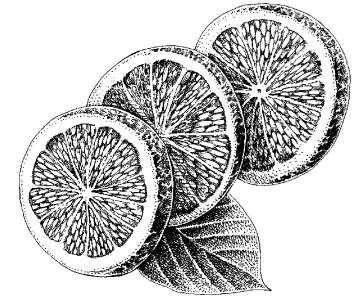




Orangevale Branch 150



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

March 2009

Meetings - 3rd Wednesday of Each Month		Next Meeting - March 18, 2009	
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:	Corned beef and cabbage, boiled potatoes, salad, & dessert
		Speaker:	Jim Marta, Cordova golf pro
		Topic:	You Can Teach an Old Dog New Tricks

Big and Little Sir Tidbits



Big Sir Chuck Reed

The month of March brings two time sensitive announcements, the first is *SIR'S Night With The Golden State Warriors* on Sunday, March 15 at 6 p.m. at Oracle Arena in Oakland. The opponent is the Phoenix Suns an exciting run and gun style of offense, as is the host team, so it should be a great game to watch. The tickets are a bargain, each Sir gets a \$65 seat, plus a food voucher good for a hot dog, chips and drink. The total price for this function is only \$25 per person. To get tickets contact Troy Corti at 510-986-5408 or via e-mail at tacorti@gs-warriors.com

The second event is the *2009 Sir State Golf Tournament In Puerto Vallarta, Mexico*. It's a 7 day event, with a 3 day tournament, or a package that includes daily golf. Two different weeks are available, one in November, one in December. The resort is Paradise Village Beach Resort along the shoreline of Banderas Bay. I'll have handouts at the March meeting.



Little Sir Jim Dodge

I appreciate all the comments on last months speaker, I'd like to reiterate the comment I made regarding someone you know whether it be a son, daughter, niece, nephew or a good friend that would be a good speaker that would be of interest to most of our members. We do have a pool of speakers, but maybe some one out there has a better choice.. Please let me know!

Cabin Particulars: The contest is simple.....whoever brings in the most members this year...Jan. '09 to Dec. 31, 2009 is the winner. In case of a tie, a coin flip will determine the winner. The Prize is a weekend stay at Lake Tahoe. Its a furnished 3 B/R, 2 Ba. Cabin that has all the amenities that you would want. 6 miles from Heavenly, 7 miles from the Casino's, - just off Pioneer Trail....

March Speaker: Jim Marta



Thank you for the opportunity to speak to your club.

I grew up in the San Jose area. Joined the Air Force in 1966, working on in flight refueling systems and golf courses. I worked at San Jose muni golf course and operated a driving range until being hired by the Cordova Park District as the Head Golf Professional in 1981. 28 years is a long time for a Golf Professional to stay at one place, but I enjoy what I do and I must say that I like to give golf lessons more now than ever. My wife (Judy) and I have two boys and two of the cutest grand kids ever. My youngest son is a golf professional in the San Diego area.

Sir 150 Picnic

May 20, 2009

(Regular May meeting date!)

Tickets

on sale at our regular March and April meetings

\$10 Per Person

Includes:

Great food & drink

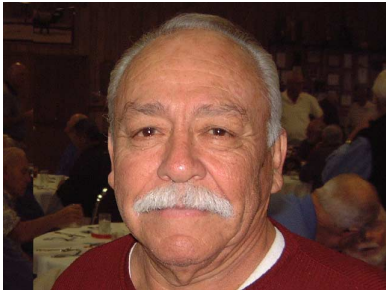
Activities to test your mind and skills

If you have a question before our March meeting, call Don Severance 961-6668 or Jerry Courter 353-0715

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
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Director	Bob Carlstroem	791-3608	Golf	Harold Doppelmayr	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



Al Casillas was born in Pittsburg, California. His dad worked in the steel mill. Al graduated from Pittsburg High School in 1953 and was a starter and captain of the Pirates' football, baseball and basketball teams. He also was tendered a scholarship to San Jose State in track. At that point Al also started working in the steel mill and

attending junior college at Contra Costa and Mt. Diablo. In 1958 Al entered the Army. Placed in the Infantry he went to Fort Carson, Colorado after "basic." He served two years with all of his active duty being in Iceland. There the locals, who he remembers as nice folks, taught him how to ski and snowshoe. Al remembers playing baseball at 1:00 AM in the summer and eagerly looking forward to the return of sunlight in the winter.

