

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 13 Issue 2

Published For Our Members And Friends

February 2001



Big Sir's Commentary :

Of all our activities, none spans the eons of time like fishing. It has been man's favorite sport, excluding female following and mammal mashing since God created gills. Can you picture what it was like when fish were so plentiful that our ancestors could catch them with their bare hands or bash them with clubs? No bait stores then but probably workshops in the nearest cave on techniques for capturing, de boning and stretching the truth just a bit. The prospect of catching the "Big One" probably led to boat building, then exploration, trade and the development of civilization. Tumbling down the ages, past famines, wars, devastation of all sorts, men have still yearned for the untapped stream, with a vision of food for the table and a yarn to spin over a roaring fire. Therefore when you greet those in the branch who follow the ancient ways, salute them for sustaining that most hoary link, revel in their stories, but remember they are trained to exaggerate - just a bit. Sir **Pablo Chavez** has called for a gathering of this illustrious group on February 22nd. You are welcome to join them. You are welcome to join them at Coco's Restaurant at 8:30 am on February 22.

Luncheon Attendance



Dale Haukland 820-0189 The second Thursday of every month at 11 am at Boundary Oak.

SIR Members must call **Dale Haukland** by Friday noon before the Thursday Luncheon if you are not going to attend.

Waiting List men must call **Dale Haukland** by Friday noon before the Thursday Luncheon if you are going to attend .

Featured speaker for February is **Larry Olson** who will talk about the Iditarod dog sled race. Should be fascinating.

Note

Unexcused absentees will be asked to pay for the lunch

6TH SIR 146 DINNER DANCE. (aka Spring Fling)

What: Branch 146 Biannual Dinner Dance
 Where: Heather Farms Garden Center
 1540 Marchbanks Dr. located north of the swimming center. Carpool best for limited parking.
 How Much: \$ 67.00 per couple
 Includes: Cocktails, Dinner, Dancing.
 When: March 28, 2001
 Cocktails: 6:00 pm
 Dinner: 7:00 pm
 Dancing: 7:30 pm to 10:00 pm

Seating will be at a random selection by computer mix. Come join us and be surprised at your table mates! If you must sit with your pals, you also must include a check for a full table of eight SIRs and names of all people at the table.

If you have a dietary restriction, we can get a vegetarian meal by advanced request. Make a note on your coupon. To assure a spot, send the reservation coupon below now to reserve.

.....

■ Name: _____

■ Lady's first name _____

■ We need ___ vegetarian meal(s)

■ Send check payable to Br. 146 SIR for \$67.00 per couple

■ To:

■ Sir **Don Nunn**

■ 2127 Seccombe Court,

■ Walnut Creek CA 94598

■ (If you don't want to tear your Sir Call, just print on a piece of paper)

.....

Q: "Is your appearance here this morning pursuant to a deposition notice which I sent to your attorney?"
 A: "No, this is how I dress when I go to work."

Dog for sale: eats anything and is fond of children.
 555-1202



Know Your SIR! SIR Bob Mehus

Bob Mehus joined SIR in 1997. He returned to the working world as a part-time counselor at Miramonte H.S. and has been on Standby status for a couple of years. Finally, grasping the idea that the "R" in SIR designates "Retired," he has returned as an active member.

In the 30's Bob's parents emigrated from Norway to Seattle where he attended Roosevelt H.S. (go Teds!) and the Univ. of Wash. (go DAWGS!).

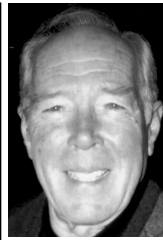
His only military experience was as a "weekend warrior" at the Sand Point Naval Air Station in an anti-sub squadron, VS893. Those undergrad summers as a fruit and veggie inspector for the USDA in western Wash. and Ore. were great.

Tiring of too many gray days in the northwest, Bob headed south in a '50 Lincoln (perfect for Drive-In movies) in 1958, to attend Physical Therapy school at Stanford (go "Tree"), met Sandy, who was graduating from the UC Med. Center in S.F., also in Physical Therapy. They apparently didn't rub each other the wrong way and were wed in 1960 in the Stanford Chapel. The year before the wedding Sandy was living with four other women, including Flo (soon-to-be wife of Sir John) Lewis, near the Cliff House in S.F.

