

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 15 Issue 2

Published For Our Members And Friends

February 2003

Big Sir's Notes

Hope everyone enjoyed the January meeting. I would like to thank all the participants who helped make it a very fine event, and **Jerry Bellows** who arranged the new set up. We had nearly 200 in attendance which is a great pace setter for 2003. A special thanks to **Doug Cook** who arranged a great speaker. He has raised our expectations and set the bar very high for this year. Recognition of the driving forces behind bowling, our featured activity of the month, was a sincere pleasure. **Al Zeppa** has and continues to do a terrific job as head of the SIR state bowling operations sub-committee. His state certificate is well earned. **Dick Joyce**, our new 146 Bowling chairman will maintain and expand this activity as one of the primary functions of our branch. Check out his section of the bulletin to learn how easy it is to get involved in this fun activity. Also thank you **Don Nunn** for being Jester of the Month. Your stories were great.

Our bulletin, the SIR Call, is flat out the very finest published. Most importantly, thank you to **Jeff Baily** for his tremendous contributions of time and effort and to all those who have a hand in keeping the quality and execution at the highest level, especially **Jeff's** wife **Alicia**. Among those involved are, **Ken Kratz**, photographer extraordinaire, **Dick DeVoe**, proof reader, **John Lewis** and his mailing team which include **Rich Hanford**, **Bob Madge**, **Chris Satterthwaite**, **Joe Schild**, **Bill Snyder**, **Lew Thompson** and **Art Trost**. Also a huge thank you to all the contributors who make the bulletin interesting, fun, informative and exciting to read. Keep up the good work.

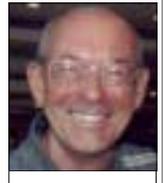
February's meeting on the 13th will lead off with the Executive Committee meeting at 9:30 am. All officers, directors and committee chairmen or their representatives are asked to attend. Don't forget to honor that someone special the next day, Valentines Day.



Bob Yolland

Little Sir's Corner

At the February 13 luncheon, **Dr. Gregory Rhodes** will speak on general vascular and thoracic surgery and strokes. Our speaker on March 13 will be **Joe Marchi** who will present music of the depression years. Since St. Patrick's Day is March 17th, I am sure that the music will have a definite Irish flavor. On April 10th, we will have **Jack Warnock** and **Ellie**, his service dog who responds to a large number of commands. If you'd like to hear a specific speaker or topic, please call **Doug** at 939-4327 or e-mail dougcook1@yahoo.com



Doug Cook

"There ain't no free lunch"... **Bill Hansen** on missing out on a recent Birthday Boys luncheon raffle due to absence.

February Birthday Boys

Henry Berriman, Bill Cammerer, Lynn Freeman, Tom Gorman, Joe Jansen, Gerald Lindahl, Arno Marra, Donald Merchant, Al Milano, Bill Rees, Harold Rodgers, Jim Stedman, Milton Swenson, Denzil Harrison, Bob Frankland, Richard D'Arezzo, Martin Lyle, Leon Schultz.



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

Doing Lunch



Fish or fowl? **Bob Wheaton, Ken Beattie, Bill Knapp & Wes Hauschildt** handling the lunch money duties.

A shopping SIR after trying to buy a larger turkey at Safeway: "Do these turkeys get any bigger?" Meat dept. employee: "No sir, they're dead."

Bowling Dick Joyce



Half way through the season, the Adjusters from Branch 19 came in first. High scratch series- The Destroyers 878 for 1 game. High scratch single- **Tom Stewart** 257. High 3 game series-**Bob Swick** 639. High average through 45 games-**Dick Joyce** 201. Most improved bowler **Bruce Jones** 157 to 168. Many of our SIRs bowl in other senior leagues. In the Hillsiders our own SongSir **Ron Morrison** with an average of 160 shot a high game of 244 scratch and a scratch series of 606 which was 125 pins over. He received an ABC watch for his accomplishment. **Bob Swick** was also recognized by ABC with his 631 series and 125 pins over but no watch. **Don Patterson** bowled 75 pins over his average with a 243 scratch game. Nice going Branch 146 bowlers!



