



Doug Cook

Big Sir's Notes

As my term as Big Sir draws to a close, I would like to share the following thoughts with you. This has been a most challenging, productive and exciting year. Much has been accomplished. I want to thank the officers, directors and committee chairs for their support, encouragement, valuable input and dedicated effort to me and on behalf of Sir Branch 146.

Also, when asked, former Big Sirs were most gracious in providing me with wise and effective counsel. I am most appreciative and proud that Branch 146 members demonstrated confidence in me by giving me the opportunity to serve as the Big Sir. It has been an unforgettable experience. Thank you all!

Your new officers and directors are excellent choices for leading our branch in 2005. Support them! Finally, if you have not signed up for the December luncheon, please do so. As always, the program promises to be outstanding and remember, it is for all members who want to attend.

See you there!

Ladies Day

Complete Reservation Form on page 7



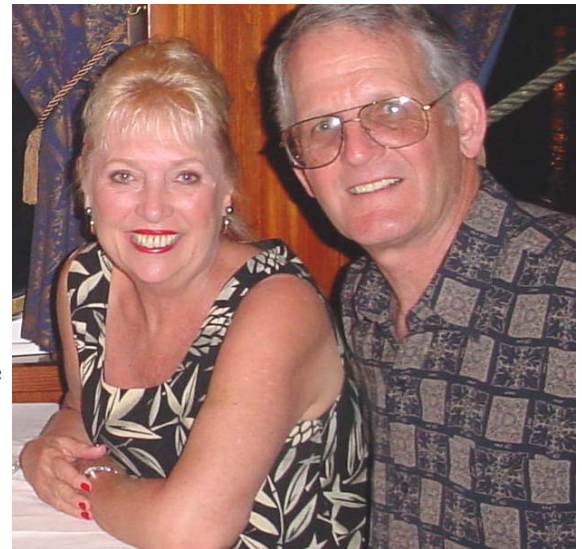
Ray Kan

Little Sir's Corner

In December we will be celebrating the Holiday Season with a program given by our own members. Joy, songs and maybe a skit for the season. This is usually our biggest turnout of the year. Get your reservations in early to guarantee a delightful luncheon with the ladies.

Know Your SIR

Pete Gates



I was born in San Mateo in 1938 and have lived in California my entire life. I was transplanted from the Peninsula to the Sacramento Valley where I graduated from Lodi High School. The Marine Corps Reserves shipped me out to boot camp immediately thereafter.

I returned to school and graduated from Stockton J.C. before attending U.C. Berkeley. Armed with my B.S. in Chemical Engineering in 1961, I began a long career with Chevron at their Richmond refinery. I spent 17 years at the refinery, 7 years with Chevron Research and finally, 10 years at Corporate HQ in San Francisco.

My wife, **Ann**, taught primary grades in the Mt. Diablo School District for 30 years until she retired in 1992. I retired from Chevron in 1995 after a very fulfilling 34 years.

We have four children and seven grandchildren, ages 2 to 24. And they are scattered from Elmira, NY(1), to Pleasant Hill(1), Palo Alto(2), Hollywood(1) and Honolulu,(2).

Fortunately, **Ann** and I love to travel. We have been blessed with reasonably good health so we have traveled to many interesting and exciting places around the country and the world. We look forward to continuing our travels, God willing.

I have been a SIR for about two years and have enjoyed some of the many outstanding activities available including: travel, fishing, walking, computers, wine tasting and social. I also enjoy hunting, reading and puttering around the house.

Pete has ably functioned as a fill-in SIR Call editor and was recently elected a BR 146 Director for 2005. .ed

A guy from Arkansas passed away and left his entire estate to his beloved widow. But she can't touch it 'til she's 14.

Bowling

Gus Edwards



It's a long season, but at the one-third mark, Dave's Dudes (**Rasmussen, Weisz, Edwards, Mitchell**) are in second place just one-half point out of first despite **Ray Weisz** being placed on injured reserved. The Dudes are 3 1/2 points ahead of the third-place team in this sixteen-team league. Our season is not nearly as long as the seasons faced by the Raiders, 49ers, and Warriors. Individually, **Stan Strange** has a high scratch game of 266, a high scratch series of 653, and a high handicap game of 295. Veteran bowler **Tom Lindeland** has a high handicap series of 767. The next Sirs tournament is December 7th and 9th at San Rafael sponsored by the Marin Sirs (Area 6).

