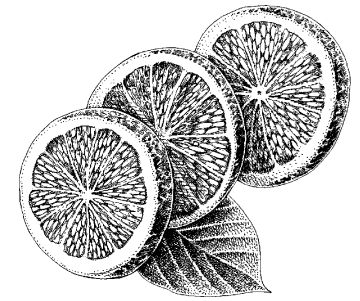




Orangevale Branch 150



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

August 2009

Meetings - 3rd Wednesday of Each Month		Next Meeting - August 19, 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	Beef & chicken enchiladas, rice, refried beans, tortillas, salad & dessert Speaker: Jerry Reynolds - Kings Director Topic: Well of course ---- "The Kings"	



August Speaker - Jerry Reynolds

"This may also be the perfect time to bring that 'standing on the fence' guest to the luncheon."

Little Sir Jim Dodge

Big & Little Sir Tidbits



Big Sir Chuck Reed

Greeting Sir Members, The dog days of August are upon us with blah news. The fishing is poor, the weather is hot, baseball lugs along slowly, football hasn't started, nobody thinks of basketball around this time, So what's left ? GOLF, GOLF AND MORE GOLF. That part of August makes many a Sir smile, including myself, now if I could only learn to play the game. August also is the time we introduce the new slate of nominees for the positions that are opening for the Branch. Be sure to attend the luncheon and find out who our new leaders are going to be and give your approval and applause. See you on the 19th of August.



Little Sir Jim Dodge

After about a year of trying, I have 'CONFIRMATION' of our August Speaker. One of the most sought after speakers in the area, This gentleman brings an abundance of knowledge, wit, and charisma to the table. We will be honored to have Mr. JERRY REYNOLDS as our guest speaker. This may also be the perfect time to bring that "standing on the fence" guest to the luncheon. If this doesn't convince them to join our club, nothing will. Jerry is in his 24th season with the Sacramento Kings organization and has worn about every hat there is from Head Coach (2 times) to General Manager, to the Clubs Director, player personnel and as most of you know, the color analyst of all the Kings televised games.

Hope you enjoy!

In Memoriam Chuck Hollmer

Member since October 2008

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
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Director	Bob Carlstroem	791-3608	Golf	Harold Doppelmayer	922-6134	Social Affairs	Don Severance 961-6668
Director	Don Severance	961-6668	Golf Asst.	Brent Soulis	726-6326	Travel & Events	Open
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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

Of Course You (Men) Know!

By Anonymous Lady Sir

Butter vs. Margarine

Bob Neubacher sparked a further investigation into the butter vs. margarine controversy. A recent Internet article on butter vs. margarine indicated that margarine is but one molecule away from being plastic. However, according to www.truthorfiction.com/rumors, support for this allegation was not found. They reported whoever wrote this heard a discussion about the “plasticity” at room temperature meaning that the shape of it can be changed when pressure is applied. That doesn’t mean it is composed of what we normally think of as plastic. It was originally made of animal fats but increasingly now is made from vegetable oils.

Another rumor about margarine as it appears on the Internet is as follows: Margarine was originally manufactured to fatten turkeys. When it killed the turkeys, the people who had put all the money into the research wanted a payback so they put their heads together to figure out what to do with this product to get their money back. It was a white substance with no food appeal so they added the yellow coloring and sold it to people to use in place of butter. How do you like it? They have come out with some clever new flavorings.

Now let’s talk turkey and *bury the hatchet* (see following article) on this one. According to the National Association of Margarine Manufacturers, Margarine was the idea of a Frenchman named Hippolyte Mege-Mouriez in response to a request from Emperor Louis Napoleon for ideas for a substitute for butter. In 1870 he used marqaric acid and the name of his formulation became known as Margarine. It became a hit in the United States in the late 1800’s.

Which one is better for our health, butter or margarine? The following is a direct quote from (Healthcastle.com): Butter, as an animal fat, contains both saturated fats and cholesterol – the two dietary ingredients that increase blood cholesterol. Saturated fats can raise LDL cholesterol (also known as “bad” cholesterol) which raises total blood cholesterol as well. When margarine was first introduced to the marketplace, it was loaded with trans fats. The trans fats were created through hydrogenation – the very process used to solidify liquid vegetable oil into a spread. Just like saturated fats, trans fats increase LDL cholesterol (“bad” cholesterol) and lower HDL cholesterol (“good” cholesterol).

In recent years, food manufacturers and the general public began to realize the negative health effects of trans fats. As a result, manufacturers have created non-hydrogenated margarine, which is now widely available. Non-hydrogenated margarine contains no trans fat, and it’s softer than the first-generation margarine stick. Instead of hydrogenating liquid vegetable oil, manufacturers now add a tiny amount of modified palm and palm kernel oil to enhance the spreadability of margarine, creating a soft margarine that is trans fatty acid free.

Butter or margarine: the verdict? Both saturated fats and trans fats can raise total cholesterol and LDL cholesterol. Therefore, you should try to minimize the intake of BOTH saturated fats and trans fats. When HealthCastle.com add up the numbers, its clear that butter contains more saturated fats and trans fat, and butter also contains dietary cholesterol.

