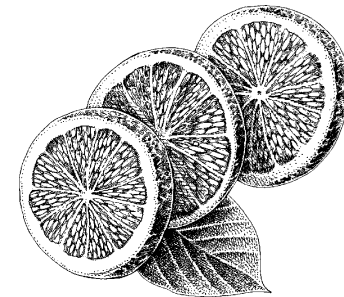




Orangevale Branch 150



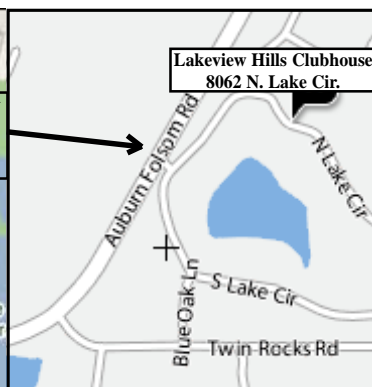
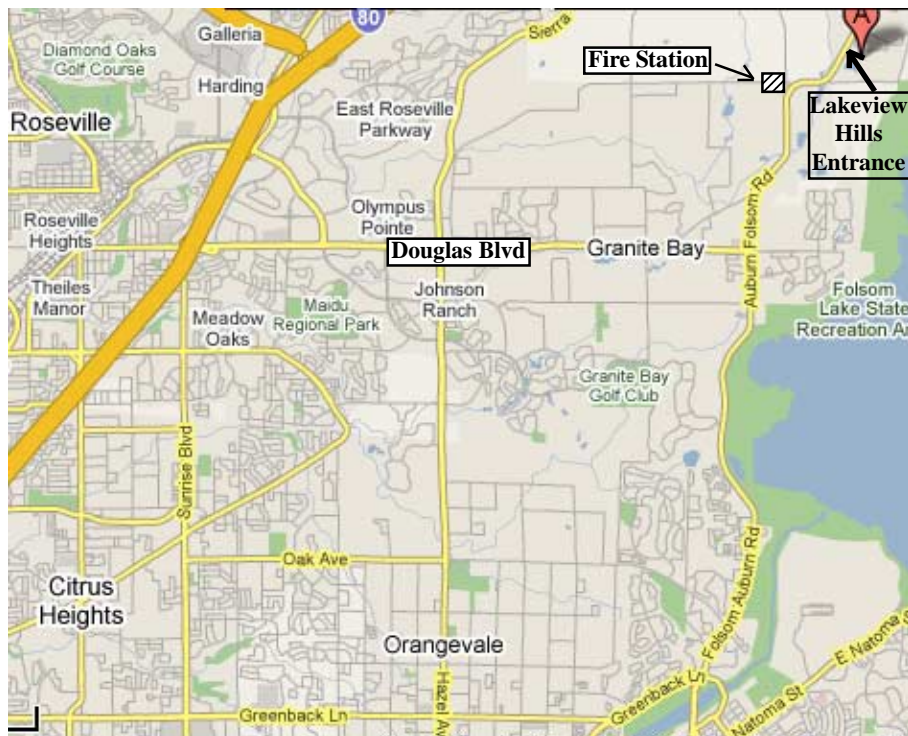
State SIR website: www.sirinc.org
 Branch 150 website: www.sir150.com
 Branch 150 editor: Bob Carlstroem - carlstroem@sir150.com

May 2009

Meetings - 3rd Wednesday of Each Month		Next Meeting - Ladies Day Picnic, May 27	
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:	Various dishes, burgers, dogs, beer, wine, soft drinks, etc.
		Speaker:	Just Jim Rae, Jerry Courter, Don Severance and others.
		Topic:	Bingo, Golf Competition, Bean Count, Raffles, and lots more.

SIR 150 Picnic - Lakeview Hills Clubhouse - May 27, 11:00 a.m.

If you have not attended our SIR 150 Picnic before, this is a great year for your first one. The picnic is a lot of fun with great food, lots of activities, and it is a great social event. If you want to attend and you have not yet purchased a ticket contact Jerry Courter or Don Severance and we will set you up. Currently we have 68 signed up to attend, and we hope a few more members will be able to attend. Support your club and have a good time. Come with your partner, a guest, or by



Directions

- From Douglas Blvd. heading east, turn left on Auburn-Folsom Rd.
- After approx 2 miles you will see a fire station on your left.
- About 1/4 mile further you will pass Twin Rocks Rd on your right.
- The next right will be into Lakeview Hills.
- Turn left on North Lake Circle and watch for the entrance to the clubhouse on your right.

yourself. Also, bring your favorite dish to supplement our dogs, burgers, beer, wine and sodas.

