

SIR CALL

Newsletter

Pleasant Hill SIR Branch 146 Volume 13 Issue 12

Published For Our Members And Friends

December 2001



Big Sir's Commentary :

This time of year, with Christmas trees sprouting from every vacant lot and neighbors climbing to the eaves hanging strings of light, is really the season of wishing. Certainly the grandkids will call with wishes elaborate and unfamiliar, that will chase you to shops never frequented before and their mothers will call with sizes of goods unattainable at the local mall. Don't get me wrong, I enjoy the hunt. Frustrations give way to images of their excitement and pleasure of opening those needed and wanted gifts. Still, one conjures up a picture of Christmas long ago. Instead of dozens of presents, there was just one, perhaps a pair of roller skates or an electric train, and a stocking with chewing gum and home made cookies. Those gifts then and these gifts now may come with fancy bows and wrappings, but also with the most important gift of all, love. To the children of your life, you've given a gift you know they will need and treasure. However, the greatest gift you have given them, is something you packaged over the years, not with fancy ribbons but by modeling those very concepts like the importance of faith, of family, of honor and country. So my wish to you dear Sirs is that this legacy you have fashioned and lived dominates tomorrow as it has so dominated our presents.



Jim Adams & Jim Brown at the luncheon sign in desk.



Mitch Mitchell & Doug Cook

"I think 'Hail to the Chief' has a nice ring to it." - **John F. Kennedy** (1917-1963) when asked what is his favorite song

Birthdays in December

Jim Baldrige	Bill Hansen	Don Nunn
Jim Barkley, Jr.	Dick Holmberg	Larry Reilly
Jerry Bellows	John Humphrey	Dick Richmond
Russ Bliese	Dick Joyce	Harry Rieck
Chuck Bobinecz	Ken Kratz	Charlie Sheets
John Denham	Don MacDonald	Ray Yonce
Roy Frederickson	Lo McCarley	Al Zeppa



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

We had a few SIR's from Branch 146 come into the money in the last two SIR's tournaments. At the Earl Anthony's in Dublin, **Wes Van Beveran** and **Norrie Zeppa** came in first in the A division doubles with a 1290. Norrie also came in 10th in the all-events with a 1317. **Larry Mitchell** came in 10th in the all-events at Mowry Lanes in Fremont with a 1417.

In the Wednesday SIR's league we find the team "Getting Better" leading the league with a record of 25.5-10.5. Members of the team are **Jim Wray, Lyle Carter, Bill Farry & Charlie Sheets**. In second place we have 2 teams tied with records of 23-13. That is "Numero Uno" captained by **John Zotti** and "Amigo 5" captained by **Wes Van Beveran**.

We have had some pretty good individual scores turned in. By **Tony De Bello**- 245/676, **Larry Mitchell** 245/650, **Dave Rasmussen**- 242/633, 257/612, and **Maynard Hendricks**- 266/619.

No SIR's tournaments are scheduled for December.



John Lewis with coffee and a roll relaxes between **Chris** and **Dorothy Satterthwaite** after a Friday morning SIR's walk

"Vote early and vote often"... *Al Capone 1899-1947*



Computers

Chris Satterthwaite
3rd Thursday at
1 pm at WC
ELK'S Club 1475 Creekside Dr. (off S. Main)
Chrissatt@Aol.Com

There is no scheduled meeting for December. For January 2002 particulars please read the January '02 newsletter. Contact **Chris Satterthwaite** 939-7826.



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

Cribbage

The Cribbage Club was hosted by **Lang Erickson** on November 7th. We only had four players this time, as **Ernie Figueira** was under the weather and not up to playing. We did have a new player by the name of **Dave Johnson**. Dave is fairly new at playing Cribbage so it took a little longer to play our tournaments. We did manage to get in one tournament. It seems like **Bryant Fischback** has gotten the taste of victory and it is going to be tough trying to get it away from him. He once again made all the other players bow down and praise his Lordship for his excellent playing. First place of course was won by Bryant, And second place was captured by the new player **Dave Johnson**. We hope Dave enjoyed Cribbage and will be a member? Next month Cribbage will be hosted by **Al Tufo** on December 12.

Al: It looks like Dave catches on faster than you thought..ed

Duplicate Bridge

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



SIR **Carl Johnson** hosted four tables of duplicate bridge in November. **Fred Kovar** took first place with 43 1/2 points. **Jim Jackson** second with 42 1/2 points **Lynn Freeman** third with 42 points and **Jim Stedman** fourth with 40 1/2 points.

