



FORT SUTTER NEWS

BRANCH No 14



2023 OFFICERS

Big Sir: Ken Krueger
 Little Sir: Dennis Wade
 Secretary: Bob Jackson
 Ass't: Pauk Cary
 Treasurer: Dick Lewis
 Ass't: Bill Boxell

Directors

Tom Tompkins	Gary Kiddie	Len Ohlendorf
David Schwartz	Dennis Micheletti	David Jones

STATE OFFICERS

State President: Dave Gonzales ygonzo@yahoo.com
 Region 1 AR: Hugh Thompson HUGH@HTAENGINEERING.COM
 Area 3 AR: Jim Bragg Jegragg65@gmail.com

ACTIVITIES CHAIRMAN

Attendance: Hal Higgins
 Ass't: vacant
 Badge Custodian: Dick Jackson
 Bowling: Bill Boxell
 Bulletin Editor: Hal Higgins
 Chaplain: Dick Lewis
 Golf: Dick Lewis
 Greeters: Joe Freitas
 Ass't:
 Membership, Administration: Hal Higgins
 New Membership Recruitment: Dennis Scovill
 Ass't: Len Ohlendorf
 Nominating Committee: Ken Krueger, David Schwartz, Len Ohlendorf, and Tom Tompkins
 Programs: Dennis Wade
 Photo Group vacant
 Photographer: Joe Freitas
 Poker: Len Ohlendorf
 Sunshine: Bob Jackson
 Telephone Tree: Tom Tompkins
 Ass't: John Evers, Milo Tubbs, Dennis Micheletti, and Jack Melvin
 Tour Director: Dennis Micheletti
 Ass't: Len Ohlendorf and Dave Wolf
 Winemakers: Al Russo
 Woodworkers: Dan Franke

BEC MEETING-11:00 ZOOM 2 ND THURS MEET AND GREET- 11:00	WE MEET THE FOURTH THURSDAY OF THE MONTH State website: www.sirinc.org	At Cogir of Stock Ranch Senior Living 7418 Stock Ranch Rd Citrus Heights
GENERAL MEETING AND LUNCH-11:45	Sirs 14 website: : http://branch14.com	

NEXT MEETING AUGUST 24, 2023

LUNCHEON MENU

Creamy corn puree or house salad

Entres

*Carnitas Tacos w/rice beans or
Southern Fried chicken spicy honey glaze mashed potato*

Coconut cream pie

This is the August 2023 bulletin



Big SIR - Ken Krueger (916) 751-0568

So here we are, August already, where did the first half of 2023 go? As you may have heard, I spent most of last month in Norway. While there I bought a pair of shoes from a drug dealer. I don't know what he laced them with, but I've been tripping ever since.

The luncheon in July was the most well attended luncheon that we have had since before the pandemic. In all, there were 48 people in attendance. As usual, Cogir presented a great luncheon. And we also had a great speaker in Bonnie Rae, as described in the Little Sir report below. Among the 48 attendees were 2 guests and 2 visitors. One of the visitors, Jim Gragg, is our State SIR Area Representative. Jim has been very helpful to me and the BEC. After the luncheon Jim told me that he fully understands why Branch 14 does not want to outgrow the Cogir facility. In addition to the venue, he was also very complementary about our Branch, its membership, and our activities. The second visitor was Robert Dupantier, who is a member of Branch 33 and is the director of the SIR choir, Country Club Aires. After hearing us sing God Bless America, Robert tried to entice many of our members to join the choir. Please contact BEC member Gary Kiddie if you are interested: (916) 847-4909.

Last month saw the composition of the Branch Executive Committee (BEC) change when Keith Woods resigned due to work and family commitments. In his place, the BEC approved David Jones to replace him. Per State SIR rules, all BEC members also need to be approved by the total membership. To that end, David was unanimously approved by a membership vote during the luncheon. Thank you, David, for stepping up.

Our July meeting featured the induction of a new member into Branch 14. He is Cliff Peppers, who was sponsored by Rod Bottel. Cliff comes to us following 3 retirements: one as a Sacramento Police Lieutenant; the second as a California Law Enforcement Consultant, and most recently, as a Minister. Cliff will be joining our Woodworkers' group. Welcome Cliff.

During the luncheon, we learned that there are still 5 seats available for the River Cats game on August 19th. If interested, please call Dennis Micheletti ASAP at (916) 417-2817. Finally, Gary Kiddie announced that he, his wife, and his guest, Mark Joyner, are involved with the "Theater in the Heights," which will be presenting a comedy between July 28 and August 20th. The Play is called "Dead Man's Cell Phone." If you are interested, please call the theater at (916) 509-3445. Several Branch 14 members have already gotten reservations for this Citrus Heights theater. Our final guest was Mike Rainey, sponsored by David Schwartz. We are hopeful that Mike will be joining us and our Woodworker's group soon.

That's it for this month. Be safe out there, see you on August 24th; and remember: Avoid Russian dolls: they are so full of themselves.

Ken Krueger, Big Sir



LITTLE SIR - Dennis Wade (916) 342-1286

Our July meeting was very well attended. It was wonderful to see so many joining us for lunch.

We were very fortunate to have Bonnie Rea from the Northern California chapter of the Alzheimer's Association join us. She gave a presentation titled "Understanding Alzheimer's and Dementia". She gave an excellent overview of Alzheimer's and the various forms of dementia, their characteristics and progression. She also shared with us information about risk factors, diagnosis and the ways to reduce our risk of developing Alzheimer's and dementia.

