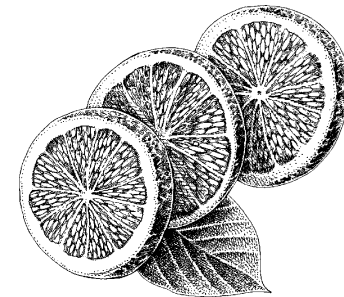




Orangevale Branch 150



State SIR website: www.sirinc.org
 Branch 150 website: www.sir150.com
 Branch 150 editor: Bob Carlstroem - carlstroem@sir150.com

April 2009

Meetings - 3rd Wednesday of Each Month		Next Meeting -
Location	Regular Monthly Schedule	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	Menu: Chicken Cordon Bleu with scalloped potatoes, salad and dessert. Speaker: Tim Cotter of the Sacramento Sheriff's Tactical Airborne Topic: The Helicopter --- A Valuable Tool.

Big and Little Sir Tidbits



Big Sir Chuck Reed

April is fast approaching and here I am scurrying to find something worth while to print. I do know that the wet weather and cold mornings are disappearing with longer and warmer days beginning to take hold. NO longer can we blame ankle deep mud, or frost bitten fingers or high velocity winds for our sorry scores. Now it's just that little white ball and our individual skill that determines our final score. So lets get out and play golf in the wonderful weather we are blessed with in our home state. The S.F. Giants will be having a Sir Day some time in June. I'll have the details by the next luncheon meeting. I look forward to seeing all the golfers this Friday and the rest of the members on April 15th.



Little Sir Jim Dodge

I received two good responses from our members for speakers like I requested and they are being analyzed and pursued. I'm always open for suggestions..... I think you'll enjoy the April Speaker: Sgt. Tim Cotter of the Sacramento Sheriff's Tactical Airborne Response Team. I was made aware of the open house that the Sheriff's Dept. is having on May 16th, Free Bar-B-Q, etc. Information will be provided at the April luncheon.

Picnic Update

Here is your update on our annual SIR 150 Picnic. The plans are set. The facility is reserved and the plans for the day are in progress. Hope everyone has been able to secure the May 27 on your calendar. We are looking forward to having a great time:

- The picnic will be at the Lakeview Hills Club House in Granite Bay
- The date will be May 27, **which is not regular meeting date in May.**
- The picnic will begin 11:00 a.m.
- Lunch will be served at 12:00 p.m.
- We will have "Dogs", Burgers, Drinks and favorite side dishes of our membership
- Tickets will be on sale at the April meeting for \$7.50 per person
- Please bring your wife, or guest, and your favorite dish
- We will be planning some special activities before and after the picnic
- We will have directions to the Lakeview Hills Club House at our April meeting
- And a map will published in the May Newsletter

The Lakeview Hills has some amenities that we have not had in the past, including inside serving area, and eating area, if mother nature is in a bad mood on that day.

If you cannot purchase your tickets at the April meeting, you can notify Jerry Courter at 916-353-0715 or Don Severance at 916-961-6668 to make your reservations. Please contact either of them prior to April 30th to allow time for the final preparations.

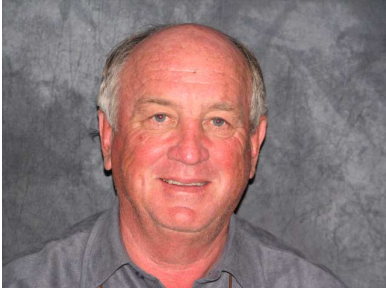
Remember the Attendance Requirements

The "Gold Pan" is our primary source of operating funds. Lunch charges (\$15) are a straight pass-through to the Elks Lodge. If you miss a meeting, please make up for the absence at the following meeting.

