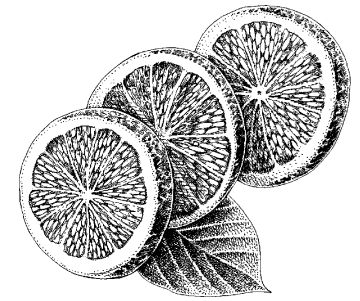




Orangevale Branch 150



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

September 2011

Meetings - 3rd Wednesday of Each Month		Next Meeting - September 21, 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:	Cornish game hen with wild rice stuffing, broccoli cheese gratin, salad and dessert.
		Speaker:	Greg Voelm - author, Chairman: History Commission
		Topic:	The History of Gold in California

Big & Little Sir Tidbits



Big Sir John Duffy

Ah, September and we begin the path to shorter days, longer nights. I am delighted to acknowledge John Rizzardo for "stepping up" to become Little SIR for 2012, and I look forward to Fred Teron taking over the reins as Big SIR next year. I know Fred has worked hard to bring us speakers, and I know some of the "challenges" he has faced in making that all happen. He has been at every luncheon, complete with wine for the masses, lunch table orders that please only those lucky enough to draw 1 or 2. He has already obtained a supply of speaker awards (pens) for next year. He will have an extra share of challenges as we move to renew our contract for next year's meetings. I am choosing to start you thinking about our Christmas luncheon, with our many special ladies in attendance. Jerry Courter and Don Severance have been working hard "behind the scenes" to make it all come together. Look for their announcement with details at a meeting soon. We will see bowling coming back on line soon and I understand that the cooler weather might entice those fish to hit the bait and lures with more abundance – thus insuring a more equitable distribution of fish among the fishermen. (Oh, you say it's more about skill than luck?) I'll close with a special blessing for Joe Ramay who missed out last meeting as he was dealing with a health challenge. I see him whole, healthy and well for our September meeting. See you all on the 21st.



Little Sir Fred Teron

On behalf of the members of our branch who stayed for the speaker and myself, I would like to thank our own John Duffy for a fine slide show and presentation on his recent trip to the Galapagos Islands. Not only did we get a great view of the islands and the underwater sea life, but a lot of information about this area. He filled in on short notice when Warden Foy was called for jury duty and gave an extremely enjoyable presentation. Thanks again John!

The speaker for our September meeting will be Greg Voelm who has been teaching college and graduate school students for more than 25 years. He is the chair of the History Commission of Sacramento, and is the author of the rip roaring book True Gold: History and adventures in the gold country from the Indians to Arnold. In addition to many appearances on television and radio, he has been featured in the New York Times, Time, Youth and Via magazines. As a sought after speaker, he has lectured at U.C. Berkley, University of San Francisco and St. Mary's College. Using a power point presentation, he will speak to us about a history of gold and adventure in the Sacramento and the Gold Country areas of California.

Be sure to come to the luncheon and enjoy fine friendships, a Cornish game hen lunch, and stay to hear an entertaining presentation by our speaker. You might even win a good bottle of wine in the raffle. Bring a friend and show him the benefits of being a SIR member.

August Election Results for 2012 Branch 150 Executive Committee

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

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
Asst. Treasurer	Tinker Qualls	719-5119	Communications	Bob Neubacher	685-7528	Quartermaster	Walt Nauer	966-3588
Director	Jim Dodge	638-2394	Comm. Asst.	Ralph Tomson	354-2236	Recruiting	Jim Dodge	638-2394
Director	Chuck Reed	363-8406	Fishing	Bob Bonner	961-5403	Social Affairs	Jerry Courter	353-0715
Director	Stan Wirth	362-1748	Golf	Harold Doppelmayr	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



