



# SONS IN RETIREMENT



Volume 4  
MAY 2011

## LAKE OF THE PINES BRANCH 170

NEXT MEETING  
MAY 4, 2011



### BIG SIR - GLENN DELISLE

Our April BEC meeting began with larger tables to better accommodate all, and the usually present poker group in the back corner had been redeployed to the LOP Sports Lounge. So the meeting was more comfortable and quieter with less noise from the poker players (*sorry guys, but you now have a better area to place bets*).

We discussed the concept of a "ladies day luncheon" at one of our monthly luncheons. Several SIR branches have such a function. The board concluded that LOP has many clubs for wives and husbands that involve luncheons; plus, we have a "Fun Day" in the fall that wives attend and we also have an annual Christmas Dinner-Dance where husbands and wives get together. The board voted not to have a special "ladies day luncheon."

Our nominating committee has contacted members regarding officers for 2012 and have made good progress in identifying several nominees. The committee's report is due in June, and we expect a more detailed report at our May meeting. No names to advance now as we prefer to have a complete list to review and present to the membership for voting.

We were taken aback by news that Jim Wilkinson had apparently suffered a stroke the day before our meeting and was recovering in Auburn Faith Hospital. The update at our meeting was that Jim was recovering better and faster and may be sent home in a day or so. So, bad news turned good in 24 hours. Jim, we want to see you back before our May meeting – we need your "comments."

May will be here soon for me as I leave April 14 for three weeks out of state, and plan to return with tons of pictures of bonefish caught on flies in the Bahamas (*where I turn 80!*). Tight Lines!

### LITTLE SIR - ROGER POPE

I thought that Bob Ferber gave an interesting presentation last month on his trip to South Africa. I knew the subject of wild animals was on his agenda, but thought the viewing of the solar eclipse was an added bonus. The speaker for May is Ms. Patti Stinnett, RN. Patti is the Clinical Trials Manager for the Cancer Center at Sierra Nevada Memorial Hospital. She will be speaking to us regarding prostate health and treatments for prostate cancer. She will also address general health problems in mature adult males.

The subject of prostate cancer is near and dear to my heart as I have so far survived the cancer when it was detected in me in 2002. If I had not had surgery at the time, I would not be writing this article today. If anyone wants to contact me regarding this subject, please feel free to do so.

**SIR DAY AT RALEY FIELD**

**MONDAY, MAY 9<sup>TH</sup> @ 12:05PM**  
**RIVER CATS VS. COLORADO SPRINGS SKY SOX**

**ENJOY THESE EXCITING BENEFITS:**

- EVERYONE ENTERED FOR A CHANCE TO WIN \$50 GIFT CARD!
- 9<sup>TH</sup> ANNUAL SIR DAY AT THE BALLPARK!
- GREAT VALUE WITH DISCOUNTED TICKETS AND SENIORS EAT FREE!
- A GREAT EXPERIENCE FOR FAMILY AND FRIENDS!



April Guest Speaker Robert Ferber



### HEALTH CHAIRMAN STEVE PARKS

Jim Wilkinson had a mild stroke on 4/5/2011 – he was hospitalized at Auburn Faith overnight. Fortunately his symptoms cleared and now he has some slight coordination problems with his right arm. He is on blood thinners and physical therapy now. We all wish him well as he has done so much for the SIRS, the Pinesmen and the community.

Not to be outdone, Don Carey had a similar episode on 4/9 and he was also hospitalized overnight at Auburn Faith. I spoke with him this morning and he says they diagnosed a TIA (transient ischemic attack). He is also on blood thinners (Plavix) and has some slight visual impairment they feel will clear.

Larry Achen is doing well – spoke with him Monday and he has completed his new Provenge treatment for metastatic prostate cancer – a series of three treatments without any side effects. He also had some radiation treatments to his spine for pain and tumor control while the Provenge is working. Speaking of STROKES -

Remember FAST  
Face asymmetry  
Arms cannot move one side  
Speech slurred  
Time (911)

The reason for speed is that there is a 3 hr. window in order to qualify for the TPA clot-buster given for cerebral thrombosis and also coronary thrombosis.



### MAY MENU

**Ham Steak and  
Scalloped Potatoes**

**FOR SURE**

COFFEE AND DESSERT

VEGETARIAN MEAL OFFERED

ASK YOUR PHONE REP

### FREE LUNCH WINNERS



**LYNDEN LAIRD**

**AL JOSE**

## MEMBERSHIP - PHIL JONES

After an increase in membership the first three months of this year Branch 170 now has 109 members. In April we lost one member to the inactive list but gained one with the addition of Ron Bomhoff. Membership is looking good.

