



THE ROOSTER'S CROW

The HOOKER OAK BRANCH #84 meets the FIRST THURSDAY of each month at MANZANITA PLACE, (inside the Elks Lodge building) 1705 Manzanita Avenue, CHICO, CA, 11:30 AM

The Branch Executive Committee meets at 10:15 AM on the same day at the same place.

**SONS IN RETIREMENT,
HOOKER OAK BRANCH #84**

Volume 47, Number 6

June 2025

Incorporated

SIR exists to enrich the lives of its members through fun activities, luncheons and events while making friends for life.



SIR Happenings



Cycling Club

The June Cycling Club ride is scheduled for Friday June 13 at 8:30AM. We will meet at the Veteran's Park parking lot. From there we will ride to old Humboldt Road which is closed to vehicular traffic. We will go up old Humboldt which is about 3 miles and features a gain of about 700 feet in elevation. E bikes or riders accustomed to climbing are recommended for this unique ride. Total riding distance is 16 miles.



Humboldt Gate

For More Information Contact:
Tim Kressin - 951-743-1297
Ken Doglio - 530-933-3921

GOLFERS

Branch 84 and Branch 110 tee off together for several tournaments at courses throughout the area. Now that the weather is cooperative, you can dust off your clubs, hit the range for a few practice swings, and join the fun.

For information on upcoming golf outings, please contact Paul Broissoit.

530 514 3486

FORE!



SIR 2025 Annual Barbecue- Save The Date

This year's barbecue will be held on Thursday, September 18 at the Walters Ranch in Durham. Start time to be determined.

The meal will feature Tri Tip cooked by SIR's own Chef, Dennis Bruggman. There will be more details as the planning takes place over the next few months.



BOWLING CLUB

The Bowling Club meets every Tuesday night for drop-in open bowling, from 6:00 PM to 8:30 PM, at the Bolero Bowling Center in Chico.



Ray Quinto
530 343 6752

Bowling Club - Ray Quinto 530 343 6752

Fishing Club - Ron Ward 530- 354-5147

Golf Club - Paul Brossoit 530 514-3186

Hiking Club - Rich Utter (Branch 110) 925-922-7020

Movie Club - Greg Sanger 530-518-7924

Writing & Book Club - Chip Meriam 530-228-1544

Special Activities Club - Alex Van Patten 530-566-2151

Cycling Club - Tim Kressin 951-743-1297

OFFICERS

BIG SIR,	Chip Meriam-----	228-1544
LITTLE SIR,	Tim Kressin-----	951-743-1297
SECRETARY,	Mike Hamlin-----	526-4408
ASST. SECRETARY,	Lowell Terrell-----	895-1737
TREASURER,	Paul Brossoit-----	530-514-3486
TREASURER ASST.,	Ray Quinto-----	343-6752

DIRECTORS

RAY QUINTO-----	343-6752
PETE VOLPATO-----	891-4705
MARTY NICHOLS-----	530-514-8270
RICK FARLEY-----	864-5113
ALEX VAN PATTON-----	530-566-2151
DENNIS BRUGGMAN-----	530-682-2369
BOB KERMAN, ALTERNAET-----	530-966-0147

COMMITTEES

ATTENDANCE,	Mike Crump-----	530-588-4781
ATTENDANCE ASST.,	VACANT	
AUDITOR,	Benny Sommer-----	895-0840
BOWLING,	Bob Gaines-----	514-5066
CHAPLAIN,	Richard Kannenberg-----	208-869-5786
CHAPLAIN ASST.,	Bob Roberts-----	219-2566
DINNER CLUB,	Jerry Brandt-----	636-4392
FISHING,	Ron Ward-----	354-5147
FISHING ASST.,	Harold Frazier-----	809-1623
GOLF,	Paul Brossoit-----	530-514-3486
HIKING,	Jim Hertl-----	897-0402
HOUSE MANAGER,	Jim Hertl-----	897-0402
MEMBERSHIP,	Greg Sanger-----	345-2344
MEMBERSHIP ASST.,	Ken Doglio-----	933-3921
MOVIE CLUB,	Greg Sanger-----	345-2344
NOMINATING COMM.,	Greg Sanger-----	345-2344
R. CROW EDITOR,	Chip Meriam-----	228-1545
R. CROW ASST.,	Lowell Terrell-----	895-1737
SONG DIRECTOR,	Jerry Brandt-----	636-4392
SPECIAL ACTIVITIES,	Alex Van Patton-----	530-566-2151
SUNSHINE,	Jim Hertl-----	897-0402
TRAVEL,	Lowell Terrell-----	895-1737
WRITING & BOOK CLUB,	Chip Meriam-----	225-1544



FROM THE BIG SIR

Chip Meriam

Greetings, fellows.

