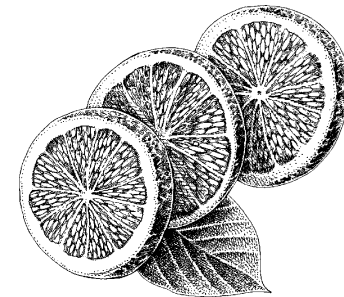




Orangevale Branch 150



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

October 2009

Meetings - 3rd Wednesday of Each Month		Next Meeting - October 21, 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: BBQ Tri-Tips, Baked Beans, Potatoes, Salad and Dessert Speaker: Steve Phillips Topic: Acupuncture and Preventive Medicine

Big & Little Sir Tidbits



Little Sir Jim Dodge

The Speaker for October is Steve Phillips, whose subject is Acupuncture and Preventive Medicine. Steve has studied Acupuncture and Herbal medicine at Southwest Acupuncture College in Santa Fe, New Mexico, at the Pacific College of Oriental Medicine in San Diego, and at Zhejiang College of Traditional Chinese Medicine in Hangjoui, China. He is a licensed acupuncturist in California and has been designated a Diplomate in Acupuncture by the National Council for the Certification of Acupuncturists.

Time to vote on the past 4 speakers. I'll have ballots at the tables for Oct. Here's the list:

June	John Marchel	World of Casino Gambling
July	Eddie Lebaron	NFL and Military Experience
August	Jerry Reynolds	Sacramento Kings
Sept.	Bill Roughton	Aerospace Museum

Book Exchange

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

Of Course You (Men) Know!

By an anonymous Lady Sir

I'm sure none of you men had to struggle over those tricky hard to solve Sudoku puzzles. Swedish hacker Hans Anderson built a robot using the Lego Mindstorms NXT Kit to help us women out that think the easy puzzles are really hard. This Sudoku-Solving Lego Robot can solve a beginner Sudoku puzzle in less than 10 minutes. It scans the Sudoku puzzle using a light sensor. It then calculates the solution to the puzzle by applying a backtracking algorithm. Once the puzzle is solved the robot fills the blank spaces by legibly writing the digits in each empty square. I think Hans Anderson is a brilliant man to create a neat little robot to solve some of those tough Sudoku puzzles for women like me.

Soon it is going to be raining cats and dogs. Of course you know women are not going to golf in the rain, because they know it will result in a bad hair day. So what drives men to stand on a wet course holding a lightning rod in the air? I suppose it is so they can go home and complain about cold damp stiff bones. Anyway, are men or women more likely to be hit by lightning? Of the 648 people killed by lightning in the U.S. from 1995 to 2008, 82% were males. Yes, you men rule again. They studied the results of their finding to see if extra iron (maybe your clubs) was at fault, or perhaps it was the conductive properties of testosterone. According to John Jensenius, a lightning safety expert, the men are just not as smart as the women when it comes to getting out of the rain. He said men will continue to engage in their pastimes that make them vulnerable, such as, fishing, camping, and golfing. Recreational or sports related activities are involved in almost half of all lightning related deaths.

Continued on page 2

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
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Asst. Treasurer	Raymond Avila	481-2402	Communications	Bob Neubacher	685-7528	Nom. Asst.	Bob Carlstroem 791-3608
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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 Medical Interest

There's a need to look at sleep on the same level of importance as diet and exercise. All three are equally important for good health."

In our hard working, multi-tasking society, consistently getting a solid night's sleep can be a challenge. Most people will experience short-term insomnia (inability to fall asleep) from time to time. There are a variety of things that can disrupt, disturb or diminish one's sleep and sleep quality, ranging from stress (work, family, relationships) and noise to medication or alcohol use.

Understanding the importance of sleep and the factors that can both hurt and help one's ability to get a good night's sleep are critical. Consistent, quality sleep is vital to overall health and wellness. There is a considerable body of evidence that lack of sleep can affect and contribute to a variety of negative health consequences, from weight gain and heart risk to diabetes and depression.

- Each year, around 40 million Americans suffer from sleep disorders.
- Another 20 million-plus have occasional sleep problems.
- Most people need to get eight hours of sleep per night; more and more don't get close to that figure.
- While snoring is often considered harmless, it can be a sign or symptom of other health problems.