Cooking Don Nunn

1st Monday 9:30 am at various members' homes.

February Cooking group will meet at the home of **Don Nunn** for a luncheon surprise on Monday, February 3 at 11:00 AM. Please call **Don** to let him know if you will attend.

Recipe of the Month

Poulet de Broccoli by **Madelyn Nunn**

1-1/2 cups of cooked chicken or turkey. We often use a thick slice of turkey breast from the deli when in a rush. (About 1/3 lb.)

1 large bunch of fresh broccoli spears. We just use the desirable parts cut into serving sizes of about 2 to 3 inches. We cook uncovered in boiling water until el dente. (2 to 3 minutes.) Drain and cool. Place in buttered casserole dish, about 8 x 8 inches or 6 x 10 inches (1-1/2 quarts). Arrange evenly. Cover with a layer of cooked poultry torn or cut into chunky pieces.

Cover with a mixture of:

1 can of cream of mushroom soup

1/2 cup mayonnaise

1/4 teaspoon curry powder

2 Tablespoons (more or less) lemon juice. About 1/2 lemon. Cover casserole with 1 cup of grated sharp cheddar cheese. Use more or less to your taste. Bake uncovered in 350 degree oven for about 30 minutes. Can be prepared earlier in the day and refrigerated until ready to bake.

Please note that we want your recipes for insertion in our "Recipe of the Month" column. C'mon ladies, now's the chance to get in that recipe that missed the cookbook..

Duplicate Bridge

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



SIR **Jim Todhunter** hosted four tables of duplicate bridge in January. **Lynn Freeman** was first with 40 points and **Carl Johnson** was second with 39 1/2 points. **Bob Donahue** was third with 37 points and **Fred Bolton** was fourth with 36 points.

The next meeting is scheduled for Monday, February 17.

Couples Duplicate Bridge

Lo McCarley

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



Lo and Sue McCarley hosted the first get-together of the Couples Duplicate Bridge on Wednesday, January 15, 2003. Eight couples attended and all enjoyed both the camaraderie and the bridge. **Carl and Ann Johnson** earned the top honors, **Lynn and Dasha Freeman** took second, and **Bob and Janet Yolland** took third, with **Bill Rees** and **Margaret Fike** coming in fourth. Dates for the future bridge gatherings were set up for the third Wednesday of each month, so the next one will be on February 19th.



Cribbage Al Tufo

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

The Cribbage Club would like to wish all Sirs and their families a healthy and happy new year. The club was hosted by **Barney Meade** on January 8. We were able to get in two good tournaments. The Italian stallion, **Al Tufo**, won the first game with **Barney Meade** taking second place. **Larry Reilly** won the second game with **Al Tufo** taking second. The next Cribbage Club tournaments will be hosted by **Bryant Fischback** on February 12.

Fishing Sal Costanza

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



Our group had a very successful steelhead trip at the Salmon and Klamath Rivers in January. **John Wall** from Br. 146 said that everyone caught steelhead each day in the range of 5 to 10 pounds. It was a great trip. Future trips are going to be discussed at the next meeting. Interested? Be there!

Garden Club

Chuck Bobinecz.

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



The next meeting will be on Thursday, Feb. 6th at Heather Farms at 9:30 am There will be a rose pruning demonstration by one of the premier rose experts in the country. This is a hands-on demonstration, so bring your pruning tools. Different kinds of roses require different pruning techniques. Late January through early February is the prime time to prune roses. Wives, guests and SIRs are all welcome.

Also in February, we are planning a BART trip to the Pacific Orchid Exposition at Fort Mason in San Francisco on Friday, February 21st .Please contact **Lew Thompson**, 686-6880. We will meet at the Walnut Creek BART station at 10 am.

