

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 14 Issue 3

Published For Our Members And Friends

March 2002

Big Sir's Commentary:



Well, we are into the month of March and that means Spring is just around the corner. Check with our Garden Club if you have questions or need help with gardening. Our last lunch was better, wasn't it? We have formed a committee to work with Blake's on the luncheons, future menus and to keep their feet to the fire in providing good food for our luncheons. **John Lewis** sort of took the topics for the rest of the year's Big SIR columns when he thanked so many of our unsung workers. But I do want to single out again **Tom Gorman** for the outstanding and dedicated job he does. He schedules the weekly golf matches which means keeping track of who plays and who is not playing, he sets up the foursomes and calls anywhere from 35 to 45 golfers every Saturday morning. Add to that the calls he has to take from people canceling or changing and you can see that he has one of the hardest jobs in the club. Thank you Tom!

Little Sir's Corner:

The speaker at the March luncheon will be **Art Labato**, head of public relations for Golden Gate Fields. If you are planning to attend the March 28th SIR day at the races you'll want to hear this. Thanks to Big Sir **Fred Kovar** for arranging Feb.'s speaker, **Ted Van Kirk**, who was received with enthusiasm.



Guest speaker and crewmember of the Enola Gay, **Ted Van Kirk** with Sirs **Art Trost** and **Chris Satterthwaite**

Does an evening of dinner & dancing sound like fun? Branch 146's spring dinner dance has had 2 cancellations for this Mar. 6 affair. Please call Don Nunn 934-5214.

Happy Birthdays in March

Joe Deas
Bob Donahue
Walt Entelmen
John Fontenrose
Dan Hungerford
Bruce Jones
Theodore Kammerer
Frank Marcon
Bill Martin

Stan Pieratt
Joseph Suta
Chuck Thompson
Harry Tutton
Doug Cook
Chuck Smith
Kent Tyler
John Glynn
Dick Shelley



Bocce Ball

Al Milano 2nd and 4th Mondays at 9 am.
Concord Bocce Courts in Newell Park,
Concord near the corner of Turtle Creek and Ayers
Rds.



Computers **Chris Satterthwaite**

The survey for determining Br 146 interest in forming a formal computer activity has been completed. One hundred SIR for whom we had e-mail addresses (read computers) were contacted. The results were reviewed by six former chairmen of the Computer Committee. It was their unanimous agreement that there is not enough interest to try and continue the Area 2 format with monthly meetings, agenda, guest speakers etc. Instead, it was suggested that an experimental "recourse group" be formed to retain some semblance of computer activity within the branch.

As currently constituted the "resource group" is composed of the previous chairmen. More "experts" will

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Computers

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be added as necessary. The medium will be online vs. the classroom. The idea is to allow Br 146 members, at all computer skill levels, to contact a friendly SIR colleague for help with computer related problems. All that needs to be done is to e-mail chair **Chris Satterthwaite** at (chrissatt@aol.com) or call and briefly outline the problem. We will be in touch.

If you desire to know more about your SIR organization go to our web site www.sirinc.org



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

Bowling

The Sir's Senior League is only into its fifth week but from the standings so far it looks like its going to be a close race. Leading after 5 weeks are the Adjusters with a record of 16 - 4. It is captained by **Mike Kropf** who is carrying a 191 average, **Wally Azalone**, **Larry Reidinger** & **Jack Jagoda**. We have 2 teams with records of 14 - 6; Numero Uno captained by **John Zotti** and Getting Better captained by **Charlie Sheets**. And many other teams are close.

Many bowlers have outstanding averages. Our own **Dick Joyce** is carrying a 204 average and has had 17 200 games, 13 225 games 5 600 series and a 267/696 series. **Ben Zeppa** had a 267/735 series and Br. 146'er **Gus Edwards** has a 194 average. He has had 17 200 games and 6 600's. Other notable accomplishments were by **Mike Kropf** - 238/690, **Tony De Ballo** - 245/676, **Ken Beldin** - 268/668, and **John Zotti** - 267/666.



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

Barney Meade showed our group the way to make sushi, Tsing Dao fajitas and a wonderful soup. A great time was had by all. Next month we venture to the home of **Al Milano** for a surprise! As usual you must phone Al and advise him of your attendance. Branch 146 is in the process of publishing a cookbook! The attached flyer explains almost everything. We already have orders for the book. All of SIR branch 146 Sirs and wives are invited to submit their favorite, tried and true recipe. We will acknowledge all entries and your name will be in the book. It will have about 175 to 250 recipes and will cost under \$3.00 each! A great novelty gift for the holidays or any other family get together.



