

# SOMETHING TO CROW ABOUT



SIR BRANCH 93  
FRUITRIDGE  
SACRAMENTO

SONS IN RETIREMENT, INC.

Devoted to the Promotion of Independence and  
Dignity Of Retirement

## Luncheon Meeting

Third Monday of Each Month

Happy Hour—11:00 AM

Luncheon—12:00 Noon

Elks Lodge #6

6446 Riverside Blvd.

Sacramento, CA 95831

## EXECUTIVE BOARD MEETING

Each Third Monday

11:00 AM

Volume 33, Issue 2

FEBRUARY 2011

**[VOL. 33 NO. 2**

**FEBRUARY 2011]**

**[SOMETHING TO CROW ABOUT]**

**[MEETING DATE FEBRUARY 21ST, 2011]**

**[DEADLINE FOR THE MARCH BULETIN IS**

**FRIDAY FEBRUARY 25TH, 2011]**

**[BIG SIR DICK WEST SAYS]**

You have to give research scientists credit for their imagination, If nothing else. Recent parallel studies of baboons and British civil servants now show whether you are an ape or an office worker, stress is the likely cause of everything from impotence to hiccups. And, don't forget about heart attacks, strokes, peptic ulcers and overweight. The point is, maybe SIRs is not only a diversion for retired men to get away from watching Oprah, and household honeydos; it can be a life saving, life extending, health promoting activity. You can play golf or not. Go bowling play poker, or none of the above. Hold an office, or be a sloth. It is up to you. So tell your friends to come along next third Monday of the month. They will live longer and be happier. And so will we. Your comments are welcomed, and may be published with your consent. Email me at [go.west@comcast.net](mailto:go.west@comcast.net)

**[THIS MONTHS PROGRAM]**

The Speaker for February is Mike Nelson

After spending four years in the Military, Mike joined the Sacramento Police Department in 1968. In 1969 he was shot in the chest during an armed robbery in Oak Park (no vest in those days).

He joined the U.S. Marshals in 1970. Spent 9 years as a Deputy U.S. Marshal in Sacramento, 11 years as Supervising inspector of the Fresno Division and 10 years as Senior Chief Deputy for the Eastern District of California, retiring with 30 years service in 2000.

Mike is now the official artist for the United States Marshals with one or more of his prints hanging in every U.S. Marshals office and task forces across the U.S. and Territories

He will talk about the current duties and responsibilities of the modern day U.S. Marshal.

FEBRUARY 2011 LUNCH IS  
HERBED CHEESE STUFFED CHICKEN.

**[BIRTHDAY BOYS FOR FEBRUARY]**

, Gomez Delgado, Kenji Iwanaga, EJ Kelley. Dave Kupper,  
Cliff Lucas, Al Maita, Bernard Rooney, Don Trimble, Dick West

**[MEMBERSHIP REPORT: LEN HOM 456-0442]**

Active Members: 151—Inactive 3—Applications-3

New 2011 Rosters were distributed at the January meeting. If you did not receive your copy, please pick up one at the February meeting.

**[NEW MEMBERS]**

Calvin Wong #183  
1060 Rio Cidale Way  
Sacramento, Ca 95831`Phone 422-1553  
Email: Calvin.Wong@att.net  
School Psychologist, Hobbies: Golf

Dale Issac #198  
10053 Oglethorope Way  
Elk Grove, Ca 95624 Phone 686-0697  
E mail: d.Isaac@comcast.net  
Franchise Tax Board, Hobbies: Golf, Cruising

RETURNED FROM INACTIVE STATUS: Lee Winter #76

REMOVED FROM MEMBERSHIP: Dave Saxby #109, Gabe Sady #168, Jim Johnson #186, Al Halm #224, and Stan Rock #233

