

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 15 Issue 1

Published For Our Members And Friends

January 2003

Big Sir's Notes

I hope you and your families are having a wonderful Christmas and Holiday season. A sincere thank you to last year's Big Sir **Fred Kovar**, plus the 2002 officers, directors and committee chairmen. Gentlemen, without your fine efforts our branch would not be enjoying the high level of success that you have been so much a part of making happen. Retiring officers are **Lo McCarley** secretary, **Jim Adams** treasurer, **Pablo Chavez** director, and **John Miller** director. Retiring committee chairmen are **Al Zeppa** bowling, **Chris Satterthwaite** computers, **Pablo Chavez** fishing, **Ernie Dickson** greeters, **Gene Diana** Hardware, **Stan Jackson** luncheon, **Bill Hansen** nominating, **Owen Sullivan & Chuck Thompson** SongSirs & **Lynn Freeman**, veterans. Our 2003 leadership team looks forward to another great year. Please don't hold back your suggestions and ideas to improve our organization. It is very gratifying to have the year to year continuity of 7 officers/directors and 27 committee chairmen. It is also super to have the fresh ideas and talent of 5 new officers/directors and 10 committee chairmen. Speaking both for myself and your fellow SIR's, your willingness to provide leadership is fantastic. Our strength comes from leadership, lots of volunteers, and most important, everyone's participation in activities and events. Join in the fun in those areas of interest. Thank you for the opportunity to serve Branch 146. Happy New Year!. Executive Meeting. 1/9/03 @9:30 am. Officers and committee chairmen are asked to attend.



Bob Yolland

January Birthday Boys

Dick DeVoe, Gene Diana, Ernie Dickson, Art Gagnon, Wes Hauschildt, Kap Kaprelian, Bill Knapp, Ray Nordstrom, Bill Thorbrogger, Buddy James, Chuck Eichten, Garth Cummings, Ron Morrison, Dale Haukland, Ken Richter, Frank McNamee, Dennis Hallett, Heino Valvur, Jim Kohl, Frank Rockwell Jr.

In Memoriam



Ernie Figueira, Honorary Life Member of SIR, died December 12, 2002 of cancer.

After joining our branch in 1991, he became Branch Asst. Secretary and Bulletin Editor in 1995, his first two of many Sir leadership positions in the ensuing years.

During his tenure as Branch Secretary in 1996, **Ernie** recognized that his knowledge and experience could serve the SIR organization well at the State level. He was elected State 2nd Asst. Secretary for the years 1997, 1998, and 1999. In 2000, he was elected to the position of State Secretary, the 3rd highest position in SIR, continuing in that role into 2002. He was honored by the State in July 2000 with an Honorary Life Membership award.

Ernie served his Country in the U.S. Army's 328th Regiment from 1942 to 1946. He was a veteran of the Battle of the Bulge and received the Purple Heart. He was a member of the Veterans of Foreign Wars.

A memorial service was held on December 14, 2002. Interment will be on December 28, 2002 at 2:00 pm at Memory Gardens Cemetery in Concord.

Little Sir's Corner

Speakers for the next two months are; **Jan 9 Cliff Kroeger** representing the California Highway Patrol. **Feb 13, Dr. Gregory Rhodes** speaking on general vascular and thoracic surgery and strokes. If you'd like to hear a specific speaker or topic, please call **Doug** at 938-4327 or e-mail dougcook1@yahoo.com



Doug Cook

Telephone Directory Updates

New directory expected out in January

Chuck Smith's e-mail is casinwc@astound.net

Bowling Dick Joyce

If you are interested in joining a team or forming your own team for this league, contact Sir **Dick Joyce**, league president.



Our friend **Al Zeppa** was the glue that held our SIRs league together and I'll do my best to carry on. After Dec. 18 we will have a 2 week break and be back at it Jan. 4, '03. As of 12/12, The Adjusters are still in 1st place, 2nd place The Knights, 3rd Daves Dudes and 4th The Islanders. High avg. bowlers are; **Bob Everett** 203, **Dick Joyce** 197, **Mike Kroft** 193 & **Gus Edwards** 190. High scratch games were **Joe Lettiere** 259, **Bruce Jones** 248 & **Ken Baldwin** 246.

