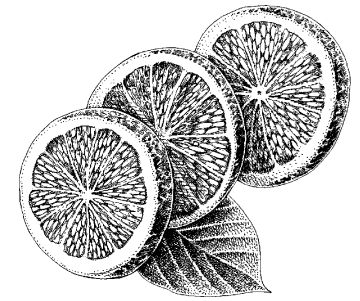




Orangevale Branch 150



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

April 2011

Meetings - 3rd Wednesday of Each Month		Next Meeting - April 20, 2011	
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: Pork Roast au jus, red potatoes, vegetables, salad, dessert. Speaker: Tom Schuyler - Author Topic: Got an idea? Write it down!	

Big & Little Sir Tidbits



Big Sir John Duffy

As we all are so aware, the success of our SIR Branch 150 sits squarely on the shoulders of the many volunteers who quietly (for the most part) serve "behind the scenes." My personal philosophy is to be grateful for their service, to acknowledge that service publicly whenever possible and to cooperate with the volunteers to the best of my ability. This month I am late in delivering my musings to our newsletter editor - and that is just one of several volunteer positions that Bob Carlstroem holds, not just in our Branch, but in the larger hierarchy of SIR - and I know that causes him unnecessary angst, as he so kindly noted at yesterday's Lockeford Springs Golf tournament. However, it turns out that there was a blessing to be found in the delay - simply put it's sunshine! After a gorgeous day on the links I found my attitude had shifted from the low grumbling state it was in after about two weeks of near constant bad weather - golf canceled often, trees uprooted, and other assorted inconveniences. All this rambling just to get to the point: Next month is our Annual Ladies Day Picnic - with a fun-filled outdoor gathering on Wednesday, May 25th that would not work without the many volunteers who make it possible. So, I am asking everyone to show their appreciation and support of those volunteers by making a conscious intention to attend our picnic this year - bring along your wife, lady friend, or even a prospective member - because this is truly a case of the more, the merrier. If you are not there I will miss you.



Little Sir Fred Teron

Well March arrived and Boy did it! This month of March Madness was supposed to be all about basketball but it decided to bring along its own madness- weather. There was endless rainstorms, snow, wind, floods and NO GOLF! It got rather boring staring out the window, sitting around the house and watching "Oprah" in the afternoons. I know that April showers are supposed to bring May flowers but I think we should skip them this year. Don't you think we've helped the flowers enough. Now its time to return to our "sunny California" weather, get the garden planted, mow the lawn, watch some baseball, go fishing and play golf.

This month's speaker is Tom Schuyler, a local writer who started his first novel at 70 years of age. Mr. Schuyler is a native Montanan who moved to the warmer climate of California to complete his B.A. and his M.S. from San Jose State University.

Completing a major in English and speech, he spent the next 22 years as a high school English and drama teacher. After leaving education, he became a sales representative for several companies involved in the FAA airport noise abatement programs.

Now he makes his retirement home in the foothills of the Sierra Nevada near Sacramento. He and his wife Barbara are celebrating 54 years of marriage. Mr. Schuyler published his first novel at the age of 74. He plans to tell us about the process of writing a book, from where you get an idea to becoming a published author.

