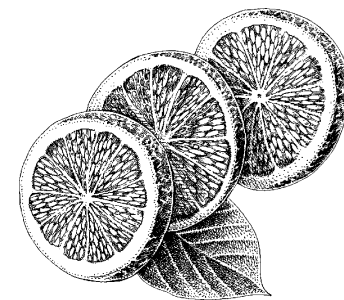




Orangevale Branch 150



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

November 2009

Meetings - 3rd Wednesday of Each Month		Next Meeting - November 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:	Roasted turkey with dressing, mashed potatoes, green beans, salad and dessert.
		Speaker:	Wayne Turrell
		Topic:	Winter Gardening

Big & Little Sir Tidbits

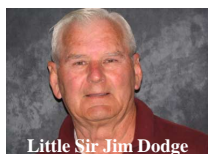


Big Sir Chuck Reed

Good day SIR members, Here it is November already and our golf year is winding down and what a fun year it has been. If you don't enjoy playing with this group, you're too serious about the game.

What's more fun than getting a good drive occasionally or a lucky pitch shot, or a one putt to win a dime from your friends. life is good. November is Thanksgiving, so lets be thankful we have those members who give something extra each year to publish our newsletter, arrange for our golf tournaments, bowling, bridge etc. They are the glue of our club.

On a more serious note, golf is a big part of our organization. But SIR 150 cannot exist on golf alone, it needs involvement by all the members. This means attendance is a must at the monthly meetings unless prevented by illness or absence from the Branch locale. A member who misses 3 consecutive meetings or who attends less than 6 regular meetings of the last 12 luncheon meetings may be notified, by letter, of pending termination of his membership in SIR. Don't let this happen to you. We enjoy your companionship on the course and we would like to enjoy your friendship at our luncheons. Please plan on coming every 3rd Wednesday and remember to bring your jokes, complaints, compliments and appetite to enhance our club.



Little Sir Jim Dodge

We have a return engagement by Mr. Wayne Turrell, the master gardener, talking about winterizing your garden along with pruning tips and why this years crops left a little bit to be desired. Have all of your questions ready.

Christmas Luncheon **Ladies Day** December 16, 2009

Planning for the December Christmas Luncheon is underway. Now is the time to put it on you calendar. The luncheon will be on our regular meeting date, which is Wednesday, December 16, 2009, here at the Elks Lodge. This will be a great event for all SIR 150 members and for those who will be bringing their wife or significant other, we will have a special gift for the ladies.

The three main dishes will be Pork Tenderloin, Chicken Marcella and Tilapia. We will have a no-host open bar during the event for those who might get thirsty. Of course for the non-thirsty: water, coffee, or tea will also be available.

We have new entertainment this year. The Swing Scene, a Dance Band for seniors, will be belting out the tunes. We have seen them in action and they are a very good band.

Ticket sales will continue at the November meeting. Don Severance and Jerry Courter will sell the tickets near the stage.

Price: \$20.00 per person, which includes food, gifts for the ladies and entertainment

Social Hour	11:00	to 12:00
Lunch	12:00	to 1:00
More music	1:00	to 2:00

Hope to see you there - Don and Jerry

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	638-2394	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

Of Course You (Men) Know!

By an anonymous Lady Sir

Of course you men know your red colored Yoplait is flavored with the juice of ground-up beetles. Yep, this not a Halloween Prank. There are ground-up beetles being used right now as a food coloring ingredient in yogurt, ice cream, juice drinks, candy, artificial crab and lobster meat, cherries in fruit cocktail, and port wine cheese. The nasty secret about red food dye is the beetles, that are native to Peru, feed on red cactus berries. The berries color accumulates in the females and their larvae. The insects are collected, dried, and ground into a pigment. It takes about 70,000 insects to produce one pound of the pigment known as carmine. The Aztecs were the first to exploit these poor little beetles when they realized these cactus-sucking insects could be used as a source of dye. Fortunately, for the ladies, carmine is used in lipstick, makeup base, eye shadow, eye liner, and nail polish. This gives us that rosy glow you men are looking for, or should I say, it gives us that beetle juice pheromone that you find irresistible.

There were reports of allergic reaction due to carmine and the FDA ruled in January 2009 all foods containing carmine must have it listed on the label. Carmine is also known as Crimson Lake, Cochineal, Natural Red 4, C.I. 75470, or E120. An article I read on this subject said, "I guess we could look at it this in another way; maybe these beetles are good for us, just like ants. . . .It is high in protein and low in fat!"

