

# SIR CALL

## Newsletter

Pleasant Hill SIR Branch 146 Volume 15 Issue 3

Published For Our Members And Friends

March 2003

### Big Sir's Notes

The hills are green, trees are blooming and Mother Nature has restarted this year's cycle. It's a great time to renew our 2003 goals and objectives. Our branch has nearly 25 different activities that we can enjoy. One of the key strengths of our organization is the willingness of so many SIR's to participate and lead each group. Thank you for making them interesting and fun. Please don't hesitate to pass on your ideas to any of our committee chairmen, officers or directors. The enjoyment we take away from something is many times directly proportional to the effort we put into the program. If you're involved now, thanks. If you're looking for greater involvement, I'm sure you can find it in SIR Branch 146. The March Executive Comm. meeting will start at



Bob Yolland

### March Birthday Boys

John Biasoti, Les Birdsall, Joe Deas, Bob Donahue, Walt Entelman, John Fontenrose, John Glynn, Dan Hungerford, Bruce Jones, Frank Marcon, Bill Martin, Stan Pieratt, Joe Suta, Harry Tutton, Doug Cook, Chuck Smith, Kent Tyler.



### 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

### Little Sir's Corner

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.



Doug Cook

Lately at the luncheons I have noticed that a few SIR's have been leaving toward the end of the guest speakers' presentations. As a courtesy to our guest speakers, I would like to ask everyone to really make an effort not to leave while the luncheon speakers are still making their presentations or are in the question and answer period. 'Nuff said.

#### Telephone Directory Updates

**Stan Jackson** address 2770 Pleasant Hill Rd. #134  
**Mike Varner** zip code 94598-4671  
**Robert Burley** Change 476 to 478 Mueller Rd.  
**Bryant Fischback** Lafayette, 94549-6016  
**Bob Frankland**, Change Drive to Court  
**Arno Marra** e-mail arnomar@astound.net  
**Robert Muentner** telephone 925-934-0635  
**Frank O'Loughlin** wife Eleanor  
**Don Patterson** zip code 94597  
**Milt Swenson** address 2412 Twin Flower Ct, Martinez, 94553  
**Dick Joyce** Add Bowling Chair to Committee page  
**Russ Chaney** e-mail russ\_chaney@msn.com

Make  
the  
changes  
now!

## Columbia Remembered

Lt. Colonel Michael Anderson  
Captain David Brown  
Kalpana Chawla  
Commander Laurel Clark  
Colonel Rick Husband  
Commander William McCool  
Colonel Ilan Ramon

Oh, I have slipped the surly bonds of earth  
And danced the skies on laughter-silvered wings.  
Sunward I've climbed and joined the tumbling mirth  
Of sun-split clouds and done a hundred things  
You have not dreamed of— wheeled and soared and  
swung

High in the sunlit silence. Hov'ring there,  
I've chased the shouting wind along, and flung  
My eager craft through footless halls of air.  
Up, up the long, delirious, burning blue  
I've topped the windswept heights with easy grace  
Where lark nor even eagle flew.  
And, while with silent, lifting mind I trod  
The high un-trespassed sanctity of space,  
Put out my hand and touched the Face of God.

*High Flight*, by John Gillespie Magee Jr.

## Bowling Dick Joyce

We have several tournaments coming up: Petaluma-March 10 & 12. Our own 11th annual **Dave Valladao** Area 2—March 24, 26 and 27 and April 21 thru 23 at the Reno Hilton Bowling Center. See **Al Zeppa** for your entry form.

I am proposing we have a SIRs golf/bowling tournament later this spring or early summer. Bowl at Diablo Lanes and golf at Boundary Oak. Golf 9 holes and bowl 3 games. Doubles only in bowling and a foursome for golf. It is also suggested this be open to wives and friends of SIRs.

Next month I will be offering basic bowling instructions for new bowlers. Cost is \$2 for shoes, \$6 for 3 games. If interested, call me. I will be at the Diablo Lanes March 4 at 10.30 a.m.



## Cooking Don Nunn

1st Monday at various members' homes.

The Cooking Group met on February 3rd at the home of **Don Nunn**. A Greek menu was prepared with pastitsio, Greek salad, lemon cake and Greek sausages for hors d'oeuvres. We also enjoyed a bit of the grape. We will meet at the home of **Bob Spellman** on March 3rd at 10:30 am.. As usual, those members attending must give **Bob** a call prior to the meeting.

