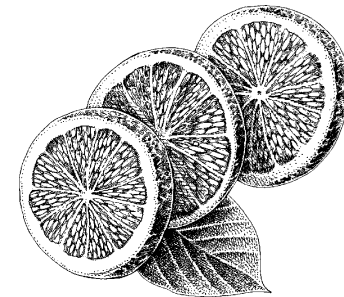




Orangevale Branch 150



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

October 2010

Meetings - 3rd Wednesday of Each Month		Next Meeting - October 20, 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: Pasta with sausage, bread, vegetables, salad and dessert. Speaker: Steve Almy Topic: The CIA and misconceptions

Big & Little Sir Tidbits

You can never go back!! It starts at the hospital on the day you were born. We have to involve ourselves in change as we journey down the road of life. I mean when they snip that umbilical cord, you may not realize it at the time, but your on your own! Life will never be the same. The changes come fast and often. The first step, riding without training wheels, the 1st day of school, and so it goes until they ship you off to the 'home' to wait for the final passage. I was thinking about the biggest changes in my life. Was it going from 8th grade (where you were the king of the hill) to a freshman in high school? (where you were the little fish in the ocean), your 1st date? High School to College? Getting Married? Starting your Career? Retiring? Joining SIR? Yes, those were the good old days. I wouldn't want to change much. You can reminisce but you can't go back. Wouldn't you like to be around in a generation or two and see if the kids today call these the good old days? Take the best of what's left of our time here and may all your drives lie in green pastures and not in still waters.



Big Sir Jim Dodge

And thanks for allowing me to put my thoughts in print for the past two years....Recruit, Recruit, Recruit.....

Our speaker this month, Steve Almy (I wonder if that is his "real" name) provided just a little snippet of himself... "I was a spy, undercover in the Operations Directorate of the CIA for 30 years. I will speak about how the Agency operates, and try to counter ridiculous portrayals of the Agency in movies and books."



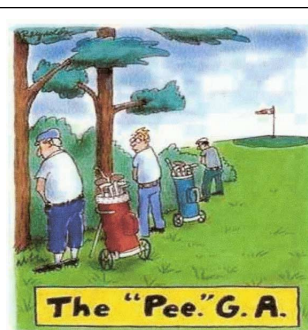
Little Sir John Duffy

Based on the kinds of books I see in our

monthly book exchange I think this topic will be of great interest to our members.

This month will be rather exciting for me as Big Sir Jim Dodge has given me an opportunity to "step up" and see what next year will look like - I will play "BS" and run the meeting in October. (Of course, he will be standing by to make sure it all unfolds smoothly). And that, of course, prompted me to do the same for next year's Little Sir, Fred Teron - so you will also have an opportunity to see Fred in action.

See you all on the 20th. Bring a friend - you can let them know we'll be delighted to give them a free lunch to see what we are all about.



- David Letterman's Top Ten Reasons Why Golf Is Better Than Sex
- #10... A below par performance is considered damn good.
 - #09... You can stop in the middle and have a cheeseburger and a couple of beers.
 - #08... It's much easier to find the sweet spot.
 - #07... Foursomes are encouraged.
 - #06... You can still make money doing it as a senior.
 - #05... Three times a day is possible.
 - #04... Your partner doesn't hire a lawyer if you play with someone else.
 - #03... If you live in Florida, you can do it almost every day.
 - #02... You don't have to cuddle with your partner when you're finished.

And the NUMBER ONE reason why golf is better than sex

#01... When your equipment gets old you can replace it!

Submitted by Jim Dodge

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	Tom Bittner	723-1497	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	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
			Historian	Dick Clausen	(530) 622-4817			
			State President	Buck Kendrick	(650) 948-7470	Director Region 2	Ralph J. Lingis	(916) 933-5561
						Governor Area 31	Bob Carlstroem	(916) 791-3608

Great Snacks

by Dr. Maoshing Ni

Banana: Replenish on the go

What could be easier than grabbing a pre-packaged banana on the run? Not only are bananas grab-and-go, but they boast many health benefits. Bananas are an excellent source of potassium, an essential mineral for maintaining normal blood pressure and heart function. The potassium content also makes them of particular use to athletes who eat bananas to quickly replenish their electrolytes. In addition, eating bananas, along with other fruits and vegetables, has been linked to a reduced risk of colon cancer and breast cancer.