### MEET THE NEW MEMBER

Ron Bomhoff on right  
Born May 3 1941  
Retired April 2008  
Event Planner - Off Road Vehicles  
Hobbies - Tennis, Target Shooting



## GOLF : WOODY COWLES

The 2011 SIR Golf Schedule is posted on the bulletin board by the water/ice machine at the Sports Lounge, on our SIR web page at [lop.org](http://lop.org), and on our SIR BRANCH 170 Web Site at <http://branch170.sirinc.org/Index.html>.

We have OUTSTANDING participation for our first tournament of the year on April 27th at Lake Wildwood - 26 Golfers! We'll announce the winners next month. Our next tournament will be on Tuesday, May 24th at Alta Sierra. It's a 1:00 PM Shotgun and the cost is \$45. Please bring your CHECK, made out to BRANCH 124 SIR GOLF, to the luncheon on May 4th, or leave it in the SIR Box in the Pro Shop.



### BRANCH 170 OFFICERS

BIG SIR	GLENN DELISLE	268 8624
LITTLE SIR	ROGER POPE	268 4794
SECRETARY	BART NYHAN	268 4756
ASST SEC	LYNDEN LAIRD	268 2622
TREASURER	DON JENKINS	268 0951
ASST TREAS	JOHN BREWER	268 8826
MEMBERSHIP	PHIL JONES	268 7714

### BRANCH 170 DIRECTORS

LARRY SHELLEY	268 8369
JIM WILKINSON	268 6695
STEVE PARKS	268 3572
AL CASH	268 6717
BOB ROUSE	268 3706
DON MILLER	268 9520

### STATE OFFICERS

PRESIDENT	ROBERT MANNELL
VICE PRESIDENT	JAMES STEDMAN
SECRETARY	ECKART SELLINGER
TREASURER	ADOLPH LOPEZ
REGION 9 DIRECTOR	RICHARD DETMER
AREA 33 GOVERNOR	DONALD DILL

## HONORARY LIFETIME MEMBER

**STEVE MICHALAK**

**JOHN BREWER**

### BRANCH 170 PAST BIG SIRS

ART LAFONTAINE	1994	DEL PRICE	1995
GENE TOPPER	1996, 1997	CLARENCE ROGERS	1998
JOHN O'HALLORAN	1999, 2000	TOM ANDERSON	2001
JOHN BREWER	2002	KEITH PLATT	2003
RON TRIMBLE	2004	STEVE MICHALAK	2005
DON MILLER	2006, 2007	JIM WILKINSON	2008
PHIL JONES	2009	LARRY SHELLEY	2010

### DECLARATIONS

**RESPONSIBILITY CLAUSE** All tours, trips and other activities arranged for or by SONS IN RETIREMENT, INC. and its branches are for the convenience of the members and their guests who desire to participate. SONS IN RETIREMENT, INC and its branches do not assume any responsibility for the well being or safety of the participants, their guests or their property in matters pertaining to said tours, trips or other activities.

**TRAVEL EVENTS** of four or more nights and ALL air and sea travel must be arranged through a travel agency and checks for such events must be made payable to the travel agency involved.

**REGULAR MEMBERS** missing three consecutive meetings without notifying their Attendance Committee Chairman giving a valid reason for not attending, or attending fewer than six meetings within the past twelve months may be notified by form letter Number Four of their membership termination. Certification of attendance at a meeting of another branch will be considered as a credit to their attendance record.

Access to the SIR State website is [www.sirinc.org](http://www.sirinc.org). Click on SIR HAPPENINGS to learn more about what is "happening" in your organization.

## TRAVEL - HAL WALLACE

Arranged by Talbot Tours for SIR Lake of the Pines

# West Coast Swing

September 28 - October 8, 2011

3 Train Rides, 2 Nights Whistler, 2 Nights  
Vancouver & 4 night Coastal Cruise



## MAY BIRTHDAYS

**Clyde Armstrong Bill Earle**

**Woody Cowles Larry Elliott**

**Norm Hill Kermit Jacobsen**

**Bob Krogman Don Miller Jim Morrill**

**Bart Nyhan Glenn Severson**

**Hugh Stanton Eddie Tozer Warren Viets**

### NEW SIR WEBSITE

Checkout the new SIR website by going to the LOP/SIR website and following the prompts.

### BRANCH 170 COMMITTEE MEMBERS

BULLETIN EDITOR	RICH HIBBS	268 3231
CHAPLAIN	ELMER CURTIS	268 6626
GOLF CHAIR.	WOODY COWLES	268 3624
ASST GOLF CHAIR.	LARRY SHELLEY	268 8826
CLOTHING		
LOP NEWS	DOUG WILSON	268 9683
MUSIC CHAIR.	VERNE BAGBY	268 3405
HEALTH	STEVE PARKS	268 3572
PHOTOGRAPER	DALE ZINCK	268 2538
TRAVEL CHAIR.	HAL WALLACE	613 1035
CH7/PINES TIMES	JOHN O'HALLORAN	268 0402
PIANO	LARRY ELLIOT	268 1891
INFO TECH	GARY RESNICK	(916) 765 5013