Submitted by Bob Neubacher

Continued from front page

Of course you know after decades of believing that the moon was a dry, dusty wasteland, we know that there is water on the moon's surface. Future astronauts might have a golf course and some water hazards, but no lightning to worry about. However, according to Science Daily harvesting one ton of the top layer of the moon's surface would yield as much as 32 ounces of water. I have a feeling there will be a lot more sand traps than greens. On October 9 a NASA spacecraft called LCROSS will deliberately crash a satellite into one of the poles to kick up some moon dust for inspection. Then we will find out if the phrase, "It's raining cats and dogs," applies to the moon.

One explanation for the origin for his phrase makes reference to the thatched roofs of many 16th century homes. This theory suggests that cats and dogs took refuge in the thatch, and when heavy rains came, the animals were washed off the roofs, causing it to look like it was raining cats and dogs.

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

OCT 16

SILVER LEGACY - RENO

Receive \$10 & \$5 food credit Cost is \$30

(lv CC Lanes @ 7:30)

OCT 23-NOV 3

MEXICAN RIVIERA CRUISE

Mexican Riviera Cruise on the Norwegian Sun, Oct. 23 to Nov. 3, with prices starting at \$1,020 pp/do; bus transfer to/from SF port. Includes all meals on board the ship, five Mexican Port stops; and an optional Copper Canyon shore tour.

NOV 20

SILVER LEGACY - RENO

Receive \$10 & \$5 food credit

Cost is \$30

NOV 30-DEC 1

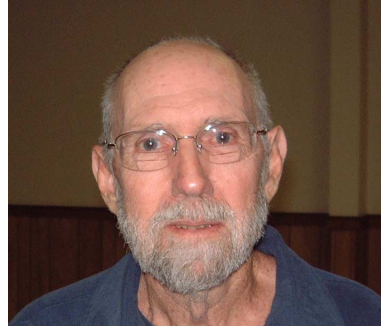
HOLIDAY ICE SPECTACULAR/RENO

Trip includes deluxe motor coach transportation, lodging at the El Dorado, breakfast & dinner buffets, admission to Christmas Ice Show, complimentary cocktail party, and a casino stop.

Cost is \$156

Spotlighted Sir

By Bob Carlstroem



John Duffy is going to be our little sir in 2010. So, it might be prudent, since he is relatively new, to provide the members with information so everyone can get to know John a bit better.

John was born in Norfolk, VA. At an early age he moved to the Panama, NYC area and later to Rhode Island. The family settled in

San Pedro (Los Angeles Harbor) where John attended high during his junior and senior year.

John's father was a Chief Radioman in the US Navy until shortly after the Korean war. He then worked for Hughes Aircraft for another 10 or so years. His mother was a devoted stay-at-home mom until they moved to San Pedro. She ended up working for LA County Assessor's Office.

Upon graduation from high school, John attended UC Santa Barbara where, in 1963, he earned a BA degree in Analytical Biology. Immediately afterwards he was drafted into the Army just as US involvement in Viet Nam was beginning to escalate. He was assigned to Edgewood Arsenal, Maryland, as a veterinary laboratory assistant. During this period, he resided at post pet clinic as CQ (Charge of Quarters) thereby missing out on all KP, inspections, guard duty, etc. Having learned, like many other Sirs, that one never volunteers for anything in the Army, it is a wonder that John consented to be second in command of SIR, Branch 150 for 2010.

After his service in the Army, he worked briefly as a commercial fisherman (lobster/trawler). He went to work as marine biologist for California Department of Fish and Game June 1, 1966 in San Pedro at the State Fisheries Laboratory. He transferred to San Diego in 1974 and then to Sacramento in 1988. He finally transferred to a staff position (Assistant Executive Director) of the Fish and Game Commission in 1999. He retired October 2003. Since April 2004 he does consulting work for commercial fishing industry, but claims he is about to hang that up as well.

John met his first wife to be at UCSB in a physics laboratory. They were married just before getting out of Army. They divorced after 25 years of marriage. They have two sons: Michael who lives in Washington with two children and Patrick who lives here in Sacramento. After his divorce he remained single for eight years and then met Joy (Joyce) in class at church. They have been married 9 years. Joy has one son, Tom, who lives in Sacramento.

Hobbies include a lifelong interest in skin and SCUBA diving; crossword puzzles and other mind exercising activities; reading; racquetball; metal detecting (as noticed at the last SIR picnic); target shooting; hunting; and for the past 2 1/2 years a lot of golf.

