

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 16 Issue 3

Published For Our Members And Friends

March 2004



Doug Cook

Big Sir's Notes

"Growing old is no more than a bad habit which a busy man has no time to form."

Andre Maurois

Many members of Branch 146 are busy men as evidenced by the numerous activities that are available which involve many participants. I would like to thank the following busy men for their contributions.

Jeff Baily for getting our web site up and running.

Chuck Bobinecz for creating an outstanding Branch Calendar which is also posted on our web site.

Dick DeVoe for his well thought out proposal regarding the waiting list.

Little Sir **Ray Kan** for scheduling the excellent speaker at February's luncheon.

If you are not a busy man, now is the time to get involved and become one.

A new open waiting list has been established. Men will be placed on the list in the order that their applications are received. Those with a Waiting List number greater than 30 can participate in branch activities only when a member brings him as a guest.

The next Executive Committee meeting will be held on Thursday, March 11 at 9:30 am.

Telephone Directory Updates

Ken Beattie e-mail keggiej@comcast.net
Ernie Dickson e-mail e-dickson@sbcglobal.net
Bob Donahue e-mail rcdonahue@sbcglobal.net
Ralph Fowler e-mail Rafow2@astound.net
Dale Haukland e-mail Haukland@sbcglobal.net
Don Martin e-mail moragan2@sbcglobal.net
Doug Pederson e-mail cdpederson@comcast.net
Robert White e-mail rmwhite1@hotmail.com

Make
the
changes now!

Little Sir's Corner



Need a reverse mortgage to enjoy your golden years? The speaker for our March meeting will be **Herb Hofvendahl** who will explain the varieties of reverse mortgages and their uses.

SIR Branch 146 History

The first organizational meeting was held on March 28, 1988 at the Pleasant Hill Country Club under the sponsorship of the Las Trampas Branch 116. There were 74 sponsors and guests in attendance and \$106.91 in contributions was raised.

The second meeting was held on April 26, 1988 at which time a slate of officers was appointed and sworn in by the State Vice-President, **Russell Agnew**. **Hugh McCullough** became Big Sir and Probationary status was authorized on May 3, 1988 for Pleasant Hill Branch 146.

When Big Sir **Hugh McCullough** moved from the area in November, **Thomas O'Day** was appointed the Big Sir. The year 1988 ended with a membership of 69 which was still short of the 100 required for the Branch to be chartered.

In February of 1989 Big Sir **Thomas O'Day** resigned because of poor health and **Charles Unfried** was appointed the Big Sir.

While membership recruitment continued, Branch activities such as golf, bowling, ham radio, bridge and RV's were organized. **John Fontenrose** was the first SIR Call editor.

The luncheon meetings continued to be well attended with excellent speakers. The luncheon location was changed to Zio Fraedo's Restaurant in August 1989. Membership finally passed 100 and the Branch was officially chartered at the Christmas luncheon on December 19, 1989.

Jack Calloway Branch 146 Historian

SIR Branch 146 History is being presented in 3 parts in the March, April and May issues of SIR Call...ed

Bocce Ball

Al Milano



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



Blue Ribbon greeters
Ken Richter and
Ernie Dickson on the job
at the February Luncheon

Bowling

Dick Joyce



Our 12th annual **Dave Valladao** Memorial Area 2 Tournament kicks off March 22 at 10 am. for singles and at 1 pm for doubles. It continues on the 24th and ends on the 25th. Last year over 200 bowlers participated. Diablo Lanes has been completely renovated so we expect a larger crowd.



Cribbage

Al Tufo

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

An old Chinese proverb says don't wake up a sleeping stallion. After last month's poor performance the Italian stallion retreated to his stall and went into a deep sleep. He was awakened by a loud ringing of the telephone by **Barney Meade**. That was a mistake! Fully invigorated now, he was ready to make up for lost time. We were able to get in four derby races on Tuesday that were hosted by **Larry Reilly**. The Italian stallion, aka **Al Tufo**, won two and came in second twice.

