

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 16 Issue 2

Published For Our Members And Friends

February 2004

Big Sir's Notes

As announced at the January luncheon, the 2004 contract with Blake's Restaurant has been signed. The "bad" news is that the price of the luncheon will rise to \$18.00 beginning at the February luncheon. The amount reflects \$17.00 to Blake's for lunch and a \$1.00 contribution for publication of the Sir Call Newsletter. The "good" news is that the beverage prices will remain the same. This is still a good deal for what we get! Thanks to **Jerry Bellows** for his continuing efforts to negotiate the best possible agreement for us.

Jeff Baily is leading an investigation into establishing a web page for Branch 146. He will attend the Area 2 computer group meeting on February 19th (see page 2) to discuss this possibility. More information to come later!

Chuck Bobinecz has designed a calendar which incorporates all Branch 146 activities to avoid scheduling conflicts. The calendar will be available at our February meeting for committee chairs to examine.

The waiting list is an issue that requires ongoing examination. Former Big Sir **Dick DeVoe** introduced a proposal to the Executive Committee in January to examine the current procedure and to modify it. Discussion of this proposal will be continued at the February Executive Committee meeting. Resolution will, of course, be announced to the members.

Lynn Freeman has volunteered to be the committee chair for the Veteran's Committee for 2004. Lynn has served Branch 146 in this position before. Thanks, **Lynn**, for assuming this responsibility.



Doug Cook

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.

Table Pool



Bill Weinberg and **Don Nunn** of Br 146 were on a roll against fellow SIRs from other branches

Telephone Directory Updates

Bob Yolland's email address: bobyolland@earthlink.net
Leon Shultz's email address: leonschultz@aol.com

Make
the
changes now!



Ray Kan

Little Sir's Corner

Speaker for our February meeting will be Deputy District Attorney **Dodie Katague**. He will be giving a presentation on one of the areas that we all must be aware of these days...Identity Theft.

Bowling

Dick Joyce



If you are interested in joining our SIR league, contact **Dick Joyce**. We bowl on Wednesdays at 10 am at Diablo Bowl. Individual achievements through 01-06-04:

High scratch series of 713 to **Stan Strange**, and most improved bowler **Mitch Mitchell**.

There are two SIR tournaments next month: Feb 2/4 Napa Bowl in Napa and Feb. 9/11 Granada Bowl in Livermore.

If you need a doubles partner call **Al Zeppa**.

Important: Eff. Mar. 1: at future SIR tournaments you use your highest ABC average.



Cribbage

Al Tufo

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

On January 14th the Cribbage Club was hosted by **Lang Erickson**. We did manage to get in two tournaments. **Lang Erickson**, who has been diligently practicing on his computer, took full advantage of his poor handicapped buddies and gave them a severe trouncing by winning both tournaments. **Bryant Fischback** on his hands and knees managed to crawl in to second place. In the other tournament **Barney Meade** made a gallant effort to catch **Lang**, but was just too overwhelmed by his highly skilled opponent. The next Cribbage Club will be hosted by **Larry Reilly** on February 11th at his home starting at noon.



Cooking

Don Nunn

1st Monday at various members' homes.

No meetings were held in January. Please call **Dan Hungerford** if you intend to be at his home on Monday, February 2. March will be at the home of Al Milano. Call for date and time.

Recipe of the Month

Madelyn's Veal Scaloppini

1 pound mushrooms, sliced	2 Tbsp. butter
1-1/2 lbs veal steak, thinly sliced and cut into serving pieces	
4 Tbsp. flour	2 Tbsp. butter
2 Tbsp. olive oil	1 clove garlic, crushed
1 cup dry white wine	1 cup chicken broth
2 Tbsp fresh chopped parsley.	Grated peel of 1 fresh lemon
	1/2 tsp each thyme and marjoram
Salt and pepper to taste (I prefer seasoning salt)	
3 Tbsp. dry sherry wine, 2 Tbsp cornstarch	
Juice of one fresh lemon	

Sauté mushrooms in 2 Tbsp butter in skillet. Remove mushrooms from pan and set aside. Flour veal pieces, then brown quickly on both sides

2 Tbsp butter, olive oil and crushed garlic.

Remove garlic, return mushrooms to veal and add all remaining ingredients except sherry wine, cornstarch and lemon juice. Cover pan and simmer gently for about 45 minutes.

Add sherry wine and cornstarch blended with lemon juice to make a smooth paste. (You might have to thin with a small amount of water).

