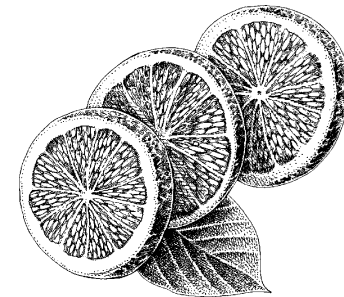




# Orangevale Branch 150



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 2010

Meetings - 3rd Wednesday of Each Month		Next Meeting - September 15, 2010
<b>Location</b>	<b>Regular Monthly Schedule</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	Menu: Beef burgundy with vegetables, salad, rolls and dessert Speaker: Robert Rohwer Topic: Transcontinental Railroad

### Big & Little Sir Tidbits



Big Sir Jim Dodge

September !!..... What happen to Spring and Summer??....my handicap just started coming down, now the unpredictable weather is approaching. I guess time flies when your having fun. (How can I be having fun when all these sandbaggers are taking my money.)

On another note: If you commit to the luncheon to come or not come and have a change in plans....please call. We want you there but we need an accurate count.

The annual Big Sir meeting in Vallejo was interesting and informative. Most discussion was regarding membership and its programs; also the State Board reinstated the State RV Activity. You can get all the info in Sir Happenings @ [www.sirinc.org/sirhappenings](http://www.sirinc.org/sirhappenings).

Little over a year ago I mentioned in this newsletter that we sometimes fail to recognize and compliment the individuals responsible for all the activities and making things happen in our organization. It's when the time comes that those individuals are no longer able to perform those duties due to changes in their life situation that we realize how important their contri-

butions were, so when the time comes for someone to 'step up', I hope that all of you are able to offer a helping hand. This thought came about because a fellow Big Sir was telling me that he was ready to close his branch because no one was willing to step forward. (They have about the same number of members as we do) RECRUIT!!! RECRUIT!!! Thanks for caring.



Little Sir John Duffy

Our speaker for September is Robert Rohwer and his subject is the Transcontinental Railroad. Robert is with the Sacramento Railroad Museum. He has spoken at other SIR Branches and received very good reviews - "highly rated" - he does use a power-point so I expect an entertaining program.

I'm sure that many of you saw the article in Tuesday, August 24th's Sacramento Bee (<http://www.sacbee.com/2010/08/24/2977613/retirees-gatherings-replace-social.html>) titled "Fellowship of the Coffee Rings". While our SIR meetings are not daily, many of them (golf, bridge, bowling, etc.) are at least weekly and clearly provide many of the benefits of staying "socialized" with our peers, as outlined in the story. Plus, I personally appreciate the physical

side of our SIR subgroup gatherings - my view is that remaining physically active helps keep me in good spirits and good health.

With these thoughts in mind it makes perfect sense that our big sir is gently urging us to introduce other retirees to our fabulous SIR Branch 150 - so my thought this month is to "jump on the band wagon" and bring in a friend to check us out - don't be afraid to talk with your friends about the benefits of joining SIR. And, if you would care to share with me even one benefit that you have personally experienced I would be delighted to hear what you have to say.

#### Elections for 2011 Branch Executive Committee officers took place at the August meeting. The following officers were elected:

Big Sir	John Duffy
Little Sir	Fred Teron
Secretary	John Yosgott
Asst. Secretary	Bruce Kennedy
Treasurer	Ralph Tomson
Asst. Treasurer	C. Tinker Qualls
Director	Jim Dodge
Director	Chuck Reed
Director	Stan Wirth
Director	Jerry Courter
Director	Don Severance
Director	Len Bloom

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

# Spotlighted Sir

By Bruce Kennedy



Chuck was born on Staten Island in April 1934. His Dad was a fireman and mom was a homemaker. With two brothers and a sister, that was a full time job. He started school at P.S. 14 (that's "Public School" for you non-New Yorkers). He transferred to Our Lady of Good Council the next year where he completed grammar school. From there it was

on to Curtis High School.