Edamame: A low-fat simple snack

Ever since news came out about edamame's low-fat, low-cholesterol, and high-protein characteristics, this tasty soybean snack is growing in popularity as a snack in the West. Edamame is high in essential fatty acids, dietary fiber, as well as numerous minerals and vitamins, especially folic acid, manganese and vitamin K. Buy fresh at the market and steam, or add frozen soybean pods to slightly salted water and boil for 7 to 10 minutes. Prepare ahead of time and refrigerate to save time. Of course, edamame should be avoided by anyone who is allergic to soy.

Garbanzo beans: Spread on the fiber fringe benefits

Commonly called hummus, a spread of garbanzo beans on whole-grain bread is a delicious light snack that will give you energy while stabilizing your blood sugar level. Garbanzos, or chickpeas, are a good source of cholesterol-lowering fiber. In addition, garbanzos' high-fiber content prevents blood sugar levels from rising too rapidly after a meal, making these beans an especially good choice for individuals with diabetes, insulin resistance or hypoglycemia. In traditional Chinese medicine, it is said that garbanzos help with some inflammatory skin conditions, like psoriasis and eczema.

Hard Boiled Egg: A classic protein pick-me-up

Eggs are a good source of low-cost, high-quality protein, making them a great snack for beating the mid-afternoon slump. Eggs are also a source of all the B-vitamins, including B12, which is critical for blood production and only found in meat products. In addition, eggs contain choline, an important nutrient for brain development and cardiovascular health. Sprinkle with paprika and enjoy! Keep a supply of hard-boiled eggs on hand in your refrigerator.

Go nuts for a brain-boosting trailmix

For a burst of youthful energy eat a daily handful of nuts and seeds. Enticing choices include almonds, walnuts, sesame seeds, pine nuts, sunflower seeds, pumpkin seeds, flax seeds, peanuts and pistachios. Nuts and seeds are filled with arginine, an amino acid that helps fight heart disease, impotence, infertility, and high blood pressure. Arginine also stimulates the pituitary gland at the base of the brain to produce growth hormones, a substance that begins to decline after age 35; more growth hormones means better muscle tone, improved skin elasticity, increased cognitive function, and other anti-aging benefits.

Apple and nut butter: A heart-happy combo

Crisp and sweet, nothing is quite as delicious as a fresh-picked autumn apple, especially when it's spread with almond, cashew, or peanut butter. Scientists have confirmed that eating apples contributes to a healthy heart. Eating two to three apples a day results in decreased cholesterol levels, thanks to the fruit's rich pectin content. Recent research has found that including flavonoids in the diet, such as the flavonoid quercetin found in apple peel, lowers the risk of heart disease by providing antioxidant protection and preventing unwanted inflammation. Additionally, research suggests that apples may reduce the risk of colon cancer, prostate cancer and lung cancer. As for the nut butter, you already know that nuts are packed with healthy benefits.

Submitted by Bob Neubacher

Of Course You (Men) Know!

By an anonymous lady Sir

Of course you men know that Betsy Ross made the first American flag. We all learned this in school, but is it true? According to the Colonial Williamsburg Journal there's no good evidence one way or the other. For almost 140 years now, the tale of Betsy Ross making the first American flag has become as patriotic as Paul Revere and the Minutemen. The truth, however, is that nobody can prove that Betsy Ross had anything to do with the first official Stars and Stripes.