Area 2 Computer Group

DICK CURRY 376-5541 racorinda@pacbell.net

FLOYD SKELTON 838-2515 f.skelton@att.net

*Think I'll get on the computer.
My cyber babe thinks I'm
a stud.*



Meet the 3rd Thursday of each month 9:30 to 11:30 a.m. at the Social Hall of the Walnut Creek United Methodist Church, 1543 Sunnyvale Ave. (off N. Main, one block north of the Treat/Geary/N. Main intersection).

There will be no December meeting of the SIR Area 2 Computer User Group.

Our next meeting will be Thursday, January 21, 2005.



Cooking

Don Nunn

1st Monday at various members' homes. Hi all of you foodies..

We had our November meeting at Sir **Charlie Kiser's** home on November 8. Outstanding wine, food and companionship and a great closure to 2004. Sir **Charles** prepared an outstanding Thanksgiving feast. A beautiful and outstanding green salad and a dressing fit for the gods. Followed by turkey, dressing, mashed potatoes, corn, beans and cranberry sauce. It was topped off by a fantastic pumpkin pie ala crème. Kudos to Sir **Charles** and his dedication. This is the unusual and interesting philosophy that makes our Branch 146 so much fun. Thanks to Sir **Charlie** for a great luncheon. Remember to save March 2 for the next dance.



Cooking Too

Rich Hanford

2nd Monday at various members' homes.

Bill Cammerer treated the group to a traditional Thanksgiving feast, local wines plus turkey and all the trimmings. The turkey was deep fried in oil instead of roasted. The result was delicious. Since neither local Indians nor women were in attendance, luncheon topics freely discussed included gambling and the potential side effects of a popular new drug.



Cooking Too at Bill Cammerer's home. L to R, **Stu Somerville, Ken Richter, Rich Hanford, Jeff Baily** and **Bill Cammerer**

Duplicate Bridge

Bob Donahue



Monday following the monthly SIR luncheon at 10 am hosted by different members. Bring lunch.

Sir **Bill Snyder** hosted four tables of duplicate bridge in November. **Jim Jackson** was first with 48.5 points. **Doug Carlson** was second with 42 points and **Fred Kovar** was third with 41 points. **Bill Snyder** was fourth with 38.5 points. The next meeting is scheduled for Monday, December 13. Contact **Bob Donahue** at 376-4527.

Couples Duplicate Bridge

Lo McCarley



Meet the 3rd Wednesday of each month starting at 7:00 pm at participants' homes. Couples play as partners.

Eight couples had a great time playing duplicate bridge at **Jim and Allison Todhunter's** home on November 17th. **Bob and Janet Yolland** took first place with 40 points, **Jim and Allison Todhunter** took second (36 points), **Stu and Margot Somerville** (32 points) placed third, and **George Zurich and Tamara Judson** (30 points) came in fourth. The last meeting of the year will be Wednesday, December 15, at **Lynn and Dasha Freeman's**.



Cribbage

Al Tufo

2nd Wednesday at 12:30 hosted by different members.

Oh my, I hate to do this, but the Cribbage Club didn't get to have any tournaments again this month. It seems that all the old horses used up their energy in the previous tournaments. We are relaxing in our stalls and eating lots of oats and getting ready to start again in December. **Langley Erickson** will host our scheduled date on December 8th.

Happy Turkey Day

Ciao **Tufo**

Garden Club

Chuck Bobinecz



Friday December 3 at 9:30 am at Thurmond Casey, Ygnacio Valley Library on Oak Grove Rd.

Our December 3rd Garden Club meeting at 9:30 am is our year-end meeting and the club will elect the Chairman, Vice Chairman and Garden Mentor for the year 2005. There is no meeting in January.

Cal Jones is giving a presentation on "how to plant annuals" After we have winterized, it's time to start planning for next year. Garden tip of the month: I've read in many sources that gardening is a great form of exercise when you get down and dirty. Also, it is time to winterize your houseplants. When the windows are closed and the furnaces are on, houseplants need 30-60% humidity. One way to do this is place them on a tray of pebbles and add water to cover one half of the pebble depth.

Tuesday Golf

Walt Barabash



October 19: No golf due to rain.

October 26: No golf due to rain.

