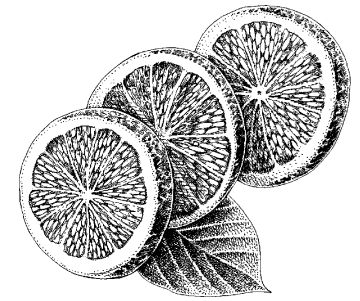




# Orangevale Branch 150



State SIR website: [www.sirinc.org](http://www.sirinc.org)  
 Branch 150 website: [www.sir150.com](http://www.sir150.com)  
 Branch 150 editor: Bob Carlstroem - [carlstroem@sir150.com](mailto:carlstroem@sir150.com)

September 2009

Meetings - 3rd Wednesday of Each Month		Next Meeting - September 16, 2009	
<b>Location</b>	<b>Regular Monthly Schedule</b>	<b>Menu:</b>	<b>What's Happening</b>
Rancho Cordova Elks Lodge 11440 Elks Circle Rancho Cordova, CA 95742	Business meeting 10:30 Social time/registration 11:00 Meeting/luncheon 11:30	Pot Roast with Egg Noodles, potatoes, beans, salad and dessert	
		<b>Speaker:</b> To be arranged	
		<b>Topic:</b> To be announced	

## Big & Little Sir Tidbits



Big Sir Chuck Reed

Hello fellow Sirs, Another month has gone by and we can look forward to the Fall Season. A lot has happened within the club: A new slate of officers and some changes in our golfing program - which will lessen the burden that Harold endures each month and makes us more responsible for ourselves. Both Jerry and Don Severance are working diligently on are December (XMAS) dinner with the wives. If you never have gone to this event, give your spouse a treat and attend this season. See every body at our September luncheon. 'Til then, stay healthy.



Little Sir Jim Dodge

The Speaker I had lined up for Sept. has bowed out for personal reasons and our October Speaker can't move up so I'm working on a replacement.

Some of you have voiced complaints re: location, food, etc. and we are addressing those issues. I've talked to some other branches and it seems that all of them have similar issues that they are working on. I've made a suggestion to our new area governors (one of which is our own Bob Carlstroem) about meeting with the other Sir's Branches once or twice a year to find positive solutions to some of our common problems. I will keep you informed.

Have you suggested to a friend or neighbor about joining our group? (Does that mean the Neighbor doesn't have to be a friend?)

## Of Medical Interest

### Headaches and migraines

There are four types of headache: vascular, muscle contraction (tension), traction, and inflammatory. The most common type of vascular headache is migraine. Migraine headaches are usually characterized by severe pain on one or both sides of the head, an upset stomach, and, at times, disturbed vision. Migraine headaches may last a day or more and can strike as often as several times a week or as rarely as once every few years.

Women are more likely than men to have migraine headaches. After migraine, the most common type of vascular headache is the toxic headache produced by fever. Other kinds of vascular headaches include "cluster" headaches, which cause repeated episodes of intense pain, and headaches resulting from high blood pressure. Muscle contraction headaches appear to involve the tightening or tensing of facial and neck muscles.

Traction and inflammatory headaches are symptoms of other disorders, ranging from stroke to sinus infection. Like other types of pain, headaches can serve as warning signals of more serious disorders. This is particularly true for headaches caused by inflammation, including those related to meningitis as well as those resulting from diseases of the sinuses, spine, neck, ears, and teeth.

Not all headaches require medical attention. But some types of headache are signals of more serious disorders and call for prompt medical care. These include sudden, severe headache or sudden headache associated with a stiff neck; headaches associated with fever, convulsions, or accompanied by confusion or loss of consciousness; headaches following a blow to the head, or associated with pain in the eye or ear; persistent headache in a person who was previously headache free; and recurring headache in children.

*Submitted by Bob Neubacher*

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 Doppelmayr	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

# Spotlighted Sir

By Bruce Kennedy



Gary was born in Lawrence, Kansas in 1938. Dad had 4 restaurants scattered around the University of Kansas. Gary would grow up there and attend Lawrence High School lettering in football, basketball, baseball and track. He was part of a string of Lawrence football teams that won the state 5A championship 14 out of 15 years. Gary's younger brother was on a team that went undefeated his

whole time in the school and established the longest undefeated string at that time. Gary graduated in 1957.

So you'd think Gary would be a Jayhawk. Nope, he was off to Pittsburg State. No, not THAT Pittsburg State - this one is in the southeast corner of Kansas about five miles from the Missouri border. He met his wife Beverly there. She was from Wichita. Bev's brother, who was Gary's friend and football teammate, introduced the two. During Gary's attendance, Pittsburg State, an NAIA school, won the national title.