Barney Meade also came in first twice and second place once. **Larry Reilly** managed to squeeze in a second place in one of the races. The next month's tournaments will be hosted at **Barney's** home on March 10, 2004, at 12 noon.



Cooking

Don Nunn

1st Monday at various members' homes.

The Cooking Group kicked off the New Year with homemade chili at the

Hungerfords' home on February 2. We had great food and a great time followed by a discussion held about future meetings.

Al Milano will sponsor a trip to Bronco Winery Bottling facility in Napa followed by lunch at Jonesey's Steak House at the Napa Airport. This will occur on March 17th. Contact **Al** for space available. Cost will be \$60 per couple. The cost will include transportation.



"1 bank in the side" Don Nunn plays a shot

Area 2 Computer Group

DICK CURRY 376-5541 racorinda@pacbell.net

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

Meetings of the Area 2 Computer Users Group are held 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). Meetings are normally held the 3rd Thursday of each month from 9:30 to 11:30 am. All SIR members are invited to attend these informative sessions. The next meeting will be March 18. **Dean Steichen**, Branch 8, will show us how to upgrade our computers, including adding/replacing hard drives, RAM, CD/DVD burners, and cards. Never seen the inside of a computer? This is your chance. It's easy and fun. Additionally, we will address your computer questions and problems and will identify some cool sites to visit on the Internet.

For more information please visit our web site at: <http://home.alt.net/~area2computer/>.

Duplicate Bridge

Bob Donahue



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

SIR **Bob Donahue** hosted three tables of duplicate bridge in February. **Lo McCarley** was first with 34 points and **Fred Kovar** was second with 28 points. **Chuck Hammond** was third with 26.5 points.

The next meeting is scheduled for Monday, March 15.

Couples Duplicate Bridge

Lo McCarley



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

Jim and **Allison Todhunter** hosted Couples Duplicate Bridge for February. **Bob** and **Janet Yolland** took first, **Jim** and **Allison Todhunter** tied with **Carl** and **Anne Johnson** for second, and **Bill** and **Margaret Rees** finished fourth. The March 17th bridge will be hosted by **George Zunich** and **Tamara Judson**.

Fishing

Sal Costanza



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

Upcoming fishing trips: March 22-26 Lake Comanche, April 5-8 Collins Lake, April 17 ocean salmon fishing (party boat). Also the New Melones Glory Hole Fishing Seminar (free) at Angels Camp. Interested? Come to our next meeting and get all the info.

Garden Club **Chuck Bobinecz.**

1st Thursday at 9:30 am at Alamo Safeway conference room unless otherwise announced.



We will meet on March 4th at 9:30 am at the Alamo Safeway conference room. **Ron Morrison** will give a presentation on the flora (plant) and fauna (animals) of Hawaii that are quite different from the contiguous states. Ron has requested that you wear a Hawaiian shirt to get into the mood. He also wanted to have a luau but I don't think Safeway would want us roasting a pig in their conference room. For our May meeting we are looking into the possibility of a field trip to the Sunset Gardens in Menlo Park.



Tuesday Golf **Walt Barabash**

Latest Weekly Tournament Results

January 20 First Flight: **Jeff Baily, Jim Baldrige and Rich Hanford.**

Second Flight: **Don Del Bene, Larry Zugnoni and Bob Frankland.**

Closest to the Pin: **Ray Nordstrom.**

January 27 First Flight: **Bob White, Bob Mehus and Jack Calloway.** Second Flight: **Ralph Fowler, Larry Zugnoni and Bill Becker.**

Closest to the Pin: **Russ Bliese.**

February 3: There was no tournament on this day because of rain. However, a few diehards decided to play in the bad weather, sloppy course, impossible greens, etc. Well wouldn't you know it, one of the players came out smelling like a rose. In the threesome of **Larry Zugnoni, Jim Stedman and Jeff Baily, Jeff** made six birdies with a gross score of 76. What a round of golf! Too bad it wasn't on a tournament day. Good going, **Jeff!**

February 10 First Flight: **Frank Marcon, Bob White and Rich Hanford.** Second Flight: **Bill Becker, Doug Cook and Pablo Chavez.**

Closest to the Pin: **Larry Sheerin.**

Lowest gross made in tournaments during this period was **Bob White** with a score of 85.