In 1965 Bob and Sandy (seriously overextended) bought a house on Quiet Place Drive, not far from Northgate H.S. (can you believe \$29,400?).

Bob retired from Physical Therapy at an early age, got a teaching credential from UCB (go Bears!), taught science 2 years at Berkeley H.S., 13 years at Acalanes HS and was a counselor at Miramonte HS from 1977-2000. Sandy was a caterer in Walnut Creek in the 70's and 80's and may have done parties or weddings for some SIR Branch 146 members. Son Eric, is in the mainframe computer business in Southern Calif. Daughter Lisa Noack, and family live in San Ramon alongside the 18th tee at the Bridges Golf Course - if you try it bring some extra balls and your "A" game.

In 1990 the "empty-nesters" moved to Hiller Highlands in Oakland, rented for a year, bought the "perfect place," remodeled and moved in (but only for 10 days before it burned to the ground). They rebuilt, and now enjoy a "glorious view straight out the Golden Gate every day we're not in a cloud." A plus from the fire was living in Rossmoor for 2 1/2 years where Sandy learned to play golf. Now they haul their clubs everywhere. Bob and Sandy have been having a lot of fun the last few years doing home exchanges through an agency called Intervac - some of the trades include Littleton, Colo., Paris, London, Kaneohe, HI., Switzerland, and last summer, Ireland. Give them a call if you want some info. re: exchanges.



Luncheon Menu

Stan Jackson 939-3314
msidorado@Earthlink.net

February Luncheon Menu

Salad

Garden greens with choice of dressing
Freshly baked rolls and butter

Entrees

Turkey tenderloin piccata with Basmati rice and vegetable

Grilled talapia with diced tomatoes, garlic and basil

Dessert

Daily dessert special
Regular or decaffeinated coffee or tea

Note

Beginning February, the price of the luncheon meal will rise \$1.00 to \$17.00.



Lang Erickson
682-1337
flangley@flash.net

Membership

Waiting list additions:

Peter Gates, William Sharkey III, Vito Magliano, Deane Craig, Robert Nelson, Joe Himsl, Donald Swartwood, Dennis Hallett, Donald Preuss, Richard Shelley, George Bjornsen, Leslie Birdsall, John Wilhelmy.

Inducted on 01/09/01: **Bob Mehus, William Root, Kent Tyler**

Resigned: **Terry Marchione**

Died: **Thomas Palmer**

Branch 146 statistics:

Members 209

Honorary Life 5

Waiting List 28

January attendance:

Members 173

Honorary Life Members 5

Waiting List 28

Guests 5

Item: Something Went Wrong in Jet Crash, Experts Say

Golf Course Rule: It is an offence to pick up a found golf ball before it stops rolling



Al Zeppa 685-8920

If you are interested in joining a team or forming your own team for this league, contact Sir **Al Zeppa**, league secretary.

Bowling

If there is one thing that a bowler thinks about every time he bowls, its that he might bowl a 300...the perfect one. There are only a few bowlers in SIR that are capable of doing that. To date we have had 5 SIR accomplish that feat; they were **Jim Chenevey, Ed Almeida, Ray Weiss, Stan Strange and Dick Joyce**. We now have a sixth. Bowling in the Hillsliders Friday Morning League, Larry Mitchell was able to throw 12 strikes in a row to make the magic 300. Congratulations to all of you.

Another bowler in our midst who deserves to be highlighted is **Dick Joyce**. During the summer season of 2000 Dick racked up an impressive record of nine 200 games, seven 225's, and three 600 series and ended up with a 200 average. He had scores of 226/679 and a 243/667 game and series. This is pretty good when you consider the short 13 week summer league season. We are again asking some of the SIR members if they would be interested in joining our SIR winter league which is bowled every Wednesday at 10:00 am at Diablo Lanes. You don't have to be a 200 bowler to join. We have a 100% handicap between teams so it doesn't make much difference what your average is. Come down sometime and just pace and you will find you really like it. You will get a chance to meet some very nice people.