Dough Hilton is responsible for bringing John into our branch. He has been with us since March 2008.

OCT 20

de YOUNG MUSEUM / SAN FRANCISCO

Trip includes transportation & admission to see the KING TUTANKHAMUN & THE GOLDEN AGE OF THE PHARAOHS exhibit. Enjoy lunch on your own or bring a sack lunch. **Cost is \$73**

SIR branch 150 may participate in these travel arrangements provided space is available. Give Dale a call if interested.

GOLF NEWS

Call **Harold Doppelmayer** 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

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



Sandbaggers of the Month

Cordova

Dick Wheeler had a net 56, 7 under par. Honorable mentions to Bob Chargin and Skeeter Regan for a pair of 5 under par 58s.

New procedure

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. Players playing Bartley Cavanaugh will be paying for green and prize fund ahead of time.

2010 NCGA Membership

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 will be on the 150 website. Check that if anyone does not remember if they have paid. Checks are preferred, but cash will be accepted. The fee this year is \$36.

Checks must be made out to SIR150 and may be mailed to: Harold Doppelmayer 1212 Clinton Road, Sacramento Ca 95825

BRIDGE NEWS

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

After some strained effort, I managed to get four tables of players. We welcomed several new members to learn our rules of play. Some of the old players were having trouble remembering the rules after the summer recess. We all signed a card for our absent players, the Whites. We are hopeful that their absence will end soon. For September: first place - Ken Strewe; second place - Joan Conyers; third place - Jim Wasson; and fourth place - John Means. All players had a great time. May you all have good cards.

In Memoriam



William "Mac" MacPherson
Member December 1990 - January 2008

A "Celebration of his life" will be held at East Lawn Mortuary-Sierra Hills Memorial Park on Thursday, October 1st at 2 PM.

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 3 members: Al Gomez died; Lee Hunt moved to Stockton; and Bob Miller resigned. We approved applications from 3 new members: Kent Kilborn; Owen Denman; and Art McManus. We now have 104 active members and 20 inactive members for a total of 124.



Kent Kilborn



Owen Denman



Art McManus

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	1,516.00
General Disbursements	1,933.37
Gain or (loss)	(417.37)
Custodial Receipts	8,511.00
Custodial Disbursements	8,521.61
Gain or (loss)	(10.61)
Ending total cash balance	\$1,488.96
September attendance: 65 members, 1 visitor, and 1 guests.	

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	9,12
Landscaping	4,13,14
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
Tree removal (major)	4
Roofing	9,10
Pool	9
Concrete work	9,10
Flooring (carpeting/hardwood)	9,13
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
12	Stan Wirth	916.362.1748
13	John DeVillier	916.454.0222
14	Owen Denman	916.683.0252

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 **Dough Hilton**. Honorable mention: John Duffy.

Break the Code

The letters, O, T, T, F, F, __, __ form the beginning of an intelligible series. The problem is to add two more letters in the series. Once the problem is solved, an infinite number of letters can be added.

September Solution

At the end of the day Henry and Buck have two horses worth a total of \$560 and \$840 in cash, for a total of \$1400. Henry is entitled to 390/840 or 13/28 of the \$1400 or \$650. Since he is keeping the two horses worth \$560, Buck should give Henry \$90 cash and keep \$750.

**What kind of dog does Dracula have?
A bloodhound**

**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

Schumann	Edward A	1-Oct
Conyers	John A	2-Oct
Regan	Armond D	2-Oct
Clausen	George R.	7-Oct
Dodge	Jim	8-Oct
Beskeen	Richard	10-Oct
Casillas	Al	11-Oct
Conner	John L	13-Oct
Poletti	Richard R	13-Oct
Kennedy	Earl	21-Oct
Caudle	Charles	22-Oct
Hatfield	Gary L	22-Oct
Morrison	Roy A	22-Oct
Lauther	Richard C	29-Oct

Halloween Jokes

Three vampires went into a bar and sat down. The barmaid came over to take their orders. "And what would you, er, gentlemen like tonight?" The first vampire said, "I'll have a mug of blood." The second vampire said, "I'll also have a mug of blood." The third vampire shook his head at his companions and said, "I will have a glass of plasma." The barmaid wrote down each order, went to the bar and called to the bartender, "Two bloods and a blood light."

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).

