

Contact Don at malvestitidon485@gmail.com or call him at 539-0677, by Sunday, **Sept. 8th**.

Leave a message if he does not answer.

Calendar of SIR Events for Sept. 2019

Details and contact information is available on the SIR 17 website: <http://www.sir17.org/calendar-of-events.html>

- Any Monday Golf at BVGC
- Any Monday Bowling, Double Decker Lanes, R/P, 10 am
- Sept 3 Bridge Club, Legends, BVGC, 9:00 am
- Sept 10 Bridge Club, Legends, BVGC, 10:00 am
- Sept 11 BNO, Smokehouse Bistro, Sebastopol, 5:30 pm
- Sept 13 Global Forum, Marvin Mai’s place, 10:00 am
- Sept 17 Bridge Club, Legends, BVGC, 9:00 am
- Sept 19 SIR BEC Meeting, Legends, BVGC, 10:00 am
- Sept 19 SIR Meeting/Luncheon, Legends, BVGC, 11:00 am
- Sept 24 Bridge Club, Legends, BVGC, 10:00 am
- Sept 24 Bocce Ball, ??????
- Sept 26 CNO, Depot Hotel, Sonoma, Cocktails at 5:00 pm
- Sept 27 Wine & Beer Appreciation, Kunde Winery, 11 am
- Sept 27 Poker Fest, Legends, BVGC, 12:30 pm
- Oct 9 & 10 Traveling Golf, see page 6 for details

Activities shown on this page and the next are indicators of an active branch—Luther Burbank Branch 17. You might want to visit their website at www.sir17.org

Couples’ Night Out:

(Article by Fred Rose)

The August CNO was warmly attended by 22 members and “partners” all seated outdoors at Agave in Healdsburg. Even though it was a very warm day, it still seemed better sitting outside than inside. It was fun evening, great margaritas, the food was good, the service not too bad although the check-out process was sloooooow. Smaller tables made for much better conversations.

The next CNO will be on Thursday, September 26th in Sonoma at the **Depot Hotel Restaurant**, 241 First St. Dinner will be outside on the patio near the pool. The area is enclosed, so it should be comfortable. 5:00 pm for cocktails, 5:30 pm dinner. They have an other party arriving at 6:00 pm so try to be timely.



For more information or to see a menu go to www.depotsonoma.com or call 707-938-2980

Reservations are a must!

Contact Fred Rose: fredicrose@comcast.net or call 548-5797 to make your reservations by **Friday, September 20th**.

“Activities for Men”

Wine & Beer Appreciation for Sept. 27, 2019

We are pleased to announce, our wine tasting activity group is "ON THE ROAD AGAIN." Fellow Sirs and your partners, please mark your calendars for Friday, **September 27th**, at 11:00 am. for going to **Kunde Winery**, 9825 Sonoma Highway 12, Kenwood. We will be treated to a private tasting and tour of their beautiful wine cave. **As an extra added attraction, our very own fellow Sir, Rich de Lambert, will sing for us during the cave tour.** They have generously waived the tasting fee for our group. Following the tasting we will journey down the road for lunch at **VJB Cellars**, 60 Shaw Avenue, Kenwood, in their beautiful outdoor Piazza. We have visited them on one of our previous tours and everyone seemed to enjoy the food and atmosphere. It's an old country dining experience, in an Italian style villa, only without the airline flight to get there.

Join us for a delightful day of wine, food and most of all the company of fellow Sirs and their partners. Bring a prospective new member. What better way to introduce them to the SIR organization than wine, food, friends and a day in the wine country. Just let me that you are bringing someone. When you plan on attending, please email me at gbondi@sonic.net, or call my home phone at 707-539-2445. An early response will be greatly appreciated.

For more information about **Kunde** visit their website <https://www.kunde.com> or call 707-833-5501.

For more information about **VJB Cellars** visit their website <https://www.vjbcellars.com> or call 707-833-2300.

Until then, enjoy a little wine each day. It's good for the Soul!

Thank you and hope to hear from you soon! Gary Bondi.



Fremont Branch 59 had Carlo Facchino at our October Luncheon. Carlos and his three crew mates set the Guinness Book of World Records for the fastest Pacific Ocean crossing from Monterey, CA to Honolulu, Hawaii.

During the Summer of 2017 he and his crew members were the first to row from Norway to the the northernmost latitude's permanent Arctic Ice Sheet.