Of Medical Interest

Prevent Swine Flu - Good Advice

Excerpts by Dr. Vinay Goyal

The only portals of entry are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible to avoid coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tamiflu):

- Frequent hand-washing (well highlighted in all official communications).
- "Hands-off-the-face" approach. Resist all temptations to touch any part of face (unless you want to eat, bathe or slap).
- Gargle twice a day with warm salt water (use Listerine if you don't trust salt). H1N1 takes 2-3 days after initial infection in the throat/nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.
- Similar to above, clean your nostrils at least once every day with warm salt water. Not everybody may be good at Jala Neti or Sutra Neti (very good Yoga asanas to clean nasal cavities), but blowing the nose hard once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.
- Boost your natural immunity with foods that are rich in Vitamin C (Amla and other citrus fruits). If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.
- Drink as much of warm liquids (tea, coffee, etc.) as you can. Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.

Submitted by Bob Neubacher

Spotlighted Sir

By Bruce Kennedy



Art McManus was born in Medford, Massachusetts. Which is, as the accent he has not yet lost proclaims by him, about 8 miles up I-93 from downtown Boston. He arrived in 1935 as the last child in the family. Dad worked for the Post Office; Mom and three older sisters took turns running his early life. Art would stay in Medford until after graduating from high school. After work-

ing some odd jobs he joined the Air Force in 1955 to see the world. After Basic in New York, he earned a specialty in Electronics at Biloxi, Mississippi.

His first assignment took him far from home - at least 50 miles south - to Otis AFB on Cape Cod. This would begin a ten year stay working with the 551st Wing as a radar maintenance technician on C-121 "Super Connies" (Constellations). In 1958 he met his wife to be, Jean. They were married in 1960. He was given a chance at a second specialty and completed communications maintenance school in early 1966. After completion he was going to make up for not leaving Otis for 10 years.

He left for Kadena AFB for two years, returning to Otis in 1969. He then left for Pakali AFB in Thailand in 1970, coming back to the U.S.A. for his first introduction to California at (then) McClellan AFB in 1972 at the 552nd Wing - Otis AFB's west coast twin. Then it was out to the Atlantic to Loges AFB on the Azores where Art says it always rained, sometimes sideways. Art returned to US soil in 1974 at Cannon AFB in New Mexico where the family would stay until Art's retirement in 1975. Think of all the frequent flyer miles Art would have if the Air Force participated in that program.

Of all the places the family had been, they decided that Sacramento was the place they wanted to settle in. One of the reasons was the weather which offered the opportunity to play golf almost year round. Most Air Force bases had golf courses and Art had taken up the sport when he was around 25.

But Art did not just play golf. He started a second career with Lumberjack in 1988. Naturally he started in electrical and plumbing. With all of that military training, his understanding of electrical parts was a real asset. Art was then moved up to be an assistant manager for three stores simultaneously. He then became the Paint supply manager for the region, overseeing the ordering of all paint and paint supplies for the stores in the region. In 2000 he determined it was time to start another job.

I mentioned to Art that I would bet that, of all the members Branch 150, no one else has ever entered our organization so widely recognized as his has. Even those who do not know his name recognize him (especially with a golf hat on). For those of you who do not golf, Art works in the Pro Shop at Cordova Golf Course. One day John Sigl asked Art why he did not join SIR. Art thought it over and is now our newest member. The McManus' have three daughters in the area (Tracy, Susanville and Antelope). They also have 6 grandchildren and 3 great-grandchildren. In addition to golf, Art (actually) likes yard work/gardening.

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.

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.

End-of-Month Scramble

Every last Friday of the month

Prior sign-up required

Changes may occur due to holidays

2009 Away Tournaments

November 3 (Tues) Wildhawk - 8:04

November 17 (Tues) Bing Maloney - 9:00

Sandbaggers of the Month

Cordova

Mark Warner (right) who had a gross 75 for a net 53, 10 under par. Honorable mention to: Chuck Reed who had a gross 87 for a net 57, 6 under par.



Bartley Cavanaugh

Doug Hilton (left) had a gross 83 for a net 60, 11 under par. Honorable mention to: Chuck Reed who had a gross 98 for a net 62, 9 under par.



Procedure Wrinkles

The new policy of paying green and cart fees at the course will be done on a case by case basis. Some courses insist on one check for the green fees. Look at the top of the sign-up sheet for direction.

Wildhawk green and prize fee of \$30 must be paid to Harold. Pay for your own cart if you want one.

Bing Maloney will be pay your own green and cart fees. Harold will be collecting the \$6 prize fund, hopefully before the tournament begins.

2010 NCGA Membership

John Sigl will be collecting NCGA dues. If he is not available, payment may be made to Harold. 2010 NCGA dues will be due and collectable starting on October 1st and ending on December 31st. Anyone who has not paid before the deadline will be carried on the roster for 30 days. If they have not paid at that time they will be deleted. It will be up to the individual to initiate payment. The list of golfers, for those that have trouble remembering things, will be on the SIR 150 website (www.sir150.com). Checks are preferred, but cash will be accepted. The fee this year is \$36. Checks must be made out to SIR 150.

