



FORT SUTTER NEWS

PROMOTING THE INDEPENDENCE &

BRANCH No 14

DIGNITY OF RETIRED AND SEMI-RETIRED MEN

2018 OFFICERS

Big Sir: Dennis Scovill
 Little Sir: Al Russo
 Secretary: Bob Jackson
 Ass't: Duane Clark
 Treasurer: Dick Lewis
 Ass't: Bill Boxell

Directors

Don Langley	
Paul Willett	Dan Franke
Joe Freitas	Hal Snow



ACTIVITIES CHAIRMAN

Attendance: Hal Higgins
 Ass't: Duncan Lyle
 Badge Custodian: Dick Jackson
 Ass't:
 Bowling: Don Reinmuth
 Bucket Brigade: Joe Freitas
 Ass't: Jim Poindexter
 Bulletin Editor: Hal Higgins
 Bulletin Reporter and Photo Contest: Tom Silver
 Chaplain: Dick Lewis
 Golf: Bill Boxell, Dick Jackson., Dick Lewis
 Greeters: Jim McCoy
 Ass't: Andy Effinger
 Membership, Administration: Hal Higgins
 New Membership Recruitment:
 Programs: Al Russo
 Photographer: Joe Freitas
 Sunshine: Bob Jackson
 Telephone Tree: Hal Snow
 Ass't: John Evers, Jim Meek, and Steve Willett
 Tour Director: Hal Snow
 Woodwork: Dan Franke

STATE OFFICERS

Area 3 Governor: Georgio Dina
 Regional Director Region 1: Mark Stuart
 State President: Derek Southern

BRANCH EXECUTIVE COMMITTEE MEETING-10:45
 GENERAL MEETING - 11:30

WE MEET THE FOURTH THURSDAY OF THE MONTH
 State website: www.sirinc.org
 Sirs 14 website: <http://branch14.weebly.com>

AT CARMICHAEL ELKS
 5631 Cypress Avenue
 Carmichael

NEXT MEETING FEBRUARY 22 2018

LUNCHEON MENU

BAKED CHICKEN WITH MASHED POTATOES AND VEGETABLES



BIG SIR-DENNIS SCOVILL-635-5847

I know I have had a year to get used to the idea, but it still comes as a shock that I now have the duties of the Big SIR. I look forward to the challenges ahead for this year, mostly because I know that I am surrounded by some experienced and enthusiastic people who will lead me through the activities that we must complete. It will also be an opportunity to strengthen friendships with many of the men that I have participated with for the past several years, and hopefully build friendships with some of the men with whom I have had little or no interaction. Isn't that what SIR is all about?

My whole working career was spent in public service, and that is the perspective I will bring to my new position: I now have 44 new bosses! (That makes a total of 45 bosses counting my wife.) I see my responsibility as making sure all 44 of these new bosses have an enjoyable SIR experience, and hopefully seeing the number of new bosses grow.

That brings up what I see as the two most important goals to start the year with. First is to recruit and retain new members. Our membership number is critically low, and if we don't recruit new people we may not be able to survive as a branch. We will be naming a Recruitment Chairman to help find ways to attract new members. That person will not be able to accomplish very much by himself; each member will need to play a role to in attracting new members. The first thing that everyone can do is to bring a friend to lunch, but we will soon have some other ideas that you can help implement. The second goal is integral to the first: Make sure that everyone has a good time at our meetings and other various activities. I encourage everyone to participate with the groups where you have an interest, or maybe even try something new. Are we having fun yet?

**LITTLE SIR-AL RUSSO-(714) 642-0586**

Our first meeting of the new year featured installation of all board members by area governor Giorgio Dino including Dennis Scovill as Big Sir, and your truly, Al Russo, as Little Sir.

I was also the speaker this month. I chose myself as the speaker in order to become more familiar to the membership by presenting a bit about my background, and to talk about a topic near and dear to my heart, circadian rhythms.