Auto Repair Service. Free pick-up and delivery. Try us once, you'll never go anywhere again.



Computers

Chris Satterthwaite 939-7826
3rd Thursday at 1 pm at WC ELK'S Club
1475 Creekside Dr. (off S. Main)

The January meeting of the Area 2 Computer Group was well attended, generating problems and solutions on a variety of subjects. Our February meeting will be held on the third Thursday, February 15, at 1:00 PM at the Walnut Creek Elk's Lodge located at 1475 Creekside Drive. W.C. We will finish outstanding issues on how to install additional memory and add or replace hard drives. We will also have a review of virus and virus hoax issues, a perennial problem. This review will focus on Norton's Internet Security 2000 anti-virus and firewall software.

Item..... Prostitutes Appeal to Pope

Favorite bumper sticker:

On a beat up old V/W with fenders rusted, muffler non existent, broken windshield and bumper dragging and sparking.....

Thanks PaineWebber!

Former BIG SIR **Jack Calloway** demonstrating proper head down putting technique.



SIRs Check your zip

Check your address on the front of this newsletter. If the zip code is only 5 digits, please send me the additional 4 digits as soon as possible either by e-mail to SIRCALL@Att.Net or via snail mail to: Sir Call, c/o **Jeff Baily** 590 Pine Creek Rd., Walnut Creek CA 94598-5136 Your full 9 digit zip code can be found on your PGE bill, water bill, or bank statement.



Cooking

Don Nunn 934-5214
donnunn@tpi.net
fax 934-5559

1st Monday 9:30 am at various members' homes or at restaurant or cooking school.

The cooking club is set to meet at the home of **Charlie Kiser** at 1575 Ptarmigan Drive # 1A, Walnut Creek, CA. (Rossmoor) on Monday, February 5 at 9:30 AM. Please remember that it is mandatory that you call Charlie in advance in order to facilitate his set up. His phone is 274-1575.



Al Tufo
798-4129

Cri bbage

2nd Wednesday at 12:30 hosted by different members

The cribbage club did not meet this month but will meet next on Wednesday, February 14.

Duplicate Bridge

Bob Donahue 376-4527 Monday following the monthly SIRS luncheon at 10 am hosted by different members. Bring lunch.



SIR **Jim Jackson** hosted three tables of duplicate bridge in January with **Fred Kovar** coming in first with 30-1/2 points. **Doug Carlson** was second with 28-1/2 points. **Jim Jackson** was third with 27 points. The next meeting is scheduled for Monday, February 12.



Pablo Chavez
256-8516

Fishing

Coco's Restaurant 3200 Buskirk Ave. 4th Thursday of every month at 8:30 AM, or you can call Sir **Al Brunner** (687-0594, Sir

Bob Walton (930-0113), or Sir **Pablo Chavez** (256-8516) and they'll provide you with the 2001 Fishing Calendar and answer questions on how to get involved!

No formal fishing trips are planned for the next few months but good sized fish are being caught in some of the local reservoirs They are easily planned with only a few phone calls. The San Mateo International Sportsman's Exposition runs January 31 through February 4, and the same show is in Pleasanton February 15 through February 18. At the next fishing meeting, January 25, we will set up car pools to each event.

The first scheduled fishing trip is for trout at McSwain Reservoir for May 4-6. A number of campsites have already been reserved. If you are interested in going, you should notify SIR Fishmaster **Bob Walton**, at 925-930-0113 soon in order to secure a site.