Branch 124— Alta Sierra

While browsing thru the Branch 124 Newsletter, I once again noticed an interesting Photography group headed by Sir Rick Waller. He referred to his Facebook page for photography tips. Go to <https://www.facebook.com/wilddestinationsphotography/>

CONTACT INFO

- Call (530) 575-4800
- m.me/wilddestinationsphotography
- follow@wilddestinationsphotography.com
- <http://wilddestinationsphotography.com>

MORE INFO

- About**
Hands-on Location Photography Workshops in some of the most beautiful and exotic settings that nature has to offer.
- Impressum**
Wild Destinations Photography, a division of Waller Productions LLC.

Headquarters: Zephyr Cove, Nevada, USA... [See More](#)
- As professional photographers, we wish to document and protect the beauty of our natural environment to share with those who enjoy it from both behind the lens ... [See More](#)**
- Founding Date**
Rick Waller
- Photographer · Travel Company**

STORY



Our Story

As professional photographers, we wish to document and protect the beauty of our natural environment to share with those who enjoy it from both behind the lens and for future generations to experience. At every workshop we offer responsibly stewarded access to protected locations and beautiful wildlife while providing a safe and respectful environm...

[See More](#)

TEAM MEMBERS



Branch 152—Arnold



Arnold Branch 152—Scenes from the SIR Invitational Golf Tournament held August 13 at Sequoia Woods and Picnic held at Pinebrook.



Branch 159—Fresno



Fresno Branch 159 Hawaiian Spirit—Aloha Men's Monthly Luncheon



Lee Moy
Activities Director
Membership Idea

Branch 159—Fresno



Fresno SIR Branch 159 “Guys Just Want to Have Fun”

Buffet Luncheon, Guest Speakers, Invocation



Photos by Lee Moy

Branch 159—Fresno



**SIR 159
Mens'
Luncheon**

**Amtrak to
Old Town
Sacramento**

**Railroad
Museum**

**Fireside
Restaurant**

Pictured: Debbie & John Shertenlieb; Robert Sexton, Railroad Club Chairman, Ron Travis Lee Moy—Photos

Branch 160—Lake Tahoe

Sir Branch 160 BBQ at Lampe Park in Gardnerville, NV



Getting ready to set up



Table set up for the drawing items



The boys have got in down



The food is ready



Check out the Filet Mignon, Ribs and Chicken.



Here they come



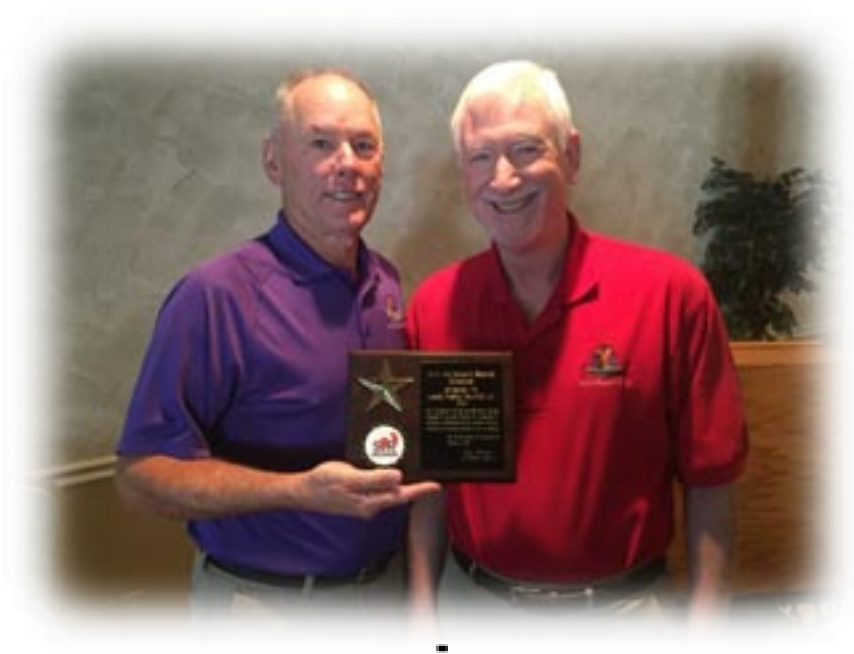
Branch 160 Heidemann Cup Champion is Marshal McCurdy. Previous winner, Skip Hempler is on the left, and Golf Chairman Sig Heidemann is on the right.