We have purchased many prizes for the raffle, the "bean count" is ready, the bingo cards are dusted off, and the golfer challenge is ready to go. For those who have not yet signed up, but want to attend the picnic let me know. It will help me plan the food purchases more accurately. You can reach me by email at jcourter2@yahoo.com, or by phone at 353-0715, or you can contact Don Severance at 961-6668 to make your reservations for this great event. Please try to contact us by May 10th to allow time for the final preparations. Tickets at \$7.50 will be sold at the gate.

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	Stan Wirth	362-1748
Treasurer	Ralph Tomson	354-2236	Chaplain	Joe Ramay	635-1158	Nom. Asst.	Jerry Courter	353-0715
Asst. Treasurer	Raymond Avila	481-2402	Communications	Bob Neubacher	685-7528	Nom. Asst.	Bob Carlstroem	791-3608
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	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	

TRAVEL TIPS

The following destinations have been submitted by some of our members. If you would like to learn a bit more about these potential travel locations, these members are willing to share their experiences and provide you some tips such as touring company, costs, places to stay, things you must see, what to expect, and much more. Behind each members name you will find contact information. This is the preferred method. In other words, some might prefer to respond by the convenience of e-mail.

Where	When	Key
Acapulco		17
Africa, East		7
Alaska		7
Alaska	Aug 07	8
Alaskan Cruise	Fall 01	6
Amazon River	Jan 08	15
American Heritage Tour	Jun 01	6
Australia/New Zealand		7
British Isles - Cruise	Jul 07	18
China - Beijing, Shanghai, etc.	Mar 08	15
China Land/Yangtze River Tour	May 07	9
Costa Rica	Jan 02	4
Costa Rica	Jan 04	5
Cruising, General	Apr 07	1
Durango CO, Silverton Railroad	Aug 07	11
Europe - Eastern	2005	13
Florida		17
France		17
France - Normandy/Paris/Mt. St. Michael	Jun 0817	
Greece	Apr 07	4
Greece	07	12
Hawaii		7
Hawaii, Big Island	Oct 07	13
Hawaii, Maui	Jul 07	2
Ireland	Apr 07	1
Ireland	2002	13
Ireland (south)		17
Ireland (Treasure of Ireland)	Fall 06	6
Israel	2000	13
Italy	Jun 06	10
Italy		17
Italy-Venice, Florence	01/07	18
Montana		7
Nevada, Mesquite	Apr 07	2
New Mexico-Sante Fe		18
New York-Upstate		18
North Carolina (Elderhostel)	Mar 05	5
Norway (Grand Circle)	Aug 07	5
Nova Scotia (Elderhostel/Independent)	Sep 06	5
Panama Canal	May 08	18
Philippines	2007	13
Rhine/Danube River Cruise	Spr 04	6
Russia, St. Petersburg (Grand Circle)	Aug 07	5
San Jaun Islands	2007	16
South America	05	12
South Dakota - Black Hills, Rushmore	May 08	5
Spain/Portugal		17
Spain/Portugal-Lisbon/Fatima	Jun 08	18
Texas, South Padre Island		14
Wyoming, Cody	Aug 07	2
Yellowstone National Park	Jun 07	3
Yellowstone National Park		17
Yellowstone National Park		18
Yosemite National Park	Spr 07	3

Dick Clausen provided the following very useful tip while traveling: Free information (phone numbers, addresses, etc.) can be obtained from Google Information at 800-466-4411.

Key	Member	Preferred Method of Contact
1	Skeeter Reagan	armondregan@sbcglobal.net
2	Dick Clausen	papadick@hnet.us or (916) 704-4817
3	Jerry Courter	jcourter2@yahoo.com
4	Len Bloom	lenbloom4@comcast.net
5	Bob Carlstroem	bob@carlstroem.com
6	Charlie Caudle	chascaudle@cs.com
7	Jim Jorgensen	jorgensensports@starstream.net
8	Dan Berg	(916) 989-4816
9	John Galik	johncg@aol.com or (916) 366-0195
10	Bruce Kennedy	bandckennedy@sbcglobal.net
11	John Means	jojohnm@sbcglobal.net
12	Al Dumont	(916) 635-7813
13	Ralph Grishaber	rgrishaber@value.net
14	Norm Green	g19thgreen@surewest.net
15	Bill Hooper	bhoopk1g56@comcast.net
16	John Mahony	jm2w@sbcglobal.net
17	John Conyers	jacon1@earthlink.net
18	Bob Neubacher	rneubacher@yahoo.com

Of Course You Know!

Submitted by one of our Lady Sirs

Patterns of Nature

Of course you know Don Severance. He grew up on a farm and was sharing some knowledge he had about corn on the cob with my husband and me. He informed us that regardless of how many rows of kernels there are on the cob the number will always be even. Turning to my husband that is a mathematician, and of course would know, I said, "Brilliant husband, isn't corn part of Fibonacci's pattern of nature?" He said, "You're full of prunes." Had we been home I would have been told I was full of more than "prunes." Being an older woman and having outdated memory banks I decided to look it up on the Internet. I found out that scientist, (probably males), selectively bred the wild plant, teosinte, that had the spiraling Fibonacci sequence into a domesticated hybrid with nice straight even rows. So of course you know I had to delete my old files.