Reservations have also been made for two Kokanee salmon fishing trips to New Melones this coming summer. Two RV sites and one four-person cabin have been set aside at Angels Camp for both May 21-25 and July 16-20. Reservations are on a first come basis so if you are interested in going, call the appropriate SIR Fishmaster. We have also reserved a guide for two days each trip. The guide will only take three fishermen per day, so call soon. If more people are interested we will try to reserve additional living spaces and days with the guide but we need to know as early as possible to make the reservations. Call Fishmaster **Al Brunner** at 925-687-0594 for the May trip, and Fishmaster **Richard Fish** at 925-672-8468 for the July trip. Come join us. Many limits of Kokanee salmon were caught during the two New Melones trips last summer. Two new future events to keep in mind are the February monthly meeting where we will be showing an underwater video of Kokanee salmon being attracted to and attacking Kokanee gear. These pictures were taken by **Russ Faught** at The Fisherman's Friend in Lodi. Secondly, there will be a Kokanee salmon fishing seminar on March 31 at the Fisherman Friend. Kokanee tackle will be on display, and, guides will discuss their experiences. We should plan to car pool to this event. All SIR members and guests are welcome to partake in the fishing trips, as well as attend the monthly meetings PS - Don't forget to buy a new fishing license and fish stamps for 2001.

Garden Club



Chuck Bobinecz 939-8740 bobinecz@flash.net 4th Wednesday at 2:00 pm at Alamo Safeway unless otherwise announced.

What is the difference between soil and dirt? **Sir Ron Morrison** will explain at the February 28th meeting at 2:00 pm at the Alamo Safeway conference room. Ron will cover four components of soil; physical properties, the basic concepts of soil, fertility, and PH (relative acidity or alkalinity.)



Golf **Joe Jansen** 935-6691 jjansenx@juno.com Every Tuesday at 9 am at Boundary Oak for all, and once a month away for those who sign up.

December 19 First Flight: **Jim Helmick, Lew Thompson and Olof Johansson.**
Second Flight: **Joe Jansen, Tom Gorman and John Fontenrose.**
Closest to the Pin **Rich Hanford.**

December 25 First Flight: **Ken Kratz, Olof Johansson and Jim Helmick.**
Second Flight: **Bob Wheaton, Jim Brown and Stan Jackson**
Closest to the Pin **Ray Nordstrom.**

January 2 First Flight: **Bill Cammerer, Gene Diana and Gary Jones.**
Second Flight: **Jim Brown, Ken Richter and Al Milano.**
Closest to the Pin **Gary Jones.**

January 9 First Flight: **Lew Thompson, John Lewis and Gene Diana.**
Second Flight: **Chris Satterthwaite, Al Milano and Bob Madge.**
Closest to the Pin **Jack Calloway.**

February 9 Away Golf:
The Silverado tournament has been fully subscribed and includes some SIRs from branches 8 and 19. The tournament is a shotgun start at 9:30 am and we are requested to check in at or before 9:00 am. The drive from Walnut Creek is about 40-45 minutes. **Jim Baldrige, Joe Jansen and Dick Richmond** are working on a soon-to-be-published 2001 schedule of away golf.

Item.....Smith Gets Nine Months In Violin Case.



Phil Leigh
685-8090

Investments

Pleigh@Hotcoco.Infi.net
4th Wednesday at 7:45 am at Coco's
Restaurant at 3202 Buskirk Ave. Pleasant Hill.

Gentlemen: here's the schedule of the January and February 2001 programs for SIRs Area 2 Investment Group for Wednesday, January 24: Are income stocks and bonds a safe haven?

With the markets gyrating wildly and dot-com millionaires suddenly on the dole, will lower interest rates create opportunities for income investments? Our guest speaker, well known for his accurate forecasts (50% plus or minus), will divulge his latest prognostications.

Wednesday, February 28: Estate Planning using the "Stretch" IRA. The speaker will be Greg Clark, Investment Representative of Edward Jones & Co.

Area 2 SIRs Investment Group meets the fourth Wednesday of each month at Coco's Restaurant in Pleasant Hill at 3202 Buskirk Ave at 7:45 AM. No reservation is required for breakfast or for the meeting. All Area 2 SIRs and SIR visitors are welcome. As a courtesy to Coco's we are each requested to purchase a breakfast.

Please contact **Phil Leigh** at 685-8090 (e-mail pleigh@hotcoco.infi.net) with comments or for further information.