November 2: First Flight: **Lew Thompson, Bob Yolland and Bill Cammerer.**

Second Flight: **Dan O'Sullivan, Doug Cook & Fred Kovar.**

Closest to the Pin: **Jeff Baily.**

Low Gross: **Lew Thompson: 79.**

November 9: First Flight: **Frank Rockwell, Bill Cammerer and Russ Bliese.**

Second Flight: **Ray Kan, Ken Richter and Pablo Chavez.**

Closest to the Pin: **Jeff Baily.**

Low Gross: **Bob White: 82**

Sign in a nonsmoking area: "If we see smoke, we will assume you are on fire and take appropriate action."

Away Golf

Jim Baldrige



As mentioned at the luncheon we are looking into a December date for an Away Tournament at Micke Grove, Lodi. If we can get a date that doesn't conflict with the holidays we will get a flyer out at Tuesday golf.

Mark your 2005 calendar for Silverado on Monday April 4. It's a 144 player 12:00 shotgun on the South Course; a great outing for couples and guests. Cost is \$45 for SIR golfers competing in the prize fund and \$43 for guests or those choosing not to compete for prize money. We will get a flyer out shortly.

Questions **Jim Baldrige** 925-689-9232.

e-mail jimjudy@aol.com.



Health Matters

Physical and Mental

The following articles were copied with permission from the *Aviation Medical Bulletin* published by Harvey W. Watt & Co. 1-800-241-6103

These articles are not intended to provide specific medical advice. That should be obtained from your physician.

ATKINS DIET BENEFITS

In two separate studies, persons who followed the Atkins diet for six months to a year lowered their triglyceride (a blood fat that contributes to heart disease) levels and raised their HDL "good" cholesterol levels. Also in the studies, persons on the Atkins-style low-carb diet lost more weight than those on traditional low-fat diets.

These studies are short-term and further research is being done to determine if diets heavy in protein and fat may damage the kidneys or liver or contribute to bone loss.

Source: *New England Journal of Medicine*, Vol. 348. Pg.2074

NOT-TOO-FIRM

The gold standard for treatment for back pain has been sleeping on a firm mattress. Now a new study refutes that conventional wisdom. In a study of 300+ low-back pain sufferers, those who slept on a medium-firm mattresses did better than the ones who slept on firm ones.

It seems that medium-firm mattresses put less pressure on the shoulders and hips, making it easier to lie on one's side.

Source: *Health News*, January 2004

MCDONALD FAT

Although the burger giant announced that it would be reducing the amount of artery-clogging trans fat in its French fries and other fried foods, Consumer Reports found that its products are "still swimming" in bad fats. The good news: McDonald's fries have less of the trans fat than Burger King's.

Source: *UC Berkeley Wellness Letter*, February 2004

SIMPLER DRIVING

Once I decided to never consciously exceed the speed limit, driving became much simpler. Because then I no longer ever decide when, and by how much, to exceed the speed limit. I ceased to watch for cops, and I became much more calm, simply letting the speed demons fly by. I stay in the right-hand lane on multi-lane roads, where my chances of a head-on collision are vastly reduced.

And, wow, do I save on gas!

Source: Kevin H Axe, *Family Health & Safety*, Vol. 53, No.3

REDUCING CANCER RISK

You could cut your cancer risk by:

20% if you would eat at least five servings of fruits and vegetables each day.

30% if you would stop smoking.

30% to 40% if you would eat mostly plant-based foods, exercise regularly, and maintain a healthy weight.

Source: American Institute for Cancer Research

Letters to the Editor

Dear Editor

"Letters to the Editor" can be a fine addition to the Sir Call. However, I don't believe essentially any letter should be printed. The "do no harm" concept is a suggested control. For example, good policy is declining writings that could stir negative vibes about the author or his subject. Another example is declining those with issues better aired in Executive Committee. Also, strong passion for a subject shouldn't be a free pass to publication. Otherwise, write on! **Dick DeVoe**

Dear Editor:

I am trying to determine if there would be enough interested SIR golfers to justify a nine hole golf group having tee times set up much as they are now. Anyone interested in this possibility call me at 935-2945. **Hal Rodgers**

Dear Editor

SIR luncheon programs are nearly always outstanding! Sadly, many members will never know, feeling that their own talk is more important than that of the guest speakers. We are slow learners in the courtesy department, which doesn't say much for the quality of some of our members... That's the polite way to say it. Nasty letter follows. **Don Martin**

Doing Lunch



Sir Charles Unfried & Sir Hank Berryman at the November 2004 Armistice Day Lunch



L to R, **Bill Root, Lo McCarley, Tom Gorman, Jeff Baily and Mike Varner.**

Guest Commentary

Our branch enjoys unprecedented success due to many reasons.