Fred Teron was born in San Francisco in 1943. Dad was with the Army Corps of Engineer's in Europe at the time. Mom was staying at her parents. It was not very long

until Mom took Fred to Chico where she got an apartment. This got Fred and his one sister closer to his father's parents home, a ranch outside of Chico. The grandparents were Ukrainian and had lived in Canada before they moved to the ranch. It was fairly rustic and Fred remembers a real functioning outhouse. It is thought Fred's grandfather may have perfected the *Thompson Seedless Grape*. Fred's other grandparent's moved to Chico. After the war his Dad went to work for Rainbow Bread as a truck driver. Fred went all through Chico schools from kindergarten to high school graduation in 1961. Fred lettered on his high school baseball team in his last three years. He also learned to both hunt and fish. His group took a 16 by 32 foot Army tent with a separate cook tent on their hunting trips. They even had satellite TV. Hunting and fishing are no longer a high priority.

Fred started at Chico State and lived at home. For his sophomore year he and four or five friends enrolled in the then brand new Yuba Junior College just south of Marysville. They commuted from Chico, over fifty miles away. In 1965 Fred met his wife to be, Lynne. Lynne was a bridesmaid in a wedding where Fred was a groomsman. Fred moved to Sacramento and went to Sac City Junior College. The next year he started at Sacramento State. He worked at Mandy's Pancake House and the Billy Boys Pancake Restaurant to pay the rent. Fred and Lynne were married in September 1968. Their two children were born in 1970 and 1973. Three months after his wedding Fred interviewed for a position at Sears and got the job. He decided to make his future career in retail. He did so successfully and retired in 1993. At Sears he encountered his sponsor to SIR 150, **Jim Dodge**. They made a good working team despite being fanatical fans of different baseball teams -Fred with the Giants and Jim with the Dodgers. For quite awhile, Jim had bragging rights, but things have gone Fred's way lately. Fred also lives and dies with '49er games. While the kids were growing up, vacation time was limited, but they made it to Disneyland, and did a fair amount of camping. His son was involved in baseball and daughter in gymnastics. There were practices, meets, and games to go to. An annual visit to the Butte County Silver Dollar Fair in Chico was also mandatory.

Lynne just recently retired from her teaching career at Hollywood Park Elementary. Interestingling, she attended the school when it first opened as a 6th grader. She got first teaching job there and remained there until retirement. They now have some time for travel.

How about this one: Every Mother's Day, Fred takes a trip (without Lynne) to the Southern 500 NASCAR race in Darlington, South Carolina where he is joined by his daughter. This year Fred obtained vial of Atlantic Ocean water from Myrtle Beach for Lynne to add to her collection of waters of America. TSA folks made him label it before he flew back.

Fred loves gardening, and a good game of golf. Fred's daughter works at Purdue University and his son is employed by Sacramento County.

How much protein do you really need?

Submitted by Bob Neubacher

Guess how much protein is in a juicy, 8-ounce cheeseburger washed down with a milkshake? This single meal contains two to three times as much as most people need per day.

It's no great surprise that Americans chow down on a lot of protein. We love beef and consume about 67 pounds per capita annually (that's four times the international average). The popularity of low-carb regimes such as Atkins has also made meat the go-to food for dieters.

In fact, the average person eats about double the amount of protein that their body requires, according to the results of 2007-2008 National Health and Nutrition Examination Survey conducted by the Centers for Disease Control and Prevention.

How to fulfill your daily protein requirement

The human body uses protein to repair damaged cells and to build new ones. Marion Nestle, professor of nutrition at NYU and author of *What to Eat*, estimates that the average adult man needs about 65 grams of protein a day and the average adult female needs about 55 grams. Some sources, such as the Centers for Disease Control and the World Health Organization say you can maintain a healthy diet with even less.

What does this actually mean in terms of food choices? The National Institutes of Health explains that most people can meet their daily protein requirement by eating two to three small servings of a protein-rich food a day.

Examples of a single serving of protein include:

- 1 egg
- 2 tablespoons of peanut butter
- 2-3 ounces of red meat, poultry, or fish (about the size of a deck of cards)
- ½ cup of cooked dried beans such as black beans or chick-peas

Whole grains, seeds, and some vegetables also contain protein, so consuming enough is not difficult even if you don't eat meat. Vegetarians and vegans can easily get what they need by balancing complimentary proteins such as corn and beans or rice and tofu. Nutritionists used to recommend combining foods at the same meal, but research now shows that is unnecessary.