More from Branch 160



Area Governor's Citation Awarded to Lake Tahoe Branch 160 2018.

Let it be known to all that this SIR Branch has been recognized by its Area Governor for its excellence in leadership, membership growth, member relations, activities and fostering comradery to all its Members. My Sincere thanks for embracing the Mission of SIR, Gary Johnson Governor Area 6



Big Sir Skip Hempler presents the plaque from Area Governor to Past Big Sir of 2018 to John Gerard.

Branch 160

LAKE TAHOE BRANCH 160 FOUNDERS DAY OCTOBER 31, 1990

29 years ago . . . how time flies!

Back in the summer of 1990, SIR Area governor Campbell O'Neill from Placerville's Hangtown Branch 29 ran an ad in our local newspaper asking retired men to attend an informational meeting concerning the establishment of a Branch of SIR at Lake Tahoe. The meeting was held at the old 89 Bar & Grill on Emerald Bay Road, and was attended by half a dozen locals and four men from Branch 29. Current Members Bob Peterson, Al Bartley and Ken Koegl spread the word and ran newspaper ads and put out fliers and the response was great. Right away they moved the luncheons to Carrow's Restaurant for several meetings before moving to Timber Cove Lodge (soup and sandwiches served by "Angie's"). On October 31, 1990, the SIR State organization granted probationary status to the new Branch 160. Probation was to continue until the new Branch could show a total membership of 75 men, at which time we would be officially chartered. That happened on April 22, 1991.

This club has grown to well over 100 members, some of whom are very involved in our activities, and serving on committees and as officers. It is important that we continue to grow in membership, because that makes it a lot easier to find officers and committeemen, and increases our monthly donations so we don't have to sweat that out so much. When one of the many SIR Branches folds up, more often than not it is because the guys won't help out by filling the leadership chairs.

Those are a couple of selfish reasons for bringing in new members. But consider this ... retired and semi-retired men living everywhere from Woodfords and Meyers, through South Lake Tahoe and Stateline, up both sides of The Lake and down in The Valley -- these guys need us as much as we need them! When you invite an acquaintance to be a guest at the luncheon and he decides to join, figure you have done him a big favor. He doesn't need to become real active, if only he enjoys the monthly luncheon as a social event, that's fine. And who knows ... there may be some real talent among these fellows.

So here we are, after 29 years of building . . .

Your Branch 160 Executive Committee 2019

SKIP HEMPLER, JIM BELISTINE, GORDON SALAS,
JOHN LILYGREN, RON RATHBUN, JOE KILLIAN,
GEORGE RAMIREZ, MIKE DAVIS, VAN MARSHALL,
JOHN GERARD

Branch 175—Fresno



Fresno Sierra SIR Branch 175 Monthly Luncheon



Branch 175—Fresno



SIR Branch 175

Pledge, Prayer
Sit down Luncheon
Guest Speaker
Committee Reports



Photos by
Lee Moy

Branch 179—Fresno



Fresno SIR Branch 179 BEC Meeting, Pledge of Allegiance, Buffet Luncheon “Making Friends for Life”



Lee Moy
State SIR Sports

Special Interest Articles



Mount Forsyth Revisited by Dave Baugher

I've heard that if you truly love a place and want to remember it forever, never ever go back, it will certainly not live up to your expectations. In 2016, the PCT took me past Dorothy Lake in Northern Yosemite. In 2019 I returned along with Sir member Cam Deen. How was the trip? Magical – Let me share the experience...



Our group spent an incredible seven days camped near the shore of Dorothy Lake under the shadow of Mt. Forsyth. We hiked, fished, climbed and explored the area of Northern Yosemite.

Can you return to a place you truly love and have it live up to your expectations? Yes.



Special Interest Articles



The Owyhee River is a 350-mile-long river that starts north of Elko Nevada in the Humboldt Range and meanders in a northerly direction through Idaho, then to Southeastern Oregon and finally back to Idaho and the Snake River. BLM built a dam in 1932 that is 417 feet high and was the largest of its kind until Hoover Dam was built. The dam backs up a 52-mile-long reservoir used for recreation, power and irrigation. It also provides a 20-mile-long tailwater below the dam that produces some of the best Brown Trout fishing in the high desert country. The nearest accommodations are in Nyssa, Oregon. The drive from Arnold is close to 600 miles plus a time zone. So there is plenty of time to solve most of the world problems as the scenery goes by. The