Recipe of the Month submitted by **Marilyn Harvey**

### Marilyn's Lasagna

2 pounds ground round, 1 large onion chopped. 1 - 12 oz. can tomato paste. 1 - 28 oz. can S&W ready cut peeled tomatoes (diced) 1 cup red wine.

All dried herbs as follows:

1 tsp salt, 2 tsp basil, 1 bay leaf, 1 tsp rosemary, 1 tsp parsley, 1 tsp Italian herbs, 1 clove minced garlic.

In a large pan, brown the ground round and onion.

Add rest of the ingredients and simmer 15 to 20 minutes.

When finished: Add 1 - 8 oz can sliced mushrooms, drained.

Cook 12 oz lasagna per directions.

Sour cream mixture:

1 pint sour cream, 1 pint cottage cheese.

Season with Lawry's seasoned salt, and pepper to taste.

Cook 2 packages frozen leaf spinach slightly - drain.

6 oz sliced Mozzarella cheese, 6 oz grated Romano cheese.

Butter 10x15x2" pan. Put in a small amount of meat sauce to cover bottom. Layer lasagna, sour cream mixture, slightly cooked spinach, mozzarella and sprinkle with Romano. Repeat layering of ingredients and finish with the meat sauce on top. Bake at 350 degrees for at least 1 hour. Serves 10 to 12 easily.

## Duplicate Bridge

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



SIR **Lo Mc Carley** hosted three tables of duplicate bridge in February. **Jim Jackson** was first with 31 points and **Howard Harvey** was second with 26 1/2 points. **Dick Johnson** and **Fred Kovar** tied for third with 24 1/2 points.

The next meeting is scheduled for Monday, March 24. Please note this is one week later than normal due to a conflict with the "Silverado Golf Tournament" which is scheduled for Monday, March 17, our normal meeting date. Contact **Bob Donahue** at 376-4527 for information.

## Couples Duplicate Bridge

Lo McCarley

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

Couples play as partners.



**Stu** and **Margot Somerville** hosted eight couples for the February bridge. **Bob** and **Janet Yolland** took first place, **Fred** and **Phyllis Bolton** and **Dean** and **Daphne Merritt** tied for second, and **Jim Brown** and **Barbara Lundblade** came in fourth. The next meeting will be at **Carl & Ann Johnson's** on Wednesday, March 19<sup>th</sup>.



## Cribbage Al Tufo

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

The Cribbage Club was hosted in Feb. by **Bryant Fischback**. We were able to get in two great tournaments. The first was won by the Italian Stallion aka **Al Tufo**, with **Barney Meade** coming in second. The second tournament was won by **Larry Reilly**, with **Langley Erickson** taking second place. **Trudy Fischback** baked the most delicious boysenberry pie you would ever have tasted. Looking forward to going back in five weeks.

## Fishing Sal Costanza

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



Our next fishing trip is scheduled at Camanche Lake, Mar. 4th to the 7th. Other planned trips are: Collins Lake Apr. 1st to 4th, and opening day of trout season at the Pit River Apr. 25th to May 2nd. **Wayne Douma**, well known fishing guide, will be our guest speaker at the Feb. 27th meeting. See you there!

# Garden Club

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



The March 6<sup>th</sup> meeting will begin at 9am.

**Buzz Bertalero** of Navlet Nurseries will speak on new products and plants. **Doug Cook** will give a presentation on genetically altered plants and the benefits or problems they may have on foods produced from them. On March 21<sup>st</sup> we'll go to the San Francisco Flower and Garden Show at the Cow Palace. The cost of the show is \$17. More details to come at the March meeting



## Golf Committee Joe Jansen

Thanks to Sir **Dick Richmond** who is now a SIR State Golf Committee member for Division 4. He will represent 8 areas in the state from the East Bay to the Stockton/Tracy area and north to Sacramento. **Dick** will speak for 1500 of the 6500 golfers in the state on such issues as state tournaments, handicaps and rules.

Each State Committee member also hosts an annual tournament. Dick has snagged the Reserve at Stockton for an October 7, 2003 tournament. And all this in addition to doing Br. 146 golf duties!

