

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 13 Issue 3

Published For Our Members And Friends

March 2001



Big Sir's Commentary :

Which Came First?

One of the hotly debated topics among the branch's academics is whether bowling preceded bocce ball. I have asked our resident experts, Sir **Al Zeppa** and Sir **Al Milano** for their thoughts on the matter. Sir **Al Z** claims that bocce ball did not begin until the process of making cheese into round balls was developed in the 19th century. In fact, he pointed out, a winner was allowed to take the balls home and was declared a "cheese whiz". "Not so" declared Sir **Al M**. He points out that bowling began after the Napoleonic wars in Britain when there was an excess of cannon balls. These missiles were generally stacked in groups of ten on the poop deck and it had become great sport to knock the other fellows' projectiles down. The men, as they mustered out, were allowed to take home what they could carry. When the shot supply began to dwindle, a distinguished Admiral, Lord Afterthought, began using sticks he called pins and thus the sport of ten pins was born. Soon this new sport became a favorite with the fox and hound crowd.

It is clear at this writing that additional input from unbiased experts is necessary if we are ever to bring this debate to a conclusion.

Until we do, as the captain said to the sailor, "Have a ball".



Big SIR **Bill Hansen** giving a commemorative plaque to outgoing Big SIR **Jack Calloway**



Former Big SIR **Jack** awarding the Big SIR pin to Big SIR **Bill**

Police: "Were you shot in the fracas?"
Victim: "No, I was shot in the leg."

Luncheon Attendance



Dale Haukland 820-0189 The second Thursday of every month at 11 am at Boundary Oak.

SIR members must call **Dale Haukland** by Friday noon before the Thursday luncheon if you are not going to attend.

Waiting list men must call **Dale Haukland** by Friday noon before the Thursday luncheon if you are going to attend .

Featured for the March 8th luncheon are the **Song Sirs** who will entertain us with a medley of Irish songs.

February attendance:

Members	167	Guests	3
Honorary Life Members	4	Excused Absences	31
Waiting List	12	Unexcused Absences	12

Note

Unexcused absentees will be asked to pay for the lunch

Dinner Dance for March 28

As of this date, 2/20/01, we have in hand, checks for all but 5 couples for the dinner dance on March 28. By the time you get this bulletin, we might be sold out but we do keep a waiting list on a first come, first served basis. Cost is still \$ 67.00 per couple. Send check with names of couples to **Don Nunn**, 2127 Seccombe Court, Walnut Creek, CA 94598. Payable to Branch 146. C'mon out and swing a little, or a lot!

Item: Man Robs, Then Kills Self

Bocce Ball

Al Milano 933-3492 2nd and 4th Mondays at 9 am. Apr- Nov. Concord Bocce Cts. In Newell Park Concord near the corner of Turtle Creek and Ayers Rd.



2001 Schedule

April 9&23, May 14, June 11 & 25, July 9 & 23, August 13 & 27, September 10 & 24, October 8 & 22, November 12 & 26. Call Sir Al for more information.

Know Your SIR!

SIR Norbert Brooks

Norbert Brooks was born in DePere, Wisconsin on June 3, 1927. He was named after St. Norbert's College. At age 14 he moved with his family to a dairy farm near Forest Junction, Wis. It was on a school bus to Kaukauna High School that he met his future wife, Ruth.

In 1945 he was drafted into the Army. He was in the Intelligence and Reconnaissance with the Headquarters Platoon with the 2nd Division. In 1946 Congress passed a bill that said that all draftees of 1945 will be discharged.

Private
was discharged
14 days and 2
he kept track
He took
GI Bill and
while working
farm. Later he
Monastery
Nazianz, Wis.
Ruth in 1950



Norbert Brooks
after 14 months,
hours, not that
of it.

advantage of his
went to school
on his father's
worked at a
Farm in St.
He married
and moved back

to Forest Jct. He got a new job as a Herd Technician breeding cows for Curtiss Candy Company Farms Improved Stud Service. The owner of Curtiss Candy Co. was Otto Schnerring. The Farms were his hobby. During Norbert's Army service he was stationed in Camp Pickets Virginia, Fort Lewis , WA, Camp Roberts , CA and Coronado Island, CA. After his discharge from the Army, he always dreamed of moving to Calif. In 1957 he moved his wife and 3 children to Richmond. He soon got a job at the Carnation Milk and Ice Cream Plant in Oakland. He worked in the milk division. Four years later, in 1961, he bought a 4 bedroom home in Concord for \$15,700 for himself, wife and 4 children.