Branch 150 Executive Committee			Branch 150 Committee Chairmen					
Big Sir	John Duffy	567-9940	Attendance	Norm Green	723-0973	Membership	Jim Rae	967-4951
Little Sir	Fred Teron	451-0667	Booster	Owen Denman	683-0252	Newsletter Editor	Bob Carlstroem	791-3608
Secretary	John Yosgott	966-1725	Bowling	Tom Bittner	723-1497	Nominating	Jim Dodge	638-2394
Asst. Secretary	Bruce Kennedy	363-5412	Bridge	Tom Bittner	723-1497	Nom. Asst.	Chuck Reed	363-8406
Treasurer	Ralph Tomson	354-2236	Chaplain	Joe Ramay	635-1158	Nom. Asst.	Stan Wirth	362-1748
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Director	Chuck Reed	363-8406	Fishing	Bob Bonner	961-5403	Social Affairs	Jerry Courter	353-0715
Director	Stan Wirth	362-1748	Golf	Harold Doppelmayer	922-6134	Social Affairs	Don Severance	961-6668
Director	Jerry Courter	353-0715	Golf Asst.	Brent Soulis	726-6326	Travel & Events	Bill Hooper	988-6880
Director	Don Severance	961-6668	Greeter/Pub Relations	Bill Ferreira	635-6093	Webmaster	Bob Carlstroem	791-3608
Director	Len Bloom	961-2225	Historian	Doug Hilton	363-8751			
			State President	Robert Mannell	(408) 264-7121	Director Region 2	Ralph J. Lingis	(916) 933-5561
						Governor Area 31	Bob Carlstroem	(916) 791-3608

Spotlighted Sir

By Bruce Kennedy



Dick Wheeler was born in 1946 in Sacramento. He attended Dyer Kelly Elementary on Edison Ave. He then went to Mira Loma, graduating in 1964. That was the peak of the Vietnam War and Dick joined the Navy for a two year hitch. After basic training in San Diego he went directly to the USS Ticonderoga, an aircraft carrier for on-the-job training as a Bosun's Mate. The Ticonderoga went to Subic Bay in the Philippines when in port. His training was to be a helmsman of this huge ship. His job was to hold the carrier on the ordered heading. A deviation of 4 degrees could result in court-martial. In typhoons it was a two person job. During flight operations the concentration to keep the ship in-line was complete. There is a reason the shifts were only four hours.

He got back to Sacramento at the beginning of 1967 and had several different jobs over the next three years. He also got married and had two sons. In 1970 he started with Kenworth Trucking and worked as a parts manager. This required continuing training to accommodate changes in the trucks. He attended classes all over the country in learning not only Kenworth parts, but parts from suppliers as diverse as Cummings diesel engines, and Caterpillar transmissions. And all these kept changing with time and new models. Early in this period his first marriage ended. He then met Wendy and they married in 1977. This marriage also hit on difficult times and ended in divorce. Dick entered AA and has been sober now for over 27 years. As a result, he was able to keep his career and remain very close to his children. And he and Wendy reconciled and remarried in 1996. Four years later Dick retired from Kenworth. Wendy worked for, and retired from the California Department of Water Resources. She keeps her hand in as a consultant.

During his working life Dick's love was fly fishing, so the family also went camping a lot. One of his favorite spots is Eagle Lake. He usually plans an annual trip to Wyoming. Last year he had a great time during a week at Lake Lemolo north of Crater Lake in Oregon where the group got nearly 100 fish. Well, if you're going to fish and you are going to lakes to camp, what else do you need? A boat, and Dick's kid's and step-kids enjoyed many hours of water-skiing as they grew up. Dick's other love is golf. Like most of us, he played sporadically while he was working, but in 1990 he started to play regularly with his brother-in-law. You can also add travel to the family's recreational activities. About 8 years ago Wendy started showing championship Vizsla dogs. This has taken Dick and Wendy to the Cow Palace, San Diego and even Texas. Their older dog, Kila is a field titled AKC Champ. And Dick remembers the very great time he had when he and his oldest and youngest sons took a one month tour of Europe starting in Prague.

All together Wendy and Dick have 12 grandkids. A number that jumped by three when his second son - who already has two daughters - had triplets last year. The proud parent is a stockbroker/retirement counselor/lawyer. The only family member not residing close is Dick's first son, an engineer who lives in Tennessee but is now working in Finland on a nuclear project. One of his grandchildren is getting ready to deploy to Afghanistan having already served in Iraq. Most of the rest are in school.

Dick has a special history with his sponsor to Branch 150, Mike McGill. It's true they both play golf and that was a key part of Dick's joining. But, this goes a lot further back. They went all the way through school together, and then joined the Navy on the same day and have kept in touch ever since. And Dick may be one of a very few of us who is active in two groups - golfing and fishing.