Doing Lunch



Bill Stevenson (W/L) and Roger Winn at the February Lunch.



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.

WHERE'S THE FAT?

"There's no safe level of trans fat," says the National Institute of Medicine. Trans fats raise the levels of LDL "bad" cholesterol and lower the levels of HDL "good" cholesterol. *Prevention* magazine (April 2003) called it "riskier than cheddar."

Man-made trans fats show up in virtually every kind of prepared foods, including fries, potato chips, cookies, and crackers. Trans fat produces the crunchy texture and lengthens shelf-life.

But trans fat (made from hydrogenating or partially hydrogenating vegetable oils) plays havoc with health. "The more you eat, the higher your risk," says **Alice Lichtenstein**, DSc, from Tufts University in Boston.

The FDA will soon require labels disclosing the presence of trans fats on all packaged goods, along with a statement advising you to minimize intake.

Note that some foods such as milk, lean meat and poultry contain trans fats, but natural trans fats (not made from hydrogenation) are not harmful to your health, according to **Eric Rimm**, ScD, from the Harvard School of Public Health.

So, what can you do to minimize your exposure to trans fats? Answer.. read labels. You can find varieties of potato chips, cookies, crackers, granola bars, waffles, bagels and whole grain breads and cereals that have no trans fats.

DIET SODAS ARE SAFE

A study of more than 10 year's worth of data by Europe's Scientific Community on Food found no link between consumption of Aspartame (the artificial sweetener most often used in soft drinks and sold as Equal) and cancer or other possible side effects.

CORRECTING COLOR BLINDNESS

There is now a contact lens that can boost color contrast, helping persons with hereditary color-blindness to distinguish between colors-particularly reds and greens-that would normally look the same.

The red-tinted soft contact is worn over just one eye.

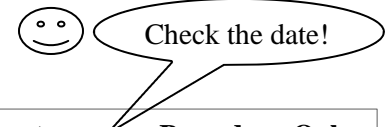
Source: *Consumer reports on Health*, April 2003

NOT TOO LATE FOR EXERCISE

Think you're too old to start an exercise regimen? Not so! A recent Michigan study found that previously sedentary people aged 80-92 who walked on a treadmill or rode an exercise bike for an average of 230 minutes twice a week for six months significantly improved their cardiovascular fitness levels.

More exercise resulted in more improvement.

Source: *UC Berkeley Wellness Letter*, April 2003



Know Your SIR Myles Ringle



I was born in bed in 1932, Fresno, CA. I spent my teenage years in East Oakland. I attended Horace Mann, Frick and Fremont High. I served in the Navy in Korea for 4 years. I worked for Sea-Land Services until retirement in 1992. Wife is **Carole**. Children are three. Grandchildren are twelve. Great grandchildren are two. Enough of the boring vitals. Now to the fun stuff which work interrupted...

I had ridden motorcycles as a teenager and went back to them at age thirty six... rode in flat track, motocross and cross country competition. First back surgery. Stopped motorcycles.

I then went into sailing. I purchased and sailed a Columbia 26 Mark II in the San Francisco Bay series for eight years, winning regionals and nationals in my class. Second back surgery. Sold sail boat.

I then purchased a power boat and took up sailing photography. I worked for a number of magazines including Sailing and Sea, taking pictures of the Big Boat series as well as the Americas Cup in 1987. Third back surgery. No more boats.

After the fourth back surgery, my wife said we needed to do something a little more quiet in our senior years and so we took up the game of golf.

Of course, I couldn't stand not knowing why the golf club did what it did so I became a club builder and fitter. I attended Golfsmith School in Austin, Texas and have enjoyed my golf work for the past thirteen years.