The Wine Tasting group and the Garden Club are joining again for a bus trip to the Napa Valley in early August to visit COPIA and local wineries. COPIA is the leading cultural center dedicated to the discovery, understanding and celebration of wine, food and the arts in American culture.

Tuesday Golf **Walt Barabash**



Jan. 7

First Flight: **Bob White, Ray Nordstrom and Olof Johansson.** Second Flight: **Dean Merritt, Mitch Mitchell and Warren Boero.**

Closest to the Pin: **Myles Ringle.**

Jan. 14

First Flight: **Lew Thompson, Don Loustalet and Jack Calloway.** Second Flight: **Frank McNamee, Mitch Mitchell and Bill Knapp.**

Closest to the Pin: **Bill Weinberg.**

"A girl phoned me the other day and said, 'Come on over, nobody's home.' I went over. Nobody was home."

Anon A. Moose

Away Golf **Jim Baldrige**



Thursday, Feb 27 Bethel Island
\$20.00 SIR walker, \$32.00 SIR rider. Guests \$2.00 less. Mark your calendar for Silverado Country Club Friday, Mar. 17, 2003. SIRs \$44.00, Guests \$42.00. Get your reservation in soon.

"I had such a bad day at golf the other day that when I got home, all the tomatoes that I had planted came up sliced." **Chuck Bobinecz**



Health Matters Physical and Mental

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

WALKING: THE PERFECT EXERCISE

Walking has been called the perfect exercise. A person's legs are bigger in proportion to his body weight than those of any other mammal, except for the kangaroo. When the large muscles in the leg are exercised, the whole body benefits.

Researchers are touting walking like never before. A recent Time magazine article, "Walk, Don't Run," by **Christine Gorman** says: "Walk. Don't run, jog or sprint. Just walk." Do it at reasonable speed (3 mph to 4 mph) for half an hour or so, five or six days a week.

Why is walking so perfect? It's totally natural. You don't have to learn a new skill, like tennis. It's easy on the knees and other joints, and puts little stress on soft tissues. "Regular physical activity is probably as close to a magic bullet as we will come in modern medicine," says **Dr. Jo Ann Manson**, chief of preventive medicine at Harvard's Brigham and Women's Hospital. "If everyone in the U.S. were to walk briskly for 30 minutes a day, we could cut the incidence of many chronic diseases 30% to 40 %," she adds.

Fewer than one-third of Americans get the recommended amount of exercise each day, and 40% are almost completely sedentary. The result, according to the U.S. Surgeon General, is that obesity may soon overtake cigarette smoking as the leading cause of preventable death. How beneficial is walking?

Here's a summary of the evidence:

Heart Disease

Brisk walking strengthens the heart (which is a muscle), lowers blood pressure, boosts HDL, "good" cholesterol, and appears to make blood platelets less "sticky," therefore less likely to form a clot.

Stroke

The largest study of its kind, involving 70,000 nurses over a period of 15 years, found that persons who walked 20 or more hours a week decreased their risk of stroke by 40%.

Weight Control

Walking not only burns calories while you walk, it also boosts the metabolic rate of the body after you walk, so you're burning more calories even after the exercise period is over.

(Continued on page 7)

Know Your SIR

John Humphrey



I was born in 1924. My Seattle shortly grew up in Magnolia Queen Anne Schools,

Yakima WA. in family moved to after my birth and I West Seattle and Bluff. I attended and Highland High graduating in 1942.

After completing one year at the University of Washington, I was drafted into the army under the ASTP program. After infantry basic training in Texas, I was transferred to the Air Corps and went through flight classification at Miami Beach and a college training detachment in Pennsylvania. I was then one of hundreds transferred from the ASTP and the Air Corps to the ground forces. I found myself with the 78th Infantry Division in early 1944. Later that year we sailed for Europe and I saw service in Belgium and Germany, spending a few months as a prisoner of war in Germany. I returned to the states in May, 1945 and was stationed in Santa Barbara before being discharged in December, 1945.

