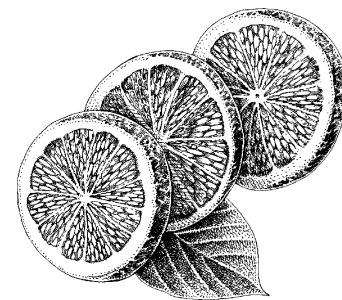




# Orangevale Branch 150



State SIR website: [www.sirinc.org](http://www.sirinc.org)  
 Branch 150 website: [www.sir150.com](http://www.sir150.com)  
 Branch 150 editor: Bob Carlstroem - [carlstroem@sir150.com](mailto:carlstroem@sir150.com)

## February 2009

Meetings - 3rd Wednesday of Each Month		Next Meeting - February 18, 2009	
Location	Regular Monthly Schedule	Menu:	What's Happening
Rancho Cordova Elks Lodge 11440 Elks Circle Rancho Cordova, CA 95742	Business meeting 10:30 Social time/registration 11:00 Meeting/luncheon 11:30	Speaker: Topic:	Fried chicken with rice/french fries, salad & dessert Captain Jim Dodge Closing Alameda Naval Air Station and its effect.

### Big and Little Sir Tidbits



Big Sir Chuck Reed

The new year has started and it will be hard to top 2008 in the accomplishments and fun of the past year, but we can try. The January meeting was a little rocky for both Big Sir and Little Sir in the things we had to provide and failed to do so, so we improvised with IOUs and promises for the February meeting. Now that I have a month of experience under my belt, there's no place to go but up in conducting our monthly luncheon meeting.



Little Sir Jim Dodge

I'm sure when you look at this month's speaker, you'll think....'OMYGOD' Not Jim Dodge! Well, its not me...It's my nephew. I think you'll be presently surprised....I've heard him speak on a couple of occasions; 1st when he was installed as the Commanding Officer at Alameda Naval Air Station in 1994 and then at the "Disestablishment" of the base in 1997, and to know what he's been through, was very interesting, to say the least. One of his accomplishments was to save the USS Hornet from salvage, and anyone who has made over 700 Carrier Landings has got to have some interesting experiences.

I've asked Jim to speak about the problems of closing a Base the size of Alameda, but also told him to do it in 30-45 Min. and then open it up to questions.....Hope you enjoy.....

### February Speaker: Captain Jim Dodge



Captain Jim Dodge was born in Atascadero, California in October 1947. Following graduation from Oakdale High School. He attended Modesto Junior College and the University of Oregon, graduating with a bachelor's of science in June 1969. He entered the Navy as an aviation officer candidate in October 1969, was commissioned an ensign in February 1970, and was designated a Naval flight officer in September 1970.

In February 1974, Captain Dodge reported to the Naval Postgraduate School in Monterey, California. He earned his master's degree in aeronautical engineering in June 1976

From then Captain Dodge served in many positions including command of the Bounty Hunters; executive officer aboard USS Kitty Hawk; as Head Fleet Readiness Assessment Branch on the Chief of Naval Operations (OPNAV) staff in the Pentagon; and with the secretary of the Navy's Office of Program Appraisal (OPA) as the TACAIR analyst.

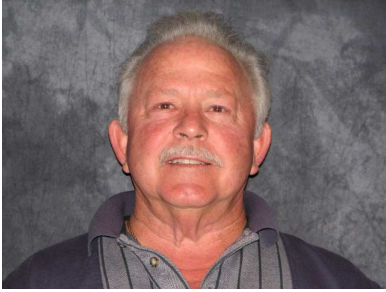
In June 1994 Captain Dodge assumed command of Naval Air Station Alameda as the last commanding officer for the air station's final three years of fleet support and base closure operations.

Captain Dodge has logged more than 3,600 military and civilian flight hours and 700 carrier landings in fighter and tactical reconnaissance aircraft. He wears the Legion of Merit, Meritorious Service, Navy Commendation, National Defense. Meritorious Unit Commendation, and Armed Forces Expeditionary medals in addition to various campaign and service ribbons.

Branch 150 Executive Committee			Branch 150 Committee Chairmen				
Big Sir	Chuck Reed	363-8406	Attendance	Norm Green	723-0973	Historian	Dick Clausen (530) 622-4817
Little Sir	Jim Dodge	635-8394	Booster	Charlie Martin	858-1453	Membership	Jim Rae 967-4951
Secretary	Doug Hilton	363-8751	Bowling	Tom Bittner	723-1497	Newsletter Editor	Bob Carlstroem 791-3608
Asst. Secretary	Bruce Kennedy	363-5412	Bridge	John Mahony	485-2449	Nominating	Jerry Courter 353-0715
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Director	Bob Carlstroem	791-3608	Golf	Harold Doppelmayr	922-6134	Social Affairs Asst.	Don Severance 961-6668
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Director	Len Bloom	961-2225	Greeter/Pub Relations	Bill Ferreirae	635-6093	Webmaster	Bob Carlstroem 791-3608
Director	Jim Rae	967-4951					
			State President	David Reiser (408) 268-2148	Director Region 2		Ronald McCall (530) 622-5424
					Governor Area 31		Ralph J. Lingis (916) 933-5561