I have been a member of SIR Branch 146 for about four years and have met some of the best people in the world. It has made the last part of my life most enjoyable and fulfilling.

*Lately I hear the comments off the tees have changed
from "aw s%@T"
to "Thanks Myles"...ed*

Ladies Day Luncheon at **Boundary Oak,** Thursday, May 13, 2004.

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

Names:

Entrees (no. of each)
Petite filet of beef _____ Grilled salmon filet _____

Special requirements _____

Make check out to SIR 146 and mail to **Lew Thompson,**
1830 Cleveland Ct. Concord CA 94521.

His e-mail address is Lewist@astound.net

Note: If ordering for a full table of ten, send \$210 and list your companions on an attached sheet. Both must be received by April 30. **No tickets sold at the door.** Don't wait. Send coupon in today!

Candy Lovers

We are now taking orders for See's Candy certificates for delivery early April. You will have them in time for Easter. The 1 pound certificates will cost \$9.85 and can be redeemed at any See's Candy Store. They make great gifts for almost any occasion.

Make your check out to SIR Branch #146 and send to **Bob Spellman,** 3524 Perada Dr. Walnut Creek, CA 94598. Be sure to include a stamped, self-addressed envelope for your certificates.

Investment\$

Ben Smith

4th Wednesday 8:00 am at Diablo Creek Golf Course (Legends Grill). North Port Chicago Hwy and Hwy 4, Concord. **Ben Smith** (925)820-5403 bjsssmith@Aol.Com

The March meeting of "\$ums In Retirement "will be held on March 24.

Our feature presentation will be made by Mr. **Craig Fowler** and Mr. **Larry Hall**. They will present detailed information on how to use a reverse mortgage as a tool in your retirement planning. Learn how you can receive nontaxable monthly payments, retain your home ownership and not have your Social Security or Medicare affected. This should be a very informative session, so bring your questions and gain some new knowledge. This type of investment program can be helpful to some retired people who have a large equity in their real estate and want to draw on that equity to enhance their monthly income. As with any investment you need to understand all the basics, including the upside & downside risks. This is a chance to obtain some good basic information relating to this reverse mortgage program.

No reservations are needed. Just come on out, have breakfast and get the day off to an enjoyable start.

Your questions and ideas are always welcome.

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

- Santa Maria style beef tri-tip with beans, macaroni & cheese and salsa
- Baked cod filet with a miso glaze and rice

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea

Sunshine **Chuck Smith**

Please report any news of illness or tragedy that happens to any of our members or their family. Recently an incident occurred where friends assumed somebody else would call in but a whole month went by before the news was available for announcement at the meeting or for this bulletin. The Sunshine phone number is 944-4949.



Jack Harrington's wife **Gail** died in January after a 14 year struggle with Huntington's Disease. Our sympathy to **Jack** and his family.

Joe Suta-Recovery from a hernia operation isn't fast enough for Joe but it's on schedule and he plans on being at the next meeting.

Jim Baldrige-Surgery won't keep him down much longer. If he has his way he'll be at the next meeting.



Party Bridge **Fred Bolton**

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

The Party Bridge group met on February 2nd at **George Zunich's** home for four tables of bridge. First place went to **Jim Jackson** with 7110 points, second to **John Lewis** with 5690, third to **Dick Johnson** and fourth to **Bob Donahue**.

Our next game will be at **Bill Rees'** on March 1st.

Song Sirs **Chris Satterthwaite**

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

Dates to be commensurate with SongSirs entertainment obligations.

Song Sirs are engaged in executing their master plan for 2004. Due to planned commitments it will be necessary to practice each Wednesday 3:00 pm at the WCPC. Our activity has taken a new dimension in that we will now be performing in the evenings. Our first engagement will be at the Montego Heights Senior Lodge in WC in March. We are also planning to add more musical instruments to our activity. Some new Song Birds have joined us and are a welcomed addition. More are invited.