Cook all together 10 to 15 minutes until mixture is thickened and sauce is smooth.

Please send in recipes for publication.

Many thanks from your Cooking Group #1.

The Dinner Dance is sold out but we have a waiting list.

If you wish to be placed on the waiting list contact

Don Nunn at 934-5214.

SIR Area 2 Computer Group

DICK CURRY 376-5541 racorinda@pacbell.net

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

We meet 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 held the 3rd Thursday of each month from 9:30 to 11:30 am. All SIRs are invited to attend these informative sessions. The next meeting will be February 19. **Floyd Skelton** will speak on "How to Create Your Own Web Site". The purpose of the presentation is to both answer the question: "Do I Want a Web Site?" and, if so, provide guidelines for reaching that objective. The paths, ranging from the creation of a single simple web page to building a complex multi-page web site, will be outlined. SIR members that are currently creating web pages are encouraged to share their experiences during the session. 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.att.net/~area2computer/>

Duplicate Bridge Bob Donahue.



SIR Fred Bolton hosted four tables of duplicate bridge in January. **Lo McCarley** was first with 44.5 points and **Jim Jackson** was second with 43 points. **Jim Todhunter** was third with 39 points and **Fred Bolton** and **Jim Brown** tied for fourth with 38 points. The next meeting is scheduled for Monday, Feb.16. Contact **Bob Donahue** at 376-4527.

Couples Duplicate Bridge



Lo McCarley

Couples play as partners

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

Couples Duplicate Bridge just had its first birthday. At each of last year's twelve sessions we had four tables (eight couples) with a total of 14 couples attending at least one of the sessions. On January 21, 2004, **Bob** and **Janet Yolland** hosted the first meeting of our second year. Unfortunately, we couldn't make SIR Call press time. The results of that meeting will be published in the next month's SIR Call.

Fishing

Sal Costanza



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

Do you like trout fishing or bass fishing or salmon fishing or catfishing or deep sea fishing or any kind of fishing? If so, come to our next breakfast meeting. Besides going over the 2004 fishing schedule, we will be setting up car pools for the International Sportsman Show at San Mateo and Pleasanton.

Garden Club Chuck Bobinecz.

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

We will meet on February 5th at 9:30 am at the Alamo Safeway conference room.

Lo McCarley is arranging a speaker with expertise on camellias. **Ron** and **Joyce Morrison** celebrated their 50th wedding anniversary in Hawaii. Congratulations to the **Morrison**s. Since many of the garden club members have visited that state, for our March meeting **Ron** will give a presentation on the flora (plant) and fauna (animals) of Hawaii so that on our next visit we can appreciate more than the weather.



Tuesday Golf Walt Barabash

December 16 First Flight: **Frank Marcon, Bob Mehus** and **Bob Yolland**.

Second Flight: **Walt Barabash, Bob Frankland** and **Bill Becker**.

Closest to the Pin: **Jerry Bellows**.

January 6 First Flight: **Jim Baldrige, Rich Hanford** and **Bob White**. Second Flight: **Howard Harvey, Bob Spellman** and **Warren Boero**.

Closest to the Pin: **Bob Madge**.

January 13 First Flight: **Bob Mehus, Jim Stedman** and **Joe Himsl**. Second Flight: **Frank Mandic, Bob Spellman** and **Don Nunn**. Closest to the Pin: **Bill Boyd**.

Bob White is to be congratulated for his hole-in-one on the sixth hole at Boundary Oak. Good going Bob!

Hole-in-one

*Bob lined the ball up on the right hand side of the tee area which surprised this writer as some branches of the trees that line the right side would almost interfere with the line to the flag. Nevertheless, he let a beauty go with his nine wood. It arced very close to those branches and drew back and landed, we believed, mid-green in line with the pin. Remarks were made that maybe he aced it. As we approached the ball-less green, I saw a white spot on the back of the green and yelled to **Bob** who was selecting his clubs from the bag drop area, "it's off the back of the green". As he walked up to the green with his wedge and putter, **Ernie Dickson** looked into the cup and pronounced "it's in the hole!" Curiously, there was no ball mark on the soft green, leading to the probability that he holed it without a bounce.*

Hooting, hollering and hand shaking followed, with many jokes about our building thirst.

*A celebration was held in the snack bar area later with **Bob**, in great SIR tradition, generously footing the bill.. ed*



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.

