

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 14 Issue 6

Published For Our Members And Friends

June 2002

Big Sir's Commentary:



Hey members of Branch 146, make the most of your membership! There are a lot of activities available out there for you to take part in. There is no shortage of participants in the golf and bowling programs but we also have bocce ball, billiards, bridge, cribbage, cooking, fishing, walking, SongSirs, etc. Look at the long list of activities on page seven and pick something you might like to participate in and contact the committee chairman for more details. You'll enjoy the activity and broaden your list of friends. And speaking of participation, our nominating committee chairman, **Bill Hansen**, is having trouble filling the 2003 Exec Board. If he calls on you for one of the positions, be willing to accept or just give him a call to volunteer and give the Branch a hand. It may be hard work but you'll see how the Branch functions and you'll feel good about contributing. It's the dedication and enthusiasm of members who have contributed their time and effort in the past that has made this Branch so successful. It's time for other members to step up and join them in continuing to make this a great Branch.

Executive Board members please note: the Executive Board will meet at 9:30 am prior to our June luncheon.

Happy Birthdays in June

Warren Boero, Ray Garavaglia, Bob Krenzelok, Phil Leigh, Tom Lindeland, Bob Skirvin, Bob Swick, Jack White, Art Trost, Stan Strange, Harry Wilson, Joe Schild, Larry Mitchell, George Zunich, Norbert Brooks, Rich Hanford, John Wall.

Bocce Ball



Al Milano 2nd and 4th Mondays at 9 am.
Concord Bocce Courts in Newell Park,
Concord near the corner of Turtle Creek and
Ayers Rds.

Computers Chris Satterthwaite



We did provide some assistance involving monitor screen sizing, downloading from the internet, virus and firewall protection (becoming more important with broadband) and fiber-optic based broadband. Several SIRs are now signed up with ASTOUND as cable become available in Concord and WC. Call ASTOUND 1-800-427-8686 for info regarding installation your area.

Doing Lunch



L to R, **Flo & Ernie Dickson**
and **Pat & Art Trost**

Branch 146 has developed a keen interest in cooking, and even will be offering its own cookbook shortly. This newsletter contains some of **Martha Stewart's** cooking tips for your use, as well as responses from our Branch's finest chefs on each tip.

Doing Lunch



Walt & Betty Barabash

Doing Lunch



Adelaide & Pablo Chavez

Little Sir's Corner:

June 13th - Take me out to the Ball Game with **Charlie Silvera**, back up catcher to **Yogi Berra** of the New York Yankees for over a decade. Charlie is a friend of **Owen Sullivan** and should be great. Bring baseball questions.





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

Bowling

Second half league winning team is Numero Uno ending up with a record of 42 - 20 to The Adjusters' 40 - 24. Members are **Dean Lucas, Vic Pangrazzi, John Zotti, and Tony DeBell**. Individual winners for the year were high scratch series **Dick Joyce** - 727, high hdcp. series **John Zotti** - 759, high scratch game **Bob Butterfield** - 299, high hdcp. game **Ron Morrison** - 303, highest average bowler for the year **Dick Joyce** - 209, most improved bowler **Tony DeBella** 177 to 190. The successful SIR Reno tournament had 60 teams, 120 doubles, 240 singles. Tournaments coming up;
 June 5,6 - Pacific Bowl, Stockton.
 June 11, 12 - Tall Pines, Paradise
 June 26,27 - Pinole Valley, Pinole

SIR winter league champs to be announced in July Call.

Martha's Way: Place a slice of apple in hardened brown sugar to soften it. Branch 146 cooking club's way: Brown sugar is supposed to be soft?



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

The cooking group met at the home of **Dave Johnson** on May 6. Sir Dave prepared a delicious Jambalaya from scratch. It was delicious. The next meeting will be at **Bob Spellman's** home on June 3. As usual, you must call and confirm your attendance. Remember the next dinner dance will be on Wednesday, October 7.