She was born Elizabeth Griscom to a Quaker family and was one of seventeen children. After completing her schooling her father apprenticed Betsy to an upholsterer where she fell in love with another apprentice, John Ross. John was not a Quaker, and the Quakers would not permit interdenominational marriages. When Betsy was twenty-one years old, the couple eloped, causing her to be expelled from the Quakers. This also resulted in a separation between her and the family. John and Betsy immediately started their own upholstery business. John died just two years later and Betsy kept the upholstery shop going. Betsy married Joseph Ashburn a year later. He was a sailor and was captured and kept prisoner by the British. He died in prison five years later. Betsy married again one year after her husband's death to John Claypoole who had been in prison with Joseph. He met Betsy when he delivered Joseph's farewell to her and they spent 34 years together. To simplify this: Elizabeth Griscom Ross Ashburn Claypoole, better known as "Betsy Ross," was widowed three times; she had seven daughters; and for sixty-two years ran her own small business.

In June 1776, shortly before the signing of the Declaration of Independence, Betsy received three visitors in her seamstress-upholstery shop: Gen. George Washington, politician Robert Morris, and Col. George Ross - uncle to her late husband John. The men had a rough design for the flag of the new republic and wanted to know if Betsy would make it. Betsy, only 24 years old, agreed to sew it and suggested a five point, rather than a six point star. On June 14, 1777, Continental Congress, seeking to promote national pride and unity, adopted the national flag. Resolved: "That the flag of the US be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation."

This is where the wheel gets spinning, but the hamster is dead. A copy of Washington's June 1776 itinerary does not place him in Philadelphia around the time this meeting with Betsy supposedly took place. George Washington's diary entry also neglected to mention that he had anything to do with the designing of the American flag. No Committee was formed to design the national flag in 1776 and George Washington was not a member of the Continental Committee. The official flag at the time was known as the Grand Union flag complete with red and white stripes. Washington had not given any indication he was ready to do a full scale redesign. Betsy Ross' tale is disputed because she kept records of all previous flags she made, such as those for the Pennsylvania State Navy, but did not have a receipt for the American flag.

Of course you men know how her story became so well known. Betsy Ross' story didn't surface until 34 years after her death. Her only surviving grandson, William J. Canby, presented a paper he wrote to the Historical Society of Pennsylvania on March 14, 1870 in Philadelphia. The paper included stories he had heard from his grandmother, Betsy Ross. Canby was 11 years old when his grandmother died, but the stories were kept in his family as an oral tradition. Not one relative ever said they saw Betsy stitching away at the Stars and Stripes; only that Betsy had said she had. Had Canby published his story at any other time in American history (according to Trivia-Library.com), he surely would have been laughed at with scorn. But Philadelphia was gearing up for its forthcoming centennial celebration and was very much in the mood to be charmed by such a tale. It was circulated widely as historical fact, written into school textbooks, and accepted as common knowledge. Betsy Ross' house in Philadelphia is now a museum and claims this is where the first American flag was made by hand. The Tea Party's work is never done. They were hard at work 200 years ago and they are still stitching their way through history.

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

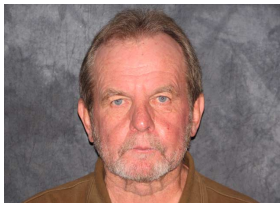
Oct 05 (Tue) Cavanaugh - 8:30

Oct 18 (Mon) Mackenzie - 9:06

Nov 02 (Tue) Wildhawk - 9:00

Nov 16 (Tue) Bing Maloney - 9:00

Sandbaggers of the Month



Woodcreek, Par 72
Mike Rumsey
with a net 65, 7 under par.

Teal Bend, Par 72
Ken Lehr

with a net 65, 7 under par.



NCGA Membership

There will be no fee for those joining between October 1st 2010 and February 28th 2011. Regular and multi member renewal fee will be \$36. After February 28, 2011 the fee for new members will be \$46.

Collection for 2011 NCGA dues will begin the first week of October. Payment may be in cash or check, (checks are preferred). Please make checks payable to SIR150.

Anyone who has not renewed or arranged to renew before Friday December 31st 2010 will be deleted or put on inactive status.

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: An application for membership from Ken Lehr was approved. We now have 107 active members and 22 Inactive members for a total of 129.

So far this year you have brought in ten new members so we have met our State goal of bringing in ten new members (10%). Big Sir, Jim Dodge has set a goal of 20% so we need to get ten more in the next two months. Please keep up the good work recruiting.