WINTER BLUES

Feeling blue? You may be suffering from what is called "seasonal affective disorder" (SAD). According to the *American Journal of Psychiatry* (August 1996) the condition is related to the amount of daylight present. Sufferers feel up in June, when the days are long, and down in December, when the days are short. While adding light to darkened rooms has proven to be helpful for some, it doesn't work for everyone. Others require antidepressants to get better. "The most important thing to do for SAD patients is to make them aware that the disorder exists, so they can get treated and feel better," says Norman Rosenthal, MD, director of the National Institutes of Mental Health and author of a recent study of the disorder.

RX FOR ARTHRITIS: EXERCISE

"If it hurts, don't do it" is usually good advice. But when it comes to arthritis, that's not entirely true. Many people who suffer the joint pain and inflammation associated with rheumatoid arthritis tend to avoid exercise because it is uncomfortable. But new research from Tufts University indicates that exercise can actually lessen joint pain. When arthritis patients went through a two-day-a-week, strength-training regimen on exercise equipment, they found walking was easier, balance improved, strength was enhanced, and they had less pain and fatigue. The Arthritis Foundation has a program that they call PACE (People with Arthritis Can Exercise). Your local Arthritis Foundation chapter has free information. You can call them at 1-800-283-7800.

Internet users can access their Web site at:

<http://www.arthritis.org>.

Source: *Tufts University Diet & Nutrition Letter*, July, 1996

A TIME FOR COLD, A TIME FOR HEAT

The application of both cold and heat can be helpful in treating soft tissue (muscles and ligaments) injuries. But the question is when to apply each. Here are the recommendations of Bryant Stamford, PhD, director of the Health Promotion and Wellness Center in Louisville, Kentucky:

Immediately after an injury, apply cold for 10 to 20 minutes to the injured area. Swelling interferes with healing, and cold prevents and/or reduces swelling. Cold also shrinks blood vessels, reduces internal bleeding, prevents muscle spasms and relieves pain. Continue intermittent cold application for 48 hours.

When swelling has gone (usually after 48 hours), the application of heat will stimulate blood flow, promote healing, relax muscles and relieve pain.

Source: *The Physician and Sportsmedicine*, March 1996

Know Your SIR Don Patterson

Although I confess that I don't recall the incident,



Donald Lloyd Patterson is on my birth certificate dated May 28, 1927 in Glendale, California. I do remember that while I was in the first grade, my family moved to Ontario, CA where I continued my schooling and graduated from Chaffey Union High School in 1945 along with 650 other classmates. The Army rejected me because of a "trick" shoulder I developed while playing varsity football at Chaffey. The game programs listed me as a 165 lb. scat-back, but I barely tipped the scale at 140 pounds.

While working for my father in refrigeration service, I enrolled at Chaffey College where I learned that politics was not for me. I ran for student body business manager, and lost the election by four votes. However, when the popular non-accounting winner failed to register for classes, I was appointed to the position and expected to solve the student body's financial crisis. The crisis had occurred because the current budget had been prepared on the basis of income generated from a very successful football season capped by a victory in the junior Rose Bowl game the previous year.

I met my future wife, **Virginia**, in an accounting class at San Jose State University where she helped me to graduate with a degree in accounting. As my parents were recovering from losses from the Depression, I took employment at American Can Company weekdays from 3 PM 'til midnight to cover expenses. With a full academic load, my only free time to see **Virginia** was between midnight and her 1 AM lockout time.

After graduation, but before marriage and beginning a career with Shell Oil Company in 1952, we both worked a summer for the National Park Service in Yosemite.

I was foreman of the Blister Rust Control Camp at Crane Flat and **Virginia** was the telephone operator at the Park Service exchange in the valley. I had previously worked four summers in Blister Rust Camps at Chinquapin, Wawona and a pack camp on the South Fork of the Tuolumne River.

My twenty-five year career with Shell as an accountant and corporate auditor included assignments with Shell Chemical as well as Shell Oil in San Francisco, Pittsburg, New York, Boston, San Ramon and Walnut Creek. An additional transfer was scheduled for Houston, but I opted for a reduced pension early retirement rather than move to Houston. I accepted a corporate auditor position with Standard Oil of California, now Chevron, and after nine years, took another early retirement in 1986 when

Gulf Oil Corp. was acquired.

We are blessed with two daughters **Carol** and **Laurel**, granddaughter **Robin**, and grandson **Matthew**, who all live and work in the East Bay.