## Tuesday Golf Walt Barabash



Jan. 28 First Flight: **Doug Pederson, Bill Cammerer** and **John Demos.**

Second Flight: **Doug Cook, Ralph Fowler** and **Bob Madge.** Closest to the Pin: **Dan O'Sullivan.**

Feb. 4 First Flight: **Jeff Baily, Gene Diana** and **Jack Calloway.** Second Flight: **Tom Gorman, Bob Madge** and **Larry Zugnoni.**

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

Feb. 11 First Flight: **Olof Johansson, Ken Beattie** and **Jack Calloway.** Second Flight: **Ray Kan, Dan O'Sullivan** and **Howard Harvey.**

Closest to the Pin: ???\*

\* A non prize money person signed the play card for Closest to the Pin. If you do not contribute for prize money, you don't win prizes. Those of you who did not contribute for prizes, please do not sign the Closest to the Pin marker. We need to know who was second closest to the hole on No. 2 for Feb. 11, 2003.

## Away Golf

**Jim Baldrige**

Mark your calendar for Silverado Country Club Friday, Mar. 17. SIRs \$44, guests \$42. Get your reservation in soon.



## Health Matters Physical and Mental



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

### DON'T COUGH UP THE MONEY

Cough syrups are plentiful and make pharmaceutical companies tons of money, but are they worth the price? According to a British Medical Journal ( Feb. 9, 2002) report they may not be.

In a review of 15 clinical trials of various types of OTC cough medications including suppressants and expectorants which supposedly reduce chest-clogging phlegm, 9 of the 15 studies found no difference between the medication and a placebo, and the other 6 were of "questionable clinical relevance."

What to do? Fluids, hot tea with honey and lemon, and plenty of rest. That appears to be as good as anything else.

### NEW TOOTHBRUSH AFTER 3 MONTHS

Researchers at Oral-B Laboratories have found that toothbrushes lose some of their effectiveness after 3 months of use. New brushes remove much more plaque than older ones. New brushes also appear to be better for gum health. People who used new brushes had significantly less gingivitis (inflammation of the gums) than those using older ones.

Source: *Tufts University Health & Nutrition Letter*, April, 2002

### THE ALCOHOL FACTOR

The data on light-to-moderate alcohol consumption shows that such can have healthful benefits. It appears that alcohol is good for the blood vessels that supply the heart and brain.

A study reported in *Lancet* (January 26, 2001), shows that light-to-moderate alcohol consumption (1 to 3 drinks a day) cut the risk of developing dementia in people 55 and over by about 40%.

Lab studies show that alcohol raised the levels of HDL "good" cholesterol, which has a protective effect against heart disease and strokes.

Some have suggested that wine is better (sometimes referred to as the French paradox because the French eat a lot of high-fat foods, but don't appear to be harmed by it as they drink wine as well). Harvard researchers, however, say that it is the alcohol, itself, not the form it comes in.

The key is moderation. Drinking too much is dangerous practice, undoing the good that comes from light-to-moderate consumption.

What is a standard drink? 5 ounces of wine; 1.5 ounces of 80-proof liquor; 12 ounces of beer.

Source: *Harvard Health Letter*, April 2002

## Know Your SIR Bruce Jones

My name is **Raymond Bruce Jones** and I have always been called by my middle name, **Bruce**. I was born in Modesto, California on March 10, 1924. My father was salesman and to Sacramento and then on to I started The family Modesto when I grade because **Stanley** had sea breeze at it worse. I continued school in Modesto through Modesto Junior College. One summer I worked as an assistant electrician at Pollock Shipyard in Stockton and because of the war used "C" gas ration coupons to drive myself and three others to work from Modesto to Stockton. While attending MJC I discovered that I was good at math and with my electrician experience I decided to pursue electrical engineering in college.



an insurance moved the family for a few years Santa Cruz where grammar school. moved back to was in the 5th my brother asthma and the Santa Cruz made

During my studies at UC Berkeley I was called in for a physical by the draft board which I flunked. I had a hernia and was classified 4F which allowed me to continue my studies at Berkeley. While at Berkeley I earned my meals by mopping the kitchen floor in Stern Hall (girls' dorm) every evening. After graduating with a BS in electrical engineering at the end of the war in '45 I had job interviews with Westinghouse (starting wage for engineers was 90 cents per hour) and General Electric (starting wage of \$1.00 per hour). As you might have guessed, I went with General Electric and was assigned to the GE test program starting at Fort Wayne Indiana. It was my first trip out of the State of California and in those days a new employee had to pay his own way to the first assignment and pass a pre-work physical before getting on the payroll.

Soon after arriving in Schenectady I saved up enough money to have an operation to correct the hernia. The draft board immediately gave me a 1A rating. However by this time I was working on converting the B29 gun fire system from 27 volts DC to a 3 phase 400 cycle power system for the B36 Bomber and GE requested and received an occupational deferment from the draft board.