After working 28 years, he retired at the age of 58. In June 2000 he and his wife celebrated their 50th wedding anniversary.

He now is on 3 bowling teams and is enjoying life. Norbert enjoys his companionship with the SIRS.



Sirs **Harry Rieck**
and **Charles Eichten** enjoying a
pre lunch
conversation

Item: Police Begin Campaign to Run Down Jaywalkers



Luncheon

Stan Jackson 939-3314
msidorado@Earthlink.net

March Luncheon Menu

Salad

- House salad
- Freshly baked rolls and butter

Entrees

- Roast trout with basmati rice and vegetable

Dessert

- Daily dessert special
- Regular or decaffeinated coffee, tea or iced tea

Note

The price of the luncheon meal is now \$17.00



Lang Erickson
682-1337
flangley@flash.net

Membership

New Member: **Jack Lytle**, inducted on /02/08/01

Moved to inactive: **Diograsias Armodia**

Waiting list addition: **Robert Muenter**

Branch 146 statistics:

Members 209

Honorary Life 5

Waiting List 28



George Garbers and recently inducted **Jack Lytle**

1st man: Where is a woman's yet?

2nd man: What do you mean?

1st man: News item said a woman had been shot and they haven't got the bullet out of her yet.



Al Zeppa 685-8920

If you are interested in **Bowling** joining a team or forming your own team for this league, contact Sir **Al Zeppa**, league secretary.

We have our Big SIRs Area 2 tournament coming up on Monday, Feb 19, Wednesday, Feb 21, and Thursday, Feb 22 at Diablo Lanes in Concord. We will hold the singles at 10:00 am and the doubles at 1:00 pm. Within the tournament we will have an all-events, which is a combination of single and double scores as well as scratch singles.

It is open to any SIR with an established average in the SIRs book of 1999-2000 and one must have an ABC or WIBC card because we allow waiting list SIRs and wives and guests over age 50. If you get a chance drop in and see some good bowling. We have a SIR tournament in Petaluma coming up on Monday, March 12 and Wednesday, March 14.

Our Bowler of the Month is **Ed Almeida**. He has raised his average from 182 up to 192 and has had 17 200 games, 5 225 games and 3 600 series. He had a 266 game and a 671 series. I am also sorry to say that Ed will be moving to Florida at the end of our winter league. Everyone will miss him very much.



Computers

Chris Satterthwaite 939-7826

3rd Thursday at 1 pm at WC ELK'S Club
1475 Creekside Dr. (off S. Main)

If you did not attend the Feb. meeting you missed a very interesting demo on how to purchase and install additional memory and hard drives. We were into the guts of a computer. Our next Computer Group meeting for March will meet as usual on the third Thursday, March 15, at 1:00pm at the WC Elks Lodge, 1475 Creekside Drive, WC. We are programmed to cover a wide variety of general interest items to computer users at all levels of skill including gurus and dummies. We will identify some interesting WEB sites and will discuss your computer problems and questions. Call Chris Satterthwaite 939-7826 if you have questions.

Duplicate Bridge

Bob Donahue 376-4527 Monday following the monthly SIRS luncheon at 10 am hosted by different members. Bring lunch.



SIR **Harry Dillon** hosted four tables of duplicate bridge in February with **Bob Coney** coming in first with 40 1/2 points. **Jim Jackson** and **Carl Johnson** tied for second with 38 1/2 points. **Neal O'Boyle** and **Bob Yolland** tied for third with 36 points. **Bob Donahue** and **Lo Mc Carley** tied for fourth with 35 1/2 points. The next meeting is scheduled for Monday, March 12, 2001. Contact **Bob Donahue** at 376-4527 for info.