These include: The very high caliber of Branch 146's overall leadership that sets the tone of a vibrant ongoing operation. The quality and number of men that lead more than 20 activities giving us a wide range of programs to enjoy and most importantly, the number of men that consistently participate in each activity which helps keep our branch strong.

Several surveys have been run to make sure our branch meets the needs and desires of its members. These surveys have resulted in a variety of great new programs. Continued participation to each individual's degree of comfort is enjoyable and key to our future success.

One area we can work on is to encourage all Branch members including those individuals we have sponsored in the top 30 of our waiting list to participate.

If the activity has room available they will be welcome to join in the fun. If you are in the top 30 of the waiting list, don't wait for your sponsor to invite you to get involved. Just call the chairman of the program listed in the Sir Call.

Its a great way to get to know our members better, have lots of fun being part of the group, build your skills in that activity and keep Branch 146 successful on a long term basis.

Bob Yolland

Walking Group, November 19



SirJohn Lewis and his Walking Group at Lindsay Wildlife Museum in Walnut Creek..

Investments

Ben Smith

4th Wednesday 8:00 am at Diablo Creek Golf Course (Legends Grill), North Port Chicago Highway and Highway 4, Concord.

Ben Smith (925)820-5403 bjssmith@Aol.Com

"Sums In Retirement" met on November 17, 2004 as announced in the November issue of this newsletter. That was our last meeting of 2004. We will resume our normal schedule in January 2005.

Ginger Rogers did everything **Fred Astaire** did, but she did it backwards and in high heels.

Luncheon Attendance **Bill Root**

SIR's Luncheon 2nd Thursday of every month at Blake's Restaurant, Boundary Oak



Call me by Friday noon prior to the Luncheon at 943-6194 if, for any reason, you are unable to attend. If I am not home, press 3 and leave your name, badge number and telephone number.

Be sure you call.

Waiting List:

If you are going to attend, you must call by Friday prior to the Thursday Luncheon.

SIRs bringing a guest:

Call by Friday prior to the Thursday Luncheon and leave your name and the name of your guest.

Regular members missing 3 consecutive meetings without notifying their attendance chairman, giving a valid reason, or attending less than 6 meetings in the last 12 months shall be notified by letter of their pending membership termination. Certification of another Branch meeting will be considered as credit to attendance record.



Luncheon Menu **Jerry Bellows**

This month's luncheon menu

Salad - House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Petite fillet of beef with twice baked potato.
- Fillet of salmon with roasted vegetable orzo

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea

Membership **Jim Jackson**

Branch 146 Statistics: Members 210, HLMs 4, Waiting List 54. November Attendance: Members 173, HLMs 2, Waiting List 9, Guests 5, Excused 31, Unexcused 6. Total November Attendance: 189. Status Changes: Inducted: None

New Top 30 Men: None. Added to Waiting List:

Stephen Dawkins, Byron Lee, Allen Meier,

William Stephenson Current Top 30 Man Waiting List (prioritized): **Jim Wray, Dave Nebinger, William Triantis, Lee Vincent, Stan Strange, Jesse Crews, Albert Bond, Larry Busboom, William Stevenson, Martin Perkins, Henry James, Norman Kingshill, Doug Butler, Joseph Barry, Reginald Fromm, Daniel Meckfessel, William Malone, Harold Whisler, Tom Morgan, Jack Waddell, William Holsberry, Jack Hockel, Ronald Plachy, Orlo Jones, Russell Anderson, Daniel Schlatter, Donald Tubb, Robert Hutfliess, Richard Colombo, Miles O'Conner.** Remaining Waiting List Men (prioritized): **John Hayes, Harold Powell, Roger Maire, Jim Reed, William Schmech, Ronald De Golia, Charles Kistenmacher, Peter Kautz, Robert Royster, Gary Thomas, Timothy Valanos,**



Vincent Rettew, Bill Baltezare, Thomas Boltz, William Danzig, Ron Binder, Patrick Tinguely, Rick Esquerra, James Burk, George Knies, Stephen Dawkins, Byron Lee, Allen Meier, William Stephenson.



Party Bridge **Fred Bolton**

1st Monday at 10 am at various members' homes. Bring a lunch.

We had seven tables of bridge at our Ladies Day game held at Marie Calender's on Nov. 1.