dam's flows are regulated by the farmer's demand for water. The increased flows (about 220 cfs) start around April 1st and continue to about mid October. The fishing is good through the up and down water flow and the prolific bug hatches that go on all year, but really kick in June and July with a Pale Morning Dun hatch that goes from 11 AM till 3 PM, you can almost set your clock by it. Also, during the summer, especially on windy afternoons, the grasshoppers, beetles and ants get blown down onto the water and the circus begins. Trout is "Catch & Release", while the rainbows have a "Take" limit. The fish can grow to around 24 inches and can put up a healthy battle. For that reason, we use 6 weight rods, floating lines and 4X tippet. Over the years of fishing this river, our bug of choice changes and is sometime a local tie that has no name but can catch fish. But whatever you use, it has to be small #16 to #20 hooks. And you have to be able to cast in varied wind conditions. This fishing venue is a "bucket list" item.



Tightlines
Dave Ryniew
Branch 152, Arnold



Luther Burbank Branch 17 Couples Night Out dinner —24 SIR Members and Guests.

News from the Branches

Better Balance in Just 10 Minutes a Day

Jerry's Wrinkled Wisdom

Cut your risk of falls with these simple stability moves

Just like strength, balance declines with age. And with a loss of balance comes an increased risk of injury & loss of mobility. But strength and balance training can improve your ability to stay centered and stable on your feet.

These simple four exercises are recommended by Helen Bowers founder of New York City-based **BALLET BEAUTIFUL** and a professional ballerina who offers balance, strength & flexibility training. Bowers recommends if you do these four exercises done three or four times a week for about 10 minutes each, you will notice a difference.



TOE TAP Stand with one hand on the wall for stability. Keeping both legs straight, lift one leg & stretch it in front of you until it is at a 45 angle to your body, toes pointed. Now touch your toes to the ground, hold about 5 seconds & return to the starting position. Do 2 sets of 8 reps with each leg.

KNEE BENDS w/HEEL RAISES

Stand with one hand on a wall for stability, your other arm at your side. Keeping your feet together & torso straight, bend your knees. Next lift your heels off the floor as you straighten your legs & raise your free arm above your head. Hold for about 5 seconds. Perform 2 sets of 8 reps.



TOES UP Lie on your back, hands under your hips, & lift your legs straight in the air. Now pull in with your stomach to raise your hips off the mat; point your toes. Hold for 2 counts; then, keeping your legs perpendicular to you, lower your hips back to the mat. Do 2 to 4 sets of 8 reps



ABRABESQUE Get on your hands & knees (use a pillow under your knees). Pull in your abdomen & lift your right leg straight back, keeping your abdomen tight, with your knee straight & toes pointed. Don't arch your back. Hold for 5 seconds, then lower & repeat with your left leg. Do 2 to 4 sets 8 reps.



From Roseville Branch 98

COOK'S CORNER, SUMMER FAVORITES

By Jerry Foster

From "Taste Of Home Magazine , July/ August 2019

There are a lot of different BBQ Sauces across the United States. Each Geographic region uses a different base. In the Carolina's their BBQ sauces are vinegar based. Here are two different BBQ Sauces which are both from North Carolina. One from the Eastern region and one from the Western region. They are both great, it just depends on your taste.

EASTERN NORTH CAROLINA VINEGAR SAUCE

This eastern-style sauce is vinegar-forward, so using a good brand of cider vinegar is recommended for even more flavor.

Ingredients;

3 cups	Apple Cider Vinegar
3.5 TBS	Kosher Salt
2 tsp	Paprika
1 tsp	Ground Red Pepper
1/2 tsp	Crushed Red Pepper



Directions;

- In a large Dutch oven, bring Cider Vinegar, and Kosher Salt to a boil over a high heat. Add Paprika, Ground Red Pepper, & Crushed Red Pepper, stirring until combined. Remove from heat; let cool for 10 minutes.
- Transfer to a glass jar with a lid; cover and refrigerate up to 1 month. Shake well before using.

WESTERN NORTH CAROLINA BARBECUE SAUCE

A Tangy with back kick of heat, this sauce is excellent drizzled over BARBECUE PORK.