Are there drawbacks to eating more protein?

Eating large amounts of red and processed meats is associated with higher rates of heart disease and cancer, and most nutritionists such as Marion Nestle recommend cutting back on meat, especially on fatty cuts.

However, it's less well known that your protein choices can have a substantial impact on the environment. Meat and dairy production requires tremendous amounts of fuel, pesticides, and chemical fertilizers, and generates greenhouse gases. The Environmental Working Group's (EWG) recently published *Meat Eater's Guide* points out that if you ate one less burger a week it would be the environmentally-positive equivalent of taking your car off the road for 320 miles.

Meat is also expensive. Not all proteins are created equal — neither at the doctor's office, nor the cash register. Here's a comparison of three typical proteins:

Porterhouse steak	Farm-raised salmon	Lentils
Serving size: 4 ounces	Serving size: 4 ounces	Serving size: 1 cup
Protein: 22 grams	Protein: 22 grams	Protein: 17.9 grams
EWG carbon footprint rating: 2nd worst out of 20 analyzed	EWG carbon footprint rating: 5th worst	EWG carbon footprint rating: best
Cost: 4 dollars	Cost: 3 dollars	Cost: 20 cents
Fat: 22 grams	Fat: 10 grams	Fat: zero
Saturated fat: 9 grams	Saturated fat: 2 grams	Saturated fat: zero

Many people find meat to be a delicious and satisfying component of their diet that they don't want to sacrifice. But if you want to save money, eat a nutritionally sound diet, and are concerned about the impact meat and dairy production has on the planet, consider reducing your consumption.

Here are some tips from the EWG's *Meat Eater's Guide*:

- Reduce portion sizes by eating one less burger or steak each week, or participate in Meatless Mondays by skipping meat (and cheese if you can swing it) just one day a week.
- Choose the healthiest protein sources when you can. Beans, low-fat yogurt, and nuts are all high in protein and low-impact.
- When you do eat meat and cheese, eat the highest quality that you can afford. (One way to save money is to eat less, but better quality meat and dairy products.) Here's a guide decoding the labels, from cage-free to grass-fed.
- Don't waste meat. Uneaten meat accounts for about 20 percent of meat's greenhouse gas emissions.

You don't have to become a vegetarian or go to other extremes. These small changes will help reduce your impact, while providing plenty of protein in your diet.

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

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

Sandbaggers of the Month

Home



John Sigl carded a net 57, 6 under par at Cordova. Honorable mention to **Rick Lauther** for a net 5 under par 58.

Away



John Ramos shot a smooth net 62, 10 under par at Diamond Oaks. Honorable mentions to **Harold Doppelmayr** for a net 64, 8 under par and **Chuck Reed** for a net 65, 7 under par.



Paul Carrillo and **Mike McGill** both came in with net 67s, 5 under par. There were only 6 golfers out of 29 who shot below par.

Cordova - September 2nd

It will be golf as usual on Friday September 2nd. The course will NOT be charging holiday rates.

On the road to Poppy Hills State Championship

Congratulations to **Brent Soulis** for winning his flight at Plumas Lake with a net score of 67, 5 under par. And congratulations to **John Sigl** for coming in 1st place in his flight with a great net of 61, eleven under par. Also playing and hoping for better results next year were: **Jim Dodge**, **Dick Wheeler**, **Jim Rae** and **Fred Teron**.

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

Wow! Is this weather great for fishing the beautiful California lakes. The Jolly Hookers derby for August was held at New Melones Reservoir. Nineteen fish checked in but many more were released. Twenty six fishermen. My third place was only 1 lb. 3 ounces. Hopefully the fish will grow for next year. The NDO was held at Loon Lake. Just a beautiful high mountain setting. Small fish here also. Many of us fished Stumpy Meadows Lake on Monday and stayed at John Frantz's cabin before fishing Loon Lake on Tuesday. The trout were bigger there.