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

Cribbage

The Cribbage Club Tournaments were held on February 13 hosted by **Barney Meade**.

When you walked through the front door you knew you were at the right place. Barney always has the best coffee in town. He gets his special brand at Trader Joe's. We were able to get in two tournaments on this day.

Dave Johnson showed us pros what a beginner could do. He won the first tournament hands down. He also won a valentines package to take home to his bride. The Italian stallion once again won the second tournament just to show Dave he still has respect for charter members. Best wishes and good health to all.

Tufo

Duplicate Bridge



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

SIR **Dick Johnson** hosted three tables of duplicate bridge in February with **Carl Johnson** coming in first with 34 1/2 points. **Chuck Thompson** was second with 28 1/2 points and **Bob Donahue** was third with 27 1/2 points. The next meeting is scheduled for Monday, March 18. Contact **Bob Donahue** at 376-4527 for information.



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

Fishing Calendar (SIR outings)

March - One day fishing trips to Los Vaqueros are proposed for March 14 and 19. Contact **Al Brunner** (925) 687-0594 if interested.

April - A weeklong fishing trip to the Pit River is scheduled for April 26 to May 3. Two PG&E cabins have been reserved and the trip is full at this time. Call **Jack Cunha** (925) 284-9705 to get on waiting list.

May - **Al Brunner** has reserved several campsites at McSwain Reservoir and a trip is planned for May 17 - 22. Call Al soon to reserve. (925) 687-0594.

June & July - **Jack Cunha** will lead a one week fly fishing trip in the Snow Crest Mountains, Montana starting June 16. Call Jack soon at (925)284-9705 to reserve. Trout fly fishing trip June 5,6 & 7 to lower Sacramento River with guide, **Mike Bias**. Call **Pablo Chavez**.

Garden Club



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

The garden club, wives and guest are invited to the home of nature lovers **Jerry and Irene Fritzke** on March the 7th at 2 PM. They are friends of Sir **Chuck Smith** and are long time residents of Walnut Creek. They have made their garden a wild life refuge with foliage which attracts all kinds of creatures from deer to hummingbirds. They will also advise us what wildlife we can see at this time of year at nearby open space on Shell Ridge.

Golf

Tuesday Golf Walt Barabash



January 15 First Flight: **Bob Yolland, Bob White** and **Larry Sheerin**. Second Flight: **Dean Merritt, Bob Frankland** and **Frank McNamee**. Closest to the Pin: **Stu Somerville**.

January 22 First Flight: **Ray Nordstrom, Myles Ringle** and **Larry Sheerin**. Second Flight: **Tom Gorman, Ray Weisz** and **Bill Knapp**. Closest to the Pin: **Don Nunn**.

January 29 First Flight: **Joe Lamanna, Bob White** and **Jack Calloway**. Second Flight: **Mitch Mitchell, Bill Knapp** and **Bob Spellman**. Closest to the Pin: **Joe Suta**.

February 5 First Flight: **Jeff Baily, Frank Mandic** and **Doug Peterson**. Second Flight: **Dick Richmond, John Humphrey** and **Larry Zugnoni**. Closest to the Pin: **Ken Kratz**.

February 12 First Flight: **Olof Johansson, Ray Nordstrom** and **Rich Hanford**. Second Flight: **Dan O'Sullivan, Ed Wojnar** and **Dick Richmond**. Closest to the Pin: **Miles Ringle**.

Energizer Bunny arrested - charged with battery.

Silverado - Friday March 15. \$42 members participating in prize fund. \$40 guests.

Away Golf Jim Baldrige



Golf News Flash !!

Richmond achieves 2nd ace in 1 year

Sir **Dick Richmond** shot a hole-in-one for the 2nd time in less than a year on the 176 yard 16th at Spring Valley GC.

I was at Myles Ringle's shop getting a custom club made just after Dick phoned to tell him the good news using a five wood that Myles had also just built for him...ed

Health Matters, Physical and Mental



WALK AWAY FROM HEART DISEASE

Women who walk at least an hour a week cut their risk of heart disease in half, compared to those who don't walk. This holds true even for women

at higher risk for heart disease, such as smokers and those with elevated cholesterol.