Fred Bolton
932-1580
1st Monday at
10 am at various members' homes.
Bring a lunch.

Party Bridge

The Party Bridge group played three tables of bridge hosted by **John Lewis** on January 8. First place went to **Lynn Freeman** with 5340 points, second to **Bob Coney** with 4980, third to **John Lewis** and fourth to **Jim Jackson**.

Our next game will be hosted by **Dick Johnson** on Feb 5, starting at 10 am. Call **Fred Bolton** if you are interested in playing.

Ladies day bridge luncheon — The duplicate and the party bridge groups are planning a bridge luncheon to be held at Marie Callender's in Concord on April 2. Please mark your calendar now and call **Fred Bolton** or **Bob Donahue** for reservations.

Golfer: "Well how do you like my game, caddy?"
Caddy: "Very nice sir but I prefer golf".



January 20, 1951
Newlyweds
SIR Don and
Madelyn Nunn
are showered
with confetti as
they walk down
the church steps.
(Proof.....he
really did have
some hair!)



SIR Bob and **Donna Madge** celebrated their
50th anniversary
November 4, 2000

February Birthdays

Hank Berriman 07/25/91	Don Merchant 04/26/88
Bill Cammerer 10/13/94	Al Milano 08/10/93
Bob Frankland 07/13/00	Bill Rees 06/29/89
Lynn Freeman 04/26/88	Hal Rodgers 01/18/89
Tom Gorman 11/12/92	Carl Rush 03/22/89
Denzil Harrison 13/09/00	George Sleevy 05/23/93
Joe Jansen 10/18/88	Tom Stack 08/22/92
Jerry Landahl 09/17/91	Jim Stedman 01/05/93
Arno Marra 07/18/90	Milt Swenson 03/23/88

RV ing

State RV Rally

SIRs statewide will hold their first RV Rally on April 23-26 at the Napa Valley Town and Country

Fairgrounds (Napa Expo) with a great program for participants. The rally will be limited to 100 rigs on a first come first serve basis. To apply call SIR **Lou Hughes**, State RV Chair at (707) 252-2624 or e-mail him at SIRSTATERV@Juno.com



Owen Sullivan
943-7998 Practices are
held after the SIRS
monthly luncheon plus once per month at
Dave Obera's place at

3 pm. Singers welcome. Sullivansojanko@Aol.Com

The SongSirs will present a medley of IRISH songs at the March lunch meeting.

We welcome **Ralph Fowler** as a member of the Song Sirs.

Song Sirs

Rollie Nordeen 284-1199
RNordeen3@Home.com

Sunshine



Dick Armodia is recovering from 7 way bypass and is girding up for carotid artery surgery.

Bill Thorbrogger had prostate surgery and is recovering satisfactorily. **Ernie Figueira** is undergoing chemo therapy. If you know of a SIR or a member of a SIR's family who is ailing please let **Rollie Nordeen** know. He puts it in the Sir Call

Table Pool

Bill Weinberg 682-0962

2nd Monday at 11:30 am (this is hard to remember-mark the calendar now!) at Masse's , 2721 N. Main in Walnut Creek.



Bill Weinberg, Barney Meade and Stan Strange dominated the singles play and as usual the beer and food were great.



Travel Opportunities

Charlie Kiser 274-1575 Charlieki@Webtv.net

March 1-8, 2001 — Land of Cajuns and Creoles!
The Atcna Falaya Basin and Lower Mississippi – an 8-day journey through the swamps and bayous of Louisiana with river barge excursions aboard the R/B River Explorer. Optional package in New Orleans February 26-28, 2001 for Mardi Gras. Includes r/t air, shore excursions, and all transfers. Cost is \$2295 per person, double occupancy.

Contact Sir **Bob Hagler**, Branch 8 at 934-7620.