After graduation Dad pushed a little for Chuck to follow the family tradition in firefighting but Chuck wanted to stretch his wings some first. Chuck enlisted in the Air Force in October 1952, during the Korean War. He attended basic training at Biloxi, Mississippi. From there it was to air operations controller school. He was sent to (then) Castle Air Force Base in Merced. Next he went to "Splinter City" at McClellan. Still too young to drink, Chuck went to a roller rink in Del Paso Heights to meet some girls. Mission successful, wife "Wini" was the one and they were married in 1955. He was transferred to Travis just before the wedding and most of his last year involved commuting on then two-lane highway 80 to Fairfield. His plan was to go back to New York, but Wini suggested using the GI Bill to go to Junior College. It made sense. And, they were starting their family. Chuck took accounting and was good at it. But, he started work at a pharmacy at \$ .75 per hour and liked that too. The pharmacist really pushed Chuck to make it a career. After all, the pharmacist was making \$3.00 per hour and was due to get a \$ .25 raise. That was a lot of money. Chuck selected the University of Utah.

After two years at Utah, the GI Bill ran out and Chuck needed nearly full time work for the next two years to get through the requirements of his degree. He remembers having a small apartment where they partitioned a tiny kitchen to put their twin daughters into one crib end-to-end, their two sons in the bedroom, while Chuck and Wini shared the hide-a-bed in the living room. They headed back to Sacramento in 1962 in a 55 Chevy two-door with all their belongings. Chuck had an offer from Cordova Village Pharmacy pending his successful passing of the California State Board. He did pass and they rented in Rancho Cordova. My goodness, they were making \$775 per month. After a year he received a better offer at Orangevale Drug Store. Chuck later settled at the Manor Drug Store chain, first at Manor (4) at El Camino and Northgate, and, on November 1, 1967 at Manor (1) located at Stockton and Fruitridge as the manager. They purchased their only home in Cordova Gardens in March of that year. He eventually became a partner and then later the owner of the store. Chuck sold out in 2001, but worked there for five more years. The first year he worked 5 days a week. Then 4 days, then 3 days, and finally he quit in 2006.

The family frequently vacationed at Lake Trinity where they took their boat festooned with fishing rods and water skis and chose individual campsites not accessible from land. Chuck and Wini have also travelled extensively to Europe, the Middle East and Asia countries with more names than this page can accommodate. Chuck met Len Bloom at Fitness 19 and eventually wondered why Len was never there on Fridays. Len's wife explained that Len golfed on Friday's. They talked and Chuck joined SIR 150 and became involved. In fact after one year a scramble foursome underwent a last minute change in players: The game ended with Chuck as the little sir nominee and an elbow that took a week to straighten out. The rest is history. He became our big sir and is currently serving as a director.

Chuck says he has had one wife, one job, and one house. He wonders whether he is considered stable or just boring. You make the call.

One son is a big time computer guru for major pharmacy companies, the other is VP for a drug wholesale company, one daughter is a rancher, and the other a preschool administrator. The Reed's have 6 grandchildren - four boys and two girls.

# Of Course You (Men) Know!

By an anonymous lady Sir

Our editor asked me if I had my article done for the newsletter. . . Hm- m- . . what should I write about? I went to the refrigerator to feed my brain cells and saw an apple. The old adage, "An apple a day keeps the doctor away," suddenly led to an "ah-ha" moment. My curiosity took over and I decided I wanted to investigate the connection between trees and medicines.

All you men know that the leaves and bark of the willow tree contain a substance called salicin. In 1897 Felix Hoffman, a German chemist was searching for something to relieve his father's arthritis. He studied Charles Gergardt's experiment and "rediscovered" acetylsalicylic acid, or aspirin, as we know it today. This bitter powder extracted from willow bark that can ease aches, pains and reduce fevers can be traced back to the Greek physician Hippocrates. It was also used for centuries by the Cherokee and other Native Americans.

In 1899 Bayer begins to distribute aspirin powder to physicians to give to their patients. Then one year later Bayer produces aspirin in water-soluble tablets and this was the first medication to be sold in this form. Aspirin then becomes available without a prescription in 1915, and in 1948 Dr. Craven in California noticed that aspirin reduced the risk of a heart attack. Salicylic acid is also used for treatment of acne, psoriasis, calluses, corns, warts, and dandruff shampoo.