November Cordova Change

Cordova will be charging holiday rates on November 27 - the day after Thanksgiving. There will be no golf that day. The scramble will be played on the 20th.

Book Exchange

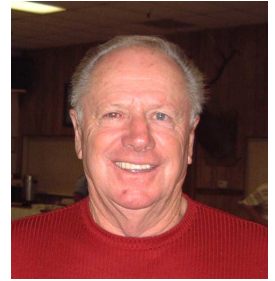
A reminder to bring one or more books to exchange with other members at our next meeting.

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 at our September meeting: We lost 4 members: Steve Sheridan resigned; Ken Huseman, Ira Watson, and Bob Burns transferred to Inactive Status. We approved an application from 1 new member, Jerry Wall. We now have 101 active members and 23 inactive members for a total of 124.

Other changes are: Tinker Qualls and Del Jack have new email addresses; and Joe Boyd has a new mail address. You may contact me for more information.



Jerry Wall
Welcome to SIR 150

TREASURER'S REPORT

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

Beginning cash balance January 1, 2009	\$1,916.94
General Accounts Receipts	1,701.00
General Disbursements	2,227.74
Gain or (loss)	(526.74)
Custodial Receipts	9,881.00
Custodial Disbursements	9,511.61
Gain or (loss)	369.39
Ending total cash balance	\$1,759.59
October attendance: 62 members, and 1 guests.	

BRIDGE NEWS

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

For October, there were three tables: First Place, **Joan Bittner**; second, **Tom Bittner**; third, **Joanne Martin**.

We anticipate four or five tables of players now that vacations are finally over. There has been some confusion over reading the tallies as to what table and who is my partner. I have produced a version that is shown in a little different format. We will be trying it out on the next meeting. I would like to get comments on how you like it. I will do anything to provide you with a pleasurable game. After all, the day is for fun - not a contest or competition in tournament play. May you all get good cards. May God bless you while playing.

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 weather in October has been beautiful with the exception of the 13th when we were to fish the delta out of Brannon Island. The forecast was for forty mile an hour sustained winds plus rain. The trip was cancelled and rescheduled for October 30th. The points for "Hooker of the Year" are close so we need to make the Derby happen. The NDO to Eagle Lake was a great success as usual. We had beautiful weather the first day, then snow and wind the second. Earl Kennedy [SIRS150] won first place with a five pound Rainbow trout the first day. Tom West took second and Steve Veffredo was third. On the second day Steve Veffredo won first place with a three pound trout, second place went to Ron Madsen and third to Bob Bonner [SIRS 150]. We are scheduled to fish Lake Amador on November seventeenth and an ocean trip will be set up for later in the month. Days fishing are so great. Wind, snow, rain, fog and sunshine are sometimes a challenge and are always a source of joy, even if the fish are not hungry. We can forget our troubles and politics, and just enjoy the beauty all about us.

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 correctly by **John Duffy**.

Counterfeit Coins

You have ten stacks of coins, each consisting of ten half-dollars. One entire stack is counterfeit, but you do not know which stack it is. You do know the weight of a genuine half-dollar, and you are also told that each counterfeit coin weighs one gram more than the genuine model. You may weigh the coins on a scale. What is the smallest number of weighings necessary to determine which stack is counterfeit?

October Solution

O, T, T, F, F stands for one, two, three, four, five.
So the next two would be: S, S.

Bring in New Members

and

Win a Free Weekend in Tahoe
Compliments of Little Sir Jim Dodge

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

Nauer	Walter	3-Nov
Severance	Donald	4-Nov
Schuering	Mike	7-Nov
Toledo	Allen	9-Nov
Bullard	Alton F	10-Nov
Shumate	Charles	11-Nov
Silva	Thomas W	11-Nov
Sabbagh	Richard J	14-Nov
Berg	Daniel	19-Nov
Gibbons	Joseph D	19-Nov
Sanders	Herbert H	19-Nov
Gould Jr.	James J.	20-Nov
Johnson	Robert E	20-Nov
Alsop	William T	21-Nov
Hilton	Douglas R	22-Nov
Collison	James M	25-Nov
Rae	James W	25-Nov
Wheeler	Dick E	27-Nov
Rumsey	Michael E	28-Nov

More Dumb Halloween Jokes

How do vampires get around on Halloween night?
By blood vessels.

What do you give a vampire with a cold?
Coffin Drops!

Where does Dracula keep his valuables?
In a blood bank.

Why didn't Dracula get married?
He never met a nice Ghoul!

What does a vampire fear most?
Tooth decay.

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).