Source: *UC Berkeley Wellness Letter*, June 2001

SKIN CANCER CREAM

There may soon be a topical cream to treat skin cancer. Originally formulated for genital warts, it is being tested as a treatment for basal cell carcinoma. Traditional treatment includes burning, freezing, scalping or cutting away the affected skin. The cream, imiquimod (Aldara) can be applied to the skin at home and is less likely to cause scarring and change in pigmentation associated with other treatments.

While the drug has not yet been approved for skin cancer treatment, it has shown promise in two studies. In an Australian study of people with early basal cell carcinoma, 90 percent of people who applied it for six weeks reported that the cancer went away. In a U.S. study involving people with superficial basal cell carcinoma, all of those in the study experienced complete healing. Imiquimod induces the cells to produce interferon, a chemical that is part of the body's natural defense system. Further studies are required before approval by the FDA, however Mayo Clinic doctors are optimistic about possible new uses for this drug.

Source: *Mayo Clinic Health Letter*, March 2001

BRUSHING WITH BAKING SODA

Baking soda has long been used as a dentifrice. But despite its old fashioned image, its not particularly effective. The abrasive quality is lost when it gets wet, and it has no special cleansing or whitening powers.

Source: *UC Berkeley Wellness Letter*, August 2001

I joined a health club last year, spent about \$400. Haven't lost a pound. Apparently I have to show up.



Sir **John Humphrey** & luncheon guest, **Chuck Greschel**

If you are going to take up cross country skiing, try starting with a small country.

Know Your SIR

Joe Deas



Name. **Joe Deas.**
 My spouse is **Beryl.**
 I was born in Crockett California on March 23, 1925. My wife was also born in Crockett. We were married on June 4th 1945 in Martinez California. We raised three children, two girls and one boy.

They have since presented us with five grandchildren, two girls and three boys. Two of our grandchildren have now given us two great grandsons.

I retired from Pacific Gas and Electric Company, Steam Electric Generating Department after forty years of service. My service included the nuclear plant near Livermore, the wind turbine unit in Solano County and the Gas Turbine Generators located in Oakland, San Francisco and two small standby gas turbines on the Chevron property in Richmond. These two units are no longer in service.

I retired in 1985 as Station Chief of the Martinez power plant. It also is no longer in service.

I am a charter member of SIR Br. 146. My badge number is 46.

I enjoy sailing, woodworking and ham radio and have been licensed for 46 years.

My wife and I enjoy traveling plus we also do Elderhostel trips.



Roy Luoma & Hal Rodgers at the February Luncheon



Phil Leigh
 4th Wednesday at 7:45 am at Coco's Restaurant at 3202 Buskirk Ave. Pleasant Hill.

Investments

During sex, my girlfriend always wants to talk to me. Just the other night she called me from a hotel.
 ... Rodney Dangerfield



Ray Edmondson & George James.

Luncheon Attendance



Dale Haukland

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.



Lang Erickson & Hal Ruby pose for photographer **Ken Kratz**

Dijon vu - the same mustard as before



Sirs John Rose & Luther Jones



Former Big Sir Walt Entelman & George Slevy. Walt was Big Sir in 1992



Luncheon Menu Stan Jackson

This month's Luncheon Menu

Salad

- House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Chicken Cacciatore with buttered noodles.
- Roast brook trout with Bismati rice.

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea



Saddle shoes in SIRS? Is this a throwback to the wild dorm days of college or is it a legitimate trend in stylishness? Check these snappy dressers out at the next lunch.



Lang Erickson Membership

Branch 146 statistics:

Members 209, Honorary 5, Waiting List 22

Attendance:

Members 153, Honorary Life Members 5 ,
Waiting List 8, Guests 5, Excused 47,

Unexcused no shows 9. Total Attendance 171

Note

We are going to have a new roster in the very near future. If you have not provided an e-mail address to Sir Kiser please contact me at 683-1337 or e-mail me at flangley@astound.net to be added to the roster.



Fred Bolton Party Bridge

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

The Party Bridge Group met on Feb. 4 at **Dick Johnson's** home for four tables of bridge. First place went to **Chuck Thompson** with 6590 points, second to **Jim Jackson** with 6440, third to **Lo McCarley** and fourth to **Jim Brown**. Our next meeting will be on Mar. 4 at **Jim Stedman's**. Our next Ladies' day is planned for April 1 at Marie Callender's



Owen Sullivan

Practices are held after the SIRS monthly luncheon and on Wednesdays at 4 pm at the WC Presbyterian Church.

Song Sirs

The Songsirs received a rousing ovation for their presentation at Montego Heights. A short program will be featured at the March dinner dance.