# Spotlighted Sir

By Bruce Kennedy



**Calvin L. Lamberson** was born on the kitchen table on a cattle ranch about six miles out of Haggerman, New Mexico with a doctor and midwife in attendance in 1939. Cal's Mom knew he was going to be a girl, so no boy's name had been picked. They named him after the midwife's husband who had been killed in World War I, the first Calvin in family history. Cal's Dad had a degree in Accounting, but was the foreman of the ranch. As soon as he could, Cal's Dad bought his own ranch near Durango, Colorado. That ranch abutted the Ute Indian Reservation and for \$1 a head the cattle could be summer grazed on the Reservation. So, twelve year old Cal took his weekly turns with horse, dog, and rifle following the herd. (No cell phone or ATV.)

After a crash in beef prices, the ranch was sold and Cal's Dad joined a real estate office as an Accountant in Bay, Arkansas. Cal at that time was a high school sophomore. Cal played football and baseball and was the halfback on the state championship team during his junior year. He also hit .500 on the baseball team as a sophomore. Then it was off again to Walledlake, Michigan. After graduation he enrolled at a technical school in Pontiac, Northwestern College. When Cal's sister graduated from High School in 1959, the two of them took off in a '56 Chevy to visit their older brother who had moved to Sunnyvale. At his brother's suggestion, Cal applied at Lockheed, was asked to draw a circuit, and was hired at a whopping \$129 a week. He used his first check to send sister Marty home via the cheapest airplane he could find and never moved back.

Cal would stay with Lockheed working at Palo Alto, Sunnyvale and Stanford until retiring in 1994. He made business trips around the world. A lot of his work was classified. But on one trip his team spent six weeks in Alaska bouncing various beams off of the Aurora Borealis in the evenings, fishing all day, and getting paid for it. Tough duty. And, he was forced to take up golf with his brother to nearly an addiction level including winning the annual L. E. Root CEO's Lockheed tournament one year. He also hit a hole-in-one early in his career in a well attended company event and it took two months to pay the bar bill. He now has nine holes-in-one. At Lockheed he met his wife Harriett and they married in 1989. Between Cal's son and daughter and Harriett's three girls they now have six grandkids, all living within two hours. Cal also backpacked. He and his brother would go from Kennedy Meadows to Yosemite, about 30 miles as the crow flies (a lot longer by trail) at up to 10,000 feet. His love of the Sierra led Cal to buy a cabin at Twain Harte. Doing much of the work himself, Cal later doubled the cabin's size into a full home.

The Lambersons moved to Twain Harte right after their six week Australian area "walkabout" Harriet had waiting for Cal at retirement. That vacation, which Cal calls his "best," included the Cook Islands, New Zealand, eight days in an aborigine village, the Gann Train to Ayer's Rock, and a lot of free drinks in Darwin. With their new free time the Lambersons quickly became bike riders visiting much of Europe in this manner. They've also been to the Amazon, China, Machu Picchu, the Galapagos, and Cambodia among other places. Cal is a serious gardener and takes road trips every year using no freeways. The Lambersons purchased a home in Sacramento seven years ago after their first granddaughter was born. Cal heard his barber talk about SIR golf and Dick McKechnie in particular. Cal located Dick, who sponsored him into Branch 150. They also found they live pretty close to each other.

SIR 150

## Elks Lodge Questionnaire

Feedback to the membership

by Jerry Courter

Thanks for your help in completing the questionnaire regarding our use of the Elks Lodge as a meeting place for our monthly luncheon.

At the January 21, 2009 meeting we had a turnout of 80 members. We received back 73 completed questionnaires. Below I have listed the results:

<b>Questionnaire Results</b>	Yes	No
I am satisfied with the quality of the food service at the Cordova Elks Lodge.	56	12
I am satisfied with the food quantity prepared by the Cordova Elks Lodge.	54	13
I am satisfied with the current location of our monthly luncheon meetings.	55	13
I prefer to stay at this location for the Sir Luncheons.	54	10
I would prefer moving to another location.	15	19

## STROKE IDENTIFICATION

*The following has floated out on the Internet for some time. However, this information could be a life saver so please take a moment to read it.*

A neurologist says that if he can get to a stroke victim within 3 hours he could possibly reverse the effects of a stroke ... totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

### RECOGNIZING A STROKE

Just remember the '3' steps, "**S T R**"

Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

**S** \* Ask the individual to SMILE.

**T** \* Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently i.e. "It is sunny out today")

**R** \* Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

### New Sign of a Stroke: Stick out Your Tongue

If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

## GOLF NEWS

Call **Harold Doppelmayr** at 922-6134 or his assistant **Brent Soulis** at 726-6326 if you have questions or concerns. Tournament sign-ups are available at [www.sir150.com](http://www.sir150.com) or at each monthly luncheon and at all tournaments.

