

# SIR CALL

## Newsletter

Pleasant Hill SIR Branch 146 Volume 15 Issue 4

Published For Our Members And Friends

April 2003

### Big Sir's Notes

Br. 146 is fortunate again to have four Honorary Life Members. Our earliest HLM is **Charlie Unfried** with an approval date of 10/20/95. **Charlie** was our first Big SIR serving in 1989. Our next HLM was **Bob Walton** with an approval date of 6/1/98. **Bob** served as Big SIR in 1995 and recently has been helping establish a new SIR branch. **Charlie Kiser** has an HLM approval date of 2/23/00. We are very pleased to have a truly experienced travel chairman like **Charlie** who continues to do such a great job. Our newest HLM, **Don Nunn** has an approval date of 1/30/03.

**Don** served as Big Sir '98, Little Sir '97, Asst. Sec. '96, bulletin chair '96/'97, nominating chair '99/'00, and candy chair 3 years. **Don** also founded and chaired both the cooking group for 3 years and the social committee who puts on each spring and fall dinner dance for 5 years. Additionally **Don** initiated, developed, edited, arranged the publishing, sold and distributed over 550 SIR's cook books. He is truly one of our branch's leading cheerleaders communicating to dozens of SIR's and their spouses. **Dick DeVoe** headed the Honorees committee and did an outstanding job of putting together the nomination.

It was great to have a turnout of over 200 in attendance at the March meeting, along with our regional director and area governor to see **Don Nunn**, awarded his Honorary Life Membership certificate and pin by our state president **Jim Faverman**.

Congratulations **Don** and most importantly thank you for all your excellent work in making our branch one of the best.



**Bob Yolland**

### Help Wanted

Person to assist in producing Sir Call newsletter. Opportunity to learn new Ms. Publisher software.

Person to help in developing a web site on which to publish the newsletter. Minimum experience with web site development helpful

Please write to **Jeff Bailly**, editor, at SirCall@Att.Net  
Computer committee chairman wanted for Area 2 .

Volunteer to take over Area 2 Governor position at the beginning of 2004. Must be a Big SIR or past Big SIR.

Please contact Br. 146 Big SIR **Bob Yolland**.

### Telephone Directory Updates

Pete Gates' e-mail is: prgates@attglobal.net.

### March 2003 SIR Branch 146 Dinner Dance



**Jo & Bob Spellman.**



**Rosalie & Al Milano**



**Barney Meade & Marge Burns**



**Joe & Peggy Lamanna**

### Little Sir's Corner

The speaker at the April luncheon will be **Jack Warnock** who will be accompanied by his service dog, Ellie. This promises to be a very interesting and entertaining event.



**Doug Cook**

Also, thanks to all of you who have provided me with such outstanding recommendations for speakers. I am sure you will notice we have utilized several of them.

### Bocce Ball

**Al Milano**



2nd and 4th Mondays at 9 am. March through November except May 26 (Memorial Day) at Concord Bocce Courts in Newell Park, Concord near the corner of Turtle Creek and Ayers Rds. 933-3492

## Bowling Dick Joyce

Team Amigos is in first place, 2nd place The Destroyers and Dave's Dudes are in 3rd. Season's high game— The Destroyers 878 and high scratch series 2445.

Don't forget our tournament Mar 24,26 & 27 and Br. 19 tournament at Clayton Bowl on April 15th & 16th.

The bowling oddity one likes to forget...splits. One cannot find in any bowling record book the number of splits in a 3 game series. In our league **Gus Edwards** set the standard with an 8 in January, but a few weeks ago **Bill Martin** topped that with a 10. Sorry **Bill**, no trophy.



FACT: To break 80 you must average eight greens in regulation per round.

**Lucius Riccio's** Rule:

"A golfer's score is equal to 95 minus 2 times the number of greens hit in regulation." Source: *Golf Magazine* March 2003



## Cooking Don Nunn

1st Monday at various members' homes.

**Mildred DeSalles**

Escaloped Asparagus  
Mother's tried and true recipe.

1 can asparagus (white)

Juice of asparagus and enough milk to make 1-1/2 to 2 cups total.

1/3 cup butter, 1/4 cup flour, 3/4 cup grated American cheese.

Pour off excess juice of asparagus into measuring cup. Add enough milk to measure 1-1/2 to 2 cups of liquid. Place drained asparagus in casserole.

Make white sauce:

melt butter, add flour, heat together until smooth.

