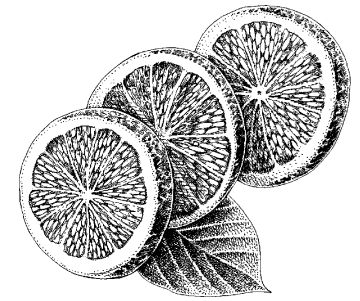




Orangevale Branch 150



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

April 2010

Meetings - 3rd Wednesday of Each Month		Next Meeting - April 21, 2010
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: Beef and chicken enchiladas, rice and refried beans, salad and dessert Speaker: Larry Heitz, a retired DFG warden-pilot Topic: Warden in the Sky

Big & Little Sir Tidbits



Big Sir Jim Dodge

Is retirement getting you down? Tired of “pulling weeds,” doing the “honey-do-list,” only playing golf 2-3 times a week, fishing, bowling, playing bridge only 1-2 times a week, want to go back to work? Then I have the solution for you.....VOLUNTEER !!! We only have about 20 jobs here at Branch 150 and some of the incumbents are looking for a replacement, or an assistant. Starting in April, they are looking for some help at the annual picnic and the nominating committee are looking for ‘replacements’ for next years officers. Even the State SIR is looking for candidates to fill the office of president, vice president, secretary, treasurer, ass’t secretary, and ass’t treasurer. They have asked me to submit a list of names to fill those positions. I have taken the liberty to put all your names in a hat and have selected 6 of our members for those positions. Come to the April meeting to find out who they are. Have a Great EASTER, and be sure to sign up for the picnic at our April meeting.



Little Sir John Duffy

Have you held a Branch 150 elective office? I’d like you to start thinking about it NOW, so when you are approached later this year you will be able to say “Yes, I’m willing to serve!” I want to give you an idea of how easy it has been, so far, to serve as Little Sir: my three major assignments are to prepare our monthly menu, bring in our speaker and write this note for the newsletter.

I attended our annual Fish and Game retirees luncheon in early March where I had an opportunity to visit with Larry Heitz, a retired DFG warden-pilot. I had gotten to know (and know about) Larry when I moved to Sacramento in 1989. I was always impressed by his easygoing, self-assured and yet quiet aura as I got to fly with him during a few of my assignments. When I asked if he would consider speaking to our SIR Branch I was thinking first of the qualifications a warden-pilot must have. First are the combined need for a pilots license and peace officer status, as they are often called upon to enforce our fish game laws from the air! I had also heard that they needed to be either airframe or power plant certified as well, but I didn’t know the particulars of that requirement.

April Speaker - Larry Heitz

I started flying while a senior in high school (1957) & by the time I was discharged from the Air Force (1961) I had my commercial pilots license and flight instructors certificate. In 1964 I obtained a airframe & power plant mechanics certificate. From that time until 1968 I held down several jobs entailing both flying & maintenance. During that time I added instrument, instrument instructor, seaplane, & multi-engine ratings to my resume. In '68 I found my FIRST job-of-a lifetime working for a company operating air tankers, AKA “Borate Bombers”! During 1979 a co-worker told me Fish & Game was taking applications for warden-pilots. I was fortunate enough, along with two others, to find my SECOND job-of-a lifetime! After attending Contra Costa County Police Academy I was assigned to the Marine Patrol aircraft flying out of Long Beach for 11 years, at which time I was re-assigned to Sacramento. I retired in 2005 having been blessed to be the supervisor for the last five years, and having flown 15,000+ hours and accumulating a million memories.