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

Cribbage

On Wednesday, May 8 the Cribbage Club was hosted by **Bryant Fischback** at his home in Walnut Creek. We were able to get in one great tournament. It was a nip and tuck race to see who the winner would be. Two members fought it out right up to the last game. They had won five games each, and it took the greatest number of points won to determine who the winner would be. **Barney Meade** ousted **Ernie Figueira** and took home the championship. The next tournament will be hosted by **Dave Johnson** on June 12.

Doing Lunch



Chris & Dorothy Satterthwaite

Duplicate Bridge

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



Sir **George Zunick** hosted four tables of duplicate bridge in May with **Chuck Thompson** coming in first with 44 1/2 points. **Dick Johnson** was second with 40 1/2 points. **Bob Yolland** was third with 39 1/2 points and **Jim Jackson** was fourth with 39 points. The next meeting is scheduled for Monday, June 17. Contact **Bob Donahue** 376-4527 for information.



Fishing **Pablo Chavez**
 Coco's Restaurant
 3200 Buskirk Ave.
 4th Thursday at 8:30 am.

The Fishing Calendar is presented below. Check it and call the Fishmasters if you want more information: May 17-22 McSwain Reservoir **Al Brunner** 925-687-0594. June 5 Shad fishing on Sac. River **Tom Hensley** 925-937-0605. June 11-14 Trout, Pike on Lake Davis **Don Mittelstaedt** 925-462-1885. June 12-14 Fly-Fishing on Sac. River **Pablo Chavez** 925-256-8516. June 20 Ocean salmon fishing **Jack Helbert** 925-820-0925. June 25-28 New Melones - Kokanee **Richard Fish** 925-672-8468. Additional trips that are filling up: a trout fly fishing trip to Norden/Truckee area July 14-20 with Fishmaster **Tom Hensley**, 925-937-0605, and a Kokanee salmon fishing trip July 28-August 2 to New Melones and Don Pedro with Fishmaster **Richard Fish**, 925-672-8468. There is room for one more fisherman on the June 12-14 trip on the Sacramento with guide **Mike Bias**. (Two fishermen per boat). Call **Pablo Chavez**. First come first served.

Martha's Way: When a cake recipe calls for flouring the baking pan, use a bit of the dry cake mix instead and there won't be any white mess on the outside of the cake. Branch 146 cooking club's way: Go to the bakery. They'll even decorate it.

Garden Club



Chuck Bobinecz. 1st Thursday at 1:30 pm at Alamo Safeway conference room unless otherwise announced.

Herbs, herbs, herbs, herbs, herbs, herbs, herbs, herbs, herbs.

This is the topic for the June meeting to be presented by "Herb master **Don Nunn**. We will find out how to plant and use many varieties of culinary herbs. The herbs used to season food are very easy to grow and a beautiful harvest can be reaped with a minimum of effort. A few plants of each kind can add color and fragrance to a garden and provide an adequate supply for food. Basil, Rosemary, Coriander, Chives and Thyme fresh from the garden! What they can add to a meal.

Time flies like an arrow. Fruit flies like a banana

Golf

Tuesday Golf Walt Barabash



April 16, First Flight: **Dick Richmond, Bob Yolland and Larry Sheerin**. Second Flight: **Howard Harvey, Stu Somerville and Bob Donahue**. Closest to the Pin: **Jim Brown**.

April 23, First Flight: **Ken Richter, Myles Ringle and Russ Bliese**. Second Flight: **Charlie Kiser, Carl Johnson and Glen Furlow**. Closest to the Pin: **John Lewis**.

April 30, First Flight: **Bill Hansen, Bob Yolland and Lew Thompson**. Second Flight: **Doug Cook, Tom Noonan and Bob Donahue**. Closest to the Pin: **Bob Donahue**.

May 7, First Flight: **John Lewis, Joe Suta and Larry Sheerin**. Second Flight: **Harry Rieck, Ray Weisz and Pablo Chavez**. Closest to the Pin: **Ken Kratz**.

Ladies Invitational Golf at the Vintners in Yountville, June 5. There are a few remaining openings. Please call **Lynn Freeman** (691-1186) if you are interested. June 1 handicaps will be used. The 90 degree rule will be in effect for all golf carts.