Add the liquid, stirring until thick. Add cheese.

When blended, pour over asparagus.

Place in 425 degree oven for 20 minutes. Serves 4.

The Cooking group met at the home of **Bob Spellman** (the candy man) and were treated to a super luncheon prepared by **Bob**. A light mousaka (eggplant bake) was astounding. A mere 255 calories! A great meeting, a bit of the grape and salad and dessert. Well done **Bob**.

On April 7th SIR **Gene Diana** will be in charge. Don't forget to call **Gene** and let him know of your attendance.

Sir Branch 146 had our 9th dinner dance on March 5th at the garden center at Heather Farms. A sold out affair of 104 people enjoyed a 5 piece live band with great food and a libation or two. A great time was had by all. Don't forget to mark your calendar now for our next dinner dance on October 1, 2003.

## Duplicate Bridge

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

Due to the late scheduling of duplicate bridge play on March 24, I will not be reporting anything for this month until next month.



## Couples Duplicate Bridge

**Lo McCarley**

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

Couples play as partners.



SIR Couples Duplicate Bridge met on March 19th at **Carl and Anne Johnson's**. **Bill Rees and Margaret Fike** took first place, **Lynn and Dasha Freeman** took second, **Carl and Anne Johnson** came in third, and the fourth prize went to **Bob and Janet Yolland**. The next meeting will be at **Jim and Allison Todhunter's** on Wednesday, April 16<sup>th</sup>.

A pair of Michigan robbers entered a record shop nervously waving revolvers. The first one shouted, "Nobody move!" When his partner moved, the startled first bandit shot him.



## Cribbage Al Tufo

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

The Cribbage Club was hosted by **Langley Erickson** on March 12. All members attended and we were able to get in two tournaments. The first was won by **Byron Meade** who didn't lose a single game, and that isn't easy. **Bryant Fischback** came in second, took the loot and didn't even say thanks. The second tournament was won by the Italian Stallion with **Langley Erickson** taking second. The next Cribbage Club get together will be hosted by **Larry Reilly** on April 9th @ 12:30 PM. Mark this date and time on your calendar. Ciao.

## Fishing

**Sal Costanza**

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

Coco's is closed. Starting Mar 27 our meetings will be held at Legends Grill at Diablo Creek Golf Course at 8:30 am. Upcoming trips include ocean salmon fishing, fly fishing & trolling for trout, striper fishing, black bass fishing and trolling for Kokanee salmon. Join us at Legends for all the details.



# Garden Club

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



The April 3rd meeting will be at the Alamo Safeway conference room at 9:30 am. Sir **Fred Kovar** will give a presentation on iris. Most of us know about the common blue and white bearded irises, a large and remarkably diverse group of about 200 species, varying in flower color and form, cultural needs and blooming season. **Fred** is a member of the iris society. Be ready for the **Doug Cook** quiz. The upcoming bus trip to COPIA on August 7<sup>th</sup> is starting to come together. The cost will be approximately \$35 per person. This will cover the bus fare, admission to COPIA and a private guided tour. The wine group and the garden club members need to contact **Rich Hanford** or **Chuck Bobinecz** by May 15<sup>th</sup>. This should be a sell out. Wives and guests are welcome.

## Tuesday Golf Walt Barabash



Feb. 18 First Flight: **Gene Diana, Ken Richter** and **Bob Loustalet**. Second Flight: **Bob Spellman, Frank McNamee** and **Howard Harvey**. Closest to the Pin: **Russ Bliese**.

Feb. 25 First Flight: **Jeff Baily, Ken Kratz** and **Jack Calloway**. Second Flight: **Mitch Mitchell, Fred Kovar** and **Larry Zugnoni**. Closest to the Pin: **Gene Diana**.

March 4 First Flight: **Ken Richter, Larry Sheerin** and **Ed Wojnar**. Second Flight: **Mitch Mitchell, Joe Jansen** and **Fred Bolton**. Closest to the Pin: **Bill Hansen**.

March 11 First Flight: **Ernie Dickson, John Lewis** and **Ray Nordstrom**. Second Flight: **Fred Kovar, Frank McNamee** and **Mitch Mitchell**. Closest to the Pin: **Fred Kovar**

## Away Golf Jim Baldrige



After a beautiful day of golf at Silverado Country Club, without rain and with a lot of sunshine, congratulations go to the following:

1st Place **Pablo Chavez** net 63, 2nd place **Jim Baldrige** net 64, 3rd Place **Tom Treto** net 64, 4th Place **Larry Zugnoni** net 67 and 5th Place **Don Loustalet** net 67. 2nd & 3rd, 4th & 5th places were decided by our SIR tie-breaker process. Closest to the pins: **Tom Gorman** on hole 2 and **Johnny Butler** on hole 11.