Call **Chris** 939-7826 Or E-mail,chrissatt@astound.net



Membership **Jim Jackson**

Branch 146 statistics: Members 207, HLM's 4, Waiting List 43. February attendance: Members 159, Honorary Life Members 2, Waiting List 11, Guests 2 Attendance: 174.

Status Changes:

Inactive: **Al Zeppa, Owen Sullivan**

Resigned: **James Barkley**

Current 30 Man Waiting List (prioritized): **Gary Schaub, Otto Wilson, William Roberts, Richard Ahlf, Thomas Thomson, Max Burchett, Mike Cavallo, Frank Fries, Allen Johnson, Jim Wray, Roland Sundstrom, Dave Nebinger, William Triantis, Lee Vincent, Stan Strange, Jesse Crews, Albert Bond, Larry Bushoom, George Hurd, William Stevenson, Martin Perkins, Henry James, Norman Kingshill, Doug Butler, Joseph Barry, Reginald Fromm, Daniel Meckfessel, William Malone, Harold Whisler, Tom Morgan.**

Remaining Waiting List Men (prioritized): **Jack Waddell, William Holsberry, Jack Hockel, Ronald Plachy, Orlo Jones, Russell Anderson, Daniel Schlatter, Donald Tubb, Robert Hutfliess, Richard Colombo, Miles O'Conner, John Hayes, Harold Powell.**





Travel Opportunities

Charlie Kiser

March 18, 2004 Day at the Races. Our annual trip is to Golden Gate Fields to visit our money we left last year. Includes

Turf Club admission, lavish buffet lunch and program.

Cost \$32 with r/t bus transportation or \$19 on your own.

Contact **Charlie Kiser**, 274-1575

Mar 29-30, 2004 Debbie Reynolds. Includes r/t deluxe bus transportation, Reno overnight and show tickets.

Cost \$110 p/p d/o, single supplement \$17.

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

April 17-24, 2004 Steam boating on Columbia, Willamette & Snake Rivers. Cruise on the three great rivers of the Pacific Northwest. r/t air, cruise and all shore excursions.

Cost \$2289 p/p d/o.

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

April 30-May 5, 2004 Ramona Pageant. Deluxe motor coach transportation throughout. Accommodations in various cities and the Ramona Pageant in the Mt. San Jacinto foothills. Cost \$987 p/p d/o.

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

May 7-23, 2004 Portugal and Spain. A 17 day tour featuring Salamanca, Oporto, Lisbon, Seville, Gibraltar, Costa del Sol, Granada, Valencia, Barcelona and Madrid. Daily breakfast and 9 dinners. Cost \$3175 p/p d/o \$670 single supplement.

Contact **Bob Spellman**, 934-8428

May 16-17, 2004 Camelot Musical. Motor coach transportation, Sunday Matinee performance of Camelot w/Reno accommodations. Cost \$79, \$10 single supplement. Contact **Carl Raaka** Br.8, 254-0482

May 28, 2004 Sacramento Jazz Festival. All day pass to all locations, special SIR location at Cal Expo. Cost \$20 Deadline May 1. Contact **Bob Spellman**, 934-8428

July 22, 2004 All SIR Day at Pac Bell Park SF Giants vs. San Diego. Lower Box Seats \$32 (limited availability) View Level \$19 SIR seats guaranteed through March 21. Contact **Charlie Kiser**, 274-1575

October 3-10, 2004 National Parks of the Southwest. Includes r/t air SF to Las Vegas and motor coach throughout tour. Visit Grand Canyon, Bryce and Zion National Parks as well as Lake Powell cruise, Sedona pink jeep tour, wagon ride and steak fry in Mesquite and sights along the way. Includes 7 breakfasts and 6 dinners as well as all admissions. Cost \$1450 p/p d/o.