Remember the Executive Committee approved a policy to offer a free lunch to each guest potential member when they attend their first meeting. Take some of the new color brochures from the Membership Board to give to prospective members.

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

September has been a very nice fishing month, but not a satisfactory catching month. The trip to the ocean on the "Outer Limits" was not what we are accustomed to - fog, rough seas and small fish. We decided to give the Salmon on the Sacramento River a try for the derby and the NDO. Lousy results. First day: Twenty two fishermen produced seven fish to 25 lbs. Robert Christian from SIRS 150 was the first one with a fish. It was about a ten pounder. A week later: Thirty fishermen searched the river and just put two fish in the box, an eight and seventeen pounder. Most of the fish have not made it up the river yet. The season for this part of the river closes September thirtieth.

We may try again when the season opens up river in November. October derby is scheduled for Loon Lake. The NDO is the four day trip to Eagle Lake. Fish or no fish, being on the water in this beautiful state is a gift. Worth the time and effort.

Every day fishing adds a day to a fisherman's life.

BRIDGE NEWS

For detailed information related to bridge or bowling meetings and schedules, contact Tom **Bittner** at 723-1497 or at joanbittner@yahoo.com

We had three tables of Bridge in September at I-Hop restaurant.

Winners were:

1st - Tom Bittner

2nd - Bob Baker

3rd - Lee Peterson

New players are always welcome, Call Tom Bittner if interested.

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 Year To Date	10,478.00
Disbursements YTD	10,353.11
Ending Cash Balance September 30	\$843.63
August luncheon attendance totaled 68 members, guest 1.	

ATTENDANCE REPORT

For attendance information contact **Norm Green** at g19thgreen@surewest.net or 723-0973

Attendance is important to the workings of our branch, so please be diligent in your pickup of name badges and return thereof. Nonattendance is taken by those badges remaining in the box at the conclusion of our monthly lunch.

**Don't forget to keep a few
"Invitations To Join SIR 150"
cards with you.**

*These were passed out at the November meeting.
If you were not there, see Jim Rae at the next meeting.*

Book & Video Exchange

Remember that "Books on Tape" will be available for check out. Also, if you have movies on DVD you wish to share, bring them. They will be checked out individually to ensure that the videos will be returned to their owners.

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. For last month's puzzle: First with the fewest mistakes was **Harold Doppelmayr**. **Jimmy Gould** did just as well but a little too late. **Jim Rae** also knows his rules.

In each group below, the three words end in the same three letters, so they look like they should rhyme, but they don't. See if you can figure out the missing letters in each group.

Example: plo ____, tho ____, to ____ would be plough, though, tough.

1. m ____, sim ____, chamom ____

2. c ____, im ____, mir ____

3. d ____, g ____, v ____

Answers to last month's puzzle

1. True, 2. True, 3. True, 4. False, 5. False, 6. False, 7. True, 8. D

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
2009 Chuck Reed

Senior Sir

Tom Bittner 2010
Honorary Life Member
Jim Rae 2007
Don Severance 2010

* Deceased

Birthday Boys

Schumann	Edward A	Oct-01
Conyers	John A	Oct-02
Regan	Armond D	Oct-02
Clausen	George R.	Oct-07
Dodge	Jim	Oct-08
Casillas	Al	Oct-11
Conner	John L	Oct-13
Poletti	Richard R	Oct-13
Kennedy	Earl	Oct-21
Caudle	Charles	Oct-22
Hatfield	Gary L	Oct-22
Morrison	Roy A	Oct-22
Taylor	Fred S	Oct-22
Beskeen	Richard	Oct-26
Lauther	Richard C	Oct-29
Rizzardo	John A	Oct-29

Blonde Cop

This blonde cop stops a blonde driver and asks for identification.

The blonde driver looks all around in her purse and can't find her license. "I must have left it at home, officer."

"Well, do you have any kind of identification on you?" asks the cop.

The blonde takes out a pocket mirror and says, "I do have this picture of me."

"Let me see it," says the cop. She holds up the mirror and looks in it. Then she says, "Sorry. If I had known you were a police officer, I wouldn't have stopped you."

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).