Of course we all know about eucalyptus cough drops, but did you know the eucalyptus tree constitutes over 75% of the tree population of Australia. The bluish green leaves contain an oil that has antiseptic, expectorant, antibacterial, anti-inflammatory, deodorant, diuretic, and antispasmodic properties. Do you think the koala bears are smarter than our brown dumpster bears? The Australian Aborigines have used eucalyptus for hundreds of years as a remedy for coughs, asthma, wounds, fever, and joint pain. Commercial production of eucalyptus began in Victoria, Australia in 1860. In the U.S. eucalyptus is used in many decongestants, cough, and cold remedies. These products include cough drops, cough syrups, and vapor baths. Eucalyptus is often used in Veterinary medicine for the treatment of dogs with distemper, horses with flu, and to treat parasitic skin conditions.

According to Wikipedia the bark of the cinchona tree is the only known natural source of quinine. The medicinal uses of the cinchona tree were discovered by the Quechua Indians of Peru and Bolivia. The Jesuits were the first to bring the cinchona tree and the knowledge they acquired to Europe. In the 17<sup>th</sup> century quinine was the first effective treatment for malaria. In the early 19<sup>th</sup> century Peru wanted to maintain their monopoly on cinchona bark and stopped the export of cinchona seeds and saplings. By the 1930s the Dutch had a cinchona plantation they started by using seeds they smuggled into the country. The Dutch government was then producing 97% of the world's quinine. The Germans conquered Holland during World War II and cut off our supply of quinine. The U.S. obtained four million cinchona seeds and started a plantation in Costa Rica. However, the supply of quinine was too late and tens of thousands of U.S. troops in Africa and the South Pacific died due to malaria. Today quinine is rarely used for malaria, because if taken in large amounts it can kill the patient. Therefore, research worked towards replacing natural quinine with synthetic quinine. Of course you men know there is a non-medical use of quinine. Quinine is a flavor component of tonic water and bitter lemon. According to tradition, the bitter taste of anti-malarial quinine tonic led British colonials in India to mix it with gin, thus creating the gin and tonic cocktail.

I need a little Ginkgo Biloba because I can't remember where I read, "The importance of trees seem apparent when on tries to imagine a world without them." Last year for our anniversary we gave each other a crepe myrtle, (red ones the symbol for love). This year I wanted a pomegranate tree, (antioxidants the symbol of good health). My husband came home after spending hours under a green canopy on our 41st anniversary and gave me his golf score. I guess golf trees are good medicine.

## 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.

#### **End-of-Month Scramble**

Every last Friday of the month

Prior sign-up required

Changes may occur due to holidays

### 2010 Away Tournaments

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

## Sandbaggers of the Month



**Cordova, Par 63**

### **John Ramos**

with a net 54, 9 under par. Honorable mentions to **Bob Chargin**, **Art McManus** and **Don Severance** each with a net 56, 7 under par.

**Diamond Oaks, Par 72**

### **Chuck Reed**

with a net 61, 11 under par.  
Honorable mention to **John Conner**  
with a net 63, 9 under par.



### **Record Your Scores!**

Soon it will be time to start thinking about the NCGA dues renewals for 2011. The information sheet is posted in the SIR 150 cabinet at Cordova and on our website [www.sir150.com](http://www.sir150.com). It gives the renewal rate for regular members as well as the rate for a new, or reinstated member.

## 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 at our August meeting: Steve Mayer transferred to Inactive Status. Applications for membership from Ron Qualls, Don Popovich, and Fred Taylor were approved. We now have 106 active members and 22 Inactive members for a total of 128.

So far this year you have brought in nine new members so we are on track to meet 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 eleven more before the end of the year. 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

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, contact Jim Dodge to obtain some.