Contact **Charlie Kiser**, 274-1575

"I don't think anywhere is there a symbiotic relationship between caddie and player like there is in golf."
.....**Johnny Miller**, TV analyst and pro golfer

Away Golf

Jim Baldrige



We have a great date for our Silverado Shotgun. Friday, Apr. 2 should be late enough to minimize the chance of rain. Flyers are out; cost is \$45 for SIRs, \$43 for guests including cart (reg. rate \$120) Wives and guests are welcome. This course is private and is cart path only unless you have an auto handicap placard, but fairways are narrow so it's not a major issue. Questions to **Jim Baldrige** 689-9232 or **Dick Richmond** 947-1167.

Table Pool

Bill Weinberg



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

A very good day at the "Ole Pool Hall". **Tom Baker** of Branch 8 introduced a new program to score a tournament and it looks like a winner...**Martin Lyle** of Branch 146 and **Joe Anthony** of Branch 8 tied for first place. **John Fontenrose** played along with the always exuberant **Don Nunn**, who showed us some of his now famous shots...Hope to see you next time (Monday, March 1st).



Theater

Bill Hansen

The next Theater outing will be to the Willows Theater at 3pm on Sunday April 18. The life and times of characters from the Paradise to the Great Flood. Children of Eden is a must see. The book and lyrics are from the people who fashioned Godspell and Les Miserables. Tickets are \$27. Make checks out to Sir Br. 146 and send to **Bill Hansen** at 3098 Manzano Drive, Walnut Creek, CA 94598.

My mother taught me religion:
"You better pray that will come out of the carpet."



Wine Tasting

Bob Burley

This is a call for members with an interest in wine: academic, cultural or just quaffing. We would like to carry on the tradition of the last three years of wine tasting for pleasure and education. I need you to contact me by phone or e-mail so that we have knowledge of who and how many are interested in participating in this noble endeavor. Please send, call or write to me at loneangler@astound.net providing your name (spouse's also) and phone number, e-mail, etc. We are planning home-based wine tasting as well as winery excursions and joint participation with other groups, i.e. cooking or gardening.

State President Region Director Area Governor	SIR State Officers	Don Schumacher Dan Gilmore Art Miller
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Branch 146 Officers and Directors

Big SIR	Doug Cook	939-4327
Little SIR	Ray Kan	376-2023
Secretary	Garth Cummings	820-0745
Assistant Secretary	Jim Stedman	932-1636
Treasurer	Lew Thompson	686-6880
Assistant Treasurer	Frank Rockwell	943-7743
Director	Chuck Bobinecz	939-8740
Director	Ralph Fowler	939-2953
Director	Dale Haukland	820-0189
Director	Howard Harvey	933-4112
Director	Stu Somerville	944-0738
Director	Ed Wojnar	933-9248

Committee Chairmen

Attendance	Bill Root	943-6194
Audit	Ron Pascoe	937-0161
Badges	Dick Richmond	947-1167
Bocce Ball	Al Milano	933-3492
Bowling	Dick Joyce	672-8193
Bridge-couples	Lo McCarley	935-3939
Bridge-duplicate	Bob Donahue	376-4527
Bridge-party	Fred Bolton	932-1580
Candy Sales	Bob Spellman	934-8428
Chaplain	Roy Fredrickson	284-5623
Cooking	Don Nunn	934-5214
Cooking Too	Rich Hanford	933-9237
Cribbage	Al Tufo	798-4129
Fishing	Sal Costanza	689-7647
Gardening	Chuck Bobinecz	939-8740
Golf	Joe Jansen	935-6691
Golf Scheduling	Tom Gorman	685-9721
Away Golf	Jim Baldrige	689-9232
Greeters	Bob Madge	939-4037
Historian	Jack Calloway	933-7998
Honorees	Dick DeVoe	932-5546
Investment	Ben Smith	820-5403
Luncheon	Jerry Bellows	376-3352
Membership	Jim Jackson	687-7052
Newsletter Editor	Jeff Bailly	906-0521
Mailing	John Lewis	825-3561
Photographer	Ken Kratz	933-7989
Nominating	Bob Yolland	932-4758
Pianist	Dave Obara	932-2584
Radio	Bill Moresi	837-4645
Social	Don Nunn	934-5214
SongSirs	Chris Satterthwaite	939-7826
Director	Rod Sharretts	372-6566
Sunshine	Chuck Smith	944-4949
Table Pool	Bill Weinberg	682-0962
Theatre	Bill Hansen	939-4951
Travel	Charlie Kiser	274-1575
Asst Travel	Bob Spellman	934-8428
Veterans	Lynn Freeman	691-1186
Walkers	John Lewis	825-3561
Wine Tasting	Bob Burley	934-5816