Ingredients;

2 cups	Apple Cider Vinegar
3/4 cup	Ketchup
1/2 cup	Light Brown Sugar firmly packed
3 TBS	Kosher Salt
2 TBS	Crushed Red Pepper
3 TBS	HOT Sauce
4 tsp	Ground Black Pepper



Directions;

- In a medium Dutch oven, bring all ingredients to a simmer over medium-low heat. Cook, stirring occasionally, until slightly thickened, about 15 minutes. Remove from heat; let cool for 10 minutes.
- Transfer to a glass jar with lid; cover & refrigerate up to 2 months.



Alaska has been on my bucket list for years, but I hadn't figured out how I wanted to do it. I wanted a trip that was both adventurous and comfortable. A cruise didn't sound adventurous

and driving a rental car for hours didn't sound comfortable. Then I saw an ad for Alaska Railroad.

Their website, www.alaskarailroad.com, offers a variety of travel packages. We settled on "Glaciers, Rails, and Trails", a nine-day, railroad-based tour of the Kenai Peninsula and Denali area. Travel is mostly on double-deck view cars. The upper level features panoramic windows, comfortable seating, a small outdoor deck for photographers, and a full bar. Each car has a tour guide to point out the sights and wildlife on the way. Meals, which were generally pretty good, are served in a dining room on the lower level. Alaska Railroad partners with some excellent hotels for the evening accommodations - the Hotel Alyeska, Denali Backcountry Lodge, and Talkeetna Alaskan Lodge were some fine examples. They also partner with a number of tour providers, as you'll see in the following paragraphs. And although this was a tour, it felt more like we were on our own. Only occasionally did we run into people we had seen at a previous stop. From Anchorage, our first train ride took us south to the Kenai Peninsula. The terrain quickly turned to rugged mountains as we followed the Turnagain Arm toward Girdwood. We made a brief visit to the Alaska Wildlife Center, then were dropped off at the Spencer Glacier (accessible only by railroad) where we rafted between icebergs on the glacially fed lake. We exited the lake on the Spencer River and went 7 miles down moderate whitewater to find our train waiting to pick us up. Dinner that night was at the Seven Glaciers Restaurant, a spectacular gondola rides up from the Hotel Alyeska. The second day had us back on the train to Seward, a seaport near Kenai Fjords National Park. The day's activities had us mushing our dogsled (more like a dog wagon) at Mitch Seavey's Iditarod Racing Kennel, hiking to the Exit Glacier, and witnessing hundreds of sockeye salmon making their way upriver. Our third day was an 8-hour small (20 person) boat tour to the Northwest Fjord to see the glacier at its terminus. Along the way we saw orca and humpback whales, Steller sea lions, puffins, ptarmigans and more.

Seas were generally flat, though our captain told us there were 6 foot swells the previous day. That evening we boarded the train for our return to Anchorage, where would begin our trip north to Denali the next day. The terrain quickly opens up as you head north from Anchorage. Mountains are visible in the distance, but most of the ride is in a broad valley. After overnighing in the small town of Denali, we entered the Park for a 93 mile ride on what can best be described as a resurrected school bus. This wasn't nearly as bad as it sounds - we were treated to dozens of wildlife sightings on the way, as well impressive drop-offs as the bus rounded Polychrome Mountain (according to our driver, they've never lost a bus there. They always find them at the bottom.) Our destination was the Denali Backcountry Lodge. If I were to extend the trip, it would be here. The Lodge offers hiking, bicycling, and fishing tours. The food is excellent, the bar cheery. Your bed is in a private cabin, and it's all set beside a babbling brook. The clouds parted and we were treated to astounding views of Denali. mosquitoes. We saw Denali, which is usually cloud covered so that 70% of visitors don't get to see it. The train took us toward Anchorage with an overnight stop in Talkeetna. Here we boarded a jet boat for a trip up the Susitna River to the rapids at Devil's Gorge. Our pilot gave us a very impressive display of boatmanship as he held us at the base of Class 6 rapids so we could take selfies. We saw grizzly bears, Dall sheep, caribou, moose, beaver, a lynx, marmots, golden eagles, bald eagles, ptarmigans, puffins, humpback whales, orcas, and more. One thing we (essentially) did not see was the infamous Alaska as some pretty Great trip!