June 15, 2025 is Fathers' Day.

Even at what some might consider an "advanced age," I think of my father frequently. Indeed, sometimes I listen to myself speak (or think) and it seems as if he is right here with me—although he passed away some twenty-four years ago.

I'm sure many of you have similar feelings. After all, we're all acquainted with fatherhood in some way or another: Most of us remember our own fathers. Others may have stronger recollections of a friend's father, a grandfather, or a special teacher or coach. A bunch of us are fathers ourselves. Regardless, fathers are part of our lives in whatever form we may have encountered them.

Perhaps you might wonder how we got around to celebrating Father's Day. Read along:

This from the Fairmount Memorial Association, Spokane, WA. April 25, 2019

When Sonora Smart was 16, her mother died in childbirth with her sixth child. Sonora was the only daughter and shared with her father, William, in the raising of her younger brothers, including her new infant brother.

Smart held her father in great esteem. While hearing a church sermon about the newly recognized Mother's Day at Central Methodist Episcopal Church, Sonora felt strongly that fatherhood needed recognition as well. She approached the Spokane Ministerial Alliance and suggested her own father's birthday, of June 5, as the day of honor for fathers. The Alliance chose the third Sunday in June instead.

The first Father's Day was celebrated June 19, 1910 in Spokane, Washington. Although observance of the holiday faded in the 1920s, over time, the idea of Father's Day became popular and embraced across the nation.

In 1916, President Woodrow Wilson sent a telegraph to Spokane praising Father's Day services. William Jennings Bryan was another early admirer of the observance. In 1966, President Lyndon B. Johnson signed a presidential proclamation declaring the third Sunday of June as Father's Day. In 1972, President Nixon established a permanent national observance of Father's Day to be held on the 3rd Sunday of June each year.

How about that? Father's Day was conceived on Mother's Day!

Happy Father's Day to All...



HAPPY BIRTHDAY!

**Jack Barnes, Mark Gray, Tony Miguel,
Gene Rideout, Cecil Ross, Al Wood**

June 5, 2025 - 11:15 AM

Manzanita Place (Chico Elks)



Lizzy Young - Executive Director Chico Housing Action Team (CHAT)

CHAT's vision is a community where everyone has access to safe, suitable housing they can afford.

We seek out opportunities and innovative ideas and move forward with confidence that solutions to homelessness are possible.

CHAT started in 2013 as a response to the growing homelessness problem facing Butte County. A group of like-minded members of the community set out to try to take action in helping some of those individuals living without shelter.

Over time CHAT has consistently provided a caring, trustworthy response to providing sustainable, stable housing for homeless persons in our community.

Rideshare Service

Myles Pustejovsky has kindly volunteered to set up and coordinate drivers to chauffeur members who do not drive any longer or do not have rides to our luncheons. His plan is to divide the area up into districts and ask for volunteers in each district to pick up and drop off members before and after each luncheon. If you are interested in volunteering to pick up fellow members on the way to and from our luncheons, or would like to take advantage of this new club service, please contact Myles.

Myles Pustejovsky

530-342-4751

mandadurham@att.net



Luncheon Fare

Meat Loaf with Mushroom Gravy

Scalloped Potatoes

Veggies

Bread and Butter

Surprise Dessert

WISDOM

Due to the fact that the creative writing synapses in my brain are not functioning too well this month, I have pulled a piece from my files on the joy of living and grasping the moment. I hope you like it.

SOMETHING TO THINK ABOUT by John Kaiser

Too many people put off something that brings them joy just because they haven't thought about it, don't have it on their schedule, don't know it was coming, or too rigid to depart from their routine.

I got to thinking one day about all those people on the Titanic who passed up dessert at dinner that fateful night in an effort to cut back. From then on, I have tried to be a little more flexible.

How many women out there'll eat at home because their husband didn't suggest going out to dinner until after something had been thawed? Does the word refrigeration mean nothing to you?

How often have your kids dropped in to talk and sat in silence while you watched Jeopardy on TV?

I count the times I called my sister and said, "How about going to lunch in a half hour? She would gasp and stammer, "I can't, I have clothes on the line, "My hair is dirty, or "I wish I had known yesterday, "I had a late breakfast, "It looks like rain, and my personal favorite, "It's Monday". She died a few years ago. We never did have lunch together.

Because Americans cram so much into our lives, we tend to schedule our headaches. We live on a sparse diet of promises we make to ourselves when all the conditions are perfect. We'll go back and visit the grandparents when we get Steve toilet trained. We'll entertain when we replace the living room carpet. We'll go on a second honeymoon when we get two more kids out of college.

Life has a way of accelerating as we get older. The days get shorter and the list of promises to ourselves gets longer. One morning, we awaken, and all we have to show for our lives is a litany of "I'm going to" I plan on and "someday when things settled down a bit."