I met my wife, **Liz**, in 1953 and we got married in 1954 at the Congregational Church in Berkeley. We have two children, **Larry** and **Nancy** and three grandchildren: **Elizabeth**, **Whitney** and **Savannah**.

During my electrical engineering career I only worked for two companies: GE for 24 years and Bechtel for 19 years. During my years with GE I had many engineering titles including test design, sales, development, field,

application and automation application engineer. I was in the San Francisco office from 1950 until 1964 and then in West Lynn, Mass. for 2 years and finally in Cleveland, Ohio for 3 years.

In 1969 I joined Bechtel Power in San Francisco and moved my family back to California. We still live in the same house in Walnut Creek that we bought in 1969. Most of my work with Bechtel involved nuclear power plant design, with redundant control features and evolving design changes to keep up with Nuclear Regulatory (NRC) changing requirements. I had several positions with Bechtel including electrical supervisor, assistant project engineer and manager of project information services. The nuclear power plants that I was mostly involved with were located in Arkansas, New Jersey, Florida and Tennessee. For the Florida assignment in 1986, I spent a full year at Turkey Point (30 miles South of Miami) and my wife and I took turns flying across the country for our monthly visits. I retired in 1988 and have been so busy since then that I don't know how I ever had time to work.

My hobbies include photography, cooking, gardening, Elderhostel travels, computers, and bowling. I also walk a lot so that I don't have to take medicine for diabetes. I enjoy the SIR lunches, fellowship, bowling and other get-togethers.

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**

## Luncheon Attendance

**Dale Haukland** 820-0189

SIR's Luncheon 2nd Thursday of every month at Boundary Oak. Blake's Restaurant



Help! If you are not going to be able to attend the SIR's luncheon, call me. If I'm not home, leave your name, SIR badge number and phone number. Call me by Friday noon prior to the Thursday luncheon if you are going to miss. Be sure you call.

### Waiting List:

Men must call by Friday noon prior to Thursday's lunch if you are going to attend. Remember to call

### SIRs bringing a guest:

Call and leave your name and the name of your guest. Call by Friday noon prior to the Thursday luncheon.

Regular members missing 3 consecutive meetings without notifying their attendance chairman, giving a valid reason, or attending less than 6 meetings in the last 12 months shall be notified by letter of their pending membership termination. Certification of another Branch meeting will be considered as credit to attendance record

"Give me golf clubs, fresh air and a beautiful partner, and you can keep the clubs and the fresh air."

...**Jack Benny**



## Luncheon Menu **Jerry Bellows**

This month's luncheon menu

### Salad

- House salad
- Freshly baked rolls and butter

### Entrees including vegetables

- Baked tilapia with saffron basmati rice
- Sliced corn beef with cabbage, carrots and potatoes

### Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea

"When I die, bury me on the golf course so my husband will visit." Anonymous SIR wife.



## Lang Erickson Membership

Branch 146 statistics:

Members 211, Honorary 3, Waiting list 25  
 February attendance: Members 176, Honorary Life Member 2, Waiting list 15, Guests 5.  
 Total Attendance 198.  
 Excused members 29  
 Unexcused members 7

"I was so ugly my father carried around a picture of the kid who came with his wallet." ...**Rodney Dangerfield**.

## Sunshine

**Chuck Smith**

**John Fontenrose**- had minor surgery-doing fine...**Owen Sullivan**-still at Martinez Veterans' Hosp but is scheduled to go home on Feb. 26th.. They have bought another home in Heather Farms but are waiting to have the bathrooms remodeled per A.D.A...**Jim Jackson** -okay after a surprise appendectomy...**John Humphrey** -okay after cataract surgery...**Rich Hanford**- had heart repair work...Our sympathies to Rich and family on the tragic loss of their son...**Myles Ringle**-had surgery-doing fine...**George Zunich**- painful spinal complications, may need surgery. **Ray Edmonson**-still under hospice care, but eating better.



## Party Bridge

**Fred Bolton**

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

The Party Bridge Group met on Feb. 3 at **Bob Yolland's** home for 4 tables of bridge. First place went to **Bill Rees** with 6,910 points, second to **Dick Johnson** with 4,680, third to **Jim Stedman** and fourth to **Jim Jackson**. Our next game will be at **Fred Bolton's** on March 3. Our April 7 game will be Ladies' Day.