Angler vs. Fisherman

Of course all you **Jolly Hookers** know the difference between a fisherman and an angler. I decided to look this one up on the Internet also. I found an article, "Angler or Fisherman- Which are You?" The following definitions are direct quotes from this article:

Angler

- A person catching fish or shellfish with no intent to sell. This includes people releasing the catch.
- An angler is one who uses a rod and reel to catch any species of fish.
- A scheming person; someone who schemes to gain advantage of a fisherman who uses a hook and line.

Fisherman

- Someone whose occupation is catching fish.
- One who engages in fishing for sport or occupation.
- A fisherman is a person who engages in the activity of fishing. Some fishermen do this as their profession, and may belong to a cooperative, corporation, or union.

See the difference yet? Summarizing based on the definitions anglers catch fish. Apparently fishermen only "engage in the activity of fishing." That makes most men fishermen, not anglers.

Wait a minute, how about that part about a scheming person? Is that saying anglers are more devious in their fishing? Please tell me that does not mean anglers tell bigger and better fish stories than do fishermen.

After all this, I would like to know what you call a woman who catches fish..... A "fisherwoman," or a "woman with an angle."

Of Medical Interest

Hands-On Healing for Back Pain

Plagued with back pain? Hands-on therapies might offer relief. In a recent Consumer Reports Health Ratings Center survey of 14,000 people who had suffered lower-back pain in the previous year, 59 percent of respondents said they were greatly satisfied with their chiropractic treatments. Fifty-three percent of participants highly rated the acupuncture they'd received for their back pain, while 48 percent said massage therapy was very helpful.

Each year, up to 25 percent of American adults experience low back pain, a condition that can become chronic and debilitating in some cases. In the Consumer Reports survey, 88 percent of respondents reported that their back pain recurred throughout the year. Moreover, many participants said their pain disrupted their sleep and thwarted their efforts to maintain a healthy weight.

On the plus side, 44 percent of people surveyed said exercise helped reduce their pain. Fifty-eight percent of respondents, meanwhile, said they wished they had performed more back-targeting exercise in the previous year.

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

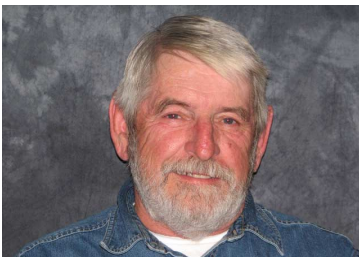
May 5 (Tues) *The Reserve* - 8:00
May 19 (Tues) *River Oaks* - 9:00
June 9 (Tues) *Plumas Lake* - 9:00
June 23 (Tues) *Wildhawk* - 8:04
July 7 (Tues) *Dry Creek* - 8:02
July 20 (Mon) *Ancil Hoffman* - 8:00
August 4 (Tues) *Diamond Oaks* - 9:00 **

August 17 (Mon) *Mather* - 8:00
September 1 (Tues) *Woodcreek* - 9:00
September 15 (Tues) *Teal Bend* - 9:00
October 6 (Tues) *Bariley 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

Fred Teron for a 10 under par 62 at Alister Mackenzie. Honorable mentions go to Skeeter Regan with a 9 under par 63 and John Yosgott an 8 under par 64 also at Alister Mackenzie.

At Cordova Skeeter Regan an 8 under par 55, Chuck Reed a 7 under par 56. And last but not least, John Sigl for a 7 under par 65 at Micke Grove.



Away Tournament Prepay

Prepayment of green fees for all away tournaments will start with the next tournament at The Reserve at Spanos Park in Stockton on May 5th. If possible I would like to have the tournament receipts banked before the tournament is played. This will make it possible for those who have a late tee time to arrive and check into the course in a more timely manner. Sign ups for the next tournaments can be made when the score cards are turned in at the end of the tournament.

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 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.

BRIDGE NEWS

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

John will be calling for players in May...for the 11th. We welcomed Tom back (or Tom's back) as well as those who filled four tables. Despite being a bit disorganized, the games were fun and the winners, Joanne Martin, John Means (may be he lied), Doug Hilton, and Dudley Overmyer went home happy. We will play in May and June, take the summer months off, and begin again in September. Want to join??? Reserve the second Monday on your calendar and call John.

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 April meeting: Chuck Hollmer was transferred to Inactive status.

Five new members, James Collison, Grover Daniel, Ted Haag, Rod Mumm, and Don Scott were added to our branch.