My lips have not touched ice cream in ten years. I love ice cream. It's just that I might as well apply it directly to my stomach with a spatula and eliminate the digestive process. The other day, I stopped the car and bought a triple decker. If my car had hit an iceberg on the way home, I would have died happy.

Now go on and have a nice day. Do something you want to—not something you should do. If you were going to die soon and had only one phone call you could make, who would you call and what would you say? And why are you waiting?

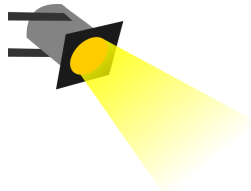
When the day is done, do you lie in your bed with the next hundred chores running through your head? Ever told your child "We'll do it tomorrow," and in your haste, not see his sorrow? Let a good friendship die? Just call to say "Hi."

When you worry and hurry through your day it is like an unopened gift. Don't throw it away. Life is not a race. Take it slower. Hear the music before the song is over.

Life may not be the party we hoped for. But while we are here, we might as well dance.

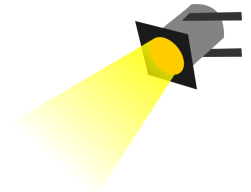
And this from RICHARD.....Joy is the pure and simple delight in being alive. Life is meant to be enjoyed, not just endured.

May 9, 2025 *Richard Kannenberg*



Spotlight

SIR Kevin Gifford



As I've said before, doing these "Spotlight" columns is both interesting and enlightening. For me, it's an opportunity like no other to get to know new SIR members. We all enjoy the luncheons, the activities, and getting together, but I've found that as much fun as this is, you don't really get to know your SIR friends. You can be friends with these people for many years, play golf with them, go to movies with them, but not know who they really are or what they've actually done and experienced. I've done a lot of these interviews over the years, but it never gets old. Each one reveals an interesting person who has a story that's worth hearing. Everybody has an interesting story and SIR Kevin Gifford is certainly no exception.

Kevin is a local boy, having been born in Corning, CA. He grew up in the nearby, thriving metropolis of Vina CA. He attended Vina Elementary School and Los Molinos High School. Upon graduation in 1974, he was one of two recipients of the Scott Pritchett full boat Scholarships awarded each year to deserving graduates. He used the funds for tuition and books and, with this in his pocket, he attended Shasta College for two years in Nursing. He then moved on to Boise State College where he earned a BS degree, also in Nursing.

He then returned to California where he joined the staff of Enloe Hospital and enjoyed their company for the next 20 years. He worked in the Emergency Room, the Intensive Care Unit, and as an MICN (Mobil Intensive Care Nurse) in Aerial Rescue. Kevin continued his service to the public by working at the Juvenile Detention Camp in Fouts Springs near Stonyford, CA in the Mendocino National Forest. The last four years of his career Kevin continued in the medical field where he worked at North Valley Imaging of Chico, preparing CT dyes and sedations in support of MRI testing. I asked if he had any experiences he'd like to share. I'm sure his response was more than appropriate when he said there are just too many to tell.

Kevin now resides here in Chico. He has been married to Lori since 1998. In retirement he enjoys a variety of outdoor sports including hunting and fishing, but I'd guess his favorite is golf. I came to this realization as he wanted our interview to be in the Clubhouse at Bidwell Golf course. He is clearly a straight talker and a man who wastes no words. Perhaps you'll have better luck getting him to tell you about some of his many experiences. I'd sure like to hear some myself.



USELESS AND IRRELEVANT WORDS

June 2025

What are Chat-bots and How to Use Them?

By Chat GPT- 4 Turbo and Greg Sanger

Chat and I recognize that the use and popularity of Chat-Bots is rapidly expanding, whether we want them to or not. They are everywhere, on your phones, in smart speakers, on your computers, everywhere. Chat says that there are a large and growing number of Chat Bots, some for general use and some for specialized uses. The following is a list of the major AI Chat-Bots of today:

1. **ChatGPT** – Developed by OpenAI, ChatGPT is widely recognized for its conversational abilities and versatility across various tasks.
2. **Claude** – Anthropic's AI assistant, Claude, is known for its thoughtful responses and ethical considerations in AI interactions.
3. **Google Gemini** – Google's AI chatbot, Gemini, offers advanced language understanding and integration with Google's ecosystem.
4. **Perplexity AI** – A chatbot that excels in providing concise and accurate information, often used for research and fact-checking.
5. **Microsoft Copilot** – Integrated into Microsoft's suite of products, Copilot assists with tasks in applications like Word and Excel.
6. **Meta AI** – Developed by Meta, this chatbot integrates with social platforms, offering interactive experiences.
7. **Grok** – Elon Musk's AI chatbot, Grok, is designed to provide witty and informative responses, reflecting Musk's vision for AI.
8. **DeepSeek** – A Chinese-developed chatbot known for its efficiency and performance in various AI tasks.
9. **Le Chat Mistral** – Mistral AI's chatbot focuses on providing a straightforward and user-friendly experience.
10. **Pi AI** – An AI companion designed for emotional support and casual conversation.