The American Heart Association recommends the use of margarine as a substitute for butter. They are excited that many brands of soft margarine do not contain trans fat anymore. Check the Nutrition Facts label and choose one with zero trans fat and no more than 2 g of saturated fats per tbsp and with liquid vegetable oil as the first ingredient.

Here are some brands of soft margarine and cholesterol-lowering spread that meet the criteria:

<i>Becel</i>	<i>Canola Harvest Non-Hydrogenated</i>
<i>Bebecol</i>	<i>I Can’t Believe it’s not Butter</i>
<i>Blue Bonnet Soft Spread</i>	<i>Promise</i>
<i>Smart Balance Light</i>	

Bury the Hatchet

Of course you know this has been “A Learning Experience,” so let’s have a beer and “Bury the Hatchet” over the butter vs. margarine debate. This English idiom “bury the hatchet” dates back to the 17th century. It refers to a Native American practice of literally burying a tomahawk, or hatchet, in the ground as a symbol of a peace agreement between tribes. It originated with the Iroquois. Native Americans did not only bury the hatchet when making peace with each other, but also when making peace with Europeans. A similar practice to burying the hatchet was used as recently as 1990 in the Oka Crisis, a land dispute between the Mohawk tribe and the Canadian town of Oka, Quebec.

Of Medical Interest

Green tea

All types of tea (green, black, and oolong) are produced from the *Camellia sinensis* plant using different methods. Fresh leaves from the *Camellia sinensis* plant are steamed to produce green tea.

Common names: Green tea, Chinese tea, Japanese tea

Latin name: *Camellia sinensis*

What it is used for

- Green tea and green tea extracts, such as its component EGCG, have been used to prevent and treat a variety of cancers, including breast, stomach, and skin cancers.
- Green tea and green tea extracts have also been used for improving mental alertness, aiding in weight loss, lowering cholesterol levels, and protecting skin from sun damage.

How it is used

Green tea is usually brewed and drunk as a beverage. Green tea extracts can be taken in capsules and are sometimes used in skin products.

What the science says

Adults in Japan who consumed higher amounts of green tea had a lower risk of death due to all causes and due to cardiovascular disease, according to a study in the September 13, 2006 issue of the *Journal of the American Medical Association*. But there was no link between green tea consumption and a reduced risk of death due to cancer. These inverse associations of all-cause and cardiovascular death were stronger among women, although the inverse association for green tea consumption was observed in both sexes.

In women, for example, compared with those who consumed less than 1 cup per day of green tea, those who consumed 5 or more cups per day had a 31 percent lower risk of CVD death. The study, initiated in 1994, included 40,530 adults (age 40 to 79 years) in northeastern Japan, where green tea is widely consumed.

The incidence of prostate cancer, the most common cancer in American males, is considerably lower in Asian countries than in the West. One reason advanced for this high incidence is the high consumption of plant foods in Asia. A number of laboratory studies have shown that green tea, one of the most widely used foods, has anti-tumor effects. The Mayo Clinic report, in the journal *Cancer Letters*, identified a plant substance in green tea that is a potent killer of prostate cancer cells. The researchers, led by Charles Y-F. Young, Ph.D., tested four common components of green tea on three different prostate cancer cell cultures. One of them, called EGCG, was found to be the most potent in inhibiting cell growth.

Researchers from Boston University Schools of Medicine and Pub-

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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.

2009 Away Tournaments

<i>August 4 (Tues) Diamond Oaks - 9:00 **</i>	<i>October 6 (Tues) Bartley Cavanaugh - 8:30</i>
<i>August 17 (Mon) Mather - 8:00</i>	<i>October 19 (Mon) Alister Mackenzie - 9:00</i>
<i>September 1 (Tues) Woodcreek - 9:00</i>	<i>November 3 (Tues) Wildhawk - 8:04</i>
<i>September 15 (Tues) Teal Bend - 9:00</i>	<i>November 17 (Tues) Bing Maloney - 9:00</i>

**** Prepayment required**

Prepayment for all away tournaments is now in effect

Sandbaggers of the Month

Carodova

Fred Teron with a gross 82 for a net of 54. Honorable mentions to : Roy Morrison a net 55, Glenn Campbell net a 56, and Dick McKechnie a net 57.

Away Tournaments

Ernie Wells at Dry Creek a gross 82 for a net score of 63. Honorable mentions to Tom Silva a net 66 and John Duffy a net 67 both at Ancil Hoffman.

Slow Play

There is an article in the latest NCGA GOLF magazine about sloooow play. The greater majority of our golfers should read it and adopt a couple of the suggestions on page 50.

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 occurred during July:

Ralph Grishaber transferred to Inactive status.

Chuck Hollmer died.

One new member, Richard Beskeen was added.

We now have 104 active members and 21 inactive members for a total of 125.