In September the derby will be at either Lake Berryessa or the Sacramento River, and the NDO will be at Caples Lake. Life is good and we are blessed.

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

In August we had three tables. 1st - Bob Odehnal; 2nd - Lee Peterson; and 3rd - Joanne Martin.

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 August Meeting: Owen Denman transferred to Inactive status. An application from Corky Abernathy for membership was approved. We now have 105 Active members and 16 Inactive members for a total of 121.

We need at least one new member each month just to replace our aging brethren so keep bringing in guests who receive a free meal on their first visit.

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)

Nothing major to report this month. All is well!

Editor's note: Owen did one fantastic job. He has moved to "inactive" status. We will miss his input and hope he returns to "Active Duty" soon.

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 year to date	7,993.62
Disbursements year to date	8,090.97
Ending cash balance July 31, 2011	\$743.00

Cal's Garden



Well the garden is producing, and once again - producing. Since I was traveling this year I had to plant early, so while others are midway through the season, my garden will begin to peak out real soon.

This brings up the subject of "What to do with all the fruits of your labor?" Of course canning is an option but as far as the tomatoes go, all you need to do is plop them in the freezer for stews, soups, spaghetti sauces, etc. When you need them, just put them in some warm water and the skin just falls off. Another advantage to this method is that as they defrost, a large amount of water will separate and can be tossed out to cut down on the cooking time to thicken the sauce and thus preserve the vitamins. Peppers do not freeze well but stuffed peppers are just the opposite. And unlike tomatoes, bell peppers can remain on the plant for quite some time. So only pick them when you need them. Besides giving to all of your friends and relatives, you can check with your local food bank to see if they can use vegetables for their program.

Now is the time to check the hidden areas under, and within, your tomatoes vines and other dense growth. Weeds can develop to maturity without being observed and thus produce seeds to aggravate you next year.

As far as planting, it is too early for cool climate crops. But if you love green beans, you probably can get another crop in before they quit producing.

Happy gardening!

Remember the Attendance Requirements

The "Gold Pan" is our primary source of operating funds. Lunch charges (\$15) are a straight pass-through to the Elks Lodge. If you miss a meeting, please make up for the absence at the following meeting.

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. The **first correct answer** last month was submitted, once again, by **Bob Bonner**.

Time Out! (or is it timeout?)

Clock A was correct at midnight.

From that moment it began to lose three and a half minutes per hour.

The clock stopped an hour ago showing clock B.

The clock runs for less than 24 hours.

Clock A	Clock B
00:00	16:57

What is the correct time now?

Last month's puzzle:

Travel time: 3 hrs

Normal: 3 gals

Leak: 8 gals

Loss: 5 gals

Thus 5gals/3 hrs = 1 2/3 gals per hour

Don't Forget--- Most new members for 2011

Lobster or Abalone

First Place: 1st Choice

Second Place: 2nd Choice

Donated by Big Sir John Duffy

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
2010	Jim Dodge

Senior Sir

Tom Bittner 2010

Honorary Life Member

Jim Rae 2007

Don Severance 2010

Birthday Boys

Brooks	Larry F	Sep-04
Ferreirae	William L	Sep-07
Qualls	Clinton F	Sep-08
Duffy	John M	Sep-09
Chargin	Robert A	Sep-15
Haag	Ted	Sep-25
Carrillo	Paul J	Sep-26

Late Payment

Last year I replaced several windows in my house. They were the expensive double-insulated energy efficient windows. This week I got a call from the contractor complaining that the work has been done for a year and I had failed to pay for them. Boy, oh boy, did we go round and round!. I told him no one pulls a fast one on this ol' lady. (Even though I am a senior citizen and I wasn't born a blonde, doesn't mean that I am automatically stupid!) I proceeded to tell him just what his salesman told me last year; "That in one year they would pay for themselves."

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).