Cooking

Don Nunn 934-5214

donnunn@tpi.net

fax 934-5559

1st Monday 9:30 am at various members' homes or at restaurant or cooking school.

On Monday, February 5, our group met at the home of **Charlie Kiser** for a demonstration and tasting of Senor Carlos Kiser's Mexican Lasagna!! Nine members were present as Sir Charles prepared the food with the help of Chef Hazel and "Sir Jack D.", the only member of SIR from Kentucky. We all dined on the results and the food was very, very good. We witnessed Sir Charles deftly and single handed place the leftover Parmesan cheese in the fridge. What a guy!!

On Monday, March 5th at 10:AM, we will meet at the home of Sir **Al Milano** for a very special demonstration of Italian Cuisine. Space may be limited so remember, as always, you must notify **Al Milano** or **Don Nunn** of your intention to come.

Call SIR Al @ 933-3492 or Call SIR Don @ 934-5214

Bon Appetit !



Sirs **Hal Ruby**, **Dave Johnson** and **Barney Meade** about to sample the fare. (He really does that without Barbara's help!)



Al Tufo
798-4129

Cri bbage

2nd Wednesday at 12:30 hosted by different members

On Feb. 7 we had two great tournaments. They were hosted by yours truly **Al Tufo**. The first tournament was a run away by **Carl Rush**. He had a something or other on his shoulder and couldn't be caught. The second tournament was something different. Carl and **Barney Meade** had a nip a tuck fight to the finish, with Barney coming out the champ. There will be no Cribbage the month of March as everyone has prior commitments. There will be Cribbage on April 11, it will be hosted by **Bryant Fischback** in Walnut Creek.



Left to right, **Ted Kammerer**, **Jim Wyrick** and **Don (Bob) Merchant** converse



Pablo Chavez
256-8516

Coco's Restaurant 3200 Buskirk Ave. 4th
Thursday of every month at 8:30 AM, or you
can call Sir **Al Brunner** (687-0594, **Sir Bob**

Walton (930-0113), or Sir **Pablo Chavez** (256-8516)
Fishing Calendar and how to get involved!

No formal fishing trips are planned for the next few months but good sized fish are being caught in some of the local reservoirs and they are easily planned with only a few phone calls.

There are two free fishing seminars coming soon. On March 31, the Fisherman's Friend in Lodi will have a Kokanee Salmon fishing seminar including discussions by fishing guides and displays of fishing tackle. A two-day fishing seminar is scheduled for April 28 and 29 by Glory Hole Sports in Angels Camp. We should car pool to these events.

The first scheduled fishing trip is for trout at McSwain Reservoir for May 4-6. Campsites have been reserved and most are already taken. If you are interested in going, you should notify SIR Fishmaster **Bob Walton**, at 925-930-0113 soon in order to have a site reserved for you. Reservations have also been made for two Kokanee salmon fishing trips to New Melones this summer. Two RV sites and one four-person cabin have been reserved at Angles Camp for both May 21-25 and July 16-20. Reservations are on a first come basis so if you are interested in going, call the appropriate SIR Fishmaster. We have also reserved a guide for two days each trip. The guide will only take three fishermen per day, so call soon. If more people are interested, we will try to reserve additional living spaces and days with the guide but we need to know as early as possible to make the reservations. Call Fishmaster **Al Brunner** at 925-687-0594 for the May trip, and Fishmaster **Richard Fish** at 925-672-8468 for the July trip. Come join us.

At the February monthly meeting, an underwater video of Kokanee Salmon being attracted to and attacking fishing lures will be shown. These pictures were taken by **Russ Faught** at The Fisherman's Friend in Lodi. For further meeting information, contact **Al Brunner**, Area 2 Fishing Activity Coordinator at 925-687-0594, **Richard Fish**, Associate Coordinator at 925-672-8468, or **Pablo Chavez** at 925-256-8516. All SIR members and guests are welcome to partake in the fishing trips, as well as attend the monthly meetings.