BRIDGE NEWS

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

Twelve intrepid Bridge players closed the season with, "See you in September". Now is the time for those who would like to join the SIR's Bridge Club to let John Mahony know your intentions. One new member has joined us already. And guests are welcome when needed. We can accommodate up to 5 tables. We meet on the second Monday of each month at 10 a.m. at the IHOP on Sunrise Blvd., Rancho Cordova. I'm sure this month's winners will be there...they got the GOOD cards. Jane Peterson, Tom, and Joanne Martin were # 1, 2, and 3...they played well too. Have an enjoyable summer. John and Tom

TREASURER'S REPORT

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

Beginning cash balance January 1, 2009	\$1,961.94
General Accounts Receipts	1,130.00
General Disbursements	1,459.45
Gain or (loss)	(329.45)
Custodial Receipts	6,606.00
Custodial Disbursements	6,616.61
Gain or (loss)	(10.61)
Ending total cash balance	\$1,576.88

July attendance 61 members and 1 guest.

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

July fishing was great and varied for the Jolly Hookers. The Derby at Folsom was won by Art Sutter with a two and half pound Lake Salmon. The six hookers that went to Flaming Gorge caught nice Kokanee Salmon. The different groups that went to Alaska all caught King, Silver and Pink Salmon as well as Halibut and Cod. The limit for Halibut is down to one per day. The ocean rock fish trip is scheduled for Tuesday August 4th and is the NDO for August. We fish Union Valley for the derby on August eighteenth. Every day fishing adds a day to ones life.

Project Information Exchange

The following SIR members have completed remodeling/construction projects during the last couple of years of at least approximately \$5,000 or more. If you are considering a similar project, contact one or more of them to assist you in doing your research. If you wish to contribute project information, contact Bob Neubacher or Bob Carlstroem.

Project	Members to Contact
Kitchen remodel	1,2,3,5,8,9
Bathroom remodel	9
Landscaping	4
Flood damage	7
Windows/doors - new dual pane	2,9
Painting - whole house (indoor or outdoor)	2,6
Yard ponds/waterfalls	11
Insulation/heating/cooling	2,11
Roofing	10
Pool	?
Concrete work	?
Tree removal (major)	?
Flooring (carpeting/hardwood)	?
Room additions	?

Key	Member	Preferred Method of Contact
1	Bob Neubacher	916.685.7528
2	Bob Carlstroem	bob@carlstroem.com
3	John Means	966.966.9579
4	Jim Rae	james.rae@att.net
5	Fred Teron	916.451.0667
6	Mike McGill	916.638.5841
7	AndyMunson	andymunson@comcast.net
8	Len Bloom	lenbloom4@comcast.net
9	Jim Dodge	jimdodger@aol.com
10	Don Severance	916.961.6668
11	Jerry Courter	jcourter2@yahoo.com

Continued from page 2

lic Health have shown that compounds found in green tea may offer some protection from development of breast cancer. The researchers, led by Gail Sonenshein, MD, a professor of biochemistry, and Adrienne Rogers, MD, a professor of pathology at Boston University School of Medicine, compared breast cancer development in the 2 groups of female rats. They found that the rats given green tea developed their tumors later than rats drinking water and also had a 70% reduction in tumor weight compared to those receiving water. The green tea group also had less invasive cancers than the water-fed group.

Side effects and cautions

- Green tea is safe for most adults when used in moderate amounts.
- Green tea and green tea extracts contain caffeine.
- Green tea contains small amounts of vitamin K, which can make anticoagulant drugs, such as warfarin, less effective.
- Tell your health care providers about any herb or dietary supplement you are using, including green tea. This helps to ensure safe and coordinated care.

Submitted by Bob Neubacher

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 **Jim Rae** followed by John Duffy.

Lost your marbles?

Three boxes - one containing two black marbles, one containing two white marbles, the third containing one black marble and one white marble - are put before you. The boxes are labeled on their tops to indicate their contents - BB, WW, and BW - but you are told that the tops have been switched so that every box is now incorrectly labeled. You are asked to take one marble at a time out of any box, without looking inside, and , using this sampling process, to determine the contents of all three boxes. What is the smallest number of drawings you will need to determine the contents of each box?

July Solution

Velve	Duchess	45
Draz	Queen	40
Sorn	Baron	35
Brint	Duke	30
Flard	Marquis	25

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

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
2008	Stan Wirth

* Deceased

Honorary Lifetime Member

John Mahony	2001
Jim Rae	2007

Birthday Boys

Odehnal	Robert	3-Aug
Mahony	John L	7-Aug
Scott	Donald H	8-Aug
Duval	Larry	13-Aug
Teron	Fred A	15-Aug
Hunt	Lee F	17-Aug
Wirth	Stan T.	20-Aug
Delk	James D	23-Aug
Farruggia	Joseph A	24-Aug
Green	Norman	30-Aug
Severance	Roland	31-Aug

Don't Pick on Blonds

Q: How do you get a blond out of a tree?
A: Wave
Q: Why did the blonde scale the chain-link fence?
A: To see what was on the other side.
Q: Why did the blonde wear condoms on her ears?
A: So she wouldn't get Hearing Aides.
Q: Why did the blonde get so excited after she finished her jigsaw puzzle in only 6 months?
A: Because on the box it said From 2-4 years.
Q: How many blondes does it take to play tag?
A: One.

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).