Bethel Island Feb 27 Results: First through third place: **Bob White, John Lewis, Jack Calloway**. Closest to the pins: **Olof Johansson** on hole 14 and **John Demos** on hole 16.

## Health Matters Physical and Mental



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

### FISH AND FISH OIL

Fish oil, from either fish itself (preferably tuna, salmon or mackerel) or from supplements should be a staple in the diets of people with heart disease, says **Doctor Alexander Leaf** of Harvard Medical School. Speaking to *Reuters Health*, **Dr. Leaf** said "taking fish oil concentrate results in a very significant reduction in sudden cardiac death." He urged people at risk to eat two or more meals of oily fish per week or take a daily supplement of fish oil capsules. The protective ingredient appears to be n-3, polyunsaturated fatty acids. In a new study published by the American Heart Association, it was shown that the risk of fatal recurrence of heart disease was 45 percent lower among those who took the supplements.

Source: *The Fitness Bulletin*, May 2002

### NUTS-ON-THE-GO

Nuts make good snacks. While nuts are generally high in calories, the fat is mainly monounsaturated which tends to lower LDL "bad" cholesterol. The fiber in nuts also can help lower cholesterol.

Source: *Consumer Reports on Health*, June 2002.

### STATINS MAY HELP PREVENT BONE FRACTURES

Statins, cholesterol lowering drugs, may also help prevent bone fractures. In a study reported in the *Archives of Internal Medicine* (March 11, 2002) it was found that elderly women who took statins (commonly prescribed statins include Zocor, Mevacor, Pravachol) had 60 percent fewer bone fractures than women not taking the drugs.

### TOP NUMBER

Doctors used to show more concern over the bottom number in a blood pressure measurement. Nowadays, the top number-the systolic pressure-has been found to be equally as important. The systolic pressure is the pressure exerted by the heart when it contracts. (The bottom number-diastolic-is the pressure in the arteries between contractions.)

Hypertension in otherwise healthy people is defined as a systolic blood pressure (SBP) of 140 or higher, a diastolic blood pressure (DBP) of 90 or higher, or both. Some people have a normal DBP but an elevated SBP. The term for this is isolated systolic hypertension (ISH). That is the case in 65 percent of persons over age 60.

Recent studies including one published in the March 11, 2002, *Archives of Internal Medicine*, suggested that ISH, which occurs when arteries age and lose their elasticity, is more dangerous than once thought. Aggressive treatment of elevated ISH is important. Check with your doctor.

## Know Your SIR Stan Jackson

I was born on April 1, 1923 in Los Angeles, Ca. Two years later my family moved back to the Bay Area where I grew up in Marin County.

It was during my Cal that the attack hit. That changed every- lot of us. In enlisted in the Cadet program I became a flying fighters duty based on



first semester at Pearl Harbor infamous event thing for a whole October 1942 I Naval Aviation known as V-5. Naval Aviator, during a tour of the carrier USS

Hancock with the fleet in the Pacific. Later as a landing signal officer trainee, I in turn instructed in field simulated carrier landings which were preparatory to the real thing. In January 1946 I was released to inactive duty and went back to Cal. where I continued through 1947.

A young and growing insurance company, Family Life, attracted me to its ranks. As a savings and loan oriented company it provided mortgage, life and disability coverage and during the years I was aboard, it became national in scope, went public and became a subsidiary of Merrill Lynch. During the 1960's I managed the operation in Oregon and then returned to California where I retired in 1975. I entered the real estate business during which time I did some real estate developing. In 1987 I hung it all up and have since been collecting my rents.

I have a son and daughter and three teenage grandchildren. My wife **Maya** and I were married on May 12, 1986.

Golf has been a big thing in my life for over fifty years, but had to give it up over a year ago for health reasons, although it now looks like I'll be back soon. Hallelujah!

My membership in SIR for the last 12 years has been a great experience.



Dinner Dance March 3 2003  
May & Ray Kan with guests Cathy & Ron Binder.

## See's Candies Spring Sale

Once again this spring we will be offering See's Candy at a very attractive price of \$9.60 for a one pound certificate. A great gift for those special people in your life, and in plenty of time for Mothers Day and Easter. No limit, but we must have all checks in hand by April 5<sup>th</sup>.