### Cordova Golf Course

#### **Weekly Tournament Play**

Every Friday except the last Friday of the month  
Sign-up before 8:30. Order of play randomly chosen

#### **2009 Away Tournaments**

*February 3 (Tues) Bing Maloney - 9:00*  
*February 17 (Tues) Bartley Cavanaugh - 9:00*  
*March 9 (Mon) Teal Bend - 9:00*  
*March 24 (Tues) Lockeford Springs - 9:00*  
*April 6 (Mon) Alister Mackenzie - 8:02*  
*April 21 (Tues) Micke Grove - 9:00*  
*May 5 (Tues) The Reserve - 8:00*  
*May 19 (Tues) River Oaks - 9:00*  
*June 9 (Tues) Plumas Lake - 9:00*  
*June 23 (Tues) Wildhawk - 8:04*

*July 7 (Tues) Dry Creek - 8:02*  
*July 20 (Mon) Ancil Hoffman - 8:00*  
*August 4 (Tues) Diamond Oaks - 9:00 \*\**  
*August 17 (Mon) Mather - 8:00*  
*September 1 (Tues) Woodcreek - 9:00*  
*September 15 (Tues) Teal Bend - 9:00*  
*October 6 (Tues) Bartley Cavanaugh - 8:30*  
*October 19 (Mon) Alister Mackenzie - 9:00*  
*November 3 (Tues) Wildhawk - 8:04*  
*November 17 (Tues) Bing Maloney - 9:00*  
*\*\* Pre-payment required*

#### **Tournament Changes**

For those who were at the January golf luncheon, and for those who were not, a proposal to alleviate the problem of early sign-ups at Cordova was brought forward by the golf committee. The procedure is to randomly draw foursomes created before 8:30 from November to March and 7:30 the rest of the year. Those who sign up after that time will play after the chosen foursomes in the order that they signed up. We will be starting this procedure February 6, the first Cordova tournament in February. This "lottery" system will be operated by the members of the golf committee.

As to the away tournaments. The next two tournaments at Bing Maloney and Bartley Cavanaugh consist of twelve groups. In the future I would encourage all who are in the last few groups to pay ahead of time as that will let them come at a later time and avoid a long wait time before they tee off.

And for those who thought the scramble was on January 30, please consult the yearly schedule that everyone should have.

### **What Else Can be Done with A Coffee Filter?**

- Cover bowls or dishes when cooking in the microwave. Coffee filters make excellent covers.
- Clean windows and mirrors. Coffee filters are lint-free so they'll leave windows sparkling.
- Protect China . . . Separate your good dishes by putting a coffee filter between each dish.
- Filter broken cork from wine. If you break the cork when opening a wine bottle, filter the wine through a coffee filter.
- Protect a cast-iron skillet. Place a coffee filter in the skillet to absorb moisture and prevent rust.
- Apply shoe polish. Ball up a lint-free coffee filter.
- Recycle frying oil. After frying, strain oil through a sieve lined with a coffee filter.
- Weigh chopped foods. Place chopped ingredients in a coffee filter on a kitchen scale.
- Hold tacos. Coffee filters make convenient wrappers for messy foods.
- Stop the soil from leaking out of a plant pot. Line a plant pot with a coffee filter to prevent the soil from going through the drainage holes.
- Prevent a Popsicle from dripping. Poke one or two holes as needed in a coffee filter.
- Do you think we used expensive strips to wax eyebrows? Use strips of coffee filters.
- Put a few in a plate and put your fried bacon, French fries, chicken fingers, etc on them. Soaks out all the grease.

## BRIDGE NEWS

For detailed information related to bridge meetings and schedules, contact Chairman **John Mahony** at 485-2449

Four tables of bridge enthusiasts gathered at I-Hop to vie for the prizes which were garnered by 1. Joanne Martin, 1. Art White, 3. Doug Hilton, 4. John Conyers, and Lee Peterson, last of the winning scores. Everyone wrote a little note of encouragement to Tom Bittner who is healing slowly. His position as Bridge Chairman is still open. Interested??? Tell John Mahony, who will again call and make the arrangements for February 16th.