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
Treasurer	Ralph Tomson	354-2236	Chaplain	Joe Ramay	635-1158	Nom. Asst.	Bob Carlstroem 791-3608
Asst. Treasurer	Raymond Avila	481-2402	Communications	Bob Neubacher	685-7528	Nom. Asst.	Don Severance 961-6668
Director	Stan Wirth	362-1748	Comm. Asst.	Ralph Tomson	354-2236	Quartermaster	Walt Nauer 966-3588
Director	Jerry Courter	353-0715	Fishing	Bob Bonner	961-5403	Social Affairs	Jerry Courter 353-0715
Director	Bob Carlstroem	791-3608	Golf	Harold Doppelmayer	922-6134	Social Affairs Asst.	Don Severance 961-6668
Director	Don Severance	961-6668	Golf Asst.	Brent Soulis	726-6326	Travel & Events	Open
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



Dan Barthell was born in April 1945 in tiny Saint Michael, Minnesota, about 30 miles northwest of Minneapolis. Dan's family moved to Sleepy Eye at the beginning of Dan's fourth grade year. Sleepy Eye is about 80 miles southeast of Minneapolis and now boasts about 3,500 residents. The name came from a Sioux Chief who was,

apparently, named for his droopy eye. In both places, Dan's father was a beer distributor. Dan would graduate from St. Mary's High School in Sleepy Eye in 1963 after varsity lettering in football, basketball and baseball.

He went to the University of Minnesota, Duluth in the fall of 1963, joined the Air Force ROTC program, and graduated in 1967 with a degree in economics. He also met his wife to be, Vicki, who was a member of a sorority associated with the ROTC program known as "Angel Flight." They were married the day after graduation. And then 2nd Lieutenant Barthel was off to Mather AFB for navigation training. Dan immediately noted Mather's climate. Next up was survival training and to navigator qualification in KC-135 tankers at Castle AFB. Dan then went to wonderful Minot AFB in North Dakota in 1968. He would stay there through 1972. A lot of this tour was "TDY" (Temporary Duty) to Anderson AFB, Guam and at U'tapao AFB, Thailand. The Anderson deployments were for 6 months at a time and the U'tapao ones for three months. At Anderson Dan was in newer versions of the KC-135 working with B-52's over North Vietnam. The older versions in U'tapao refueled fighter missions to South Vietnam.

Next up was five years back at Castle as a flight navigation instructor, still in KC-135's. While there he got his Masters Degree from Golden Gate and began teaching part-time at Merced College. By now the family had two daughters and a son. In 1977 Dan was offered what was basically a full time uniformed civilian post known as Air Reserve Technician (ART) with the Air Force, while simultaneously retaining his flight status as an Air Force reservist at Mather AFB. That means you work 40+ hours and then go do your reserve weekend. Dan served in this capacity until Mather closed in 1993. Dan then went to McClellan AFB until 1998. While still flying as a reserve Dan participated in Desert Storm giving him combat duty flight status in four different decades. In 1998 his ART assignment shifted to Beale AFB with a "Y2K" task force while still serving as a reserve at McClellan. The flight status part came to an end in 2000 when Dan turned 55 (Air Force rule) and he returned to McClellan as part of the team decommissioning that base in 2001. His commute got longer when he joined another downsizing reorganization effort of the 15th Air Force at Travis AFB in 2001. His last assignment was with the transition at Travis to the new C-17 tankers coming on-line. He retired (mostly) as a lieutenant colonel in 2006. He still teaches an economics class at Folsom Lake Community College.

Vicki held the post of librarian at Kinney High School until obtaining her teaching credential and started to teach at Cordova High in 1993. She is still teaching at Walnutwood School for the Independent Study Program. All the Barthel children reside locally. One daughter is a legal assistant for a family court judge, the other a dental office receptionist and their son is an engineer with Sac Metro FD. Dan enjoys gardening, grilling and taking very frequent 3-4 day trips in their RV to places with water. And, just for drill he has embarked on a historical review of the terms of all our presidents. Dan was a virtual newcomer to golf when he retired and was sponsored to SIR Branch 150 by yours truly. He has repaid the favor by now having a lower index than I do.

Of Course You Know!

Submitted by one of our Lady Sirs

■ You may not remember, ah... but you are a man so of course you do, that in 1908 the first motorcar lock was included in the regular equipment of some makes of cars. This was a simple alternative to removing the starting crank or a spark plug to guard against theft. However most thieves, in those days, carried around their own supply of spark plugs. Today, with all our technology, the thieves are still one step ahead of us.