Bev and Gary both wanted to be teachers, However Gary was in the Reserve Officer Training (ROTC) program and graduated with a set of Second Lieutenant's bars and a two year obligation in 1961. They both planned to start their teaching careers after this commitment. It was not to be. As Gary was drawing close to the end of his obligation, a friend and helicopter pilot took Gary flying. The bug bit hard! Next thing you know Gary was in helicopter flight school to begin a career that lasted until his retirement in 1984.

I asked where he had been and Gary asked at "what point in time?" The family moved 26 times during Gary's career with assignments all over the world. That is more than once per year. This included tours and deployments in the United States and all over the world. He served two tours in Vietnam managing to get shot down three times and earn a Distinguished Flying Cross and some Bronze Stars - just doing his job. During this time, Bev did have some opportunities to teach and but joined the federal service instead.

Toward the end of his career he became involved with the Armed Forces Radio and TV Material Equipment program. His teams established radio and television stations all over the world. Gary says he was frequently assigned to set up facilities in countries he had never heard of. His group was in Beirut, Lebanon when the Marine barracks was bombed. They would set up a mobile installation only to have them blown up in a day or so, then would have to go out and do it again and again. He is proud to have been involved in a military assistance program that set up learning laboratories in developing countries to help teach the children various curriculum including English.

Gary was stationed at the Army Depot in Sacramento when a new assignment back to Germany was presented to him. The family had been here long enough to know they liked it. The kids (two boys and a girl) were settled in school, and Bev was working for the Army Corp of Engineers. Gary had held a second job managing a business for a friend so he decided that 24 years was enough and thus turned in his retirement papers. They are still in the house in Rancho Cordova where they were when Gary retired. Two of the children remain in the area and Gary's younger son is stationed with the 25th Division of the Army in Hawaii.

After two years he went into real estate. He practiced that and also finally had enough stability to coach little league and basketball with his sons, and soccer for his daughter. He also got to know an Air Force guy two houses down. And it did not take long for Dan Barthel to convince him to join SIR Branch 150.

# Of Course You (Men) Know!

By Anonymous Lady Sir

## Organic Hard Drives

Of course you know all bacteria are made of just one cell, but in Tokyo the one celled bacteria has a memory. Scientist at Keio University's Institute for Advanced Biosciences inscribed the phrase "E=MC2 1905!" onto bacterial DNA. In fact, bacterial DNA could store 1,000 copies of "War and Peace" on the head of a pin. The researchers used *Bacillus subtilis*, which can create extra copies of the data by inserting the message into several spots of the genome. This organic hard drive can create backups within the backup, (for those of you who have lost data in the past.) Popular Science reported the team just recently applied for a patent, so it could be several years before you start having to worry about antibacterial soap accidentally wiping out your hard drive.

## Yoplait Cure

Of course you know John March is a biochemical engineer at Cornell University. He is attempting to use edible bacteria that could replace a diabetic's insulin shots. Scientist at Cornell created a strain of benign *E. coli* that would produce a protein called GLP-1. This protein, GLP-1, would then trigger the production of insulin in the stomach cells of the diabetic. Researchers fed the bacteria to diabetic mice. "After 80 days, the mice went from being diabetic to having normal glucose blood levels," says March. Their goal is to grow the bacteria in yogurt, rather than relying on insulin injections. Yummm, does that mean diabetics do not have to follow a diet anymore? Now that we seem to have all our ducks in a row, or should we say, "bacteria in a row," here are a few more medical uses that are being developed for those little genetically engineered bacteria. March's microbes are one of a number of new strains being developed to treat diseases such as Cholera, a bacteria designed to fight cavities, produce vitamins, and treat lactose intolerance.

## Got your ducks in a row?

There are at least three theories for the origin of "get your ducks in a row." Early bowling pins were often shorter and thicker than modern pins, which lead to the nickname "ducks." These "duck pins" would be manually put back into place between bowling rounds. Therefore, having one's ducks in a row would be a metaphor for having all of the bowling pins properly placed before sending the next ball down the lane.

If interested in the following, contact  
Dale Martin, Travel Chairman - Branch 33, 359-6121



## TRAVEL

SEPTEMBER 18 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 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.

*All prices are per person*

In addition to these trips, check out the travel opportunities offered by other branches listed in the "Happenings." Just click on [www.sirinc.org](http://www.sirinc.org) and click on documents and Happenings.

## 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](http://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

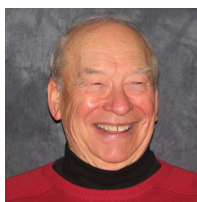
September 1 (Tues) Woodcreek - 9:00  
 September 15 (Tues) Teal Bend - 9:00  
 October 6 (Tues) Bartley Cavanaugh - 8:30

October 19 (Mon) Alister Mackenzie - 9:00  
 November 3 (Tues) Wildhawk - 8:04  
 November 17 (Tues) Bing Maloney - 9:00

**Prepayment for all away tournaments is now in effect**

### Sandbaggers of the Month

#### Carodova



John Means had a net 55, 8 under par Honorable mention to Mike Rumsey for a net 56, 7 under par.