Winners were **Chuck & Helen Hammond, Jim Brown & Barbara Lundblad, Ed & Virginia Young and Jim Jackson & Lynn Freeman.** Our next game will be on Dec. 6 at **Fred Bolton's** home.

Song Sirs **Chris Satterthwaite**

Practice is held at the WC Presbyterian Church normally at 3:00 pm Wednesday.

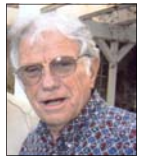


The Song Sirs enjoyed their participation in the Branch celebration of Vets Day. Three performances are now on tap for the remainder of 2004. These include the Walnut Creek Senior Manor, the Heather Farm Garden Center and the Ladies Day Branch Luncheon. We shall sing an ample number of Christmas songs on each occasion. The year 2004 has been very rewarding for us.

We are now planning for 2005 and there will be a new Song Sirs Committee Chairman. His name is Sir **Bill Rees** a long time member and major contributor. Thank you for listening these past two years.

Chris

Sunshine **Chuck Smith**



This is to update the unhappy developments in the **Sullivan** family.

Gloria has sustained 3 challenging strokes in the last few weeks and is fighting the battle at Kaiser in Vallejo after surgery on her arteries. Sir **Owen**, in the mean time, needs attention 24/7. He has returned to the VA hospital in Martinez but will probably be moving to a nursing home in Concord very soon. He has a real good attitude but sure regrets that he can't be at Gloria's bedside every day. Your prayers and cards are appreciated.

Sir **Frank O'Loughin** had gall bladder surgery last week . It was removed and **Frank** is feeling great.

*This is **Chuck Smith's** last column on Sunshine. Great job **Chuck...***

Fishing

Sal Costanza

4th Thursday at 8:30 am. at Diablo Creek Golf Course (Legends Grill). North Port Chicago Highway and Highway 4, Concord.



Last month our own **John Wall** was the fish-master of a successful fly fishing trip to Idaho and Montana. The reports given by those who went on the trip were glowing. It's hard to paraphrase great experiences. So, come to one of our meetings and hear them for yourself.



Travel Opportunities **Charlie Kiser**

January 24-28, 2005 NYC Theater Tour.

Includes r/t air and Times Square accommodations, 6 meals, 3 Broadway shows, backstage meeting with cast of Wicked. Radio City Music Hall backstage tour. Cost \$1573 p/p d/o.

Contact **Bill Hansen** 939-4951

May 23-June 2, 2005 Branson & Barging. A unique combination of the entertainment world of Branson and casual cruising aboard the River Explorer.

In Branson deluxe accommodations, 9 meals, 8 shows including Japanese fiddler **Shoji Tabuchi**, Mississippi barge cruising from Memphis to St. Louis, all meals and shore activities. Cost \$2605 p/p d/o.

Contact **Charlie Kiser** 274-1575

Sept 29-Oct 10, 2005 Black Sea Cruise. Discover the beauty of Eastern Europe on a new deluxe river cruise ship starting in Budapest and ending in Bucharest. Cruise includes r/t air, 24 meals, shore excursions and transfers.

Two pre-cruise nights in Budapest and one post-cruise night in Bucharest. Cost from \$3295 p/p d/o.

Contact **Bob Spellman** 934-8428

An Arkansas State trooper pulls over a pickup truck on I-64 and says to the driver, "Got any I.D.?"
The driver replies, "'Bout wut?"

Doing Lunch November 2004



Thanks for the hat, Chris. I'll pass it on to our Big Sir and he'll pass it on to the next Big Sir.

Sir **John Lewis** at the November Luncheon wearing the pink cowboy hat from Texas donated by Sir **Chris Satterthwaite**. John said "I got a lot of looks" when he wore it on a Sir walk.

At the scene of an accident a trooper asked the Arkansas driver what gear he was in at the moment of impact. The driver replied, "Tractor hat and camouflage huntin' duds."

In the early 20th Century, **Thomas Edison** was spreading the word about electricity.

Once, while vacationing out west, he stopped at a Sioux reservation.

Edison was shocked to learn that there was no indoor plumbing, and that he would have to use an outhouse. In fact, he was told, the Sioux had to use the outhouse regardless of the weather.

To help the Sioux, **Edison** installed lights in the outhouse.

With this kind act, he became the first person to wire a head for a reservation!



Couples Duplicate Bridge Group taking a break at the home of **Jim & Allison Todhunter** are L to R, **Dasha Freeman, Bill Rees, Tamara Judson, Margaret Rees, and George Zurich.**

The hat has been passed! ...John?... Heh heh Are you still here??