Enclosed is my check for \$\_\_\_\_\_ to cover the cost of \_\_\_\_\_ one pound certificate(s).

Make check payable to SIRS Branch #146 and send to **Bob Spellman**,  
3524 Perada Dr. Walnut Creek, CA. 94598.  
Please include a self addressed stamped business envelope.



How long will Sherrill's be in business  
With a sign like that?

### Dinner Dance



**Fred & Peggy Kovar**

## Luncheon Attendance

**Dale Haukland** 820-0189

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.

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.

### Give 'em a break!

Give our luncheon ticket sellers a break. We sell tickets between 10:30 and 11:30 am. Lately we have been experiencing an increasing number of members arriving late for the luncheon, which confuses our count and our reservations with Blake's. Please plan on arriving between 10:30 and 11:30 am.



## Luncheon Menu **Jerry Bellows**

This month's luncheon menu

### Salad

- House salad
- Freshly baked rolls and butter

### Entrees including vegetables

- Cornmeal crusted trout with Cajun rice
- Osso Bucco with lemon, garlic and parsley risotto

### Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea

Courtesy Request from our Big SIR

At times some members make comments to Blakes on the quality of our meals. Please make such comments only to **Jerry Bellows**, our luncheon menu chair, so that he can represent us to the restaurant.  
His e-mail address is: gebellows@aol.com



## Membership **Lang Erickson**

Branch 146 statistics:

Members 209, Honorary 4, Waiting list 23  
February attendance: Members 178, Honorary Life Members 3, Waiting list 13, Guests 5.  
Total Attendance 199. Excused members 30  
Unexcused 2  
**Winslow Ferrin** resigned.

## Sunshine **Chuck Smith**

**Ray Edmondson** Passed away on March 4. He had been home under hospice care. He suffered for many years with heart problems.

**Nancy Carlson**, the wife of Sir **Doug Carlson** passed away February 28.

**Wes Hauschildt** had knee surgery and will soon have the other one repaired.

Pray for our country, its leaders, and the many people, both military and civilian who are making many sacrifices in the cause of freedom.



## Party Bridge **Fred Bolton**

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

We met on March 3 at **Fred Bolton's** home for 4 tables of bridge. First place went to **John Lewis** with 5930 points, second to **Fred Bolton** with 5360, third to **Jim Brown** and fourth to **Bob Yolland**. Our next game will be Party Bridge Group Ladies Day at Marie Callender's of Concord on April 7th.

## Song Sirs **Chris Satterthwaite**



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

Dates to be commensurate with Song Sir entertainment requirements.

A good time was had by all during the Song Sir presentation at the St. Pat SIR lunch. We will be taking a little rest and recreation (RR) before gearing up for a couple of gigs in May.

Specifics by other means to Song Sir membership.

As before come and join us and this includes waiting list personnel.

E-mail me at [chrissatt@astound.net](mailto:chrissatt@astound.net) or call 939-7826.



"15 ball in the side pocket."  
**Bill Weinberg** and  
**Otto Wilson** play 8 ball.



**Sue & Lo McCarley** and  
**Margot Somerville** at  
Couples Duplicate Bridge.

## Investments\$ 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](mailto:bjsssmith@Aol.Com)

April meeting of \$ums In Retirement will be held on Wednesday, April 23, 2003. Breakfast will be served at any time after 7 am and no reservation is required. Just come and join in. Bring your ideas and questions.  
Program: A presentation will be made by **Mr. Mark Welsh**, financial advisor, associated with LPL Financial Services, Alamo, CA. **Mr. Welsh** is a very knowledgeable person with a wide understanding of the Investment world. His topic will be "Bridging The Market in Today's Volatility." If you have questions, contact SIR **Ben Smith**.



Dinner  
Dance

**Sandy &  
Bill Hansen**

Everyone replaces his divot after a perfect approach shot.



# Travel Opportunities

**Charlie Kiser**

May 23, 2003 Sacramento Jazz Festival. Half price ticket for this special SIR program at Cal Expo. Doors open at noon and \$19 badge is good at Cal Expo and other sites until midnight. Deadline May 10. Contact **Bob Spellman** 934-8428.

June 12, 2003 SIR Day at the Oakland Coliseum. Come see your Oakland A's vs. Atlanta Braves. Half price tickets. \$12 for field outfield level and \$11 for plaza infield level. Deadline April 15. Contact **Bob Spellman** 934-8428.