Fishing

Garden Club



Chuck Bobinecz 939-8740 bobinecz@flash.net
4th Wednesday at 2:00 pm at Alamo Safeway
unless otherwise announced.

The March topic will cover preparing the soil, when to plant, irrigating, and season extenders etc.

Garden tip of the month: Big pots = early tomatoes.

If you want early tomatoes, plant them in large containers. Its hard to do well by rushing the transplanting date. It's better to wait for the normal tomato planting time and starting out with big plants with flowers on them. Tomatoes don't like high nitrogen especially early in the season..



Golf **Joe Jansen** 935-6691
jjansenx@juno.com

Every Tuesday at 9 am at
Boundary Oak for all, and once a month
away for those who sign up.

January 16 First Flight: **Bill Boyd, Rich Hanford and Ken Richter.**

Second Flight: **Tom Gorman, Bob Madge and Warren Boero.** Closest to the Pin **Tom Stack.**

January 23 First Flight: **Jim Helmick, Lew Thompson and Gary Jones.**

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

Closest to the Pin **Joe Suta.**

January 30 First Flight: **Bill Hansen, Frank Marcon and Bill Cammerer.**

Second Flight: **Fred Bolton, Bob Madge and Larry Zugnoni.** Closest to the Pin **John Demos.**

February 6 First Flight: **Russ Bliese, Frank Mandic and John Lewis.**

Second Flight: **Warren Boero, Chris Satterthwaite and Bill Weinberg.**

Closest to the Pin **Jeff Baily.**

February 13 First Flight: **Bob White, Gary Jones and Jack Calloway.**

Second Flight: **Mitch Mitchell, Larry Zugnoni and Dick Richmond.**

Closest to the Pin **Fred Kovar.**

March 16, Away Golf:

The Silverado tournament has been rescheduled to March 16. The tournament is a shotgun start at 9:30 am and we are requested to check in at or before 9:00 am.



Phil Leigh
685-8090

Investments

Pleigh@Hotcoco.Infi.net
4th Wednesday at 7:45 am at Coco's
Restaurant at 3202 Buskirk Ave. Pleasant Hill.

Gentlemen: here's the March 2001 program for SIRs Area 2 Investment Group:

Wednesday, March 28: Selection of elements of a phantom portfolio and discussion of formalizing an investment portfolio.

To this time, the investment group has directed its activities to education of its participants and discussion of investment opportunities and strategies. At the March meeting we will review performance of a phantom portfolio that dates back to September of '96, create a new phantom portfolio to track, and look into formalizing investments by participants.

No reservation is required for breakfast or for the meetings at Coco's. All Area 2 SIRs and SIR visitors are welcome. As a courtesy to Coco's we are each requested to purchase a breakfast.



Fred Bolton
932-1580

Party Bridge

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

The Party Bridge group played three tables of bridge hosted by **Dick Johnson** on February 5. First place went to **Jim Jackson** with 6660 points, second to **Harry Dillon** with 5830, third to **Bob Donahue** and fourth to **John Lewis**.

Our next game will be hosted by **Stu Somerville** on March 5, starting at 10 am. Call **Fred Bolton** if you are interested in playing.

Ladies day bridge luncheon — The duplicate and the party bridge groups are planning a bridge luncheon to be held at Marie Callender's in Concord on April 2.

Please mark your calendar now and call **Fred Bolton** or **Bob Donahue** for reservations.



SIRs **Walt Barabash** and **Dick Richmond** at the January luncheon.

Item: Teacher Strikes Idle Kids

Thanks

Our thanks and appreciation to Sir **Ernie Figueira** for his work in our lowering our postal rates. Now to be \$.14 vs. \$.23 / piece

Sir **Rollie** and **Hermoine Nordeen** celebrated their 50th Wedding Anniversary February 10.