#### Away Tournaments



John Duffy had a net 6 under par 66 at Diamond Oaks. Honorable mention to John Carson who had a net 5 under par 67 at Mather.

#### New procedure

Just a reminder: Starting with Teal Bend, away tournaments golfers will be paying for their own green and cart fees. It will be up to the discretion of the golf course whether walking will be allowed. The prize fund fee will be the only money collected before the start of the tournaments. Since the amount is small, checks **will not** be accepted. Cash only!

## 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](mailto:james.rae@att.net).

The following membership changes occurred during August:

Bob Widman transferred to the Roseville Branch.

Al Gomez passed away.

We now have 102 active members and 21 inactive members for a total of 123.

## BRIDGE NEWS

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

Well, summer is over and the fall season is beginning. Our bridge start up is September 14th the week after Labor Day. There are several new members joining us this year. As for you old members, let us welcome them by being tolerant and allowing them to learn our rules. As you well know, there are many rules in the way bridge groups play. I hope to catch all players at home when I call around September 8th - 10th to have full tables on the 14th. I'll see you then - happy tricks.  
 John

## TREASURER'S REPORT

For detailed information contact **Ralph Tomson** at 354-2236 or [rotomsonre@yahoo.com](mailto:rotomsonre@yahoo.com)

Beginning cash balance January 1, 2009	\$1,916.94
General Accounts Receipts	1,321.00
General Disbursements	1,828.19
Gain or (loss)	(507.19)
Custodial Receipts	7,581.00
Custodial Disbursements	7,591.61
Gain or (loss)	(10.61)
Ending total cash balance	\$1,399.14
August attendance: 68 members and 3 guests.	

## 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

These are what some call The Dog Days Of Summer. I view it as just a perfect time to be outdoors enjoying Fishing and/or Golf in this beautiful country while we are still free and able. The days are getting shorter and Fall is just around the corner. The Jolly Hookers derby will be at New Melones Lake on September fifteenth and then a two day NON derby trip to John Frantz's cabin on September twenty second and twenty third where we will fish Loon Lake or one of the other lakes in the Crystal Basin Recreation Area. Fish On.

## 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
Tree removal (major)	4
Roofing	9,10
Pool	9
Concrete work	9
Flooring (carpeting/hardwood)	9
Room additions	?

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

## In Memoriam

**Al Gomez**

Member since September  
1995

Also - past members **Tom McNamara** and **Ruel Smith**. Ruel was our Big SIR in 1994.



## Elected Executive Committee for 2010

Big Sir	Jim Dodge
Little Sir	John Duffy
Secretary	John Yosgott
Assistant Secretary	Bruce Kennedy
Treasurer	Ralph Tomson
Assistant Treasurer	Clinton (Tinker) Qualls
Director	Chuck Reed
Director	Stan Wirth
Director	Jerry Courter
Director	Bob Carlstroem
Director	Don Severance
Director	Len Bloom

## 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 only by **Jim Rae**.

### What is fair?

Buck and Henry bought three horses of equal value for \$840. Buck contributed \$450 and Henry contributed \$390. By the end of the day, they had sold one horse to a passerby for \$840, and decided to end their partnership. How should they divide the cash fairly if Henry keeps the two horses?

#### August Solution

You can determine the contents of all three boxes by drawing just one marble. Since all three boxes are incorrect, you know that a BW box has either 'ww' or 'bb' marbles. If you pick a b from the BW box then you know that the other marble is 'b' AND since you know the other two boxes (BB & WW) are incorrect, 'ww' has to come out of the BB box so 'bw' has to come out of the WW box. Use the same reasoning if a 'w' marble was chosen first.

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

Ferreirae	William L	7-Sep
Qualls	Clinton F	8-Sep
Duffy	John M	9-Sep
Allard	Kennett I	11-Sep
Schweickert	Ben V	11-Sep
Cheyne	Bill	13-Sep
Chargin	Robert A	15-Sep
Jensen	Neil	20-Sep
Widman	Robert D	21-Sep
Haag	Ted	25-Sep
Munson	Andrew W	26-Sep

### Don't Pick on Blonds

Two blondes lock their keys in the car. One of the blondes tries to break into the car while the other one watches.

Finally the first blonde says "Darn, I can't get in the car!" The other blond replies, "keep trying, but hurry up, it looks like it is going to rain and the top is down."

**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).