June 22-23, 2003 West Side Story. Reno. r/t motor coach transportation, overnight at Sands Regency Hotel, matinee performance of "West Side Story", casino bonus over \$25 value. Cost \$74 p/p. Contact **Carl Raaka** Br. 8, 254-0482.

July 9-11, 2003 Boulder Creek. Includes 3 rounds of golf (cart extra), 2 nights lodging, one dinner and \$28.00 food credit per couple. One and two bedroom units available extremely limited. Cost \$188.00 for Golfer and \$137.00 for non-golfer. Contact **Charlie Kiser** Br 146, 274-1575.

July 24, 2003 SIR Day at Pac Bell Park. Watch the SF Giants battle Luis Gonzales and the Arizona Diamondbacks Thursday, July 24 at 12:45 pm. Lower box \$32, view level \$18. Subject to availability. Contact **Charlie Kiser** 274-1575.

July 28-Aug 3, 2003 Yellowstone & Grand Tetons. Featuring Montana Rockies Rail tours. Cost \$1545. Contact **Carl Raaka** Br 8, 254-0482.

Sept 17-29, 2003 SIR 45th Anniversary Alaska Cruise. Celebrate with your fellow SIR members and guests on a 13 day Alaska cruise r/t from San Francisco on Holland America's Volendam. No airplanes. Gourmet 45th anniversary dinner in Vancouver, B.C. All tips on board, r/t transfers to ship. Lottery for penthouse suite. Cost from \$2495. For those that have already signed up, sign up a friend and get a \$100 shipboard credit. Contact **Charlie Kiser** 274-1575.

Dec 11, 2003 Beach Blanket Babylon. r/t bus transport, dinner at New Pisa Restaurant and musical comedy performance of Beach Blanket Babylon. Cost is \$106. Contact **Bob Hagler** Br. 8 @ 934-7620.

Jan 19-Feb 2, 2004 Cruise to Hawaii. r/t from San Francisco. Visit all four islands on this 14 day cruise. Includes r/t transfers to the San Francisco pier and on board tips. Cost from \$1953 inside and \$2553 outside cabin p/p d/o. Single rates on request. Contact **Bob Hagler** Br. 8, 934-7620.



SIR president, **Jim Faverman** conferring the designation of "Honorary Lifetime Member" on **Don Nunn** at the March 13, 2003 luncheon



**Sue & Lo McCarley** dancing the night away at the Br. 146 dinner dance.



Couples Duplicate Bridge  
**Tamara Judson & Carl Johnson.**

## Ladies Day Luncheon at Boundary Oak, Thursday, May 8, 2003.

No. of tickets \_\_\_\_\_ @ \$20 each. Enclosed \$ \_\_\_\_\_

Names:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Entrees (no. of each)

Cornish Game Hen \_\_\_\_\_ Grilled Alaskan Halibut \_\_\_\_\_

Special requirements \_\_\_\_\_

Make check payable to SIR 146 and mail to **Dean Merritt**, 850 Kane Circle, Walnut Creek CA 94598.

**Dean's** e-mail address is [drmerritt@astound.net](mailto:drmerritt@astound.net)

Note: If ordering for a full table, send \$200 and list your companions on an attached sheet. Both must be received by May 1, 2003. No tickets sold at the door. Don't wait. Send coupon in today!

## Table Pool **Bill Weinberg**

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

Good turnout. **Bill Weinberg** beat everyone.



State President Region Director Area Governor	<b>2003 SIR State Officers</b>	<b>James Faverman Dan Gilmore Art Miller</b>
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### Branch 146 Officers and Directors

Big SIR	<b>Bob Yolland</b>	932-4758
Little SIR	<b>Doug Cook</b>	939-4327
Secretary	<b>Bill Weinberg</b>	682-0962
Assistant Secretary	<b>Howie King</b>	932-0727
Treasurer	<b>Dean Merritt</b>	671-7380
Assistant Treasurer	<b>Bob Wheaton</b>	939-4512
Director	<b>Cal Jones</b>	934-2979
Director	<b>Dale Haukland</b>	820-0189
Director	<b>Howard Harvey</b>	933-4112
Director	<b>Ray Kan</b>	376-2023
Director	<b>Al Milano</b>	933-3492
Director	<b>Dick Richmond</b>	947-1167

### Past Big SIR's

- 1989 Charles Unfried
- 1990 Gill Rhodes
- 1991 Gene Hackett
- 1992 Walt Entelman
- 1993 Kap Kaprelian
- 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



# Walkers John Lewis

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

- April 4 - Pablo's path. Meet at Hidden Valley Park (PH). Intersection of Morello and Chilpancingo.
- April 11 - Lime Ridge open space (Concord). Park on north side of Treat between San Miguel and Cowell Rds.
- April 18 - Back Creek Trail (nice new trail). Meet at Clayton Library.
- April 25 - Buckeye Ranch Trail (Laf.). Meet at the end of Springhill Rd. off Pleasant Hill Rd.