Bruce Utter
Arnold Brach 152



HOLLAND TULIP FESTIVAL TOUR FEATURING MACKINAC ISLAND'S GRAND HOTEL May 7- 14, 2020 Price: \$3,365 Dble. \$4,415 Sgle. Tour Includes: Air-fare into Chicago, returning from Detroit Airport transfers, 2 nights in Holland Michigan, visit Tulip Gardens and a working Windmill, attend the Festival along with the Music Parade. 2 nights at the Grand Hotel, the crown jewel on Mackinac Island with horse-drawn carriage tour A tour of the Ford factory and watch a F150 pickup truck being built Plus optional tours and much, much more, and \$40 in Mayflower Money. Final payment due on January 15, 2020. —

Switzerland, Austria and Germany. Stay in Oberammergau, Germany for the Passion Play (Only performed once every 10 years). August 29-Sept. 9, 2020. The play is a staging of Jesus' passion, covering the short final period of his life from his visit to Jerusalem and leading to his execution by crucifixion. Price: Approximately \$5700 per person. Air Fare to be determined in Oct. 2019. Price includes all transportation, hotels, gratuities for tour manager, and more. \$500.00 deposit per person holds spot. Final payment not due until March 1, 2020 —

Mark your calendars for future trip: Holiday Show and overnight in Reno December 4-5, 2019 — All the reservation forms are available on the SIR Area 18 website for printing:

<http://sirinc2.org/branch144/travel> —

Note that friends, neighbors, family, etc. can go on these trips. they do not need to be SIR members to enjoy the trips. Contact Bill Stires for detailed Flyers and Applications for all SIR travel at 544-2684 or cell ph. 209 988-5445. Mail to Bill at 241B Leveland Lane, Modesto, CA 95350. bstires46@gmail.com Travelers are urged to carry with them an up to date list of their medications.



"Autumn in New England" is scheduled for Sept. 24 to Oct. 1, 2020. It includes two nights in Boston, one night in Pittsfield MA, two nights in Lake Placid NY, one night in Stowe VT and one night in Ogunquit ME, returning to Boston for your flight home. Lots of history with a chance to see the beautiful maple trees in brilliant reds and oranges. Other highlights are: the Norman Rockwell Home, Studio, Museum and Inspiration; American history city tours of Boston, Lexington & Salem; three craft factories; and the foliage drives through the mountains of Berkshire, Adirondack NY, Green VT and White NH. For information call **Joe Salamida** 408-767-2838 or **Archie Belogolovsky** 408-253-3956 or **Talbot Tours** 800-662-9933.

"Society Islands Tahiti & Tuamotu" is a Paul Gauguin Cruises Travel Adventure round trip from San Francisco. The 10- day cruise is scheduled for Nov. 10-22, 2020. Fly to Tahiti and board the ship the next day. Ports of call in the Society Islands are Papeete-Tahiti, Huahine, Bora Bora, Rangiroa-Tuamotus, Fakarava-Tuamotus, Taha'a (Motu Mahana) and Moorea. You visit the Society Islands with lush rain forests, crystal clear lagoons and warm breezes. The Tuamotu Archipelago is a collection of low flying atolls with a vibrant underwater ecosystem. For more information call **Mike Console** 408-246-1080 or **John Pletch** 408-274-2992.

For 2019 we have completed nine trips with four more scheduled. Six are scheduled for 2020 and one scheduled for 2021.

**Happy Travels,
Alan Patmore, Travel Chairman**

Branch 125—Westgate

TRAVEL NEWS

"Canadian Rockies by Train" is scheduled for July 11-20, 2020. The 10-day excursion starts off with the Calgary Stampede featuring an authentic Indian Village, exhibits and rodeo performances with the famous Chuck-Wagon race. The trip continues on to Banff with scenic waterfalls and panoramic views, two overnights at the Fairmont Banff Springs Castle in the Rockies. and a visit to an ammonite gemstone specialist. Then comes the Valley of the Ten Peaks and an overnight at the Fairmont Chateau Lake Louise, followed by Jasper for glacier peaks, Athabasca Falls and a ride or walk, your choice, out on the glacier ice fields. You may see a bear or some other furry animal lurking in the distance. Near Jasper visit Maligne Lake and Canyon with an optional cruise on the Lake. There are other options to choose from. On the 8th day you board the VIA Rail for a relaxing scenic overnight train ride to Vancouver with plenty of time to enjoy Vancouver with a farewell dinner, overnight and return home on the next day. Contact **Bill Rodman** 408-274-4521 or **Alan Patmore** 408-867-4197.

The wife and I did a similar one week Canada tour about 10 years ago. This new Collette tour has many more perks and venues including overnight at Lake Louise and relaxing overnight on the train at the end of the tour. There will be a Canada Travel presentation at Bill Rodman's house on Oct. 24, 1:30 at the Villages, 2025 Folle Blanche Drive, San Jose. Please RSVP Bill or me at the above phone numbers.