March Birthdays

- | | |
|-----------------------------------|------------------------------|
| Joe Deas 08/16/88 | Bill Martin 04/13/95 |
| Bob Donahue 05/03/90 | Stan Pieratt 04/26/88 |
| Walt Entelman 06/21/89 | Joseph Suta 08/23/89 |
| John Fontenrose 08/16/88 | Harry Tutton 11/12/92 |
| Dan Hungerford 05/13/93 | Mike Massone 09/12/96 |
| Bruce Jones 11/10/94 | Doug Cook 11/13/97 |
| Theodore Kammerer 08/16/88 | Chuck Smith 02/12/98 |
| Frank Marcon 08/10/93 | Kent Tyler 01/09/01 |
| Chuck Thompson 02/21/89 | |

RV ing

State RV Rally
SIRs statewide will hold their first RV Rally on April 23-26 at the Napa Valley Town and Country

Fairgrounds (Napa Expo) with a great program for participants. The rally will be limited to 100 rigs on a first come first serve basis. To apply call SIR **Lou Hughes**, State RV Chair at (707) 252-2624 or e-mail him at SIRSTATERV@Juno.com



Owen Sullivan 943-7998.

Practices are held after the SIRS monthly

Song Sirs

luncheon. Mar.8 at Luncheon - Salute to the Irish. Irish gig practice at **Dave Obera's** every Wed @ 3pm. The 4th Wednesday at 4pm. Singers welcome. Sullivansojanko@Aol.Com March 7th will be a dress rehearsal at Walnut Creek Manor House.

Item: Safety Experts Say School Bus Passengers Should be Belted

Rollie Nordeen 284-1199
RNordeen3@Home.com

Sunshine



Vic Kaste is under treatment for a brain tumor.

Dick Armodia is recovering from 7 way bypass and is girding up for carotid artery surgery.

Bill Thorbrogger had prostate surgery and is recovering satisfactorily.

Ernie Figueira, former Call editor and Branch 146 secretary and presently state secretary is undergoing chemo therapy.

Madelyn Nunn, wife of Sir Don has broken her knee in a fall.

Helen Rees, wife of Bill Rees is very ill.

Item: Iraqi Head Seeks Arms

Table Pool

Bill Weinberg 682-0962

2nd Monday at 11:30 am (this is hard to remember-mark the calendar now!) at Masse's , 2721 N. Main in Walnut Creek.



Larry Reilly, clearly the pool champ this month. Great turnout!



Travel Opportunities

Charlie Kiser 274-1575
Charlieki@Webtv.net

May 17, 2001. Oakland A's vs. New York Yankees 12:30PM Sons in Retirement Day at the Oakland Coliseum . Plaza Level Infield tickets (these are second deck) at \$9.00 each (regular \$18.00) Send check payable to SIR 146 for tickets to **Charlie Kiser** 274-1575. Please include stamped, self addressed envelope for return of tickets.

May 25, 2001. Sacramento Jazz Festival
The annual SIR day at the Sacramento Jazz Festival is scheduled for May 25, 2000. All day ticket good from opening until Midnight. Tickets are half priced, at \$17.50
Flyer will be available at the next luncheon meeting. Send \$17.50 per person to **Owen Sullivan** 148 Gordon Road, Walnut Creek, 94598. Please enclose a stamped, (34c) self addressed envelope for return of tickets. Tickets are limited so don't dilly dally.

June 13-23, 2001. Canadian Northern Rail Spectacular including 2 days aboard the "Skeena" train. Includes Banff, Jasper, Victoria, Columbia Ice Fields Glacier and a 1 day cruise through the Inland Passage. Cost is \$2050.00 p/p dbl occupancy, \$2640.00 single occupancy. Contact **Carl Raaka**, Branch 8 @ 254-0482.