After his release it was back to Pittsburg and the steel mill. He then moved his family, now including two boys, to Sacramento and after a bit more time in junior college transferred to Sac State, graduating in 1964 with a degree in social work. During this time he worked several jobs, including a stint with Channel 10 as night security patrol. He remembers a tense period during a strike at the station protecting the people, and the cars of those who chose to go to work. Those picketing were quite angry. He also remembers swapping jock stories and sports discussions with long time anchor Creighton Sanders.

After graduation, Al started with the Sacramento County Department of Social Services as a social worker. At this time social workers did both service work and made eligibility/payment decisions. This even included helping folks get jobs. He completed his master's degree in 1967. Al stayed with the department until retiring in 1985. He became a supervisor, and was also assigned as a member of the 24 hour emergency response team to child abuse reports. Al was also involved in the development of multi-disciplinary response teams. He was also tapped for many of the more difficult hearings with administrative law judges in court.

Most folks retire to do less. Al immediately went to work for Spreckel's Sugar in Clarksburg as a utility driver in the day and then also became a driver for the Sacramento Bee from midnight to 4:00 a.m. dropping papers at distribution sites from Chico to Truckee, to Rio Vista. This sometimes made for 18 hour days. Spreckel's closed, but Al caught on at a Woodland sugar beet processor and stayed for another 7 years, leaving in 2000. Al even learned to drive a train on the company property moving rolling stock. Now, bored again, Al is interviewing with the Franchise Tax Board for a part-time position.

As you would guess from the first paragraph, much of Al's time, when his sons were growing up, was taken being involved with recreation and school sports. He did coaching and refereeing, including soccer refereeing at the community college level. Simultaneously, Al was playing softball, flag football, and basketball in recreational leagues. Al also learned to play golf. Pete Marino and Al Gomez talked him into SIR Branch 150. He hopes to get his knees back in shape to support a return to Cordova. Al also labels himself, along with Bob Trathen, as two of the most die-hard 49er fans you will ever meet. Al met Melinda during his time with social services and, since their retirement, they have done a fair amount of traveling. Both of his boys are still in the Sacramento area.

Of Course You Know!

The following was submitted by one of our Lady Sirs. She changed her title from "Did You Know?" to the above because, "our readers were a bunch of men."

Hummingbird nests are hard to spot because they are so well camouflaged, and will look like a small cup about the size of a walnut shell. The female collects the silk strands of spider web and winds them around plant parts and lichens. The spider webs make terrific glue for the nest, and will also let the nest stretch as the babies grow.

Spiders don't hold a monopoly on silk. Silk thread is made by the silkworm's spinnerets. Its natural food is the foliage of the mulberry trees. The silkworm will spin its cocoon using "one continuous" thread forming the shape by weaving a figure eight measuring 4,000 feet in length.

The Native Americans earlier method used to catch fish is not something the Jolly Hookers would find very "sporting" today. The buckeye seeds and mullein (often called fish weed or soap plant) were crushed and the pulp was used to stun fish. The narcotic juice in these plants would cause the fish to float to the surface and be ready for harvesting.

Have you ever wondered why you didn't have asparagus at your SIR luncheon? Asparagus contains a sulfur compound called mercaptan. It is also found in onions, garlic, rotten eggs, and in the secretions of skunk. Mercaptan breaks down in your digestive system and produces an odor when you urinate. A study showed that only 46% of British people tested produced the odor, while 100% of the French carry the gene for the enzyme that breaks down mercaptan.

Of Medical Interest

Prostate gland: Overview

(Illustration courtesy of National Cancer Institute)

The prostate gland is situated between the bladder and the rectum.

After skin cancer, prostate cancer is the most common form of cancer in U.S. men. Relative to other cancers, prostate cancer often grows more slowly. Cell changes can take place over years, even decades.



By age 50 most men show no symptoms of prostate cancer; however, it is very likely that some precancerous or cancer cells are present. Sometimes bladder and urination problems can be a signal of either prostate cancer or benign prostatic hyperplasia (also called

BPH). BPH is non-cancerous.