Of Course You (Men) Know!

By an anonymous lady Sir

Of course you men know this old earth, 4.5 billion years old, has been doing a whole lot of shaking: Haiti, Chili, New Zealand, Japan, Argentina, and Pakistan. The ability of people to survive by banding together after deadly earthquakes and tsunamis is remarkable. Japan's 9.0 magnitude earthquake has given the world a new focus with our efforts to halt the release of deadly radiation.

Radiation is not the only fallout we should be worried about. The non-stick coating used in DuPont's Teflon pans has been found to release one or more of 15 different toxic gases when heated to a certain temperature. Teflon is safe in the kitchen when used correctly. However, if an empty pan is left for several minutes on a burner reaching 500 degree F, the coating will break down, releasing toxic fumes. This gas is fatal to pet birds and can cause "polymer fume flu," also known as "Teflon flu," in humans. Teflon Flu symptoms are chills, headache, fever, and nausea. These symptoms are usually gone in a few days and most people thought they had the flu.

Food might not stick to Teflon, but Teflon sticks to us. According to Scientific American, September 2010, the factories that produce the non-stick pans pollute lakes, river, wildlife, and plants with perfluorooctanoic acid (PFOA), a chemical by-product. The chemical does not break down in the environment, and has found its way into the bodies of more than 95 percent of Americans. The chemical PFOA is found in many consumer products including shampoo, food grade paper products, carpets, lubricants, rug cleaner, garden tools, and even zippers. PFOA is released as water and air pollution during manufacturing, and has been found in every U.S. city where testing was conducted. Since the PFOA's originate from a number of different sources, scientists don't know exactly how the chemical gets into the blood of virtually every person in the developed world. According to the EPA it is likely to be carcinogenic for humans. Other studies have linked it to infertility, immune problems, and impaired prenatal growth.

DuPont says the chemical is safe and has vowed to eliminate it from the Teflon manufacturing process by 2015. DuPont claims they will replace it with alternatives that break down more quickly. Renee Sharp, of the Environmental Working Group, a nonprofit watchdog, says too few data are available: "We don't have a lot of assurance that the stuff coming onto the market now is considerably safer."

Of course you men know in the February 2010 SIR Newsletter, I wrote an article on a government test conducted on fish pulled from nearly 300 steams in the USA. All of the fish was contaminated with some level of mercury. While reading the Sacramento Bee, March 24, 2011, there was an article, "Study: Mercury found in most fish not a risk." I thought, "Oh wow, our government took care of this problem in one year." After looking further into this I learned instead of relying on what people said they ate, it measured mercury in their toenails. Since toenails grow slowly and at different rates, they are favored over blood samples. Toenail clippings provide a more accurate picture of long term mercury exposure. Toenails are also easy to collect and can be stored cheaply. This health study found there were no differences seen in risk of coronary heart disease, stroke, or cardiovascular disease among those with the highest concentrations of mercury compared to those with the lowest. However, the EPA and FDA recommended that children and women who are pregnant or might become pregnant avoid certain kinds of fish and limit their fish intake.

This study does not put my mind at ease with the level of mercury in our environment, and it doesn't alter the primary health concerns about mercury exposure. We didn't have to clip our kitty's toenails to realize she is already suffering from an overdose of mercury because of her love for tuna and tilapia. The side effects are excess weight and only enough strength to make it to her food bowl and back to her pillow.

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. The last Friday of each month (except Dec & Jan) is designated as a Scramble

Tournament for which sign-ups are required.