Aside from being born or getting married, the most dramatic time of my life occurred on my daughter's forty-fifth birthday June 28, 1999. Emergency surgery was required to correct my perforated intestine. Two tumors, one the size of a baseball and the other the size of a golf ball along with four feet of my intestines were removed. The surgeon told my wife that I had massive cancer throughout my colon and had only a few days, perhaps a month, to live. After the lab results, I was told that I was "lucky" because I had Carcinoid tumors which grow and move slower than other types of cancer and that some people have been known to live for five years after being diagnosed with Carcinoid.

The thirteen years I've been with SIR have been rewarding and I appreciate all those who contribute to the success of Branch 146, the best SIR Branch.

PS: I began trans-catheter chemo-embolization on the right lobe of my liver on Nov. 18 and on Dec 30 to the left lobe and now am in the recovery stage of this cancer treatment. I plan to be with SIR for at least another thirteen years.

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 bjsssmith@Aol.Com

The February meeting of \$ums In Retirement will be held on Wednesday, Feb. 25.

We will have breakfast at anytime after 7am. Food is good and the coffee pot is always available.

The feature presentation will be made by Mr. **David Carlson**, Financial Consultant, AAMS, MBA, associated with A.G. Edwards & Sons, Inc. His topic will be "Protecting Your Financial Future." He will be talking about strategies to protect your retirement nest egg in these uncertain times. Mr. **Carlson** has an extensive background in financial planning and will offer many excellent ideas for your consideration.

No reservations are needed. Just come on out, have breakfast and be prepared to gain and exchange come good financial information. Your questions and ideas are always welcome.

Notice

In order to improve the readability of the SIR Call, we have switched to Kinko's on-line printing.

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.

Party Bridge Fred Bolton



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

We met on January 5 at **Jim Brown's** home for four tables of bridge. First place went to **Fred Kovar** with 5130 points, second to **Bill Rees** with 4820, third to **George Zurich** and fourth to **Jim Jackson**. Our next game will be at **George Zurich's** on February 2.

Membership

Jim Jackson



Branch 146 statistics: Members 210, HLM 4, Waiting List 29. January attendance: Members 177, Honorary Life Members 2, Waiting List 14, Guests 2. Excused 20, Unexcused 15, Total Attendance 193. Status changed to inactive: **Dennis Hallet**.

Inducted: **Don Gremaux**.

Current 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 Busboom, George Hurd, William Stevenson, Martin Perkins, Henry James, Norman Kingshill, Doug Butler, Joseph Barry, Reginald Fromm, Daniel Meckfessel, William Malone, and Harold Whisler.**



Luncheon Menu

Jerry Bellows

This month's luncheon menu

Salad

- House salad
- Freshly baked rolls and butter

Entrees including seasonal vegetables

- Filet of sole with pesto fettuccini
- Roast loin of pork with herbed mashers

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea

Sign in an office at SIR headquarters:

"After tea break, staff should empty teapot and stand upside down on the draining board."

Sunshine

Chuck Smith



Please look on the Sunshine table every month and add your signature to any card, particularly if the person is an acquaintance or friend of yours. It means a lot to get a cheery card.

Don Patterson is bedridden at present, battling cancer. He has had surgery on both lobes of the liver. His radiologist is optimistic about results of recent treatments. Don misses bowling and would appreciate a phone call.

Otto Wilson's wife **Roberta** is doing well from recent surgery. She is awaiting results from recent tests.

Al Zeppa's doctors will now be checking lymph nodes for cancer. He also has trouble breathing. He says he will go on the inactive membership list until he feels better. A call or a card would be welcome.

Former Big Sir **Bob Walton** is recovering from two fractures in his leg suffered at the end of November.

Doing Lunch



Ralph Fowler inducting **Don Gremaux** with **Garth Cummings** in the background at the January 8th Luncheon.



Travel Opportunities

Charlie Kiser

March 18, 2004 Day at the Races.

Our annual trip 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 and \$19 on your own.

Contact **Charlie Kiser**, 274-1575

Mar 29-30, 2004 Debbie Reynolds. Includes r/t deluxe bus transportation, overnight at Reno Hilton, show tickets, casino stops with a bonus value of \$35 and a hosted cocktail party. Cost \$110 p/p d/o, single supplement \$17.

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

April 17-24, 2004 Steamboating on Columbia Willamette & Snake Rivers. Cruise on the three great rivers of the Pacific Northwest aboard the Queen of the West Steamboat. Includes r/t airfare to and from Portland, 7 night cruise and all shore excursions. Cost \$2840 p/p d/o.