Spring Candy Sale

Once again this spring we will be offering See's Candy at a very attractive price of \$9.45 for a one pound certificate or \$18.90 for a 2 pound certificate. A great gift for those special people in your life, and just in time for Mothers' Day. No limit, but we must have all checks in hand by April 28th, 2002.

NAME: _____

AD-
DRESS: _____

CITY AND
ZIP: _____

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

Make checks payable to "Sirs Branch 146" and send orders to **Bob Spellman**, 3524 Perada Dr. Walnut Creek, CA. 94598, along with a self addressed stamped #10 envelope, or you can pick up the certificates when ready at Bob's house by appointment.

When I was born, the doctor came into the waiting room and said to my father, "I'm sorry. We did everything we could, but he pulled through."...Rodney Dangerfield

Sunshine Chuck Smith



Chris & Dorothy Satterthwaite celebrated their 55th wedding Anniversary on Feb 15, 2002. The Satterthwaites have 2 children & 1 grandchild.





Travel Opportunities

Charlie Kiser

April 17, 2002 Pac Bell Park Tour Includes R/T bus transportation, guided tour of Pac Bell Park, Hosted Lunch, tour of the Exploratorium and guide tips. Cost \$65.00. Contact **Bob Hagler**, Br. 8 934-7620

April 27 - May 4, 2002 Historical Golf Getaway R/T air to Williamsburg VA. **Charlie Kiser** 274-1575.

May 19-20 Musical-Anything Goes Overnight in Reno. Cost \$63.25 Contact **Carl Raaka** Br. 116 254-0482

Sept 15-27, 2003 SIR 45th Anniversary Alaska Cruise Sail r/t from San Francisco to Alaska and celebrate the 45th anniversary of Sons in Retirement. No air involved. One lucky couple will be selected for a free upgrade to a penthouse as you set sail from San Francisco. Cost from \$2495. Contact **Charlie Kiser** 274-1575.

Sept 21-Oct 1, 2002 Branson and St Louis-Ohio River Cruise Cost \$2575.00 to \$2725.00 d/o Contact **Bob Hagler** Br. 8 934-7620

Oct 4-Oct 12, 2002. Bermuda Cruise w/Golf Includes 7 night cruise to Bermuda. Tour the city that never sleeps. Visit the United Nations and Ground Zero. Sail past the majestic Statue of Liberty to Beautiful Bermuda. Cost from \$1605.00 for golfer and \$1380.00 for non-golfer Contact **Charlie Kiser** 274-1575

April 17, 2002 Pac Bell Park Tour DeLuxe Bus transportation, tour of Pac Bell Park, lunch at Lefty O'Doul's and a tour of the Exploratorium. Cost \$66.00 Contact **Bob Hagler** Br. 8 934-7620

June 7-15, 2002 France in the New World A unique look at the lovely Province of Quebec. Cost \$1830 p/p double occ. Contact **Fred Stammen** Br. 8 254-0482

August 8, 2002 SIR Day at Pac Bell Park Join your Statewide SIR to see the Giants battle the Chicago Cubs with Sammy Sosa. Box Seats \$30.00 and View Level \$17.00. Send check payable to SIR 146 to **Charlie Kiser** with stamped, self-addressed envelope for return of tickets. Phone 274-1575 Deadline March 7, 2002

May 24, 2002 SIR Day at Sacramento Jazz Festival Enjoy SIR Day at the Sacramento Jazz Festival at half price. Cost of 17.50 entitles you to all day attendance. (Regular price \$35.00) Send check payable to SIR 146 to **Owen Sullivan**, 148 Gordon Road, Walnut Creek, CA 94598. Enclose a stamped, self addressed envelope for return of tickets.

I used to work in a blanket factory, but it folded.



Sirs Dick Johnson & Bill Snyder

USAF Captain (Ret) **Ted Van Kirk**, the navigator on the Enola Gay, describes the evasion maneuver associated with dropping the first atomic bomb on Hiroshima. In order to avoid the airplane from being damaged after dropping the bomb, the pilot "fire walled" the throttles, made a steep turn and accelerated away in a descent to put the required 8 miles between them and the delayed atomic blast. They made it by 3 miles.



Table Pool

Bill Weinberg 2nd Monday at 11:30 am (at Masse's 2721 N. Main, Walnut Creek)



The Sir Table Pool Club met and had a good February turn-out and very good games. The next meeting will be on March 11th, which is the second Monday of the month. Looking forward to seeing you.