## 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 August seventeenth trip to Loon Lake was pleasant but the fish catching was nothing to write home about. The ocean trip was scheduled for August thirty first on the "Outerlimits." Should be a great trip. The Outerlimits is a Catamaran so the ride to the Faralon Islands will be faster than most boats and a lot smoother. Results next meeting. In September the derby is for striped bass down on the delta and the NDO is scheduled for Loon Lake again. The weather should be great and the catching also should be better. Come join the fun.

## BRIDGE and BOWLING NEWS

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

**Bridge:** Bridge starts again September 13.

**Bowling:** Bowling starts September 8.

## TREASURER'S REPORT

For detailed information contact **Ralph Tomson** at 354-2236 or [rotomson@att.net](mailto:rotomson@att.net)

Beginning Cash Balance January 1,2010	\$728.77
Receipts Year To Date	9,283.00
Disbursements YTD	9,192.84
Ending Cash Balance August 31	\$818.93
August luncheon attendance totaled 67 members.	

## SUNSHINE REPORT

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

*The following news is a bit old. We hope recovering is going well:*

**John DeVillier**, 454-0222, is out for the next 3-4 months and unable to attend SIR Luncheons. Not certain as to what kind of operation he had recently, but it sounds serious. John is a fairly new member.

**Rick Lauther**, 419-4814, is a long time member and golfer who you probably know. He recently had some circulation surgery on one of his legs which put him out of commission for 3-4 weeks. Apparently, Rick had a successful operation on one leg some time ago and this was the other leg. Well you don't swing the club with your legs, so Rick should be OK.

## ATTENDANCE REPORT

For attendance information contact **Norm Green** at [g19thgreen@surewest.net](mailto: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.

## Book & Video Exchange

The book exchange has great participation. At our next meeting "Books on Tape" will be available for check out. You may also have movies you might wish to share. If there is interest, we will set up a checkout system that will ensure that the videos will be returned to their owners. Bring what you have to the next meeting and we'll see what transpires.

## 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 Doppelmayer**. Next was **P.J. Andrews** and third was **Jim Rae**.

## Golf Quiz

### True or False

1. A ball is deemed lost as soon as a player drops a ball under stroke and distance, even if he searched only briefly, and the original ball was found within the five-minute search period before he made a stroke at the dropped ball.
2. In Match Play, a player may concede a hole to his opponent at any time prior to the start or conclusion of that hole.
3. A wrong ball includes another player's ball, an abandoned ball, and the player's original ball when it is no longer in play.
4. The margin of a water hazard extends vertically downward, but not upwards.
5. The Committee may not allow players to practice on the competition course between rounds when play is scheduled over consecutive days in stroke play.
6. A player makes a practice swing and accidentally moves his ball in play with his club; he has not made a stroke and incurs no penalty.
7. Sand and loose soil are loose impediments on the putting green only.

### Multiple Choice

8. Don's tee shot on a par-3 hole landed on the putting green, then rolled back into a water hazard (yellow stakes) that was between the tee and the putting green. Don may:
  - A. Declare the ball unplayable and under penalty of one stroke drop the ball on the putting green.
  - B. Under penalty of one stroke, drop a ball anywhere along the ball's line of flight prior to where it first crossed the margin of the water hazard.
  - C. Under penalty of one stroke, drop a ball on the putting green within two club-lengths of the point where the original ball last crossed the margin of the water hazard.
  - D. Without penalty, play the ball as it lies.

### Answers to last month's puzzle

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

## 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
<b>Honorary Life Member</b>	
Jim Rae	2007
Don Severance	2010

\* Deceased

### Birthday Boys

Brooks	Larry F	Sep-04
Ferreirae	William L	Sep-07
Qualls	Clinton F	Sep-08
Duffy	John M	Sep-09
Schweickert	Ben V	Sep-11
Cheyne	Bill	Sep-13
Chargin	Robert A	Sep-15
Jensen	Neil	Sep-20
Haag	Ted	Sep-25

### Pepper ... And Salt

THE WALL STREET JOURNAL



"That's \$117 for parts,  
\$75 labor and \$321 for  
employee healthcare."

Submitted by  
Dudley Overmyer

**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