### Committee Chairmen-2003

Attendance	<b>Dale Haukland</b>	820-0189
Audit	<b>Chuck Bobinecz</b>	939-8740
Badges	<b>Dick Richmond</b>	947-1167
Bocce Ball	<b>Al Milano</b>	933-3492
Bowling	<b>Dick Joyce</b>	672-8193
Bridge-duplicate	<b>Bob Donahue</b>	376-4527
Bridge-party	<b>Fred Bolton</b>	932-1580
Bulletin	<b>Jeff Bailly</b>	906-0521
Candy Sales	<b>Bob Spellman</b>	934-8428
Chaplain	<b>Bryant Fischback</b>	934-6064
Cooking	<b>Don Nunn</b>	934-5214
Cribbage	<b>Al Tufo</b>	798-4129
Fishing	<b>Sal Costanza</b>	689-7647
Gardening	<b>Chuck Bobinecz</b>	939-8740
Golf	<b>Joe Jansen</b>	935-6691
Golf Scheduling	<b>Tom Gorman</b>	685-9721
Away Golf	<b>Jim Baldrige</b>	689-9232
Greeters	<b>Bob Madge</b>	939-4037
Hardware	<b>Ralph Fowler</b>	939-2953
Historian	<b>Jack Calloway</b>	933-7998
Honorees	<b>Dick DeVoe</b>	932-5546
Investment	<b>Phil Leigh</b>	685-8090
Luncheon	<b>Jerry Bellows</b>	376-3352
Membership	<b>Lang Erickson</b>	682-1337
Nominating	<b>Fred Kovar</b>	937-2951
Pianist	<b>Dave Obara</b>	932-2584
Radio	<b>Bill Moresi</b>	837-4645
Social	<b>Don Nunn</b>	934-5214
SongSirs	<b>Chris Satterthwaite</b>	939-7826
Director	<b>Rod Sharretts</b>	372-6566
Sunshine	<b>Chuck Smith</b>	944-4949
Table Pool	<b>Bill Weinberg</b>	682-0962
Travel	<b>Charlie Kiser</b>	274-1575
Asst Travel	<b>Bob Spellman</b>	934-8428
Veterans	<b>Art Trost</b>	934-2889
Walkers	<b>John Lewis</b>	825-3561
Wine Tasting	<b>Rich Hanford</b>	933-9237

Never keep more than 300 separate thoughts in your mind during your swing.



Branch 146 Cooking Group at Don Nunn's home.  
L to R, Dan Hungerford, Warren Boero, Charlie Kiser, Don Nunn, Bob Spellman, Barney Meade, Gene Diana, Al Milano and Dave Johnson.

Thanks to Rich Hanford, John Lewis, Bob Madge, Chris Satterthwaite, Joe Schild and Art Trost for folding and labeling, to Ken Kratz for photography, John Lewis for mailing, and Stu Somerville for proof reading.  
Thanks also to the Rector and staff at St. Paul's Episcopal Church, Walnut Creek for the use of their facilities.

### April Birthday Boys

Bill Becker, Stan Jackson, Cal Jones, Bill Martini, Frank Mathos, William Moresi, Doug Pederson, Chris Satterthwaite, Bruce Smiley, Bob Wedin, John Lively, Larry Zugnoni, Doug Harris, Dick Johnson, Ray Kan, Don DelBene, Mike Varner.

Since bad golf shots come in groups of three, a fourth bad shot is actually the beginning of the next group of three.



Dorothy Miller, Fred Kovar & John Miller at the Mar '03 Dinner Dance.

# SIR CALL *Newsletter*

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

SirCall@Att.Net

Non profit Org  
US Postage Paid  
Permit No 364  
Concord CA

Time Value  
Mail  
Please deliver  
by March 31



Pat & Jack White with some snappy dance moves at the Br 146 SIR's Dinner Dance