The next meeting is scheduled for Monday, December 17. Contact **Bob Donahue** at 376-4527 for information.

"I don't even butter my bread;

I consider that cooking." ... *Katherine Cebrian*



Fishing

Pablo Chavez
Coco's Restaurant

3200 Buskirk Ave. 4th Thursday of every month at 8:30 AM. Pchavez108cnwc@Aol.Com

The Fish Are Biting - **Don Trowse** and **Jack Helbert** on a party boat.. Jack caught one fish per rod, up to 48 pounds. **Dan McLaughlin's** group on the Eldorado caught salmon from 12 to 48 pounds. **Ross Carothers** reported good fishing at Costco. **Don Mittelstaedt** reported slow fishing during an Oregon trip. **Pete Peterson, Joe Peterson** and **Richard Fish** got skunked on the Sacramento River at Vierras. **Jerry Hayes** caught some nice trout at Del Valle reservoir. **John Wall**, north of the Golden Gate, caught two salmon, one at 42 pounds. **Al Brunner, Joe Peterson, Jim Joy, Pete Peterson, Don Trowse, Richard Bal, Sheldon Lawrence, Richard Fish, Tom Hensley** and **John Wall** fished for three days at Vierras on the Sacramento River with limited success. One striped bass and a couple of salmon, one at 18 pounds, were caught. The group ate most meals out and a great time was had by all. **Sheldon Lawrence**, Branch 116, is still requesting recipes for a cookbook he is putting together. Send your favorite recipes to him at his email address, shelxlaw@aol.com.

October Fishing Meeting Events - We were pleased to welcome **Paul Moffatt, Jerry Hayes, and Dave Stauffer** all from Branch 34, and **Albert Simaz** from Branch 117. **Jerry Hayes**, Branch 34, suggested a future program on different ways to fish and rig up. We will arrange this program in 2002. Another is how to best organize a tackle box. SIR fishermen who believe they have good organized tackle boxes might have them inspected to help break a tie and determine who is qualified to present this talk. An auction and raffle of fishing gear donated by many SIR fishermen brought in \$229. Many thanks to all those who donated. The 2002 Fishing Calendar will be discussed at the November meeting. Fishermen are encouraged to become the Fishmaster for their favorite trip. **Sheldon Lawrence**, Branch 116, has also volunteered to lead a fishing trip in November to East Cape Baja. A package deal is available that includes deluxe motel room, all meals, fish smoking, a 32 foot cruiser for two days and guide for about \$900 per person. Airfare is extra and wives are welcome. Call Sheldon at 925-932-1892. **John Wall**, Branch 146, is leading a Steelhead float trip to the Klamath River November 26-28. There are two openings left. The fishing in past years has been great. This time it is catch and release with barbless hooks. Call John at 925-938-1116. Sirs 4-Fishing members will discuss fishing activities during the November meeting of Brentwood Branch #108. There will be no meeting in December.



Cooking

Don Nunn

donnunn@tpi.net

1st Monday 9:30 am

at various members' homes or a restaurant or cooking school.

In November, the Cooking Group met at the home of **Warren Boero** and learned everything that there was to know about cooking gnocchi. Since everyone participated, there were some interesting sizes and shapes (of gnocchi) but, thanks to Warren's coaching, we developed the "Italian touch" and the event was a great success. Because of the holidays, we will not meet again until February.

Garden Club



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

The garden club will not have a meeting in December due to the Christmas holiday. In January, we will elect new officers and consider a change to the meeting time from the fourth Wednesday to the first.

Golf



Committee

Joe Jansen 935-6691
jjansenx@juno.com

Sir **Joe Jansen** heads up our Golf Committee. The initial GC was formed in 1989 serving 20 golfers by

Lynn Freeman, Ed Leal, Chuck Thompson, Jim Helmick and Charlie Kiser. A new GC serving 40 golfers was formed in 1990 consisting of **Glen Furlow, Joe Jansen, Earl Jelter, Frank Boyle, Jim Helmick and Charlie Kiser.** Golf soared in popularity and the present GC serves 136 golfers. Members are **Joe Jansen, Glen Furlow, Tom Gorman, Walt Barabash, Chris Satterthwaite, Jim Baldrige and Dick Richmond.** *Kudos to the GC members who facilitate the smooth running Tuesday golf activities, away golf and lately, the golf newsletter...ed*