Past Big SIR's

- 1989 **Charles Unfried**
- 1990 **Gill Rhodes**
- 1991 **Gene Hackett**
- 1992 **Walt Entelman**
- 1993 **Kap Kaprielian**
- 1994 **Joe Jansen**
- 1995 **Bob Walton**
- 1996 **Dick DeVoe**
- 1997 **Warren Boero**
- 1998 **Don Nunn**
- 1999 **Dave Valladao**
- 2000 **Jack Calloway**
- 2001 **Bill Hansen**
- 2002 **Fred Kovar**
- 2003 **Bob Yolland**



Walkers

John Lewis

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

March 5 - Iron Horse Trail (n). Meet at north end of old Montgomery Ward parking lot off Monument.

March 12 - Iron Horse Trail (n). Meet at parking lot between Sam's Club & Sportsmart on Concord Ave. near Buchanan Field. Note: The Walking Group (some of us anyway) have now walked the Iron Horse Trail from Martinez to San Ramon.

March 19 - **Flo's** walk to college (Concord).

Take Ygnacio to rt. on Pine Hollow to quick rt. to parking lot at Ricky Henderson Field.

March 26 - Daffodil walk. Meet at Moraga Safeway parking lot.

Check out these neat web sites: www.aarp.org Click on "Site map"
www.webmd.com Click on "WebMD Health" www.howstuffworks.com
Send your favorite website to sircall@astound.net

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

New! Branch 146 Website

Yey! Our branch now has its very own website (<http://sir146.com>). It's still a work-in-progress, but some of it is now ready for your use and enjoyment.

For example, the home page provides an overview of what our branch is all about. Click on "Calendar" and you'll find the SIR activities for each month. Thanks, **Chuck Bobinecz**. Click on "Officers" and photos of each Executive Board member will appear. And so on. You'll even be treated to soothing background music!

How did it happen? Well, your Sir Call Editor decided to take his cyberspace knowledge to a new level. Helping him do this is Sir **Jim Baldrige's** son-in-law **Jim Gamble**, who so kindly volunteered his professional expertise. It's a time-consuming project for **Jim**, and we appreciate very much his continuing efforts to get everything up and running.

So there you have it. Call up the site up right now and enjoy!

Thanks to Dick DeVoe ..ed

March Birthday Boys

- John Biasotti, Les Birdsall,**
- Doug Cook, Joe Deas,**
- Bob Donahue, John Fontenrose,**
- Dan Hungerford, Bruce Jones,**
- Frank Marcon, Bill Martin,**
- Stan Pieratt, Chuck Smith,**
- Joe Suta, Harry Tutton, Kent Tyler.**



Ken Kratz of Br. 146, giving a pool lesson to some Br. 8 guys. The Table Pool group meets on the 1st and 3rd Mondays at 11:30 am. at Masse's 2721 N. Main, in Walnut Creek. Just show up.

SIR CALL *Newsletter*

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

SirCall@astound.net

sir146.com



Time Value Mail
Please deliver as
soon as possible.

Doing Lunch



**Ken Baumgarten, Norm Kingshill (W/L),
Don DelBene and Don Strong** yakking it up before lunch.

Doing Lunch



Speaker, Deputy District Attorney
Dodie Katague giving a spirited talk on
Identity Theft at the February Luncheon