Branch 150 Executive Committee			Branch 150 Committee Chairmen					
Big Sir	Jim Dodge	638-2394	Attendance	Norm Green	723-0973	Membership	Jim Rae	967-4951
Little Sir	John Duffy	567-9940	Booster	Bill Hooper	988-6880	Newsletter Editor	Bob Carlstroem	791-3608
Secretary	John Yosgott	966-1725	Bowling	Tom Bittner	723-1497	Nominating	Chuck Reed	363-8406
Asst. Secretary	Bruce Kennedy	363-5412	Bridge	John Mahony	485-2449	Nom. Asst.	Stan Wirth	362-1748
Treasurer	Ralph Tomson	354-2236	Chaplain	Joe Ramay	635-1158	Nom. Asst.	Jerry Courter	353-0715
Asst. Treasurer	Tinker Qualls	719-5119	Communications	Bob Neubacher	685-7528	Quartermaster	Walt Nauer	966-3588
Director	Chuck Reed	363-8406	Comm. Asst.	Ralph Tomson	354-2236	Recruiting (temp)	Jim Rae	967-4951
Director	Stan Wirth	362-1748	Fishing	Bob Bonner	961-5403	Social Affairs	Jerry Courter	353-0715
Director	Jerry Courter	353-0715	Golf	Harold Doppelmayer	922-6134	Social Affairs	Don Severance	961-6668
Director	Bob Carlstroem	791-3608	Golf Asst.	Brent Soulis	726-6326	Travel & Events	Open	
Director	Don Severance	961-6668	Greeter/Pub Relations	Bill Ferreirae	635-6093	Webmaster	Bob Carlstroem	791-3608
Director	Len Bloom	961-2225	Historian	Dick Clausen	(530) 622-4817			
			State President	Floyd Kendrick	(650) 948-7470	Director Region 2	Ralph J. Lingis	(916) 933-5561
						Governor Area 31	Bob Carlstroem	(916) 791-3608

Spotlighted Sir

By Bruce Kennedy



Owen was born in Tulare, California in 1948. Dad was a farmer with significant acreage - he figured he'd be a farmer for life. However, in 1950, dad got an offer he could not refuse. So, he sold out and the family moved to Los Angeles where he bought an electrical and plumbing business. In a few years, Owen's dad - an outdoors guy - determined LA had too many cars and people. The family took a vacation to Alaska that lasted from June until August. They returned to LA, sold the business, and filed for a "homestead" in Alaska. Yes, that was still happening in 1955 in Alaska. No mules, but 160 acres which you had to live on and farm for five years in order to claim the land. It was without roads, electricity or gas. School was 13 kids, grades 1 to 8 in a one room building. Around age 10 wood became Owen's responsibility. At that time they used 13 cords every year. You grow up fast in this environment. They planted fruits and vegetables, and also hunted and fished for most everything they ate. Cold storage was not a problem for more than half the year. Owen flew his first airplane at 12. They finally had road access to the "big" school in Kenai (18 miles away) and electricity when Owen was in the 8th grade. He graduated from 8th grade with a class of 20 students. By 14 he had renovated a car his dad purchased for him, obtained his driver's license, and started driving. That year a friend asked Owen to work with his family during the summer commercial fishing season. Mom and Dad said OK, and he signed on as an "apprentice." By 16 he was certified a "Journeyman" and could take the helm on a 52 foot fishing trawler. He then started a fishing operation with his dad.

At this time oil and natural gas had been found along the Cook Inlet and there was a real population boom in the area. The growth prompted the construction of a car racing track. Owen's dad had been a decorated Army large-vehicle mechanic in the Pacific during World War II. So, in his spare time, Owen, along with his dad's help, started building and racing cars. He did very well and was planning to accept an invite to attend racing school in Stuttgart, Germany when he graduated (with a whopping 60 students) in June 1966. This was curtailed when his draft notice came in August. Owen figured his flying experience would get him into the Air Force. But his eyesight was not what the Air Force required. So, he tested to enter the Navy. He was called back and given more tests, and then began service under "special projects." After a shortened boot camp, Owen and two others were sent to see Admiral Hyman Rickover and, after 18 months of training, he had a degree in Nuclear Engineering Technology. This would be used during a four year tour aboard the USS Queenfish, a Fast Attack Submarine based at Pearl Harbor. It was there, at the Garden Bar at the Hilton on Waikiki, that he met his wife Diane. They were married in May 1970. Part of the goal of the Naval program was to increase retention of the Nuclear Engineers. However, Owen was at sea 38 of the 48 months of his service. So he decided to return to civilian life in 1972.