July 18th Tilden Park, \$38 for SIRs, \$36 for guests. Signup before July 9. Call **Jim Baldrige** 689-9232. Statewide SIR Scramble Area 2 competition July 10 Franklin Canyon. See Flyer.

Away Golf Jim Baldrige



Health Matters, Physical and Mental



MIRACLE DRUGS?

There's a classification of drugs called "statins" that has been found to lower cholesterol by as much as 60 percent. Trade names include:

Mevacor, Pravachol, Zocor, Lescol and Lipitor.

But the surprising benefits afforded by these drugs have scientists wondering if they are not the closest thing yet to miracle drugs. Preliminary evidence indicates that statins are helpful in preventing colon cancer, increasing bone density and in preventing Alzheimer's.

Colon cancer - Investigators theorize that statins' cholesterol-lowering activity may also protect the body from colon cancer. Statins appear to block biochemical reactions that would normally activate certain proteins needed by cancer cells to survive and grow. Says **Peter Holt, MD**, author of the Columbia University, New York study, "Statins shouldn't be used for colon cancer prevention at this point. But if you need statins for cholesterol, you may get an advantage."

Bone building - A study of 92,000 British men and women found that those who took statins for high cholesterol had half the risk of suffering bone fractures as those who didn't. "I believe that statins have great potential as bone-active agents," says **Greg Mundy, MD**, of the University of Texas where he prescribes statins for osteoporosis prevention.

Alzheimer's - University of Massachusetts researchers found that patients taking certain statins had a 60 to 73 percent lower risk of developing Alzheimer's than those not on statins. Researchers theorize that statins may prevent dementia primarily by dilating tiny blood vessels and improving function in the cells that line them, thereby increasing blood flow to the brain. "We believe that the potential for prevention of dementia is both real and substantial," says study author **David Drachman, MD**.

Tufts University Health and Nutrition Letter (June 2001) isn't ready to call statins miracle drugs...yet. "Evidence behind their potential benefits is still preliminary, and more studies are needed to bring each murky picture into focus. But the connections are certainly intriguing."

Martha's Way: Potatoes will take food stains off your fingers. Just slice and rub potato on the stains and rinse with water.

Branch 146 cooking club's way: Mashed potatoes will now be replacing the antibacterial soap in the handy dispenser next to the sink.

Know Your SIR

Dominic J. DiMatteo

Spouse: **Florence R. (Brusati) DiMatteo**
 Born: September 2, 1921, Birthplace:
 Wickliffe (Cleveland) Ohio. Children:
Linda, Diane, Sharon, David, Gina, Jim, Lisa. Grandchildren: 10. Education: Wycliffe High School; Navy boot camp, Newport RI; AMM School, Norfolk VA; Navy V-5 Flight Program-Univ. Texas-Austin; Preflight, Athens GA, Pensacola, FL; Stanford Univ, Palo Alto, CA; Navy Post Graduate School, Monterey, CA. Employment: US Navy, 7/40 - 7/71; BART, 9/72 - 12/87



The highlight of my life is my marriage to **Florence Brusati** in Butte, Montana 4/19/52. We met in November 1951 at the Stanford University Newman Club. We have experienced the best in life including seven children and ten grandchildren. There is no way that I can praise my wife enough for the great job she did during the months of my sea tours in bringing up our children all by herself.

Another highlight was getting my Navy Wings of Gold after starting out as an apprentice seaman. Flying has always been a great thrill for me. A great cruise around the world on the USS Valley Forge (CV-45) was an exciting and educational experience. Two years as Navigator on the USS Thetis Bay (CVHA-1) also thoroughly enjoyed (58-60). My most demanding and dangerous experience was as a night fighter pilot on two carrier tours during the Korean War. We flew all the night missions and night carrier landings are very demanding. My worst experience was getting shot up one night and making a forced landing on a Marine emergency strip. I stood in the hole in the wing. The Marines patched up the hole and I flew the plane back to the carrier. The crew took one look at the wing, disconnected it and threw it over the side! I concluded my Navy career as the Commanding Officer of the 12th Naval District in San Francisco.