## 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.

In light of our participation in the entertainment for the 13 March SIR luncheon, here is the practice schedule for the Song Sirs: 26 Feb. no practice, 5 March Irish music as before so Song Sirs bring this music. We had a net loss on our roster of one Song Sir this past year. As before we are accepting new members to join us in making sweet music. Show up at a practice session above or call our director **Rod Sharretts** at 372-5660 or E-mail **Chris Satterthwaite** at chrissatt@astound.net

## 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

The March-meeting will be a group discussion centered on "Stock Investing's 12 Deadly Sins". Group portfolio results for 2002 will be reviewed and the group will take a look at investment recommendations for 2003.

We welcome ideas and questions.

### Doing Lunch



### Buddies

**Don Tosco, Bruce Smiley, Joe Deas and Elmer Kaprelian** before lunch at Boundary.

"Any man who can see through women is sure missing a lot." **Jim Helmick**

## See's Candies Spring Sale

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

Enclosed is my check for \$\_\_\_\_\_ to cover the cost of \_\_\_\_\_ one pound certificates.

Make checks payable to SIRS Branch #146 and send to **Bob Spellman**,

3524 Perada Dr. Walnut Creek, CA. 94598.

Please include a self addressed stamped business envelope.



# Travel Opportunities

**Charlie Kiser**

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.

May 23, 2003 Sacramento Jazz Festival. Half price ticket for this special SIR program at Cal Expo. Doors open at noon and badge is good at Cal Expo and other sites until midnight. Deadline March 10. Contact **Bob Spellman** Br. 146 @ 934-8428

June 12, 2003 SIR Day at the Oakland Coliseum. Come see your Oakland A's vs. Atlanta Braves. One half price tickets. \$12 for field level and \$11 for plaza level. Contact **Bob Spellman** Br. 146 @ 934-8428

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

July 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. Deadline March 8. 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. For those that have already signed up, sign up a friend and get a \$100 shipboard credit. Contact **Charlie Kiser** 274-1575.

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

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



A five-some, all walkers. **Ken Richter, Don Nunn, Jeff Baily, Howard Sebastian** and **Stu Somerville** were pushing the group ahead. These guys were awesome!

## Table Pool



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

We had 4 good shooters and some great games. **Gene** from Branch 8 was there... **Howie King** even showed; he can shoot.



**John Lewis, Howie King** and **Frank Marcon** on the 7th at Augusta.



**Cliff Kroeger** of the Highway Patrol chatting with Big Sir **Bob Yolland**.

### Doing Lunch



**Frank O'Loughlin** & **Bob Wedin** before lunch at Blakes

**Proposed Over 62 Golf Rule...**Putts that stop close enough to the cup that they could be blown in may be blown in. This does not apply to balls more than three inches from the hole. No one wants to make a travesty of the game.

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

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

**Committee Chairmen-2003**

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

**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.

March 7 - **Matthews'** Daffodil walk. Meet at Moraga Safeway and walk to St. Mary's.

March 14 - Canal walk past Boundary Oak. Meet at Arbolado Park (W/C).

March 21 - Martinez Marina walk. Meet at end of Ferry St. Martinez\*.

\*After turning right on Ferry off Marina Vista the road crosses the tracks and winds right then left all the way to parking near the water.

March 28 - Mitchell Canyon trail. Meet at Clayton Library.

Thanks to **Rich Ahlf, John Lewis, Martin Lyle, Bob Madge, Chris Satterthwaite, 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 Rector and staff at St. Paul's Episcopal Church, Walnut Creek for the use of their facilities.



**Doug Pederson, Don Martin, Bill Weinberg and Garth Cummings** on the 12th hole at Pebble Beach



**Ralph Fowler, Mitch Mitchell, John Demos & Bill Root** about to tee off on the 8th at Cypress.

**Doing Lunch**



**Chuck Eichten & Tom Gorman** laughing it up before lunch

**Doing Lunch**



**Frank Rockwell & Syd Whalen**



**Joe Suta, Bill Hansen, Dick Richmond & Al Milano** at Boundary.

**Dick Richmond** asks: "Where do you stand?"  
"There are 6500+ NCGA SIR golfers to start 2003. Following are the percentage of golfers, by index, in each index range.  
10 index or less = 2.1%, 10.1 to 15.9 = 11%, 16.0 to 19.9 = 15.6%, 20.0 to 29.9 = 52.7%, and 30.0 and higher = 18.6%."

# 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 February 28



The SIR Walking Group at the Benicia Marina on February 7 where the weather was just outstanding. There were 34 in the group, which may be a record.