

Sons in Retirement (SIR)



By Phil Frank

We're proud of our success in enrolling new members to our entertaining and informative social group. Our Area Governor, Craig Saunders, came again to congratulate and further counsel all 129 members as Big SIR Elmer Curtis inducted three more new members. See how Larry-the-lens Shelley caught Elmer when he was busy welcoming Don Clausnitzer, Jerry Langseth and Tom Thompson. Robert Henry was a guest, while his host, SIR Steve Parks, was away due to illness in his family.

Sunshine Chairman Ron Trimble, trying hard to find anyone ailing on whom to report, fell on the tennis court just before our last meeting and reported that "the court is hard". Come on Ron, that was above and beyond the call of duty! Surely, though, some sympathetic SIR soon will share some suffering symptom with which we should all sympathize. Send the sad story to Ron, 268-1917, so he can spread supportive sunshine sincerely sent.

We did have a very healthy experience, though, at our last luncheon. True to Little SIR Ron Wolyn's prediction, his guest speaker Dr. Lynne Sullivan gave us a lively introduction to chiropractic medicine. Her upbeat presentation focused on the body's skeletal and nervous systems, their functions, maintenance, ailments, treatments and cures. She offered emails, videos and local office visits for our future wellbeing. We've seen her before, hosting LOP Channel 7 shows. She's even more fun to watch in her animated in-person role. Read her book, "The World's Best Kept Health Secret Revealed". Follow her advice and you'll be living the healthy life.

Shifting into his Golf Chairman persona, Ron Wolyn talked about the Mon 3/23/15 SIR tourney at Empire Ranch, down in Folsom. He envisions more of us picking up the pace and sweeps winnings. Find more info on our branch website: www.branch170.sirinc2.org Come on out!

But, first, all you vets meet at the Military Bull Session, Wed Mar 11, 1600-1800, at the Marina Lounge. I know you have more stories to tell.

And, of course, you'll attend our meeting on Wednesday, March 4, along with Free Lunch Winners Mel Pimentel (Happy February Birthday) and Jerry Lacer (good practice for your next Pinesmen Bingo try). We'll listen and watch the presentation of Rev. Don Baldwin, who served as the resident Minister in Yosemite National Park. He'll give us a first person portrayal of California's famous environmentalist, John Muir.