I returned to Seattle and the University of Washington and met a lovely young lady there. We graduated in 1948 and were married shortly afterward in Tacoma, WA. I worked in Oregon for a few years and then back to Seattle and employment with the Chevrolet Motor division of GM. I held district manager positions in Spokane, north of Spokane to the border, and Seattle and Alaska. I served as business management manager in Seattle, Oakland, and the Pacific coast region. After retirement in 1984, I worked one or two weeks per month auditing G.M. vehicle sales at auto auctions throughout the country for five years.

My wife **Bonnie** has been a blessing to all of us, especially to our son **Jeff** who lives with his family in Montclair and our daughter **Ann** who lives with her family in Liberty, MO. near Kansas City. Our family has spent many happy days cruising and fishing Puget Sound and camping and fishing in Washington, Oregon and northern California.

We are kept busy with our house, garden and church activities. I enjoy playing (at) golf with the golf group. I look forward to SIR's luncheons and speakers and the fellowship they bring. Sons In Retirement is an outstanding group of men and I am proud to be a member.

"During heavy petting, my girlfriend always wants to talk to me. Just the other night she called me from a hotel." **Anon A. Moose**

From a recent **Dear Abby** column:
Finns are reported to be people who don't waste many words. An example: "**Jussi**" & "**Kaisa**" had been married for many years. One day **Kaisa** asked **Jussi**, "Why don't you ever tell me you love me?" His reply: "I told you I love you when we were married. If anything changes I'll let you know."

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

Meeting Date: Sums in Retirement Financial Group will meet on February 26, 2003.

Time: Meeting starts at 8:00 am. Breakfast available from 7:00 am.

Place: Diablo Creek Golf Course, Legends Grill room.

Program: Special guest speaker - Mr. **Robert M. Burke**, Senior VP for Morgan Stanley Investments. His topic will be "Adding Value to the Market". **Mr. Burke** is an excellent speaker with many years of knowledge and expertise in the investment world. He will also hold a Q&A session.

We have breakfast and no reservations are required----
Just come and join in.

"It took me seventeen years to get three thousand hits in baseball. I did it in one afternoon on the golf course."

Hank Aaron

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



Luncheon Menu **Jerry Bellows**

This month's luncheon menu

Salad

- House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Grilled pollock with lobster sauce and rice pilaf
- Beef Burgundy with buttered noodles

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea



Lang Erickson Membership

Branch 146 statistics:

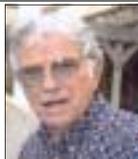
Members 212, Honorary 3, Waiting list 28
 January attendance: Members 176, Honorary
 Life Member 1, Waiting list 15.



Sir **Lo McCarley**, our new Couples Bridge Chair and grandson, 5 mo. old **Connell McCarley** enjoying some good times together.

Sunshine

Chuck Smith



Ray Edmondson is under hospice care at home. Let's support him and his family with cards and letters.

Please keep the Sunshine office posted on the status of our members who are going through such challenges.



Party Bridge

Fred Bolton

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

The Party Bridge Group met on Jan. 6th at **Lo McCarley's** home for four tables of bridge. First place went to **Bob Donahue** with 6,690 points, second to **Bill Snyder** with 5,470 and third to **Jim Stedman** and fourth to **John Lewis**. Our next game will be at **Bob Yolland's** home on Feb. 3rd.

Proud cantor (singer) at synagogue: "Two years ago I insured my voice for \$750,000 with Lloyd's of London." Little Jewish lady: "So what did you do with the money?"

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.

At a recent all hands meeting, an outline master plan together with changes in policy were developed for the remainder of 2003. It includes SIR luncheons and extra-curricular events. Our next SIR luncheon gig will be on March 13, in honor of St. Patrick. We are accepting new members to join us in making sweet music.

Call our director, Rod Sharretts at 925-372-5660. or e-mail chrissatt@astound.net.