OK, so what are these things, how do they work and how to best use them?

Well, the standard answer is, they are computer programs built on a powerful root algorithm called a Generative Pre-trained Transformer (GPT). GPT refers to a collection of deep learning models designed to generate human-like responses through Natural Language Processing (NLP). I'm sure that doesn't really help so here's what I've learned. A Chat-Bot is a collection of programs that can understand and generate human-like text, spoken or written. From that, it can write essays, answer questions, summarize articles, translate languages, and more. It creates output based on learned patterns, not just recognizing or classifying input. The programs are pretrained in advance on a large dataset of text from the Internet (books, articles, websites, etc.), where it learns grammar, facts, reasoning patterns, and styles of writing. Someday, they will independently search and use the entire Internet as their dataset. They apparently use a mechanism called "self-attention" to determine which words (or parts of a sentence) are most relevant to each other, allowing them to process language effectively. The questions you ask them are taken as input (called a prompt) which they use to predict the most likely next word, then the next, and so on, building coherent text one word at a time. In this manner, it can mimic human conversation, write content, generate code, answer questions, and much more. But it's not just a chatbot, it's a language-based multi-use tool. They are not intelligent or sentient and will not be taking over the world. What they are, are a very useful tool, as Chat helped me search for the information to write this article, and in fact, some of the text here is from Chat-GPT. Having read the above, I'm not sure it explains it but at least you will get the general idea.

What Can Chat-bots Do?

Chat-bots have the power to engage in human-like conversation, generate written content based on user prompts, and debug and write code. But that's not an exhaustive list as it is fully dependent on the prompts provided by the user. You can use it to:

- Draft emails and marketing materials.
- Solve mathematical problems.
- Create code and debug existing code.



- Conduct keyword research for SEO purposes.
- Write engaging headlines, social media posts, and video scripts.
- Reword existing content for a different medium or with a different emphasis.
- Quickly summarize large documents.
- Describe complex topics in simple terms.
- Write music lyrics.

Among a myriad of other things, dependent only on your creativity in interacting with it.

How To Use a Chat-bot

If you've not tried these amazing programs, you have a treat in store. Getting started with them is easy. Pick any of the Bots mentioned above. There are others as well, but they have more defined or specific purposes. Go to their website and log in, many are free. I've been using Claude and Chat-GPT (both free) and find them fascinating but will give different answers to the same question. They can be very helpful if something comes up that you need answers to. Once you've set up an account, you'll be prompted to ask questions or make requests in plain English. The Bot will then generate a response for you. You can continue the conversation by refining your input or starting a new query. Sometimes they will even ask you if you'd like to explore the answer or subject further; I find this very useful. In addition, you might ask it to adjust the copy to be more formal, more emotional, or conversational, depending on your needs. Finally, you can share, copy, and even like or dislike to further train the model for your own use.

Chat told me that there are some things that will be helpful in your use of a Chat-Bot. There are a few best practices for using the tool effectively and intuitively:

- Be clear, concise, and direct in your prompt. E.g., "Explain top lead generation strategies."
- Ask questions. E.g., "Can you explain how generative AI works?"
- Improve your prompts. If the generated response isn't what you anticipated, consider tweaking your prompt.
- Include detail to ensure the response is tailored to your query.
- Consider using examples to support your prompt. Perhaps you'd like your content marketing strategy to be inspired by another brand? Use an example that the Bot can use as inspiration.
- Be specific. If you need a response to be under 600 words, or in a list format, for example, include these details in the prompt.
- Avoid overly complicated prompts. If you need to ask multiple questions in one query, consider splitting up each question, so that the chatbot isn't overloaded.

What Can Chat-bots Do?

- Helpful Bot examples:
 - ◊ Create a content marketing strategy on (topic, product etc.) for the next six months, including email campaign ideas, blog posts, and social media.
 - ◊ Write a (time frame, e.g. 60 minute) script for a podcast episode about [subject matter] including information on following i.e. list the key points.
 - ◊ Develop an email template to send to (company name)'s clients about an upcoming (product or service).
 - ◊ Explain the benefits of (topic, item, service, etc.).
 - ◊ Identify long-tail keywords for (topic) to incorporate into a search engine optimization strategy.
 - ◊ Rewrite the following text with more emotion.

Just remember, these are computers, they can be totally wrong, give ridiculous answers and give you back garbage. Just remember, they are only computers. Anyway, I've really enjoy using these Bots and find them very useful. I think you will too.