**[E-MAIL CHANGES:**

**Gene Hoffman: nategene@frontiernet.net]**

**[2011 GOLF SCHEDULE]**

**[DATE COURSE TIME CART PLAY]**

|         |                 |      |                 |      |                  |
|---------|-----------------|------|-----------------|------|------------------|
| Mar 9   | Lock Springs    | 8:30 | \$34 Inc        | S.G. |                  |
| Mar 16  | Cavanaugh       | 8:00 | \$4 Opt (\$16)  | T.T. | Player pays fees |
| Mar 23  | Teal Bend       | 8:00 | \$43 Inc        | S.G. |                  |
| Mar 30  | River Oaks      | 8:00 | \$33 Inc        | T.T. |                  |
| Apr 6   | Bing Maloney    | 8:00 | \$41.50 Inc     | S.G. |                  |
| Apr 13  | Mackenzie       | 8:00 | \$39 Inc        | S.G. |                  |
| Apr 20  | Lincoln Hills   | 8:30 | \$48 Inc        | S.G. |                  |
|         | (Orch) 8:00     |      |                 |      |                  |
| Apr 27  | La Contenta**   | 9:03 | \$40 Inc        | T.T. | Scramble         |
| May 4   | Mickey Grove    | 8:30 | \$29            | T.T. |                  |
| May 11  | Turkey Creek    | 8:00 | \$45 Inc        | S.G. |                  |
| May 18  | Mather*         | 8:00 | \$42 Inc        | T.T. |                  |
| May 25  | Wildhawk        | 8:36 | \$42 Inc        | T.T. |                  |
| June 1  | Empire Ranch**  | 8:00 | \$46 Inc        | S.G. |                  |
| June 8  | CARSON CITY     |      |                 |      |                  |
| June 15 | Diamond Oaks    | 8:00 | \$45 Inc        | S.G. |                  |
| June 22 | Dry Creek       | 8:30 | \$35 Inc        | S.G. |                  |
| June 29 | Green Tree      | 9:00 | \$44 Inc        | T.T. |                  |
| July 6  | Mackenzie *(x)  | 7:30 | \$39 Inc        | S.G. |                  |
| July 13 | Wildhawk        | 8:36 | \$42 Inc        | T.T. |                  |
| July 20 | Paradise Valley | 9:04 | \$47 Inc        | T.T. |                  |
| July 27 | Wildhorse **    | 8:00 | \$39 Inc        | S.G. |                  |
| Aug 3   | Arcade Creek    | 8:00 | \$39 Inc        | S.G. |                  |
| Aug 10  | Micke Grove     | 8:30 | \$29 Inc        | T.T. |                  |
| Aug 17  | Bing Maloney(x) | 8:00 | \$41.50 Inc     | S.G. |                  |
| Aug 24  | Diamond Oaks    | 8:00 | \$45 Inc        | S.G. |                  |
| Aug 31  | Mather *        | 8:00 | \$42 Inc        | T.T. |                  |
| Sept 7  | The Ridge **    | 9:00 | \$46 Inc        | S.G. |                  |
| Sept 14 | Woodcreek       | 8:00 | \$44 Inc        | S.G. |                  |
| Sept 21 | Teal Bend *     | 8:00 | \$43 Inc        | S.G. |                  |
| Sept 28 | Lin Hills       | 9:00 | \$46 Inc        | T.T. |                  |
| Oct 5   | CARSON CITY     |      |                 |      |                  |
| Oct 12  | Empire Ranch**  | 8:00 | \$46 Inc        | S.G. |                  |
| Oct 19  | Dry Creek       | 8:30 | \$35 Inc        | S.G. |                  |
| Oct 26  | River Oaks      | 8:00 | \$33 Inc        | T.T. |                  |
| Nov 2   | Cavanaugh(x)    | 8:00 | \$4 Opt (\$16)  | T.T. | Player pays fees |
| Nov 9   | Davis           | 9:30 | \$16 Opt (\$11) | T.T. |                  |
| Nov 16  | Turkey Creek    | 8:00 | \$45 Inc        | S.G. |                  |

(x) Refers to city courses w/Senior Play Cards. Cards tat are not current fees will include \$5 additional cost. Be sure your card is up to date.

**[TRAVEL                      BOB PEREZ                      446-2095]**

**ATTENTION!!                      ATTENTION!!!                      ATTENTION!!!**

May 17-22, 2011. Holland America's round trip cruise begins in Vancouver. Visit Victoria, Astoria, & Port Albernia, BC

Day 1, Victoria, "A touch of England awaits", Day 2 Port Albernia"Beautifully situated on Vancouver Island", Day 3 Astoria, Oregon. Day 4 "The Strait of Juan De Fuca. Day 5 Arrive Vancouver BC.

(Note: Depart from Vancouver and return to Vancouver to go home.)

Ocean View Cost: \$595.00

Verandah Suites Cost: \$895

Two lower beds may be converted to a Queen size bed. This room includes Both a bathtub and shower. Approximately 200 sq. ft.

Two lower beds convertible queen size bed, whirlpool Shower, sitting area, private verandah. Mini bar, floor to Ceiling windows .Refrigerator . Approx 300 sq ft.

Just the "thing" for us Old Boys and our Ladies." Please call Jim Keating at 916-425-5354 for travel info. Tell him "Bob Perez told you about it..

**[SUNSHINE REPORTS                      BOB PEREZ                      446-2095]**

**NO CHANGE FOR JANUARY OR FEBRUARY**

**WHAT HAIR COLOR DO THEY PUT ON THE DRIVERS LICENSES OF BALD MEN?**

**YOU NEVER REALLY LEARN TO SWEAR UNTIL YOU LEARN TO DRIVE.**