Tuesday Golf **Walt Barabash** 935-2964
Oleciabear @Aol.com



October 23 First Flight: **Jack Calloway, Bob White and Jeff Baily.** Second Flight: **Glen Furlow, Raymond Kan and Bob Frankland.**

Closest to the Pin: **Ken Kratz.**

October 30 First Flight: **Bob White, Don Martin and John Demos.** Second Flight: **Olof Johansson, Mitch Mitchell and Doug Cook.** Closest to the Pin: **Ken Kratz.**

November 6 First Flight: **Jack Matthews, Ken Kratz and Frank Mandic.** Second Flight: **Mitch Mitchell, Ernie Dickson and Howard Harvey.** Closest to the Pin: **Ken Kratz.**

The winners at Bennett Valley, Santa Rosa on Thursday, Oct 25 were:

- 1st **Bill Cammerer**
- 2nd **Bob White**
- 3rd **Jim Brown**
- 4th **John Lewis**
- 5th **Olof Johansson**
- 6th **Tom Stack**
- 7th **Doug Cook**
- 8th **Mitch Mitchell**

Closest to the pin:
Warren Boero

Away Golf

Jim Baldrige 689-9232



Winners of the away golf drawing for gap wedges were:

Olof Johansson
Frank Mandic
Bob Yolland

Congratulations to our Br. 146 couples who placed in the Nov 7-14, 2001 tournament in

Acapulco Mexico. Winning couples were the **Boero's**, the **Baldrige's**, the **Milano's**, the **Ringle's** and the **Weiczs's**. Special kudos to **Rosalie Milano** who reigns as grand champion of the Ladies Division.

Due to Thanksgiving and Christmas holidays, no events are scheduled for November and December. However, plan ahead and mark your 2002 calendar. The big 144 player/guest Silverado Tournament is scheduled for Friday, March 15, 2002. The price will be \$42 for SIR members participating in the prize fund and \$40 for guests. Questions - Call **Jim Baldrige** 689-9232

Waiting List Members

Welcome to the waiting List.

SIR Branch 146 is pleased to have you as a future member.

Here's what is expected of a Sons in Retirement Waiting List Member:

Luncheon meetings:

Waiting List Members should try to attend all luncheon meetings.

2nd Thursday of each month from 11 am. to 2 pm. at Blake's Boundary Oak Restaurant

Arrive on time and enjoy the fellowship

Wear your name badge

always found on the entry table where you pay.

Luncheon tickets are \$17 for meat or fish entrée.

See this newsletter for menu.

To confirm attendance each month and reserve a meal, you must call the attendance chairman, **Dale Haukland** at 820-0189 by noon the Friday before the luncheon.

If you have questions, you should contact your sponsor.

Next month: What's expected of a SIR member.

Know Your SIR

Garth Cummings



I was born on January 31, 1934 in Oakland, California and was raised in San Leandro where I graduated from high school in 1952. I went on to attend the University of California - Berkeley, following in my father's footsteps, and graduated in mechanical engineering in 1956. Subsequently I received a Masters degree from UC - Berkeley and a Ph.D. from UC - Davis, in Nuclear Engineering.

I married **Shirley (Wolfe)** in 1956 and we have two children, son Gregg and daughter **Jill Brown** who also attended UC-Berkeley. We are blessed with three grandchildren, **Christina**, age 8, **Hunter**, age 4 and **MacKenzie**, age 2.

After graduating from UC - Berkeley I went to work for the Lawrence Livermore National Laboratory (then called the Lawrence Radiation Laboratory) as a mechanical engineer involved in nuclear test operations. I participated in operations both at the Nevada Test Site, the Marshall Islands and later in the Aleutian Islands. I also helped design, construct and operate nuclear reactors at the Laboratory and eventually was placed in charge of operations of the lab's research reactor.

Our family moved to the Washington, DC area in 1972 where I participated in a study of the safety of commercial nuclear power plants (Rasmussen Study) and also helped license these plants for the Nuclear Regulatory Commission. Upon returning to Livermore I became Program Leader for nuclear safety work conducted at the lab. Eventually I joined the Director's Office where I assisted the Deputy Director overseeing laboratory environmental, safety and health matters. I retired in 1997 and except for a little consulting am enjoying the retired life with SIRS and at our second residence in Alpine Meadows near Lake Tahoe.