A pastor of a church had previously been a sailor. He was very aware that ships are addressed as "she" and "her". He often wondered what gender computers should be addressed. To answer that question, he set up two groups of computer experts. The first group was composed of women, and the second of men. Each group was asked to recommend whether computers should be referred to in the feminine gender, or the masculine gender. They were asked to give 4 reasons for their recommendations.

The group of women reported that computers should be referred to in the masculine gender because:

1. In order to get their attention you have to turn them on.
2. They have a lot of data, but are still clueless.
3. They are supposed to help you solve problems, but half the time they are the problem.
4. As soon as you commit to one, you realize that if you had waited a little longer you could have had a better model.

The men, on the other hand, concluded that computers should be referred to in the feminine gender because:

1. No one but The Creator understands their internal logic.
2. The native language they use to communicate with is incomprehensible to everyone else.
3. Even your smallest mistakes are stored in long-term memory for later retrieval.
4. As soon as you make a commitment to one, you find yourself spending half of your paycheck on accessories for it.



Travel Opportunities

Charlie Kiser

March 20, 2003 Day at the Races. Come visit the money you left last year. Visit to Golden Gate Fields includes r/t bus transportation, Turf Club admission, lavish buffet luncheon, program and driver's gratuity. Cost \$31. Drive yourself \$19. Contact **Charlie Kiser** 274-1575.

April 21-25, 2003 Arizona Golf Adventure. We are going back to Phoenix. R/t air from Oakland, compact car, 4 nights in Embassy Suites, 2 rounds of golf w/ optional third round, nightly complimentary beverages, one dinner and golf prizes. Cost \$854 per golfer and \$699 non-golfer d/o. Contact **Charlie Kiser** 274-1575.

April 26-May 10, 2003 Cruising America's East Coast. 13 day cruise down the Atlantic Coast aboard the Norwegian Sea, r/t air San Francisco to New York City, overnight accommodations at Waldorf Astoria, New York City tour and optional tours in ports. Cost from \$1871 p/p. Contact **Charlie Kiser** 274-1575.

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 24, 2003 SIR Day at Pac Bell Park. Watch the SF Giants battle Luis Gonzales and the Arizona Diamondbacks Thursday July 24 at 12:45PM. Lower box \$32, View Level \$18. 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. Space is limited.

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. Contact **Charlie Kiser** 274-1575.

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.

Personals

Mint Condition. Male, 1932, high mileage, good condition, some hair, many new parts including hip, knee, cornea, valves. Not exactly in running condition, but walks well. 555-2468

10TH SIR Branch 146 Dinner Dance.
(aka Spring Fling)

What: Branch 146 Biannual Dinner Dance

Where: Heather Farms Garden Center

1540 Marchbanks Dr. located north of the swimming center. Carpool best for limited parking.

How much: \$75 per couple

Includes: Cocktails, Dinner, Wine, Dancing.

When: March 5, 2003*

Cocktails: 6:00 pm

Dinner: 7:00 pm

Dancing: 7:30 pm to 10:00 pm

Colorful casual dress is encouraged.

If you have a dietary restriction, we can get a vegetarian meal by advance request. Make a note on your coupon.

To assure a spot, send the reservation coupon below.

* We apologize for the scheduling conflict with Ash Wednesday.

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- If you don't want to tear your Sir Call, just print info on a piece of paper.
- Name(s): _____
- Lady's first name(s) _____
- We need* __ vegetarian __ beef __ chicken.
- Send check payable to Br. 146 SIR for \$75 per couple
- To: Sir **Don Nunn**
- 2127 Seccombe Court,
- Walnut Creek CA 94598
- This is always a sellout so hurry and reserve early!
- **Please be aware that we will offer a vegetarian cannelloni or a fish plate along with the chicken for the dinner choices. Let us know.*

.....

Doing Lunch



Martin Lyle, Jeff Baily & Otto Wilson

Doing Lunch



Psst! Wanna buy a mug?