After some consulting work Owen became interested in other forms of energy and enrolled at Cal Poly, San Luis Obispo in Mechanical Engineering - Energy Systems. While taking classes, he assisted Cal Poly when they acquired a small reactor from the Naval Postgraduate School. He was placed over the infant nuclear energy program and both lectured and ran lab experiments. Owen graduated in 1976 and was offered, by Boeing, a position in aerospace development in Seattle. The projects were mostly from NASA and dealt with things like energy conversion in space. They even looked into interplanetary missions. The project soon identified results which had military ramifications and thus they were moved away from Boeing. So, wanting to finish something, in late 1978 Owen applied at a small start-up company in Sacramento - Energy Absorption Systems. The company designed a host of new devices to make our highways safer and Owen was involved in the creation of many of these devices that are now in place. These include attenuators on the back of big rigs; electronic billboards with advisory messages to drivers; and a host of improvements in barriers that break away and walls that absorb energy. Those big yellow plastic cans with sand or water were one of Owen's contributions. He worked for Energy Absorption Systems for 20 years and on many projects internationally. He estimates he was away from home at least 60% of the time.

In 1998 he started his own company, Barrier Systems Inc. that helped create the movable barriers that now exist on the San Diego-Coronado bridge and is proposed for the Golden Gate. This January Owen received the Ken Stonex award for lifetime accomplishments and contributions of highway safety from the National Transportation Board. He has been the Chair of the National Academy of Science International Research Board of Roadside Safety.

Owen retired last June and was soon snagged by long time friend Bob Neubacher to join SIR Branch 150. Owen and Diane have two children, a daughter here in Sacramento and a son in San Francisco. They have two grandchildren and one more coming. Like me, he considers himself a professional senior golfer in long term training.

Of Course You (Men) Know!

By an anonymous Lady Sir

Of course you men know the difference between deodorant and antiperspirants. Deodorants usually have an alcohol-base, and antiperspirants have an aluminum-base compound as their main ingredient. Both these products are used to control sweat and odor in our underarms. Alcohol-based deodorants temporarily kill bacteria and may contain a perfume fragrance to mask the odor of perspiration. Deodorants that are aluminum-based react with the electrolytes in the sweat to form a gel plug in the duct of the sweat gland. If you have read this far, you are probably mumbling, "Hey, NO SWEAT, so why is she messing with my armpits?"

If you look at the back of an antiperspirant container, the aluminum-based compound is always the first ingredient listed. Aluminum is a common ingredient in deodorant and antiperspirant, and some studies have found a link between Alzheimer's disease, brain disorders, respiratory disorder, and possibly cancer. A 1993 World Health Organization "Public Health Report" cited autopsies that found high concentrations of aluminum in the brains of those afflicted with Alzheimer's disease.

According to the Alzheimer's Society the main sources of aluminum in our diet includes tea, beer, baked products, drinking water, toothpaste, aluminum-based antacids, aluminum cookware, and some canned beverages. Aluminum uptake from our diets is usually very low, with more than 99% passing through the digestive system unabsorbed. The Alzheimer's Society has a fact sheet 405 which states a possible link with aluminum seems increasingly unlikely. Researchers believe that in the majority of those affected, Alzheimer's disease results from a combination of different risk factors rather than one single cause. Such factors, which vary from person to person, may include age, genetic predisposition, other diseases or environmental agents.

One of my main concerns while researching these articles about antiperspirant is the way it works to reduce sweat and smelly odor. Antiperspirant has powerful astringents that close pores stopping sweat and odor from escaping the body. The antiperspirant may leave the outside of the body smelling fresh and clean, but inside the body the toxins that would have escaped in the form of sweat have nowhere to go. For this reason, antiperspirants have been linked to problems with the sweat glands and lymph glands in and around the underarm.