Veterans

Lynn Freeman Field trips. Notification will be given.



Korean War Veterans

The local chapter of AUSA is hosting a free 2 hour show presented by the Korean American Cultural Foundation of Seoul on July 13, 2002. Veterans attending will be presented with "Appreciation Medallions" from the Foundation. I have seen performances by this group and it is well worth the effort.

April 15-26, 2002 Revisit Korea Tour This tour will visit many battle sites including Panmun-jum and the DMZ and you will participate in many functions hosted by military and civilian officials. Cost is \$1400 including air, lodging and many meals. You need not be a veteran to participate, I have been on one of these tours and can recommend it.

There is some urgency to making your reservations. Please contact me soon at (925)691-1186.

Officers 2002

State President
Region Director
Area Governor

Irv Craig
Dan Gilmore
Art Miller

Branch 146 Officers and Directors

Big SIR	Fred Kovar	939-2951
Little SIR	Bob Yolland	932-4758
Secretary	Lo McCarley	935-3939
Assistant Secretary	Doug Cook	939-4327
Treasurer	Jim Adams	685-4216
Assistant Treasurer	Dean Merritt	671-7380
Director	Pablo Chavez	256-8516
Director	Dale Haukland	820-0189
Director	Cal Jones	934-2979
Director	Al Milano	933-3492
Director	John Miller	934-9778
Director	Dick "Ace" 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	Al Zeppa	685-8920
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
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 Scheduling	Tom Gorman	685-9721
Greeters	Ernie Dickson	376-4590
Hardware	Gene Diana	510 483-7004
Historian	Glen Furlow	938-2934
Honorees	Dick DeVoe	932-5546
Investment	Phil Leigh	685-8090
Luncheon	Stan Jackson	939-3314
Membership	Lang Erickson	682-1337
Nominating	Bill Hansen	939-4951
Pianist	Dave Obara	932-2584
Radio	William Moresi	837-4645
Social	Don Nunn	934-5214
SongSirs	Owen Sullivan	943-7998
Sunshine	Chuck Smith	944-4949
Table Pool	Bill Weinberg	682-0962
Travel	Charlie Kiser	274-1575
Veterans	Lynn Freeman	691-1186
Walkers	John Lewis	825-3561
Wine Tasting	Rich Hanford	933-9237

Past Big SIR's

1989 Charles Unfried	1996 Dick DeVoe
1990 Gill Rhodes	1997 Warren Boero
1991 Gene Hackett	1998 Don Nunn
1992 Walt Entelman	1999 Dave Valladao
1993 E (Kap) Kaprelian	2000 Jack Calloway
1994 Joe Jansen	2001 Bill Hansen
1995 Bob Walton	



John Lewis

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

Walkers

March 1 - Pablo's Path. Meet at Hidden Lakes Park (PH). Intersection of Morello & Chilipancingo Pkwy.

March 8 - Tyler's Trail. Meet at Alamo Christian Assembly Church back parking lot on west side of Danville Blvd., halfway between Rudgear & Livorna Rds.

March 15 - Heather Farms Canal Trail. (Ladies choose direction). Meet near canal.

March 22 - Lafayette Ridge Trail. Meet at Briones staging area on Pleasant Hill RD. (west side) just south of Springhill Road Elementary School (Laf).

March 29 - Oak Rd. Trail. Meet at Clayton Library.

Thanks to **John Lewis, Bob Madge, Lew Thompson, Chris Satterthwaite** and **Art Trost** for folding and labeling, to **Ken Kratz** for photography and to **John Lewis** for mailing.

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

A very dirty little fellow came in from playing in the yard and asked his mother, "Who am I"? Ready to play the game she said, "I don't know! Who are you"? "WOW!" cried the child. "Mrs. Johnson was right! She said I was so dirty, my own mother wouldn't recognize me"!



"I got friends in high places."
Br. 146 Assistant Secretary
Doug Cook between former Big
SIRs **Don Nunn & Dick DeVoe**.



Little Sir **Bob Yolland** stops for the camera at the February lunch.



Rich Hanford

As announced at
various locales.

Wine Tasting

The Wine Club is springing back to life with a wine tasting on Monday, March 25 @ 1:00 p.m. Bring one bottle of your favorite wine. Hors d'oeuvres will be provided. Call Rich 933-9237 to reserve a spot. Spouses welcome!

SIR CALL *Newsletter*

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

SirCall@Att.Net

**Nonprofit Standard Mail
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