■ Technology should never have teamed up with this nut cake! Eduardo Kac, an artist from Chicago, persuaded some French genetic researchers to join him in an artistic venture using a live rabbit whose DNA was combined with that of a phosphorescent jellyfish. The rabbit appeared normal, but when illuminated with a black light every cell in its body gave off a green glow; especially in its paws, whiskers, and eyes. This is another use of technology that changes the Easter Bunny tune, "Here Comes Peter Cotton Tail," to "There Glows Peter's Green Tail."

■ Of course you know after every hair cut men worry their ear hair is going to be exposed. Mark Leyner and Billy Goldberg, M.D., wrote a short article on "What's up with the ear hair?" They write you lose the hair where you want it, and gain it in all those other unsightly places, bushy eyebrows, excessive nasal hair, and hairy ears. Sometimes the excessive growth of hair on the ears is genetic and is linked to the Y chromosome (the sex chromosome found only in males) which explains why you don't see many hairy-eared females. The Guinness Book of World Records recorded the longest ear hair being 25 centimeters. Imagine if technology could use the DNA of a phosphorescent jellyfish to make that glow in the dark.

Of Medical Interest

Spotting melanoma (skin cancer) early

The best chance for recovery from melanoma and ridding yourself of the cancer requires early detection. Remember that melanoma can occur anywhere on the body, and often in places that you yourself cannot see directly.

In men, melanoma is often found on the trunk (the area from the shoulders to the hips) or the head and neck. In women, melanoma often develops on the arms and legs. Melanoma usually occurs in adults, but it is also found in younger ages also.

Signs of Melanoma

Generally, looking at moles (or other blotches or discolorations) on the skin can help spot melanoma. Most people have between 10 and 40 moles. Moles may be pink, tan, brown, or a color that is very close to the person's normal skin tone. People who have dark skin tend to have dark moles. Moles can be flat or raised. They are usually round or oval and smaller than a pencil eraser. For melanoma, one should look for changes, and some specific types of changes.

The National Cancer Institute recommends thinking of "ABCD" to help remember what to watch for:

- **A**symmetry: Where the shape on one side of the mole does not match the other.
- **B**order: Where the border is ragged, irregular, notched, blurred, or the pigment spreads into surrounding skin.
- **C**olor: Uneven color, or different shades of colors together.
- **D**iameter: Change in size, especially larger than a pencil eraser or 1/4 inch (5mm).

In addition, other signs may include:

- Mole or pigmentation that itches, oozes, bleeds, or is ulcerated.
- Satellite moles (new moles that grow near an existing mole).

Changes in any way resembling any of the above should be brought to your doctor, who may refer you to a dermatologist specializing in skin and skin diseases. The doctor will perform an examination, and may require a biopsy (removal of some cells or tissue) to make a certain diagnosis.

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 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 when you show up. Starting March 1, play begins at 8:00

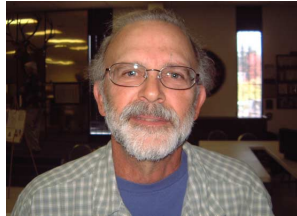
2009 Away Tournaments

April 6 (Mon) Alister Mackenzie - 8:02
April 21 (Tues) Mice 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

Sandbagger of the Month

John Yosgott had a net 61 at Lockford Springs on March 24 with an index of 32.8. Guess what John, your index will be 27.5 next month.



State SIR Tournament Information

The 2009 Poppy Hills qualifier will be held at Mather on 26 May. First tee time 9:00. Cost is ~~\$30~~ \$30 and rent your own cart.

The second round will be held at Morgan Creek, date and cost is to be determined. Money must be sent to Mike Navone by April 15th. A sign up sheet will be available at Cordova or any away event up until the deadline of April 14.

SIR branch 150 may participate in these travel arrangements provided space is available.

Give Dale a call if interested.