### **TREASURER'S REPORT**

For detailed information contact **Ralph Tomson** at 354-2236 or [rotomsonre@yahoo.com](mailto:rotomsonre@yahoo.com)

Beginning cash balance Jan 1, 2008:	\$1,916.94
General accounts contributions:	195.00
General accounts disbursements:	484.91
Net operating gain/(loss):	(289.91)
Custodial receipts:	1200.00
Custodial disbursements:	1240.00
Net gain/(loss):	(40.00)
Ending cash balance:	\$1,587.03
January luncheon: members 82, 2 guests, 2 visitors. Total 86	

### **MEMBERSHIP NEWS**

For detailed information contact **Jim Rae** at 967-4951. Printed rosters are available at the monthly meetings or an electronic copy can be requested from [james.rae@att.net](mailto:james.rae@att.net).

The following membership changes were reported at our January meeting:

New Member added: John Yosgott.

Ron Howell has changed his email address to [rhowell814@comcast.net](mailto:rhowell814@comcast.net).

We now have 103 active members and 21 inactive members for a total of 124.

### **FISHING NEWS**

Monthly Breakfast Meetings: Jolly Hookers meet at Cordova Elks on the 2nd Friday at 8:00 AM. Wheels & Reels meet at Coco's Restaurant on the 3rd Monday at 8:00 AM. If you are a fisherman and want to enjoy like company, why not join us for breakfast. For more information, contact **Bob Bonner** at 961-5403

The Jolly Hookers did not have a derby in January because the lakes that were on the list could not handle the fishing pressure even if we could launch in the mud. Pray for rain for the fishermen and the farmers. We will be heading for Lake Pardee on the seventeenth for a derby. Not a big lake, but hopefully enough water to launch. The lake is annually closed to fishing each winter for a couple of months and will open early February. The Non Derby Outing will be at Folsom Lake. A famously tough lake to fish successfully. We will see if there is enough water by February twenty fourth. The outings are fun. The camaraderie is great, as is the food. We have a good time, fish or not. Rain and Snow, Rain and Snow come our way. Get out and enjoy the great outdoors.

## **Book Exchange**

**A reminder to bring one or more books  
to exchange with other members at our next meeting.**

# Fun Stuff

The first person to provide correct solution will receive a prize at the next regular meeting. Send your answers by e-mail to Bob Carlstroem at carlstroem@sir150.com or mail to 7990 South Lake Cir., Granite Bay, CA 95746. Last month's puzzle was solved fist by **John Sigl**, followed by J. Duffy, S. Regan, and J. Rae.

## Sudoku

		7		2		6		5
			3					2
	4				8		3	
9					2		1	7
		3	4		7	8		
4	7		8					3
	6		9				2	
7					5			
8		1		4		5		

To solve, place a number into each box so that each row across, each column down, and each small 9-box square within the larger diagram (there are 9 of these) will contain every number from 1 through 9.

### January Solution

1	7	9	6	5	3	8	4	2
2	5	4	9	1	8	6	7	3
8	3	6	2	7	4	5	1	9
4	9	8	7	6	2	1	3	5
5	2	7	1	3	9	4	6	8
6	1	3	8	4	5	9	2	7
9	8	1	4	2	7	3	5	6
7	4	5	3	9	6	2	8	1
3	6	2	5	8	1	7	9	4

## Honored Members

### Past Big Sirs

- 1989 George Erkson \*
- 1990 Jim Eastlund \*
- 1991 John Mahony
- 1992 Lou Parton \*
- 1993 Ken Allard
- 1994 Ruel Smith
- 1995 Bill McCarthy \*
- 1996 Tom Wirth \*
- 1997 John Means
- 1998 Jim Delk
- 1999 Bob Smith
- 2000 Bob O'Neal
- 2001 Lou Joaquin \*
- 2001 Joe Ramay
- 2002 Bob Trathen
- 2003 Jim Rae
- 2004 Len Bloom
- 2005 Don Severance
- 2006 Bob Carlstroem
- 2007 Jerry Courter

\* Deceased

### Birthday Boys

- |           |            |        |
|-----------|------------|--------|
| Ellington | Ross D.    | 1-Feb  |
| White     | Arthur N   | 5-Feb  |
| Howell    | Ronald R   | 16-Feb |
| Warner    | Mark C     | 19-Feb |
| Gengler   | William B. | 21-Feb |
| Lamberson | Calvin L.  | 21-Feb |
| Sigl      | John F     | 21-Feb |
| Avila     | Raymond    | 22-Feb |
| Viratos   | Dan        | 23-Feb |



"I said sand wedge."

### Honorary Lifetime Member

- John Mahony 2001
- Jim Rae 2007

**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).

**PAYMENT FOR TRIPS AND TOURS:** 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 & 421).

**ATTENDANCE:** 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 who misses three (3) consecutive meetings or who attends less than six (6) regular meetings of the last twelve (12) luncheon meetings may be notified, by letter, of the pending termination of his membership in SIR. (Rule 100 & 107).

Bob Carlstroem, Editor  
7990 South Lake Circle  
Granite Bay, CA 95746