Bonnie has provided a copy of her presentation and I've made it available for anyone to download. It will be available for 30 days. You can find it here:

<https://drive.google.com/drive/folders/16zpaMgL7EA8ZXZS7JAhI9pXaf2U9txkB?usp=sharing>

The material generated many good questions and there were plenty of good interactions.

Our speaker for August will be Patrick Harrold who will share his passion for amateur astronomy, and in September we will have a representative from Epoch Times who will discuss US/China relations.

See you next month!



Little Sir with speaker, Bonnie Rea



Big Sir with new member, Cliff Peppers

JULY BIRTHDAY BOYS

RAFFLE WINE WINNER



**Hal Higgins, Rod Bottel, George Kardous,
and Bill Boxell, wine winner**



Bill La Grassa

SONS IN RETIREMENT - AUGUST BIRTHDAYS IN BRANCH 14

BIRTHDAY	LAST	FIRST	NU
8/6/35	SILVER	Tommy	86
8/31/50	PLANZER	Anton J.	191

BRANCH 14-DATE JOINED SIR–AUGUST

DATE JOINED SIR	LAST	FIRST	NU
8/23/12	FRANKE	Dan E	140
8/23/18	KNOX	John W	36
8/26/21	MELVIN	John P	160

Please make the following changes in your 2023 Roster

Please delete the following member:

Page 15 Gary Julian #76 Resigned

Please add the following new member:

Page 22

Clifton R Peppers Wife: Sue
 5305 Valhalla DR.
 Carmichael, CA 95608
 Phone: (530) 363-8830
 Birthday: 08/22/54
 E-mail: TJSPAPA@GMAIL.COM
 Sponsor: Rod Botell
 Joined: 07/27/2023



Badge 67

ATTENDANCE AND MEMBERSHIP COMMITTEES



ATTENDANCE CHAIRMAN Hal Higgins, phone: 863-6771

59 Members, July 1, 2023
15 Members Absent
 44 Members served, July 27, 2023 (75%)
 2 Guests
 2 Visitors
1 Speaker
 49 Lunches served

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

MEMBERSHIP CHAIRMAN (ADMINISTRATION) Hal Higgins

59 Members, July 1, 2023
 -1 Julian, Gary #76 Resigned
+1 Peppers #67 New Member
 59 Members, August 1, 2023

1 New member pending, August 1, 2023



TOUR DIRECTOR - DENNIS MICHELETTI- (916) 417-2817

Fellas,

We have a good group for the River Cats game on August 19. The River Cats game is our fourth event so far. The other events were The Crocker Art Museum, The Sacramento Rail Road Museum and the Sacramento Underground Tour. There is a lot more to SIRS than just a monthly luncheon. So give it some thought and join in for the fun and camaraderie. Our next planned SIRS event will be a tour of The California Auto Museum in October. SIR Len Ohlendorf will be our tour coordinator for this event.

Den's Gems:

"Be kind....remember everyone you meet is fighting a hard battle"

"Money can't buy health, happiness, love.....or even what it did last year"

Dennis D. Micheletti



SUNSHINE REPORT --BOB JACKSON – 952-4049

No reported illnesses this month

Bob Jackson



WINEMAKERS –CHAIRMAN: AL RUSSO (714) 642-0586

The WAD (Wine and Distilling) group met July 19. The task was to redistill “gin” that was incorrectly made a couple of months ago with too much coriander and cardamom and too few juniper berries. This time only juniper berries were placed in the gin basket. I am delighted to report that the product was very nice. Final blending will happen Friday after the woodworking meeting.

Al



BOWLING CHAIRMAN –BILL BOXELL 966-0518

Bowlers will next meet on August 22nd at Country Club Lanes to sign-up for the season. Bowling will commence the following week. The cost per week will be \$9.00. All those interested in Bowling should come to Country Club Lanes at 11:00 am on August 22nd to sign up.

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	GUESTS
Michael Rainey	Sponsor: David Schwartz
Mark Joyner	Sponsor: Gary Kiddie
	VISITORS
Jim Bragg	Area 3 AR
Robert Dupantier	Br 102

WOOD WORKERS -CHAIRMAN-DAN FRANKE (916) 239-5888

Another great day at The Barn for our July woodworkers meeting. We had 15 members attend. After great snacks, we had our display of crafts to show and talk about. Everyone enjoyed the variety of items (see photo). Discussion was held about the Ladies Day auction and woodworkers should be starting on their items to donate. I have been trying to find a new leader for the woodworkers group with no success. At this meeting, Ken Krueger suggested that there be a signup with a different leader each month who would be responsible for hosting that months meeting and putting on a demonstration or class on a subject of his choosing. This suggestion was met with wide agreement. Ken then signed up for both our August and September meetings as our leader. Hal Snow put on a demonstration on how to attach the revolving base of his Lazy Susan's (see photo). Lastly, I have included a photo of the river table that Don Langley continues to work on. See everyone next month on August 25th at The Barn where Ken will be the leader.



Crafts to show and talk about



Don Langley's river table



Hal Snow's Lazy Susan

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 shall be required to attend one-half of the regular Branch monthly luncheon meetings within the previous twelve consecutive month period unless the Branch BEC has approved a different attendance requirement(s).

A member shall be notified in writing, e-mail, and/or telephone by his Branch if he is in violation of the Attendance Rule 100 and is subject to the termination of his Branch membership. See Rule 107. (Revised 6/7/18) (Revised 4/10/18) (Revised 10/30/18)

MEETING DATES IN 2023

**January 26, February 23, March 23, April 27, May 25, June 22,
July 27, August 24, September 28, October 26, November 16, and December 21**

This bulletin was approved by the Big Sir