Most of these cancers will not pose a problem. But waiting for symptoms to appear can be deadly, with the cancer then more advanced. That is why it is very important to monitor prostate health for men, especially after age 50. Eight percent of prostate cancer diagnoses of U.S. men will have serious symptoms, and three percent will die from the disease.

Prostate cancer can spread to other parts of the pelvis, to your bones, and throughout your body. Some of the symptoms of prostate cancer include:

- **Chronic pain in the back, hips or pelvis**
- **Frequent urge to urinate (especially at night)**
- **Trouble urinating; weak or interrupted urine stream**
- **Blood in the urine or semen**
- **Painful ejaculation**

Increased risk factors for prostate cancer include age (50+), those with a family history of prostate cancer (those whose fathers or brothers had the disease), and poor diets (high fat, few fruits and vegetables). In addition, prostate cancer tends to start younger and spread faster in African-Americans, thus increasing the importance of early screening.

Submitted by: Bob Neubacher

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

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

State SIR Tournament Information

The 2009 Poppy Hills qualifier will be held at Mather on 26 May. First tee time 9:00. Cost is \$33 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.

Reminder

Starting March 1st Cordova will revert back to its 8:00 starting time.

The State SIR Publication, *SIR Happenings*, is now available at: www.sirinc.org. All members are encouraged to read the newsletter.

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 MARCH 20

SILVER LEGACY - RENO

Receive \$10 & \$5 food credit

Cost is \$27

(lv CC Lanes @ 7:30)

APR 17

Receive \$10 & \$5 food credit

SILVER LEGACY - RENO

Cost is \$27

MAY 15

Receive \$10 & \$5 food credit

SILVER LEGACY - RENO

Cost is \$27

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

At the February 9th games there were four tables of eager players, eager to play as well as perhaps to win. Well, Bruce Kennedy, who hasn't been with us for a while, stole the show and the first prize. Others were John Conyers, Ken Struhe, and Lee Peterson. We were glad to see Joan Bittner who reported on Tom's progress. He is able to walk with help...hopefully back to the games. Next month's chairman will be Art White. Expect his call...join the March 9th games...and have fun! See you in April...John and LaVerne.

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:	492.00
General accounts disbursements:	509.91
Net operating gain/(loss):	(17.91)
Custodial receipts:	2,280.00
Custodial disbursements:	2,378.44
Net gain/(loss):	(98.44)
Ending cash balance:	\$1,800.59
February luncheon: members 76, 1 guests. Total 77	

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 February meeting:

- New Member added: Glenn Campbell.
- Chuck Caudle has changed his email address to chascaudle@wavecable.com.
- We lost two members: Ross Ellington died and Jim Jorgensen transferred to Branch 102.
- We now have 103 active members and 20 inactive members for a total of 123.

In Memory of Ross D. Ellington
SIR 150 Nov 2003 - Feb 2009

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

It is has been raining! All the Jolly Hookers thank you for your rain thoughts and prayers. No derby fishing in February but we are looking forward to great outings in the balance of '09. Come visit a bunch of good guys for some comradeship and fishing fun. Blessings - Bob

Bring in New Members

and

Win a Free Weekend

in Tahoe

Compliments of Little Sir Jim Dodge

See Little Sir Tidbits for details

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 Duffy**, followed by John Sigl and Jim Rae.

Plexers

C A N E	$\frac{1}{4}$	get away ∅
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business pleasure	—PUNCH—
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T R E E	P A Y M E N T	E T H R T A E
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February Solution

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

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

Honorary Lifetime Member

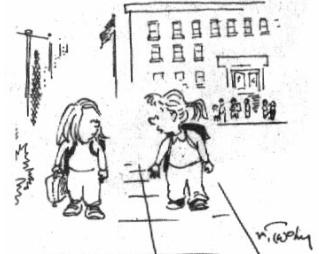
- John Mahony 2001
- Jim Rae 2007

Birthday Boys

Huseman	William K	1-Mar
Miller	Robert B	8-Mar
Sheridan	Stephen	11-Mar
Overmyer	Dudley R	16-Mar
Ramos	John A	16-Mar
Boyd	Earl J.	20-Mar

Pepper . . . And Salt

THE WALL STREET JOURNAL



*"I want to quit soccer,
but my parents
just bought an SUV."*

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