2011 Away Tournaments

Apr 5 (Tue) Mackenzie - 9:22
Apr 19 (Tue) Mickie Grove - 9:00
May 3 (Tue) Empire Ranch - 9:00
May 17 (Tue) River Oaks - 9:00
Jun 7 (Tue) Plumas Lake - 9:00
Jun 21 (Tue) Wildhawk - 9:32
Jul 5 (Tue) River Oaks - 9:00
Jul 18 (Mon) Ancil Hoffman - 9:00

Aug 2 (Tue) Diamond Oaks - 9:00
Aug 16 (Tue) Mather - 9:00
Sep 6 (Tue) Woodcreek - 9:00
Sep 20 (Tue) Teal Bend - 9:00
Oct 4 (Tue) Cavanaugh - 9:00
Oct 18 (Tue) Mackenzie - 9:22
Nov 1 (Tue) Wildhawk - 9:00
Nov 15 (Tue) Bing Maloney - 9:00

BLUNDER OF THE MONTH



Brent's cart after Harold ran into it.



Umm.... Brent - how much will it take to keep this quiet?

State Tournaments

Poppy Hills Qualifier singles matches will be held at Wildhawk on May 23. May handicaps will be used. A playing list must be submitted to Mike Navone by the first of May. Cost will be \$30 which will include golf, prize fund and state fee. Buy your own cart for \$14. Make checks payable to SIR golf branch 49.

The State qualifier will be held at Plumas Lake for our branch qualifiers. Flights 1 thru 3 will play August 16th and flights 4 thru 7 will play August 23rd. The cost will be \$62 which includes golf, cart, breakfast and lunch.

A four-man scramble will be held June 2nd at Teal Bend. Cost will be \$45 which includes golf, cart, prize fund and State fee. A player: 0 to 17, B player: 17.1 to 22, C player: 22.1 to 27, D player: 27.1 to 36.4. Cost will be \$240 per team. Team members information and check must be sent in before May 1st.

The State tournament will be held at Sevillano Links at Rolling Hill Casino in Corning on August 8th. Point of contact is Mike Navone (916) 939-7870 e-mail: mpnav1@sbcglobal.net

TRAVEL REPORT

For detailed information contact **Bill Hooper** at 988-6880 or bhoopkg56@comcast.net
River Cats may be the only game in town soon. Let Bill Hooper know what you think is the best time to arrange a SIR's night or afternoon at a Cats game.

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

Lots of rain, debris and cloudy water. Result - poor, or no fishing. BUT its great to know we will have lots of water this summer. Robert Christian, from SIRS 150, earned first place at the Lake Camanche derby in March. The Folsom NDO was cancelled. A couple of us went anyway. I only know of one fish being caught. The next derby is scheduled for April 12th at Collins Lake. Another NDO is scheduled for April 5th at either the delta or Lake Pardee. Looking forward to a great summer of fishing. Come join the fun.

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.

Bill Cheyne transferred to Inactive status. We now have 107 active members and 15 inactive members for a total of 122. Paul Carrillo's correct email address is: ibpope556@gmail.com.

TREASURER'S REPORT

For detailed information contact **Ralph Tomson** at 354-2236 or rotomson@att.net
Beginning Cash Balance January 1, 2011 \$840.35
Cash Receipts YTD 3,842.02
Disbursements YTD 3,877.90
Ending Cash Balance March 31, 2011 \$804.47
March luncheon attendance totaled 72 members and 1 guest.

BRIDGE NEWS

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

In March we had three tables for Bridge. The winner was Jane Peterson. Joan Bittner and Dudley Overmyer tied for second and third.

BOOSTER REPORT

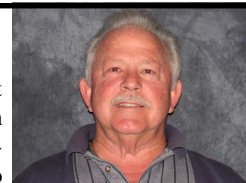
Good news, sad news, or interesting news about our members should be sent to Owen Denman at owen.denman@gmail.com, 683-0252 (hm) or 947-0897 (cell)

On the good news side we learned that Roy Morrison was back home from Eskaton and Ralph Tomson was proud to announce his first Great Grandson's arrival. In February we sent cards out to Charlie Martin (out of commission for a few weeks and going in for an MRI on his left hip) and John Carson (out with hip problems), recalling that Earl Kennedy was out of commission with his hip surgery last month. We also sent cards to Bill Cheyne who is on a medical inactive status for a few months and Art McManus who had a disk removed. We also sent out a few cards to members who were needing a "pick-me-up" for various reasons. Keep in touch with these folks and send your best wishes. It always helps to hear a friendly voice during trying times.