Anthropologist Louis Leakey suspected the natural body odor humans emit is ancient, and the original function was to make humans smell so bad that it would act as a repellent to animals who sought to eat them. Fortunately, people typically tried to mask their natural scent using heavy doses of perfume. Around the time man learned he couldn't squat with his spurs on, he discovered deodorant. And now we're being told to rethink, or just plain stink!

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

2010 Away Tournaments

Apr 05 (Mon) Mackenzie - 8:02
Apr 20 (Tue) Micke Grove - 9:00
May 04 (Tue) The Reserve - 9:00
May 18 (Tue) River Oaks - 9:00
Jun 08 (Tue) Plumas Lake - 9:00
Jun 22 (Tue) Wildhawk - 8:04
Jul 06 (Tue) Dry Creek - 8:02
Jul 19 (Mon) Ancil Hoffman - 9:00

Aug 02 (Mon) Diamond Oaks - 9:30
Aug 17 (Tue) Mather - 9:00
Sep 02 (Thur) Woodcreek - 9:00
Sep 14 (Tue) Teal Bend - 9:00
Oct 05 (Tue) Cavanaugh - 8:30
Oct 18 (Mon) Mackenzie - 9:06
Nov 02 (Tue) Wildhawk - 9:00
Nov 16 (Tue) Bing Maloney - 9:00

Friday Sign-up

A new chapter of the Friday sign-up saga is being unveiled on April 2nd. When the individual pays in the pro shop, he will also sign himself and only himself up for golf that day.

Poppy Hills Tournament

Poppy hills qualifying tournament will be held on May 25th at Mather. The first starting time will be 9:00. Cost will be \$29 with a cart at \$13 extra. Mike Navone will need a list of players by the 1st of May. Seven flight winners will advance to Canyon Oaks in Chico. The first 3 flights will play on July 23rd. Flights 4 thru 7 will play on October 13th. The cost will be \$57. That includes golf, range balls, breakfast and snacks afterwards.

Poppy Ridge Scramble

The four man scramble qualifying will be held at Mather on June 15th. Cost will be \$29 plus the cart for \$13. The winning team will play at Poppy Ridge on Aug 9th. Team information must be given to Mike Navone by May 25th. Rules for the 4 man scramble can be obtained at sirstategolf.com. Click on manual pages 13 thru 16. Questions: Mike Navone 939-7870

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 March meeting: Three members passed away: Andy Munson on 3-4-10, Herb Sanders on 3-8-10, and Fred Harris on 3-10-10. An application for membership by Don Cravens was approved. We now have 102 active members and 19 inactive members for a total of 121. Two e-mail addresses were changed: Tom Silva is tomsilva1@live.com and Fred Teron is fred_teron@yahoo.com.

TREASURER'S REPORT

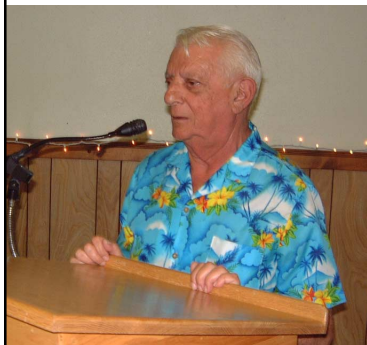
For detailed information contact **Ralph Tomson** at 354-2236 or rotomson@att.net

Beginning cash balance January 1, 2010	\$728.77
Receipts	4,158.00
Disbursements	3,654.27
Ending total cash balance March 31	\$1,232.50

Cash receipts includes advance sales for the picnic of \$240
Luncheon attendance: members-73, guests-3. Total: 76.

Pearl Harbor Survivors

Bob Addobati & Sam Clower tell their tale at the Branch 150 March luncheon.



Bob Addobati - "If those are black fish - they've got propellers up their ass!"