On a sad note, Br. 149 Big Sir **Wally Redding** passed away. **Wally** was on my team and he will be missed. Funeral services pending at press time.



Cooking Don Nunn

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

Betty's Spicy Baked Shrimp

1/2 cup olive oil, 1 Tbsp. honey
 2 Tbsp. Cajun or Creole seasonings, 1 Tbsp. soy sauce
 2 Tbsp. fresh lemon juice pinch of cayenne pepper
 2 Tbsp. chopped fresh parsley, 1 pound uncooked large shrimp, shelled & de-veined
 Combine first 7 ingredients in a 9x13 inch baking dish. Add shrimp and toss to coat. Refrigerate 1 hour. Preheat oven to 450 degrees. Bake until shrimp are cooked through, stirring occasionally, about 10 minutes. Garnish with lemon wedges and serve shrimp with French bread and a salad and you have a fast, easy dinner.

I buy the frozen large shrimp at Costco and thaw them under running water for a few minutes. The shrimp are cleaned and just have the tail shell on which makes them easy to eat. This is a very easy dinner with a salad and vegetables if desired.

Betty Barabash

Ladies Day Dec. 12



Molly & Bill Boyd and Allison Todhunter

Ladies Day Dec. 12



Walt & Betty Barabash

Duplicate Bridge

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



SIR **Jim Brown** hosted four tables of duplicate bridge in December. **Carl Johnson** was first with 46 1/2 points and **Jim Brown** was second with 44 1/2 points. **Bob Donahue** was third with 40 1/2 points and **Jim Jackson** was fourth with 40 points. The next meeting is scheduled for Monday, January 13, 2003. Contact **Bob Donahue** at 376-4527 for information.

Larry Sheerin: "Rats! Another shank! I think I'm going to drown myself in that lake." **Dan O'Sullivan**: "Think you can keep your head down that long?"



Cribbage Al Tufo

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

The Cribbage Club played November 20 with **Larry Reilly** as host. We were able to get in three tournaments. Winner of two tournaments was **Larry Reilly**, who also took second place in the other. Winner of one tournament was **Barney Meade** who also came in second in the other two. The Italian Stallion is still eating his hay in the starting gate. Next get together will be hosted by **Barney Meade** on January 8, 2003.

Ciao **Tufo**

A panhandler walked up to the Jewish mother on the street and said, "Lady, I haven't eaten in three days." "Force yourself," she replied.

Fishing Sal Costanza

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



No fishers' meeting in December because of Christmas. Our next meeting will be January 23 at Coco's, Pleasant Hill at 8:30 am.

A schedule of future fishing trips will be available. Anyone with the slightest interest in fishing should attend.

Branch 146 was the originator of the fishing group, yet we are outnumbered five to one at the meetings. What's happened to the "charter" members?

Sal, maybe ya just gotta catch bigger fish!..ed.

Garden Club

Chuck Bobinecz.

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



The garden club will not meet in January. The February meeting will be at Heather Farms where there will be a rose pruning demonstration by one of the premier rose experts in the country. Different kinds of roses require different pruning techniques. Late January and early February are the prime times to prune roses. Wives, guests and all SIRs are welcome.

Tuesday Golf **Walt Barabash**



Nov. 19 First Flight: **Ed Wojnar, Ken Kratz and John Lewis.** Second Flight: **Fred Kovar, Ray Kan and Don Martin.**

Closest to the Pin: **Doug Cook.**

Nov. 26 First Flight: **Lew Thompson, Dick Richmond and Rich Hanford.** Second Flight: **Doug Cook, Ken Richter and Fred Kovar.**

Closest to the Pin: **Don Loustalet.**

Dec. 3 First Flight: **Bill Cammerer, Bob Yolland and Lew Thompson.** Second Flight: **Bob Frankland, Larry Zugnoni and Warren Boero.**

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

Dec. 10 First Flight: **Don Loustalet, Ken Kratz and Russ Bliese.** Second Flight: **Bob Madge, Larry Zugnoni and Don Martin.**

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

Rich Hanford: "How do you like my game?"