Please continue to keep me posted on both good news and sad news items from our members and I will try to send our collective best wishes. Thank you for your support.

Cal's Garden

April is a good time to start some vegetables. It is still a bit early for tomatoes. They require warm soil and warm nights to do well. Last month Cal mentioned getting your soil ready. Now is a good time to throw a little 16-16-16 fertilizer in to give it a chance to filter down through the soil. Now is also a good time to start a few veggies such a potatoes and lettuce. A good trick with lettuce is to plant in trays such as 6" X 6" X 2". Lettuce does not develop a deep root system and by putting it in the trays, you can move it around to keep them in locations that provide morning sun only. A set can be started now and then another later so you can pick through June. After that, it is too warm and the plants go to seed before developing good edible leaves. Other plants to be thinking about in April are eggplant and sugar peas. Cal says his sugar peas hardly ever make it inside the house since he consumes them in the garden. Also mid April is a good time to start green/red/yellow/orange peppers but keep in mind that during the summer, they do best with direct sun only until about 1:00. If you plan it well, you can plant these so they will be shaded by the tomatoes you plant later on that will grow rapidly. Another plant that benefits from this relationship is basil. It too can be started early but the hot afternoon summer sun is not its friend. Other peppers such as Anaheim (also called New Mexico) peppers and the much hotter Habanero chili variety can be started mid April. Cal's wife makes a Habanero pepper jelly which he claims is great with cream cheese and crackers. But you have got to like hot stuff. Speaking of peppers, the Italian waxed pepper is great pickled. These peppers are picked when they are no longer than 2 inches since they become very hot when mature. If you like hot stuff, let them grow.



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 the only correct answer submitted was from **P.J. Andrews**.

Replace the dashes to complete the following words. All four words mean 'MYSTIFYING'.

What are they?

B _ _ _ _ _ ING

B _ _ _ _ _ _ _ ING

P _ _ _ _ _ ING

P _ _ _ _ _ _ _ ING

Answers to last month's puzzle

A: 6 (1 + 5) B: 74 (32 -reverse the digits - x 2)

Just a little Reminder

Our ladies day SIR 150 Picnic is coming up, so don't forget to plan for the event. We will have the picnic May 25 this year. Mark your calendar since it is a week later than our normal meeting.

We are planning to keep the price at \$10.00 per person again this year, and the tickets will go on sale at our April meeting

We have some great activities with lots of food and fun. Again, this year we have prizes for the ladies.

More information and a detailed map will appear in the May newsletter.

Questions? Call Jerry Courter (353-0715) or Don Severance (961-6668)

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
2010	Jim Dodge

Senior Sir

Tom Bittner 2010

Honorary Life Member

Jim Rae 2007

Don Severance 2010

Birthday Boys

Sesso	Tony	Apr-01
Edelen	Rick	Apr-02
Barthel	Daniel O	Apr-04
Means	John W	Apr-05
Neubacher	Robert G	Apr-07
DeVillier	John	Apr-08
Livingston	Earl	Apr-10
Kjome	John D	Apr-12
Carlstroem	Bob	Apr-13
Rotz	Jeff R	Apr-14
Steele	Howard	Apr-15
Sweeney	Joe	Apr-15
Trathen	Robert	Apr-15
Reed	Charles J	Apr-21
Williams	Robert H	Apr-25

THE IRON

A blonde with two red ears went to her doctor. The doctor asked her "What happened?"

She answered, "I was ironing a shirt and the phone rang, but instead of picking up the phone I accidentally picked up the iron and stuck it to my ear."

"Oh Dear!" the doctor exclaimed in disbelief. "But what happened to your other ear?"

"The person called back."

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