May 3-7, 2001 — Pageantry of Southern California!
Amtrak Starlite Oakland to Glendale, with dinner on board. Then Getty Museum, Universal Studios, Nixon Library, Crystal Cathedral, and Romana Pageant in the foothills of Mt. San Jacinto! Return by air. Trip includes 4 breakfasts and 4 dinners and all gratuities. Cost is \$826 p/p, double occupancy, single supplement is \$190.

Contact **Charlie Kiser**, Branch 146 @ 274-1575.

May 11-25, 2001 — An Elegant Journey through Ireland and Britain. Shannon Ireland, Galway, Killarney, Ring of Kerry, Dublin, Belfast, Edinburgh Scotland, York/London England. Includes R/T air from SFO, 13 nights in deluxe and superior first class hotels, 13 breakfasts, 1 lunch & 7 dinners, deluxe motor coach and professional Irish tour escort throughout.

Contact **Ron Weber**, Branch 19 @ 689-5602.

May 25, 2000 — SACRAMENTO JAZZ FESTIVAL
The annual SIR day at the Sacramento Jazz Festival is scheduled for May 25, 2000. All day ticket good from opening until Midnight. Tickets are half priced at \$16.00 (regular price \$32.00) Flyer will be available at the next luncheon meeting. Send \$16.00 per person to **Owen Sullivan** 148 Gordon Road, Walnut Creek, 94598. Please enclose a stamped, (34c) self addressed envelope for return of tickets. Tickets are limited so don't dilly dally.

Q: "All your responses must be oral, ok? What school did you go to?"

A: "Oral."

May 23-June 7, 2001 — Scandinavian Capitals & Russia.
With a 2 night stay in London, daylight transit of Kiel Canal, Berlin, Estonia, St. Petersburg, Helsinki, Stockholm, Copenhagen, London. Includes r/t air, shipboard gratuities. Cost from \$3505 pp.

Contact **Bob Hagler**, Branch 8 @ 934-7620.

June 13-23, 2001 — Canadian Northern Rail Spectacular
including 2 days aboard the "Skeena" train. Includes Banff, Jasper, Victoria, Columbia Ice Fields Glacier and a 1 day cruise through the Inland Passage. Cost is \$2050.00 p/p dbl occupancy, \$2640.00 single occupancy.

Contact **Carl Raaka**, Branch 8 @ 254-0482.

June 20-28, 2001 — British Columbia Golf Getaway!
Round trip air from San Francisco to Vancouver. 4-nights on Vancouver Island, 4 nights Whistler, 4 rounds of golf, 5 dinners. Two hosted cocktail parties, round trip ferry to Victoria. Tournament awards, taxes and gratuities. Cost is \$1629 per golfer and \$1329 for non golfers. Contact **Charlie Kiser**, Branch 146, 274-1575

Aug 16,2001 — All SIRS Day at Pac Bell Park.. Watch the SF Giants Battle the Florida Marlins 12:35 pm.
Status: This is now WAITING LIST ONLY... Lower box \$26.00, View level \$16.00, L Field bleacher \$10.00, C Field bleacher \$9.00. No backs on bleacher bench seats. Write in 2nd choice also. Send check payable to SIR 146, indicate number of tickets and alternate choice and mail to **Charlie Kiser** 1575 Ptarmigan Dr, #1A W/C CA 94595.

Or contact **Charlie Kiser**, Branch 146 @274-1575

Sept 11-20, 2001 — Canadian Maritime Provinces
featuring Nova Scotia, New Brunswick & Prince Edward Island. 9 nights accommodations, 9 breakfasts, 1 picnic lunch and 5 dinners. R/T air between San Francisco and Halifax. Deluxe air conditioned motor coach transportation throughout.

Extensive sightseeing. Cost \$2177.00 p/p double occupancy-\$2552.00 single occupancy. Contact **Carl Raaka** Br 8 @ 254-0482. Special presentation Walnut Creek Elks Lodge Thursday March 15, 2001 10 to 11am.



Left to right: SIRs **Bill Moresi, Luther Jones, John Rose** and **Hank Berriman** enjoying some pre-lunch camaraderie at the Luncheon on January 11, 2001.