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

April 30-May 5, 2004 Ramona Pageant. Deluxe motor coach transportation throughout. 4 nights accommodations in Bakersfield, Desert Hot Springs and Ventura and the Ramona Pageant in the Mt. San Jacinto foothills. Includes 8 meals. 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/accommodations at Sand Regency in Reno. Cost \$79, \$10 single supplement.

Contact **Carl Raaka** Br. 8, 254-0482

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

Sign in a local Laundromat

These are automatic washing machines:

Please remove all your clothes when the light goes out.

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.



The Song Sirs opened up their 2004 season with a special meeting of their five member 2004 Draft Plan Subcommittee. An outline plan was developed for promulgation to the full 18 member Song Sirs Committee at their first regular 2004 practice session. This will be held at the WC Presbyterian Church Wednesday January 28 at 3:00 pm. Among engagements planned for the new season will be participation in the Walnut Creek Memorial Day celebration May 31. You are invited.

We still have room for new song birds.

Away Golf

Jim Baldrige

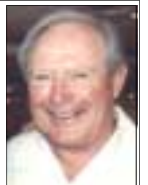


Thanks to all you SIRs who responded so quickly to the Moraga Br #171 invitation to their Mar. 1 Shotgun at Crow Canyon Country Club. We have filled the slots they offered us but I am keeping a list of backup players in case of cancellations, so let me know if you're interested.

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. P.S. Both these course are private and are 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).



The Table Pool Club met on the first Monday and not only had some new faces, but also started up some new rules of play. The club decided to play by the professional rules and feels that this will prepare the club for competition play. No problems adjusting, except **Ken Kratz** still insists on hitting the wrong balls. The 2nd Monday this month we had a fantastic turn out. A new face among the regulars was **Don Nunn**, who showed that he has some hidden talents. **Ken Kratz** claimed that many of his missed shots were from the many flash bulbs going off when he was shooting -don't believe him

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 Baily	932-4758
Mailing	John Lewis	906-0521
Photographer	Ken Kratz	825-3561
Nominating	Bob Yolland	933-7989
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

February Birthday Boys
Hank Berriman, Bill Cammerer,
Dick D'Arezzo, Bob Frankland,
Lynn Freeman, Tom Gorman,
Denzil Harrison, Joe Jansen,
Jerry Lindahl, Martin Lyle, Arno
Marra, Don Merchant, Al Milano,
Bill Rees, Hal Rodgers, Lee Schultz,
Jim Stedman, Milt Swenson

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.

Feb 6 - Lafayette Trail (NE). Meet at Lafayette Comm. Center on St. Mary's Rd.
Feb 13 - Iron Horse Trail north from P.H BART parking lot on Coggins Dr.
Feb 20 - Meet at Clayton Library. Walk will be determined by weather
Feb 27 - Iron Horse Trail south from Danville. Meet at parking near Danville Railroad Museum.

Thanks to **John Lewis, Bob Madge, Joe Schild, Bill Snyder** and **Chris Satterthwaite** for folding and labeling, to **Ken Kratz** for photography, **John Lewis** for mailing, and **Dick DeVoe** for proofreading.

Notice
A series of events celebrating the veterans of WWII will take place from May 27 to June 1, 2004 in Washington DC. The dedication of the WWII Memorial will take place at 2 pm on May 29, 2004. Interested parties may call 1(800)639-4992 or 1(239)549-1010 or visit the web site www.WWII Memorial.com for more information and tickets.



←
Sir **Bill Boyd** pausing in the action at Boundary Oak
→
Branch photographer **Ken Kratz** flashing the moola won as Birthday Boy of The Month at the January Luncheon



Tom Noonan, Ray Nordstrom & Pablo Chavez

SIR CALL *Newsletter*

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

SirCall@astound.net

Non Profit Org
US Postage Paid
Permit No 364
Concord CA

Time Value Mail
Please deliver
soon as possible.



Place label here

Doing Lunch



Committee Chairs **Chris Satterthwaite** Song Sirs, **Jeff Baily** SIR Call, **Jim Baldrige** Away Golf, **Don Nunn** Cooking, and **John Lewis** Walking, line up to give their monthly report at the Luncheon in January.



Branch 146 golfers enjoy a free "round" while celebrating Sir Bob White's hole-in-one on 6 at Boundary Oak