Big Sir Doug Cook wearing the pink cowboy hat which appears close to becoming part of a tradition in our branch.

Table Pool **Bill Weinberg**

1st and 3rd Monday at 11:30 am.
(at Masse's 2721 N. Main, Walnut Creek)

The table pool club met on this 3rd Monday of November and had 3 tables of 8 ball and crazy 8 games. **Otto Wilson** was playing way over his head until **Sue** made her guest appearance and **Otto** seemed to lose his concentration. Our next meeting will be on the 1st of Monday of December (Dec 6th).....hope to see you there.



Pacing Ourselves

Reprinted with permission from *NCGA Golf* magazine, Fall Edition.

One of the major complaints I get deals with pace of play. We just take too long to play a round of golf. Several of the reasons for our slow play:

1. Nobody in the foursome watches each ball come to rest and mentally marks its location (so we waste too much time looking for golf balls).
2. We don't play ready golf.
3. We talk too much when we should be getting ready to swing.
4. We take too much time at and around the greens to write down our scores.
5. We really don't try to keep up with the group in front of us.

Basically we waste time unnecessarily on each hole.

To offer a solution, I recommend that each of us becomes a "30-second saver" on each hole.

A SIR golfer, who can save 30 seconds on each hole and help his playing partners to do the same will save 36 minutes a round.

That should be our goal.

Please remember to repair your divots on the tee and fairway. Also remember to properly repair your ball marks on the green (bend down and do it the right way, not just banging your putter on the mark).



Walkers

John Lewis



Every Friday at 9:30 am at various locales.

Call **John** or just show up.

Rain cancels any walk.

Dec. 3 - Walnut Creek Canal Trail to Iron Horse Trail over Ygnacio footbridge. Meet at Heather Farms parking lot nearest canal trail.

Dec. 10 - Pleasant Hill Canal Trail. Meet at shopping center near Taylor Blvd. and Morello intersection, near Rod & Ollie's son's restaurant.

Dec. 17 - Walnut Creek Christmas walk. Meet at Civic Park.

Dec. 24 - No walk since it is Xmas Eve.

Dec. 31 - Skyline trail. Meet at Inspiration Point off Wildcat Canyon Road in Berkeley.

Thanks to **John Lewis, Bob Madge, Joe Schild** and **Art Trost** for folding and labeling, to **Ken Kratz** for photography, **John Lewis** for mailing, and **Dick DeVoe** for proof reading.

Ladies Day Luncheon at Boundary Oak, Thursday, December 9, 2004.

No. of tickets _____ @ \$21 each. Enclosed \$ _____

Names:

Entrees (no. of each)

Petite fillet of beef _____ Fillet of salmon _____

Special requirements _____

Make check payable to SIR 146 and mail to **Franklin Rockwell**,
2261 Deer Valley Lane, Walnut Creek CA 94598-5004.

Frank's e-mail address is Frankrock@Aol.com

Note: If ordering for a full table, send \$210 and list your companions on an attached sheet. Both must be received by December 1, 2004. No tickets sold at the door. Don't wait. Send coupon in today! Coupons can be printed from our website.

Q. Where was the toothbrush invented?

A. Arkansas. If it had been invented anywhere else, it would have been called a teeth brush.

Doing Lunch Veterans' Day November 2004



Pictured above are 25 of the founding members of Sons in Retirement Branch 146, honored at our November Luncheon

SIR CALL

Sons In Retirement, Inc.
590 Pine Creek Rd.
Walnut Creek, CA 94598

SirCall@astound.net

<http://www.sir146.com>

Newsletter

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In the belief that those who served and fought for us should be remembered,
we in SIR Br. 146 dedicate our November Luncheons every year to our veterans.



Captain Chris Satterthwaite

In Flanders fields the poppies
blow
Between the crosses, row on
row,
That mark our place; and in
the sky
The larks, still bravely singing,
fly
Scarce heard amid the guns
below.

We are the Dead. Short days
ago
We lived, felt dawn, saw
sunset glow,
Loved, and were loved, and
now we lie
In Flanders fields.

Take up our quarrel with the
foe:
To you from failing hands we
throw
The torch; be yours to hold it
high.
If ye break faith with us who
die
We shall not sleep, though
poppies grow
In Flanders fields.

John McCrae



Lt. Colonel Lynn Freeman