John Lewis: " Very good, but personally I prefer golf."

Away Golf

Jim Baldrige

Mark your calendar for Silverado Country Club Friday, Mar. 17, 2003. State Tournament schedule coming out separately.



Doing Lunch November 14



Frank Mathos, Bill Becker & Pablo Chavez

Health Matters Physical and Mental



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

FIT FOR LIFE

Being unfit increases the risk of death in men by almost 400% compared to fit men. A Finnish study of 1294 men found that low aerobic fitness was "comparable with elevated systolic blood pressure, smoking, obesity and diabetes in importance as a risk factor for premature death."

Source: *The Fitness Bulletin*, February 2002.

OLDER MUSCLES

The leg muscles of men aged 60 to 75 years became 50% to 85% stronger after they completed a twice-a-week, 16 week resistance training program. If you're out of shape its never too late to start exercising.

Source: *Journal of Gerontology*, Vol. 55A, No. 7

OMEGA-3 FROM A PLANT

You know about the heart-protective benefits of omega-3 fat that comes from fish. But do you know what plant is also high in this healthful fat? Answer: flax.

Flax is a slender erect annual with blue flowers. It is harvested primarily for its edible flaxseed.

Flaxseed is rich in a number of vitamins and minerals, as well as high-quality protein. It is also high in both soluble and insoluble fiber: soluble fiber which helps regulate blood glucose and lowers cholesterol; insoluble which helps with moving food through the intestines.

What is more admirable, however, is that flaxseed is the richest plant source of omega-3 fatty acids. Adding one or two tablespoons of flaxseed to the diet on a daily basis can help lower LDL "bad" cholesterol, metabolize fat in the liver and normalize blood pressure.

Source: *Omega-3 Oils*, by **Donald Rudin, MD**, and **Clara Felix.**

WEIGHT LIFTING

Muscles burn calories. Just like with a car engine, the bigger a muscle the more energy it needs. So building up your muscles increases metabolism (the amount of calories you burn at rest).

After six months of intense weight training, you can speed up your metabolism by at least 7 percent. For every pound of lean muscle you add, you'll burn an additional 30 to 50 calories each day.

Source: *Strong Women Stay Slim*, by **Miriam Nelson & Sarah Wernick**

Ray Weisz: "Do you think I can get there with a 5 iron?"

Al Milano: "Eventually."

There's a big controversy on the Jewish view of when life begins. In Jewish tradition, the fetus is not considered viable until after it graduates from Harvard Medical School.

Know Your SIR

Doug Harris



They call me **Doug Harris**. I am from the Central Valley town of Modesto, CA., born on April 13, 1931. I graduated from Modesto Junior with an Associate Arts Degree. Although I don't play golf now, I was on the golf team of JC and the Modesto High School team.

In July, 1951 I joined the Coast Guard so I wouldn't be drafted into the army. Half way through boot camp at the Coast Guard Island in Alameda I met my future wife **Eleanor Meredith** in, of all places, the Fairmont Hotel. Long story. Anyway we got married in November, 1952 and are about to celebrate our first 50 years of a wonderful marriage. We have four children and eight grandchildren. Most are close by and we all enjoy each other.

After doing three years in the Coast Guard, I joined Fireman's Fund as a Fire Underwriter trainee. I spent 42 years in the insurance business, almost all in marketing which I truly enjoyed. My last 20 years was with Transamerica, the last six in the Pyramid. I retired in 1991.

We really like to travel and have been to France, Italy, China, Spain and Portugal. We just returned from England, Scotland and Wales. We try and go to Mexico once a year to our favorite place which is the Las Brisas in Ixtapa on the Pacific coast. We spend a good deal of time at our beach condo at Pajaro Dunes. A great place and only 105 miles from here. I enjoy SIRs and being part of the group.

Sir **Joe Jansen**, whose grandson will become an Eagle Scout next month, reminds us to ponder the following: 65% of US Air Force Academy graduates, 68% of West Point graduates, 70% of Naval Academy graduates, 72% of Rhodes Scholars, 85% of Student Council Presidents, 72% of FBI agents and 89% of Senior Class Presidents are Scouting Alumni!