I worked for BART for fifteen years to put my seven children through college. I take great pride that my two sons also became Navy pilots (not very common). My older son, **David**, retired as an EA6B pilot and is now a 747 captain for Northwest Airlines. My younger son **Jim** is still in the Navy Reserves flying as an instructor in the Top Gun squadron in Fallon, Nevada.

Family affairs take up most of my time now, but I enjoyed playing slow-pitch softball with the Walnut Creakers for more than ten years. Tours, traveling, bridge, gardening and woodworking (making small furniture and toys for the little ones) take up the rest of my time. I have enjoyed being a member of SIR since 1990 and meeting many very nice people.

Dominic was awarded the Distinguished Flying Cross in 1952 for successfully locating and destroying an ammunition storage site in North Korea.... Ed

IQ Test: Rearrange the following letters to add up to the same: Eleven plus two. *See answer below.*

4th Wednesday at 7:45 am at Coco's Restaurant at 3202 Buskirk Ave. Pleasant Hill.

Investments

Time: Sums in Retirement will meet Wed. June 26
 Topic: "Investing in Turbulent Times"
 Topic Leader: Mr. **Paul Gore**, Certified Financial Planner, Strategic Advisory Services.

We meet a 7:45 am on the fourth Wednesday of each month at Coco's Restaurant located at Buskirk and Hwy 680 in Pleasant Hill. We have breakfast and no reservations are required.....just come on down. All local SIR members and guests are welcome. Volunteer presenters and participants are encouraged to join in. We share information, look for solid investments and have a good time. Roll out of bed and join in.....you may come up with a winner.

NOTE: Due to increased attendance we are re-locating our meeting place starting on Wednesday July 24, 2002 to the banquet room (Legends Grill) at Diablo Creek Golf course. Meeting will start at am at this new location. For added information contact SIR **Ben Smith**, Tele: 820-5403, e-mail bjsssmith@aol.com.

Luncheon Attendance



Dale Haukland

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

Help! If you are not going to be able to attend the SIR's luncheon, call me. If I'm not home, leave your name, SIR badge number and phone number. Call me by Friday noon prior to the Thursday luncheon if you are going to miss. Be sure you call.

Waiting List:

Men must call by Friday noon prior to Thursday's lunch if you are going to attend. Remember to call.

SIRs bringing a guest:

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

Note

Starting at the June Luncheon:
 Lunch ticket sales will commence at 10:30
 Lunch ticket sales will close at 11:45
 After 11:45 locate **Jim Adams** at his table.

It is appreciated when members present exact amount of \$17 or \$22 to make change.

Ans: Twelve plus one



Luncheon Menu Stan Jackson

This month's Luncheon Menu

Salad

- House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Beer battered cod filet w/fries & cole slaw
- Cornish game hen w/stuffing

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea

Martha's Way: Don't throw out all that leftover wine! Freeze into ice cubes for future use in casseroles and sauces.
Branch 146 cooking club's way: What leftover wine?



Lang Erickson Membership

Branch 146 statistics:

Members 207, Honorary Life Members 5, Waiting List 16 Attendance: Members 105, Honorary Life Members 5, Waiting List 8, Members and Ladies 225.



Owen Sullivan

Practices are held after the SIRS monthly

Song Sirs

luncheon and on the last Wednesday of each month at 4 pm at the WC Presbyterian Church.

Thanks to Sir **Bob Yolland**, the SongSirs provided the music for the annual Garden Faire, which was a great success. A patriotic presentation is planned for July 3 at the W.C. Manor.



Branch 146 SongSirs performing under the direction of **Don Nunn**, May 5th at The Gardens at Heather Farm Garden Faire attended by hundreds of families.

Doing Lunch



L to R, **Gail Bjornson, Anne Johnson and Barbara Stedman**

Doing Lunch



L to R, **Larry & Betty Mitchell and Mike & Sharon Varner**



Fred Bolton

1st Monday at 10 am at

various members' homes. Bring a lunch.