June 20-28, 2001. British Columbia Golf Getaway!
Round trip air from San Francisco to Vancouver. 4-nights on Vancouver Island, 4 nights Whistler, 4 rounds of golf, 5 dinners. Two hosted cocktail parties, round trip ferry to Victoria. Tournament awards, taxes and gratuities. Cost is \$1629 per golfer and \$1329 for non golfers. Contact **Charlie Kiser**, Branch 146, 274-1575

July 10-15, 2001. Mesquite and Utah's National Parks.
Deluxe Motor coach Transportation, one night In Hawthorne, Nev., three nights in Mesquite, Nev. with three breakfast buffets, Bryce Canyon and Zion National Parks, one night at Bonanza Inn. Casino stops en route with goodies. \$294.00 per person double occupancy \$95.00 single supplement. Contact **Carl Rake** Branch 8 @ 254-0482

July 13-21, 2001. 9 Day Calgary Stampede with the Canadian Rockies. Calgary Stampede, Banff Nat'l Park, Jasper Nat'l Park, Lake Louise, Ice fields Parkway, Athabasca Glacier and more. Includes R/T Air, Deluxe Motor coach, Hotel, 13 meals, Driver and Guide Gratuities. Cost \$1999.00 per person D/O, \$2399.00 single. Contact **Vic Johnson** Branch 116 @680-1501

Aug 16,2001. All SIRS Day at Pac Bell Park. Watch the SF Giants Battle the Florida Marlins 12:35 pm. Status: This is now WAITING LIST ONLY. View level \$16.00. Send check payable to SIR 146, indicate number of tickets and mail to **Charlie Kiser** 1575 Ptarmigan Dr, #1A W/C CA 94595.

Sept 11-20. 2001, Canadian Maritime Provinces
Cost \$2177.00 p/p double occupancy-\$2552.00 single occupancy. Contact **Carl Raaka** Br 8 @ 254-0482.

October 24-31. 2001 Columbia and Snake Rivers. 8 day Columbia and Snake Rivers cruise, Bonneville Dam and Columbia River Gorge, Jet boat Ride in Hells Canyon, the Washington Wine Country and more. R/T air, all shore excursions, 20 meals. Cost from \$1799.00. Contact **Vic Johnson** Branch 116 680-1501

December 13. 2001, Beach Blanket Babylon
Deluxe Bus transportation, Dinner at New Pisa Restaurant, Beach Blanket Babylon Christmas Show. Cost is \$93.00 per person. Contact **Bob Hagler** Branch 8 @ 934-7620

New Years 2001 Paris France. Details are being worked out. Contact **Bob Hagler** Branch 8 @ 934-7620

Veterans

Lynn Freeman 691-1186
Field trips. Notification will be given.



France issues "Thank you America" certificate to honor certain US WWII Vets. To qualify, one must have served in or over France between June 6, 1944 and May 8, 1945. Applications are available from Sir **Lynn Freeman**. The deadline for contacting Sir Lynn to enable presentation at our April 12, luncheon is March 19.



Charlie Kiser describing his last Take-off on Aero Mexico to **Al Tufo** and **Larry Reilly**



All smiles! L to R, **Larry Mitchell**, **Tom Lindeland**, **Bill Martin** and **Gus Edwards**

Officers 2001

State President
Region Director
Area Governor

Dwight Sale
Robert Eden
Art Miller

Branch 146 Officers and Directors

Big SIR	Bill Hansen	939-4951
Little SIR	Fred Kovar	937-2951
Secretary	Bob Yolland	932-4758
Assistant Secretary	Jim Baldridge	689-9232
Treasurer	Jim Brown	689-2797
Assistant Treasurer	Jim Adams	685-4216
Director	Pablo Chavez	256-8516
Director	Dean Merritt	671-7380
Director	Al Milano	933-3492
Director	John Miller	934-9778
Director	Dick Richmond	947-1167
Director	Hal Ruby	686-2748