Probably a similar high percentage of SIRs also...ed.

Fred Kovar: "That can't be my ball. Its too old."
Bill Hansen: "Its been a long time since we teed off."

Investments

4th Wednesday 8:00am

at Diablo Creek Golf Course (Legends Grill). North Port Chicago Highway and Highway 4, Concord.

Ben Smith (925)820-5403

"Sums In Retirement" Financial Group will next meet on Jan 22, 2003. Time: Breakfast available from 7:00 am on. Program begins at 8:00 am.

Program: Our guest speaker will be **Mr. William McConnell**, owner of The Kings Jewelry Store in Walnut Creek. His topic will be: "The Do's and Don'ts Of Selecting & Investing in Fine Jewelry and Precious Stones". **Mr. McConnell** is an excellent speaker who has a vast knowledge of the world of jewelry and gem stones. Come prepared for an excellent presentation and some good Q&A. We have breakfast and no reservations are required....just come and join in and bring your questions and ideas, gain some knowledge and have a good time with your fellow SIR's. February's meeting will be held on the 26th of Feb, with guest speaker **Mr. Bob Burke Sr.** (Vice President) from Morgan Stanley Investments.

When the doctor called **Mrs. Liebenbaum** to tell her that her check came back, she replied, "So did my arthritis."

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.

Sal Costanza: "How big was that fish you caught?"
Pablo Chavez: "That one measured fourteen inches...."
Sal: "That's not so big!" **Pablo:** "...between the eyes."

Bill Rees: "Stop looking at your watch. It's a distraction."
Larry Zugnoni: "It's not a watch, its a compass."



Luncheon Menu Jerry Bel-

lows This month's Luncheon Menu

Salad

- House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Crispy coated cod with potato wedges & tartar sauce
- Smoked gouda & proscuitto stuffed chicken breast

Dessert

- Daily dessert special



Lang Erickson Membership

Branch 146 statistics:

Members 210, Honorary 4, Waiting List 25

Total Attendance at Ladies Day luncheon 303

Doing Lunch November 14



Dale Haukland, Bob Nelson & Roy Luoma

Doing Lunch Nov 14



George James & Fred Donnelly

Sunshine

Smith

Chuck



As you read elsewhere in this newsletter, Honorary Life Member **Ernie Figueira** passed away.

Phil Leigh's wife **June** passed away.

Chuck Thompson's daughter is in declining

Party Bridge

Fred Bolton



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

The Party Bridge Group met on Dec. 2 at **Jim Brown's** home for two tables of bridge. First place went to **Harry Dillon** with 5090 points, second to **George Zunic** with 4210 and third to **Lynn Freeman**. Our next game will be at **Lo McCarley's** on January 6.

Bill Weinberg: "Do you think my game is improving?"

Bob Madge: Yes it is, you're missing the ball much closer now.

Song Sirs Chris Satterthwaite



Practices are held after the SIRS monthly luncheon and on the last Wednesday of each month at 4 pm at the WC Presbyterian Church.

The new **SONG SIRS** chair is **Chris Satterthwaite**.

Kudos to founder **Owen Sullivan**, and to recent interim chair **Chuck Thompson**. Our popularity has grown since our beginning four years ago. Last month we sang at the Walnut Creek Seniors' Home, the Vets' Hospital in Martinez and at the SIRS Christmas luncheon which included the exciting and animated "Twelve Days of Christmas" led by vocalist **Ron Westgate**.

Our next get together will be right after the SIR luncheon on Thursday January 9, 2003. Come and join us in making sweet music. We also could use your suggestions on new songs to sing and places to visit.

Ladies Day Dec. 12



Lynn & Ken Kratz

Ladies Day Dec. 12



Peg & Fred Kovar

A man calls his mother in Florida. "Mom, how are you?" "Not too good," says the mother. "I've been very weak." The son says, "Why are you so weak?" She says, "Because I haven't eaten in 38 days." The man says, "That's terrible! Why haven't you eaten in 38 days?" The mother answers, "Because I didn't want my mouth to be filled with food if you should call."