Party Bridge

The Party Bridge Group met on May 6 at **Carl Johnson's** home for four tables of bridge. First place went to **Dick Johnson** with 7,190 points, second to **Chuck Thompson** with 5,660, third to **Jim Stedman** and fourth to **Al Hudgens**. Our next game will be on June 3rd at **Bill Rees's**.

Sunshine Chuck Smith



Ralph D'Asto passed away at home on the morning of May 20.

Glen Furlow was sent home from the hospital on Sunday, May 12. He has been diagnosed with pancreatic cancer.

Dan Hungerford had his knee replaced and is now home recuperating from what appears to be a successful operation.

Ray Edmondson is slowly recuperating from heart surgery and is home.

Tony DeSalles is home recuperating from cellulites in his foot. He is showing signs of improvement and hopes to get back to bowling and golfing soon.



Travel Opportunities

Charlie Kiser

July 24-26, 2002 No. Calif Micro-Brewery Hop and Skunk Train and much more.

Contact **Fred Stammen** Br 171 283-1956

Sept 4-6, 2002 Golf-Boulder Creek

2 nights lodging, 3 days golf, 1 dinner including tax, gratuity 1 glass of wine and \$28 food credit per room. Only 1 two bedroom avail. Cost for golfer \$186 and non-golfer \$135. Contact **Charlie Kiser** 274-1575.

Sept 14-27 2002 Canada's Atlantic Coast

Cost \$2049 p/p. Call **Vic Johnson** Br. 116 680-1501

Sept 21-Oct 1, 2002 Branson and St Louis-Ohio River Cruise Cost \$2575 to \$2725 d/o.

Contact **Bob Hagler** Br. 8. 934-7620

Oct 4-Oct 12, 2002. Bermuda Cruise w/Golf Includes 7 night cruise to Bermuda. Tour the city that never sleeps. Visit the United Nations and Ground Zero. Sail past the majestic Statue of Liberty to Beautiful Bermuda. Cost from \$1605 for golfer and \$1380 for non-golfer. Contact **Charlie Kiser** 274-1575

Dec 2, 2002 Reno Holiday Comedy with Charlie Prose. One night at Eldorado Hotel Casino, **Charlie Prose** Show, private group cocktail party, special Holiday Gift for each person, \$21 cash and \$4 food credit. Cost \$95 p/p Contact **Charlie Kiser** Br. 146 274-1575

Dec 28, 2002-Jan 2, 2003 Mazatlan New Year's Six days at Mazatlan's El Cid Castilla Resort. Includes r/t air, all meals, drinks, services, and transfers. Cost \$1320 p/p d/o. Contact **Bob Hagler** Br. 8 934-7620

Sept 17-29, 2003 SIR 45th Anniversary Alaska Cruise Sail r/t from San Francisco to Alaska and celebrate the 45th anniversary of Sons in Retirement. No air involved. One lucky couple will be selected for a free upgrade to a penthouse as you set sail from San Francisco. Cost from \$2495. Contact **Charlie Kiser** 274-1575.

Doing Lunch



L to R, **Larry & Sue Sheerin** and **Donna & Don Strong**

Martha's Way: To cure a headache, take a lime, cut it in half and rub it on your forehead. The throbbing will go away.
Branch 146 cooking club's way: Martha dear, the only reason this works is because you can't rub a lime on your forehead without getting lime juice in your eyes, and then the problem isn't the headache anymore; it's that your eyes burn.

Doing Lunch



L to R, **John & Flo Lewis, George & Tamara Zunich** seated and **Monnie Eichten** standing.

Corduroy pillows are making headlines.