I was raised in a small town in south Louisiana before journeying to LSU for college. I spent many years at LSU, acquiring three degrees in physiology along the way. I forgot to say that I then spent 35 years at California State University, Long Beach teaching physiology in the physical therapy department, retiring this past December. Physiology includes the study of how our bodies function, and circadian rhythms are mechanisms that organizes all of our bodily functions to fit into the 24 hours of a day which increases the efficiency of our physiological mechanisms. I also spoke about the consequences of disrupting these rhythms which leads to pathology and illness. This topic is vast and fascinating and I am always delighted to talk about circadian rhythms and physiology, if you ever have questions.

The speaker for next month has yet to be determined.

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ATTENDANCE AND MEMBERSHIP COMMITTEES**ATTENDANCE CHAIRMAN , Hal Higgins, phone: 863-6771**

45 Active members, January 1, 2018

18 Members Absent

27 Members served, January 25, 2018 (60%)

1 Guest

1 visitor

29 Lunches served, January 25, 2018

Remember to call me if you want an excused absence for a meeting. Read Page 3 in your Roster..

MEMBERSHIP CHAIRMAN (ADMINISTRATION) Hal Higgins

45 Active members, January 1, 2018

No change

45 Active members, February 1, 2018

0 Inactive member, January 1, 2018

No Change

0 Inactive members, February 1, 2018

1 New member pending, February 1, 2018





Don Langley gets his past Big Sir Certificate
from Area 3 Governor Giorgio Dina

SONS IN RETIREMENT - FEBRUARY BIRTHDAYS IN BRANCH 14

(All Members)

BIRTHDAY	LAST	FIRST	NU
2/6/9	FARNSWORTH	Thomas G.	91
2/16	LEWIS	Richard E.	342
2/23	YOUNG	John W.	148
2/25	CARRAN	Mike A	61

JANUARY BIRTHDAY BOYS



Dennis Scovill, Bob Wall, Gene Holdren
Steve Willett, And Hal Snow

WINE WINNERS



John Evers and Bob Wall

SIR-WIFE ANNIVERSARY (JANUARY)

Anniversary Date

2/3/73

2/10/73

Last Name

REINMUTH

TOMPKINS III

First Name Wife

Donald E. Jane

Herbert W Lynn



BOWLING CHAIRMAN –DON REINMUTH 456-1844

The King Pins, Jim McCoy's team, were in first place in their division but lost the lead last week we are

Hopeful of winning more game in the upcoming weeks.

. Our two other bowlers Bill Boxell and Bob Jackson teams need to pick it up a notch and start winning more games, good luck and good bowling.

We bowl every Tuesday At 12:30 at the Country Club Lanes on Watt Ave and El Cameno Ave.

All are invited to come and watch you may even see some very good bowling.

The league needs bowlers. If you or someone you know wants to bowl please let me know and

I will help you get on a team or if you prefer to be added to the sub list.

Some high scores bowled .

HIGH GAMES

Jim McCoy 158, 160, 168
Hal Higgins 168, 170, 178, 180
Bill Boxell 168, 182
Bob Jackson 176, 169, 165
Don Reinmuth 163

HIGH SERIES

425, 432,
539, 520
513
451, 471

SPLITS MADE

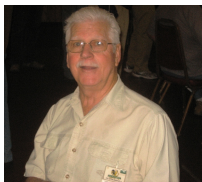
Jim McCoy 3/10, 3/10
Hal Higgins 3, 10
Bill Boxell 2, 7

HIGH ROLLERS

Hal Higgins- 490+43
Bob Jackson 177+52. 170 +43, 442+67
Jim McCoy 460+60
Bill Boxell 215+50, 539+40, 539+41

Branch 14 Photo Contest

- Tom Silver, Coordinator



Last month's Bulletin wrapped up the results of the 2017 SIRs Branch 14's annual photo contest. It was the seventh contest after having been coordinated by its Founding Father, Bob Wall, for four years, followed by me for another three years. I would like to step down at this point and hand it over to new blood for the 2018 contest. I've checked with Bob, and he is not interested in resuming coordination of it. I will be happy to turn over the paraphernalia from past contests - display boards, forms, contest rules, and other supplies. I will also be happy be a consultant regarding what I've found to work and what doesn't, where to get ribbons locally, and so forth. Please let me know if you are interested.