Ladies Day Dec. 12



Christy & Dick DeVoe and Sharon & Mike Varner



Travel Opportunities

Charlie Kiser

March 20, 2002 Day at the Races Come visit your 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 \$31.00. Drive yourself \$19.00 Contact **Charlie Kiser** 274-1575

April 21-25, 2003 Arizona Golf Adventure. We are going back to Phoenix. r/t air from Oakland to Phoenix, 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.

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

Biannual Spring Dinner Dance

Where: Heather Farms Garden Club

Includes: Hors d'oeuvres, cocktails, dinner, wine, dancing

When: Wednesday, March 5, 2003

Cocktails, Hors d'oeuvres: 6:00 pm

Dinner: (Chicken) 7:00 pm

Dancing: 7:30 pm to 10:00 pm

Cost: \$ 75.00 per couple

Print on a piece of paper and send as below.

This always is a sellout, so please respond early to avoid disappointment.

Name:

Partner's name:

We need ___ vegetarian dishes

Send check payable to SIR Branch 146 to:

Don Nunn, 2127 Seccombe Court,
Walnut Creek, CA 94598

If you wish to reserve a whole table (seats 8), please send in checks or check for \$300 along with the names.

There is no theme for this dance.

Dress as you would for your best lady or gentleman.

Ladies Day Dec. 12



**Garth & Shirley Cummings and
Chuck & Mary Bobinecz**

Ladies Day Dec. 12



**Kent Tyler, Judy Baldrige, Mitch
Mitchell and Audrey Tyler**

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 1st Monday of December and had a good turn out. We had 8 ball and Whizbang going for about 3 hours. Fun was had by all. We met again on Monday the 16th at Masses. We had a good turnout with a new face: **Bill Cammerer** showed up with a better than average game! The next meeting will be on Monday the 6th of January 2003.... 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-2002

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

- 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



John Lewis Walkers

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

- January 3 - Donald Drive, Orinda. Take Moraga Way (so.) from fwy. to left on Hall up the hill to Donald.
- January 10 - Osage Park. From Hwy 680 so. take Sycamore Valley (east) to first rt. on Camino Ramon to left on El Capitan to left at first stop sign past Iron Horse Trl.
- January 17 - Canal Trail (PH.) Meet at shopping center parking lot near intersection of Morello & Taylor.
- January 24 - Canal Trail (WC.) Meet outside Peet's Coffee off Ygnacio & San Carlos opposite Heather Farms.
- January 31 - Lafayette Trail. Meet at Lafayette Comm.

Gone Fishing



Sal Costanza with a Grizzly Bay sturgeon .

Thanks to **John Lewis, Bob Madge, Bill Snyder, Rich Hanford, Chris Satterthwaite** and **Art Trost** for folding, labeling and stamping, to **Ken Kratz** for photography and to **John Lewis** for mailing. Thank you **Dick DeVoe** for proof reading. Thanks also to the folks at St. Paul's Episcopal Church, Walnut Creek for the use of their facilities.

Ladies Day Dec. 12



Gloria & Owen Sullivan
Sully, Good to see you back in action ...ed

Ladies Day Dec. 12



Judy & Jim Baldrige, Charlie Kiser and Hazel Neibert

Ladies Day Dec. 12



May & Ray Kan

Doing Lunch November 14



Jim Kohl, Bud Triantis, Dick Nebinger and Frank Fries

Ladies Day Dec. 12



Sandy & Bill Hansen

Doug Cook: "This is the worst course I've ever played on."
Mitch Mitchell: "This isn't the golf course. We left that an hour ago."

SIR CALL

Newsletter

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here



Place address label here

Ladies Day December 12, 2003



Owen Sullivan & Don Nunn

Ladies Day Dec. 12



Dave Obera at the keyboard accompanied vocalist **Ron Westgate** in some songs of the season. Two talented guys.

Music Men Doing Lunch November 14



Rod Sharretts, Dave Obera & Chris Satterthwaite

Ladies Day Dec. 12



Bill Weinberg & Nancy Battey

Ladies Day Dec. 12



Joe & Mary Suta

Ladies Day Dec. 12



Bob Madge & Ralph Fowler