Doing Lunch



John & Isabel Wilhelm

Doing Lunch



L to R, **Lois & George Garbers** and **Ted & Eyrle Kammerer**

Officers 2002

State President
Region Director
Area Governor

Irv Craig
Dan Gilmore
Art Miller

Branch 146 Officers and Directors

Big SIR	Fred Kovar	937-2951
Little SIR	Bob Yolland	932-4758
Secretary	Lo McCarley	935-3939
Assistant Secretary	Doug Cook	939-4327
Treasurer	Jim Adams	685-4216
Assistant Treasurer	Dean Merritt	671-7380
Director	Pablo Chavez	256-8516
Director	Dale Haukland	820-0189
Director	Cal Jones	934-2979
Director	Al Milano	933-3492
Director	John Miller	934-9778
Director	Dick Richmond	947-1167

Committee Chairmen-2002

Attendance	Dale Haukland	820-0189
Audit	Chuck Bobinecz	939-8740
Badges	Dick Richmond	947-1167
Bocce Ball	Al Milano	933-3492
Bowling	Al Zeppa	685-8920
Bridge-duplicate	Bob Donahue	376-4527
Bridge-party	Fred Bolton	932-1580
Bulletin	Jeff Baily	906-0521
Candy Sales	Bob Spellman	934-8428
Chaplain	Bryant Fischback	934-6064
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 Scheduling	Tom Gorman	685-9721
Greeters	Ernie Dickson	376-4590
Hardware	Gene Diana	510 483-7004
Historian	Glen Furlow	938-2934
Honorees	Dick DeVoe	932-5546
Investment	Phil Leigh	685-8090
Luncheon	Stan Jackson	939-3314
Membership	Lang Erickson	682-1337
Nominating	Bill Hansen	939-4951
Pianist	Dave Obara	932-2584
Radio	William Moresi	837-4645
Social	Don Nunn	934-5214
SongSirs	Owen Sullivan	943-7998
Sunshine	Chuck Smith	944-4949
Table Pool	Bill Weinberg	682-0962
Travel	Charlie Kiser	274-1575
Veterans	Lynn Freeman	691-1186
Walkers	John Lewis	825-3561
Wine Tasting	Rich Hanford	933-9237

Past Big SIR's

1989 Charles Unfried	1996 Dick DeVoe
1990 Gill Rhodes	1997 Warren Boero
1991 Gene Hackett	1998 Don Nunn
1992 Walt Entelman	1999 Dave Valladao
1993 E (Kap) Kaprelian	2000 Jack Calloway
1994 Joe Jansen	2001 Bill Hansen
1995 Bob Walton	



John Lewis

Every Friday
at 9:30 am at
various locales. Call John or just show up
and be healthy.

Walkers

June 7 - Orinda Briones Staging Area.

Meet at Orinda Village Safeway.

June 14 - Tour Pleasant Hill City Hall & downtown.

Meet at Albertson parking lot just off Crescent Plaza.

June 21 - Suzy's Garden. Meet at Acalanes High School parking lot off Pleasant Hill Rd.

June 28 - Curry Pt. Trail on Mount Diablo. Bring bag lunch for Rock City. Meet outside Blockbuster in Encina Grande cr. Ygnacio & Oak Grove for carpooling.

Thanks to **John Lewis, Bob Madge, Art Trost, Ralph Fowler and George Zurich** for folding and stapling, **Ken Kratz** for photography, **Dick DeVoe** for proof reading and **John Lewis** for mailing.

Thanks also to the folks at St. Paul's Episcopal Church, Walnut Creek for the use of their facilities.

Doing Lunch



Jim & Judy Baldrige, Rosalie Milano, and Carole & Myles Ringle

Veterans

Lynn Freeman Field trips.
Notification will be given.



Korean War Veterans.. If you served in any of the Armed Forces, overseas or not, between June 26, 1950-July 12, 1953 the Korean American Cultural Foundation would like to present you with an "Appreciation Medallion". There will be five different presentation ceremonies made over the two days, July 12th and 13th. They will be made after a performance by Korean entertainers. The Korean Consul General will be present. If you are interested, please call **Lynn Freeman** 691-1186.



SIR Br 146 Gardening, Wine Tasting and Cooking groups enjoyed an outing to The Amador Flower Farm and wine tasting at several local wineries on May 6.

SIR CALL *Newsletter*

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Walnut Creek CA 94598**

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