Branch 33 Travel

Dale Martin - 359-6121

dmartin@winfirst.com



Reno & Tahoe turnarounds lv CC Lanes @ 7:30
Local Indian Casino trips lv CC Lanes @ 9:30

OUR NEXT TRIPLE BAR DAY

April 17

SILVER LEGACY - RENO

Receive \$10 & \$5 food credit

Cost is \$30

(lv CC Lanes @ 7:30)

MAR 27 (spots still available) RED HAWK CASINO - PLACERVILLE

Receive \$25 slot play (lv CC Lanes @ 9:00)

Cost is \$15

Let's try this 'new' (to us) bus company - GARY'S EXPRESS.

Only a few more needed to get this trip confirmed / CALLNOW

MAY 15

SILVER LEGACY - RENO

Receive \$10 & \$5 food credit

Cost is \$30

MAY 20-JUN 2

BLACK HILLS

This trip will be by bus all the way.

Some stops included are: Salt Lake City (2 days) including attendance at a rehearsal of the Mormon Tabernacle Choir; Yellowstone Nat'l Park, Grand Tetons Nat'l Park; Black Hills tour; Mt. Rushmore; Crazy Horse Memorial; Custer State Park; Devil's Tower; & more. Also includes all gratuities, nice, new, air-conditioned bus, 13 nites in first class hotels, 12 dinners, & More.

Cost is \$2780

All prices are per person

BRIDGE NEWS

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

Our group usually plays at 10:00 a.m. every 2nd Monday of each month at IHOP Restaurant, 2216 Sunrise Blvd., Rancho Cordova. Sign-ups are required. Wives and friends are welcome.

TREASURER'S REPORT

For detailed information contact **Ralph Tomson** at 354-2236 or rotomsonre@yahoo.com

Beginning cash balance Jan 1, 2009:	\$1,916.94
General accounts contributions:	658.00
General accounts disbursements:	755.04
Net operating gain/(loss):	(97.04)
Custodial receipts:	3,300.00
Custodial disbursements:	3,398.44
Net gain/(loss):	(98.44)
Ending cash balance:	\$1,721.46
March luncheon: members 73, 1 guest, 2 visitors. Total 76	

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.

The following membership changes were reported at our March meeting:

Greg Bland has resigned and Dan Berg transferred to Inactive status

We now have 102 active members and 20 inactive members for a total of 122.

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

We fish Tuesday March 31 at Berryessa, but too late for the news letter results. April fourteenth we are off to Collins Lake for trout followed by Brannan Island and the delta for stripers on April twenty first. Fishing is looking much better this year than last. Hope it all holds together. Come join us. Life is good. Blessings, Bob

April Speaker:

Sergeant

T. Cotter



Bureau Supervisor Sergeant Cotter has been with the Sheriff's Department since January of 1985. He joined the Air Operations Bureau in September of 1993 as a Tactical Flight Officer and subsequently became a TFO Training Officer. He co-founded the Helicopter Rescue and Tactical Program in the bureau and teaches classes on Helicopter Rescue, Helicopter Tactical Insertion, Helicopter Rappel, and Short Haul within the department and for other allied agencies.

Bring in New Members

and

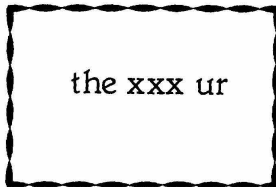
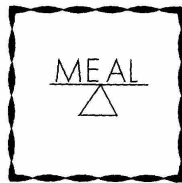
Win a Free Weekend in Tahoe

Compliments of Little Sir Jim Dodge

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 first by **Bob Miller**, followed by Harold Doppelmayer, Jim Rae, John Duffy, and Jerry Courter.

Plexers



March Solution

raising cain
quarterback
get away with nothing
business before pleasure
punch line
treetop
down payment
theater-in-the-round

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

Edelen	Rick	2-Apr
Barthel	Daniel O	4-Apr
Means	John W	5-Apr
Neubacher	Robert G	7-Apr
DeVillier	John	8-Apr
Livingston	Earl	10-Apr
Carlstroem	Robert	13-Apr
Rotz	Jeff R (IA)	14-Apr
Steele	Howard	15-Apr
Sweeney	Joe	15-Apr
Trathen	Robert	15-Apr
Reed	Charles J	21-Apr
Williams	Robert H	25-Apr



"If he was holding up play, We'll call it 'justifiable homicide'."

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