Sam Clower - "Guarding our water supply with 45's was no match for attacking aircraft."

SUNSHINE REPORT

Good news, sad news, or interesting news about our members should be sent to **Bill Hooper** at bhoopk1g56@comcast.net or call him at 988-6880

From John's Son: John Mahony is doing as well as we could expect, but it will still be a long haul. Mom's hearing is not so good, so calling on the phone won't really work well. She says the best way to reach her is by e-mail at rara2@sbcglobal.net - but she may not respond immediately. Her computer has a pretty strong spam filter, so I will have to help her out a lot. Please keep LaVerne and the family in your prayers. Thanks.

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

March is a time when everything seems to come alive, including fishermen. The Jolly Hookers fished Lake Camanche on March sixteenth. The derby winners were Tom West first place, Earl Kennedy [SIRS 150] second and Guy Brown was third. Nice fish, good weather and good lunch. On the twenty third the Hookers fished Lake Berryessa. The wind was blowing fairly hard on the trip over, but the lake is sheltered by the mountains and the water was relatively calm. Dan Piotrowski caught the largest fish and Bill Crooks came in with second place trout. We expected to catch some kokanee and salmon but no such luck. Next month the derby is at Collins Lake and the NDO is at the Brannan Island launch for stripped bass in the delta. Whoopi! There is water in the lakes and snow in the mountains. Life is good. Fish On!

BRIDGE NEWS

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

Some bridge players were playing in a golf tournament so we only had two tables. The winners were Kristi Overmeyer and John Conyers.

BOWLING NEWS

For bowling information contact **Tom Bittner** at 723-1497 or at joanbittner@yahoo.com

Bowling: Tom Bittner's team is now in the lead for the championship with 3 points with 5 weeks left to play.

IN MEMORANDUM

FRED HARRIS
ANDY MUNSON
HERB SANDERS

AND OUR CONDOLENCES TO THE HOOPER FAMILY
FOR THE LOSS OF THEIR DAUGHTER ELAINE

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 second by **Jim Rae** (for the prize) and first by **Harold Doppelmayr**

I have no head, and a tail I lack,
But oft have arms, and legs, and a back;
I inhabit the palace, the tavern, the cot-
'Tis a beggarly residence where I am not.

If a monarch were present (I tell you no fable),
I still should be placed at the head of the table.

What am I?

Answers to last month's plexers

- | | |
|-------------------------|-------------------------------|
| 1. biplane | 5. brains over brawn |
| 2. bee in a bonnet | 6. on the road again |
| 3. once upon a time | 7. going over the speed limit |
| 4. crisis in the family | |

Sir Branch 150 Picnic

May 26, 2010

(The week after our regular May meeting date!)

Tickets will go on sale
before and after the March and April meetings
\$ 10.00 Per Person

Great food, drink, company, and
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

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
- 2009 Chuck Reed

Senior Sir

Tom Bittner 2010

Honorary Lifetime Member

John Mahony 2001

Jim Rae 2007

* Deceased

Birthday Boys

- | | | |
|------------|-----------|--------|
| Edelen | Rick | 2-Apr |
| Barthel | Daniel O | 4-Apr |
| Means | John W | 5-Apr |
| Neubacher | Robert G | 7-Apr |
| DeVillier | John | 8-Apr |
| Livingston | Earl | 10-Apr |
| Carlstroem | Robert | 13-Apr |
| Rotz | Jeff R | 14-Apr |
| Steele | Howard | 15-Apr |
| Sweeney | Joe | 15-Apr |
| Trathen | Robert | 15-Apr |
| Reed | Charles J | 21-Apr |
| Williams | Robert H | 25-Apr |

Blond Jokes.....? Nah, it's Easter!

- What do you call 10 rabbits marching backwards?
A receding hareline
- How do you catch a unique bunny?
Unique up on it!!
- What type of movie is about water fowl?
A duckumentary
- Do you know why the Easter bunny brings eggs?
Big tax write off.

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