Next month I will report on a new travel brochure for Autumn in New England, Sept. 24-Oct. 1, 2020. Smokey Mountains scheduled for Nov. 1-16, 2020 has been canceled and replaced by a 10-day cruise to the South Pacific and Tahiti. More information to follow. For 2019 we have completed eight trips with five more scheduled. For 2020 there are seven trips scheduled and one trip for 2021.

**Happy Travels,
Alan Patmore, Travel Chairman
Branch 125—Westgate**

Fellow Sir Member:

It occurs to me that I have only had input from the editors of various newsletters, Sir photographer Lee Moy, and Big Sir Ed Benson.

I get lots of great photos from Lee and most of the other material I pull from the actual newsletters from branches. I attempt to pull photos and articles that I think are worth sharing with all of you. The problem is that I seldom get input from Sir Members. The other problem is that when I pull information from a newsletter, I need to re-edit the information so it inserts correctly into the Happenings. You will see that items such as the one on the left, and on the previous page were taken as screen shots and then imported. It works, but the process is not as good as it could be, and the fonts are often scrunched up

I would appreciate it if you would give input. Possibly there could be a "Letters to the Editor" section?? Once in awhile I do get special interest articles such as the Veteran trips to Washington DC or the Poker Tournament results. Your Branch articles will show up if I get them.

Guess what I am hoping for is input from readers of the SIR Happenings.

Thanks,
Jerry Sabo—Editor
jlsabo3@comcast.net



Travel—Etc.

As I began putting together this issue of the SIR Happenings, I realized that perhaps it would be appropriate to share some of my travel experience. Several years ago I put together a web site based on some of the traveling that my wife and I had done since I retired. It all began in 2004 when we traveled to Australia. Prior to that we had gone to Alaska, Maccu Piccu and a few other places, but all of a sudden there was a trip every year—Eastern Europe, Turkey, Germany, Austria, Switzerland, South Africa and Cuba. I have highlighted some of these trips on my website at <http://www.jsabo.info>

A bit closer to home —

We have taken our motor home to the Eastern Sierras the past three years. One of our favorite places to visit is the town of Bodie. I have included a few of the many photos that were taken in Bodie State Park (<https://www.bodie.com/>) . The town is located about 30 minutes off of Highway 395 between Bridgeport and Lee Vining. Not a lot of parking, and you might have to wait a bit to enter the park, but it is well worth the trip. Make sure you bring food and water and plan to stay for several hours.

*Jerry Sabo
Editor*



Your help is requested!

Please submit Photos as jpg files and news Articles for SIR Happenings in Document format. It is extremely difficult to import many of the newsletters pdf files because of the color blending, and fixed layouts etc. when in pdf format. I can still use the pdf files but it would be nice if I didn't have to choose what goes into the Happenings. For example, the feature about Veteran' Honor Flight was not taken from a pdf.

I do appreciate the newsletters and other information that has been sent as you can tell from the large file size of the Happenings e-file.

More From Roseville Branch 98

An Inspirational Message

Xavier Gutierrez

MAKE ME A CHANNEL

Daley Prayer of the Co-Worker of Mother Teresa

Make us worthy, Lord to serve our fellow men throughout the world
Who live and die in poverty and hunger?
Give them, through our hands, this day their daily bread,
and by our understanding Love, give Peace and Joy,
Lord, make me a channel of Thy Peace,
That where there is hatred, I may bring Love;



That where there is wrong, I may bring the Spirit of Forgiveness;
That where there is discord, I may bring Harmony,
That where there is error, I may bring Truth;
That where there is doubt, I may bring Faith;
That where there is despair, I may bring Hope;
That where there are shadows, I may bring Light;
That where there is sadness, I may bring Joy.
Lord, grant that I may seek rather to comfort, than to be comforted,
To understand, then to be understood,
To love, then to be loved, for
It is by forgetting self that one finds,
It is by forgiving that one is forgiven,
It is by dying that one awakens to eternal life.

adapted from The Prayer of Saint Francis

Chaplain



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Publication Deadline for Future Issues

SIR Happenings will be published Quarterly

Deadline for future issues will be:

- January 15 for the February Issue
- April 15 for the August Issue
- July 15 for the August Issue
- October 15 for the November Issue