Officers 2001

State President
Region Director
Area Governor

Dwight Sale
Robert Eden
Art Miller

Branch 146 Officers and Directors

Big SIR	Bill Hansen	939-4951
Little SIR	Fred Kovar	937-2951
Secretary	Bob Yolland	932-4758
Assistant Secretary	Jim Baldridge	689-9232
Treasurer	Jim Brown	689-2797
Assistant Treasurer	Jim Adams	685-4216
Director	Pablo Chavez	256-8516
Director	Dean Merritt	671-7380
Director	Al Milano	933-3492
Director	John Miller	934-9778
Director	Dick Richmond	947-1167
Director	Hal Ruby	686-2748

Committee Chairmen-2001

Attendance	Dale Haukland	820-0189
Audit	Roy Fredrickson	284-5623
Badges	Dick Richmond	947-1167
Badge maker	Lang Erickson	682-1337
Bocce Ball	Al Milano	933-3492
Bowling	Al Zeppa	685-8920
Bridge-dup	Bob Donahue	376-4527
Bridge-party	Fred Bolton	932-1580
Bulletin	Jeff Bailly	906-0521
Chaplain	Tom Stack	846-8430
Computer	Chris Satterthwaite	939-7826
Cooking	Don Nunn	934-5214
Cribbage	Al Tufo	798-4129
Fishing	Pablo Chavez	256-8516
Gardening	Chuck Bobinecz	939-8740
Golf	Joe Jansen	935-6691
Golf Sched	Tom Gorman	685-9721
Greeters	Ernie Dickson	376-4590
Hardware	Gene Diana	510 483-7004
Historian	Glen Furlow	631-0158
Honorees	Dick DeVoe	932-5546
Investment	Phil Leigh	685-8090
Luncheon	Stan Jackson	939-3314
Membership	Lang Erickson	682-1337
Nominating	Jack Calloway	933-7998
Pianist	Dave Obera	932-2584
Radio	William Moresi	837-4645
Social	Don Nunn	934-5214
SongSirs	Owen Sullivan	943-7998
Sunshine	Rollie Nordeen	284-1199
Table Pool	Bill Weinberg	682-0962
Travel	Charlie Kiser	274-1575
Veterans	Art Trost	934-2889
Walkers	John Lewis	825-3561
Wine Tasting	Dale Haukland	820-0189

Past Big SIR's

1989 Charles Unfried	1995 Bob Walton
1990 Gill Rhodes	1996 Dick DeVoe
1991 Gene Hackett	1997 Warren Boero
1992 Walt Entelman	1998 Don Nunn
1993 E (Kap) Kaprelian	1999 Dave Valladao
1994 Joe Jansen	2000 Jack Calloway

Walkers



John Lewis

825-3561

Every Friday at

9:30 am at various locales.

Call John or just show up and get healthy.

Walks in February

February 2— Moraga Canyon Trail. Meet at Moraga Safeway parking lot.

February 9— Canal Trail north. Meet at Arbolado Park, Walnut Creek.

February 16— Briones Mount Diablo Trail. Meet at the end of Marshall Drive, Walnut Creek.

February 23— Iron Horse Trail south from Danville. Meet at Old Railroad Station Museum parking lot on Hartz Ave.



Warren Boero, Jim Helmick and Gene Diana comparing golf notes

Health Matters-Physical and Mental



SIT UP; LOOK UP

You've learned by now that you don't do sit-ups any more, you do crunches. That's because when this abdominal exercise is done

properly, you simply raise your head and shoulders off the floor; you don't actually sit up.

Here's a pointer on doing your crunches right from Susan Kaschalk, exercise physiologist in Pontiac Michigan:

Keep your eyes focused on the ceiling.

That will isolate your stomach muscles and keep you from straining your neck muscles.

Source: *Men's Health*, January/February 1996



Left to right, **Glen Furlow, Ray Kan, Sal Costanza and Lew Thompson** discussing weighty matters at the luncheon

SIR CALL *Newsletter*

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

**Regular Standard Mail
US Postage Paid
Concord CA
Permit No 364**