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 Monday, Jan. 6th and had a good turnout with a new face from Branch #8. February dates are Monday the 3rd and Monday the 17th..... See you there.

State President Region Director Area Governor	2003 SIR State Officers	James Faverman Dan Gilmore Art Miller
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Branch 146 Officers and Directors

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

Committee Chairmen-2003

Attendance	Dale Haukland	820-0189
Audit	Chuck Bobinecz	939-8740
Badges	Dick Richmond	947-1167
Bocce Ball	Al Milano	933-3492
Bowling	Dick Joyce	672-8193
Bridge-duplicate	Bob Donahue	376-4527
Bridge-party	Fred Bolton	932-1580
Bulletin	Jeff Bailly	906-0521
Candy Sales	Bob Spellman	934-8428
Chaplain	Bryant Fischback	934-6064
Cooking	Don Nunn	934-5214
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
Hardware	Ralph Fowler	939-2953
Historian	Jack Calloway	933-7998
Honorees	Dick DeVoe	932-5546
Investment	Phil Leigh	685-8090
Luncheon	Jerry Bellows	376-3352
Membership	Lang Erickson	682-1337
Nominating	Fred Kovar	937-2951
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
Travel	Charlie Kiser	274-1575
Asst Travel	Bob Spellman	934-8428
Veterans	Art Trost	934-2889
Walkers	John Lewis	825-3561
Wine Tasting	Rich Hanford	933-9237

Past Big SIR's

(Continued from page 3)

- 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**

WALKING: THE PERFECT EXERCISE (Cont'd)

Diabetes

Two recent studies have found that brisk walking for 30 minutes a day can postpone and possibly prevent the development of Type-2 diabetes in people who are overweight.

Osteoporosis

Walking builds bones. Studies show that the repeated mild jarring effect of walking makes the bones absorb calcium.

Arthritis

Osteoarthritis, the kind that comes from wear-and-tear of the knees, is actually benefited by walking, which helps strengthen the muscles that support the knees.

Depression

Walking releases endorphins which affect mood in a positive way.

Cancer

Walking may lower the risk of colorectal cancer by helping the body speed wastes through the intestines more quickly.



John Lewis Walkers

Every Friday at 9:30 am at various locales.

Call **John** or just show up.

February 7 - Benicia waterfront. Meet at Sun Valley Bank of America parking for carpools.

February 14 - Valentines walk. Meet at Clayton Library.

February 21 - Tyler's Trail (north). Meet at rear parking lot of Alamo Christian Assembly between Rudgear Rd. and Livorna.

February 28 - Lafayette Trail. Meet at parking lot near Olympic and Pleasant Hill Rd. intersection.

"Golf is a game invented by the same people who think music comes out of a bagpipe." Author Unknown

Thanks to **John Lewis, Bob Madge, Martin Lyle, Chris Satterthwaite, Lew Thompson and Art Trost** for folding, labeling and stamping, to **Ken Kratz** for photography, **John Lewis** for mailing and **Dick DeVoe** for proof reading.

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

A recently retired rich couple from New York now living in Naples, Florida was getting ready to go out to dinner. She came out of the bedroom and said to him, "Darling, do you want me to wear this Channel suit or the Gucci one?" "Do I care?" he replied. A few minutes later she, again, came out of the bedroom and said to her husband, "Shall I wear my Cartier watch or my Rolex?" "Whatever you'd like," said he. A few more minutes passed and, again, she came out of the bedroom and said to her husband, "Darling, shall I wear my five carat pear diamond ring or my six carat round diamond ring with the baguettes?" To which he responded, "Hey, I really don't care, but if you don't get your ass in gear, we're going to miss the early-bird special!"

Thanks Don...ed

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
January 31, 2003

Doing Lunch



Chuck Smith & Rollie Nordeen

Doing Lunch



Sal Costanza & Larry Sheerin

Doing Lunch



Bruce Jones & Jim Adams

Doing Lunch



Tom Dunne & Bill Root