E-mail - TandBSilver@aol.com

Voice - 916-988-0536

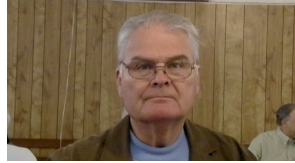
Text - 916-671-6826



SUNSHINE REPORT --BOB JACKSON – 988-5979

Information from the Sun Shine Man: Jim McColm is in the hospital again at the Downtown Mercy Hospital, room 4116 for now, he will be going to rehab in the next day or so. The phone number there is 916 – 435-4545. Dick Jackson is out because he recently had a knee replaced and that takes time to heal.

California Museum Outing



SIR's Branch 14

SIR's Branch 14 is planning another outing activity, this time to the California Museum, 1020 O Street, Sacramento on Wednesday, February 7 at 1:15 PM. This will be a docent led, fun experience that spouses, friends, and of course SIR's members can attend. Cost is \$6/person and attendees can pay at the door. Public parking is directly across the street and uses cash only. There is also street parking available. Attendees may in lieu of driving want to arrive by light rail stopping at the Archive Plaza. If attendees wish to obtain lunch, there is a cafeteria at the Museum or LaBou one block away. The tour should last no more than one hour, however, attendees can continue following the guided tour. Persons interested in attending should sign up at the December or January SIRS meeting or call Hal Snow at 788-4434.



WOODWORKERS -CHAIRMAN-DAN FRANKE 239-5888

We had our January woodworkers meeting at "the barn". Ray Johansen brought a delicious upside down cake and Gene Holdren brought great bagels with cream cheese. After the treats, we had our Show-n-Tell session where members show items they have been working on over the past month. Ardell McCombs showed us several lamps, Hal Snow a wood drum, Ray Johansen a table, Don Langley a table in progress, and I showed off a bowl. The level of skill and artistry was very impressive. Next, we had a class session on sanding. Everyone learned more than they ever wanted to know about sandpaper and sanding. After the class session everyone had an opportunity to make a cutter for cutting sheets of sandpaper. It was a great day for the woodworkers at "the barn".

WOODWORKERS AT WORK



DECLARATIONS

NON RESPONSIBILITY DECLARATION - All activities arranged for or by, or sponsored by, Sons In Retirement, Incorporated, and its Branches, are for the convenience and pleasure of the members and their guests who desire to participate. Sons in Retirement, Incorporated, and its Branches do not assume any responsibility for the well being or safety of the participants or their property, in any matters pertaining to said activities. (Rule 345).

Checks, money orders or credit cards for Travel for one day or less (no overnight), where a bus/busses is/are used as the primary means of transportation, may be made payable to the Branch sponsoring the event. All other checks, money orders or credit cards for travel must be made payable to the travel agency (Rule 420 and 421).

Members are obligated to attend all regular luncheon meetings unless prevented by illness or absence from the Branch locale (Rule 60). **REQUIRED ATTENDANCE**~ A member who misses three (3) consecutive meetings without notifying the Branch Attendance Committee giving a valid reason, or who attends less than six (6) regular meetings within the last twelve (12) consecutive month period, may be notified, by letter, of the pending termination of his membership in SiRs (Rule 100 and 101)

MEETING DATES IN 2018

**January 25, February 22, March 22, April 26, May 24, June 28,
July 26, August 23, September 27, October 25, November 15, and December 27.**

Fort Sutter Branch 14

Hal Higgins

7324 Villa Del Sol Ln

Citrus Heights, CA 95621