We now have 106 active members and 21 inactive members for a total of 127.

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

This is definitely turning out to be a better fish catching year. Fishing is great. Fish catching is even better. Collins Lake was productive, beautiful, and everyone caught fish. Delta fishing out of Decker Island for stripers was fun. We did not have a lot of wind to contend with. The target size was twenty two inches. Two Hookers caught fish within an inch of that. All the fish over twenty six inches were released. May twelfth we fish Berryessa and the eighteenth through the twenty-first we have three house boats rented for our annual Shasta Lake outing.

TREASURER'S REPORT

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

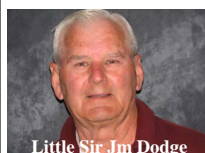
Beginning cash balance Jan 1, 2009:	\$1,916.94
General accounts contributions:	820.00
General accounts disbursements:	1,141.45
Net operating gain/(loss):	(321.45)
Custodial receipts:	4,642.50
Custodial disbursements:	4,268.44
Net gain/(loss):	374.06
Ending cash balance:	\$1,969.55
April luncheon: Members 53, 1 guest. Total 54	

Big & Little Sir Tidbits



Big Sir Chuck Reed

Hello SIR 150, Here it's almost May and our annual picnic is upon us. We will have a new, more convenient, and scenic place to enjoy ourselves. This location has it all, a small lake, sand beach, grass, indoor or outdoor dining and many other perks to enjoy. This will only be my third picnic as a SIR, and each year it seems to get better. If you have not been to one of our picnics you are missing a pleasant time in a relaxed atmosphere with ample food, drink, a chipping contest, prizes, drawings, and laughs galore. So do your sweethearts a favor and have her come meet the other sweethearts that belong to our members. See you there.



Little Sir Jim Dodge

Happy Spring Everyone.....Since we don't have a speaker this month, I hope to see all of you at the picnic this year.

I see that we no longer have the monthly "Growing Things" column and would like to ask all of you that enjoyed it to tell Bob and to maybe ask if you could help restore it by submitting some tidbits of info..... Along those lines, I think that many times we fail to compliment the individuals responsible for doing the many things that we take for granted, like the newsletter, the book exchange, the treasurer's job, membership news, communications, golf scheduling and input of handicaps, bridge, fishing, social affairs and the excellent job Joe Ramay does for us every month to get us in the right spirit. I know most of you are "Fully Retired" and want to stay that way, but some of these volunteers "MAY" need some help at times so I hope you appreciate their work as much as I do and can offer a "helping hand" when needed.

Editor's note: I would love to restart the "Growing Things," but the idea was to use our own experiences rather than something copied from somewhere else. This is a great time of the year for gardens so please do send in any tips and/or questions and we will share those with our readers.

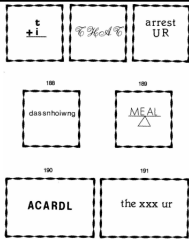
Fun Stuff

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 not solved completely but **Harold Doppelmayr** had the first best answer. Bob Miller was second best.

VACATION

Gardner, Plunkett, Maloney, Phelps, and Lopez work for the Littleville fire department. They each get two weeks vacation per year. As it happens, last year they each took their first week in the first five months of the year and their second week in the last five months of the year. Remembering that each man took each of his weeks in a different month, try to determine the months in which each man took his first and second weeks.

1. Mr. Plunkett took his first week before Mr. Gardner who took his before Mr. Phelps; for their second week the order was reversed.
2. The man who vacationed in March also vacationed in September.
3. Mr. Lopez did not take his first week in April or in March.
4. Neither Mr. Lopez nor the man who took his first week in January took his second week in August or December.
5. Mr. Maloney took his second week before Mr. Plunkett but after Mr. Lopez.



April Solution

sum it up
fancy that
You are under arrest.
dashing through the snow
balanced meal
cardinal
You are behind the times.

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

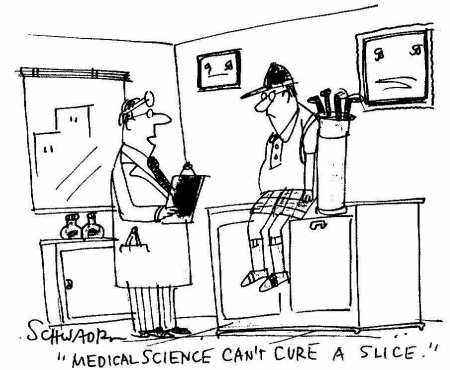
Honorary Lifetime Member

- John Mahony 2001
- Jim Rae 2007

Birthday Boys

Jack	Delbert	10-May
Mumm	Rod E	11-May
Boyd	Joseph T.	27-May

Based on SIR 150 it seems that the least number of birthdays is May. However, according to Hallmark, February, followed by December and November are the least.



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