Committee Chairmen-2001

Attendance	Dale Haukland	820-0189
Audit	Roy Fredrickson	284-5623
Badges	Dick Richmond	947-1167
Badge maker	Lang Erickson	682-1337
Bocce Ball	Al Milano	933-3492
Bowling	Al Zeppa	685-8920
Bridge-dup	Bob Donahue	376-4527
Bridge-party	Fred Bolton	932-1580
Bulletin	Jeff Bailly	906-0521
Chaplain	Tom Stack	846-8430
Computer	Chris Satterthwaite	939-7826
Cooking	Don Nunn	934-5214
Cribbage	Al Tufo	798-4129
Fishing	Pablo Chavez	256-8516
Gardening	Chuck Bobinecz	939-8740
Golf	Joe Jansen	935-6691
Golf Sched	Tom Gorman	685-9721
Greeters	Ernie Dickson	376-4590
Hardware	Gene Diana	510 483-7004
Historian	Glen Furlow	631-0158
Honorees	Dick DeVoe	932-5546
Investment	Phil Leigh	685-8090
Luncheon	Stan Jackson	939-3314
Membership	Lang Erickson	682-1337
Nominating	Jack Calloway	933-7998
Pianist	Dave Obera	932-2584
Radio	William Moresi	837-4645
Social	Don Nunn	934-5214
SongSirs	Owen Sullivan	943-7998
Sunshine	Rollie Nordeen	284-1199
Table Pool	Bill Weinberg	682-0962
Travel	Charlie Kiser	274-1575
Veterans	Lynn Freeman	691-1186
Walkers	John Lewis	825-3561
Wine Tasting	Dale Haukland	820-0189

Past Big SIR's

1989 Charles Unfried	1995 Bob Walton
1990 Gill Rhodes	1996 Dick DeVoe
1991 Gene Hackett	1997 Warren Boero
1992 Walt Entelman	1998 Don Nunn
1993 E (Kap) Kaprelian	1999 Dave Valladao
1994 Joe Jansen	2000 Jack Calloway



John Lewis

825-3561

Every Friday at

9:30 am at various locales.

Call John or just show up and get healthy.

Walkers



John Lewis and the walkers gather around the company car on their January tour of the Jelly Belly factory in Fairfield

March 2– Mitch's Walk. Meet at Clayton Library

March 9– Bear Creek Trail (Orinda). Take Bear Creek Rd. to Briones Overlook staging area.

March 16– Flo's Walk. Canal Trail north. Meet at Arbolado Park, Walnut Creek.

March 23-Mitchell Canyon Trail. Meet at Clayton Library.

March 30– Lafayette Trail. Meet at Lafayette Community Center on St Mary's Rd.

Item: Survivor of Siamese twins joins parents.

Health Matters Physical and Mental



Walking— On a Scale of 0-10

How fast should you be walking if you are walking for fitness?

Marilyn Branch, Ph.D., and Lorrie Schelec, coauthors of *Shape Walking: Six Easy Steps to a Healthier Life*,

suggest you use a scale of 0-10.

If on a scale of 0-10, 0 means you aren't exercising at all, and 10 means you are going all out, then your ideal walking pace should be between 5 and 7.

Level 5 is walking as if you were on your way to an appointment.

Level 6 is walking as if you were 5 minutes late for the appointment.

Level 7 is walking as if you were 10 minutes late for the appointment.

Item: All Utah Condemned to Face Firing Squad.



Lauren Long and Stan Jackson in pre lunch chit chat



All Sirs were happy to see **Dean Merritt** who suffered a recent heart attack, recovering so well. Dean's golf game hasn't suffered.



Bill Becker, Pablo Chavez and Jim Barkley Jr.



Sir Ralph Fowler on the downswing at the 18th tee

See's Candy Special for May

Order your special Ladies day/Mother's Day/belated Valentines day-Whatever! Treat that special lady or ladies in your life to sweets from See's Candy.

1 pound certificates are now \$ 9.25 each

2 pound certificates are now \$ 18.50 each

Order for you, your friends & sweeties.

No limit-but you positively, must have all checks in hand to the branch no later than April 28, 2001 !!

Make checks payable to "Sir Branch 146".

We hope to have the certificates available by Ladies Day Luncheon.

NAME: _____

ADDRESS: _____

CITY AND ZIP: _____

Enclosed is my check for \$ _____ to cover the cost for _____one pound boxes or _____two pound boxes.

Send order to **Don Nunn**, 2127 Seccombe Court, Walnut Creek, CA 94598

Item: Eye Drops off Shelf

SIR CALL *Newsletter*

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

Nonprofit Standard Mail
US Postage Paid
Concord CA
Permit No 364