I enjoy skiing and golf, am a member of the American Nuclear Society and recently was named a fellow to the American Association for the Advancement of Science.

Opportunities always look bigger going than coming.



Phil Leigh

4th Wednesday
at 7:45 am at

Coco's Restaurant at 3202 Buskirk Ave.
Pleasant Hill. Pleigh@Hotcoco.Infi.net

Investments

The next SIRs Area 2 Investment Group meeting will be on Wednesday, January 23, 2001. (no December meeting)

Topic: "Preferred stocks - An income alternative when interest rates are so low".

Presenter: **Raymond White** of Morgan Stanley.

Luncheon Attendance



December Luncheon Reminder
Remember Thursday December 13, normally our regular luncheon, is Ladies Day. Tickets will not be sold at the door. Reservations must be made through **Jim Adams** at 685-4216. Reservations made after December 1 may be accepted on a standby basis only. Check last month's Sir Call for other details.

Big Sir-waiting-in-the-wings, **Fred Kovar** says about Ladies Day... "We will have table decorations and entertainment by the "Hansen" Thespians presenting a melodrama in one act and the SongSirs will be singing holiday songs".

"I have not failed. I've just found 10,000 ways that won't work." - **Thomas Alva Edison** (1847-1931)



Luncheon Menu Stan Jackson

December Luncheon Menu

Salad

- House salad
- Freshly baked rolls and butter

Entrees including vegetables

- Petite filet mignon - 5-6 oz filet charbroiled medium served with twice baked potato
- Herb crusted salmon - grilled and served with rice pilaf

Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea

"The only difference between me and a madman is that I'm not mad." ...- **Salvador Dali** (1904-1989)

Health Matters, Physical and Mental



Iron-Poor Blood: Not !

The popular advertising catchphrase from a couple of decades ago was "iron-poor blood." Actually the issue may be "iron-rich blood." The *American Journal of Clinical Nutrition* (March 2001) found that 13 times as many elderly people (67 to 98 years) have had elevated iron scores as did those who were iron-deficient. Excess iron in older individuals can boost the risk of heart attack and other diseases. Scientists suggest that one should not take iron supplements without first consulting a healthcare provider.

Why Aspirin Fights Cancer

You know that aspirin can reduce the risk of heart attack. But there is now evidence that it also reduces the risk of colon cancer. A study from Ireland has identified one possible reason for its cancer-fighting capacity. Aspirin and other anti-inflammatory drugs {NSAIDS} such as ibuprofen and naproxen work to block an enzyme called cyclooxygenase-2 (COX-2). The Irish study linked COX-2 with colon-cancer tumors. A number of epidemiological studies have found that NSAID users have fewer cases of colon cancer than non-users. Only aspirin, however, has been found to reduce cardiovascular risks.



Lang Erickson
flangley@flash.net

Membership

Branch 146 statistics:

Members 208, Honorary Life 5, Waiting List 27

November Attendance:

Members 171, Honorary Life Members 2,

Waiting List 5, Guests 8, Excused 37,

Unexcused no shows 3. Total Attendance 186



Ed Wojnar & Rollie Nordeen



Golf Committee chair,
Joe Jansen



Fred Bolton
1st Monday
at 10 am at

Party Bridge

various members' homes. Bring a lunch.



The SIR's Party Bridge Group had a great Ladies Day game on Nov. 5, with 6 tables competing. First place went to **Jim Jackson & Dick Johnson** with 6430 points. Second place to **Carl & Anne Johnson** with 5050 & third & fourth (tied at 4070) to **Bill Rees & Margaret Fike** & to **Bob & Joyce Coney**. Our next game will be on Dec.3 at **Jim Brown's** home.



Owen Sullivan Practices are held after the SIRS monthly luncheon plus once per month at **Dave Obera's** home at 3

Song Sirs

Watch for the Song Sirs at Ladies Day luncheon, Thursday, December 13 at Boundary Oak Golf Course

Rollie Nordeen

RNordeen3@Home.com

Sunshine



Sir **Howard Harvey** has been in the hospital for surgery, but is now home recouping. A card or call would be appreciated

Sir **Stan Jackson** is home recovering from a bout of pneumonia. He is on supplementary oxygen temporarily and expects to be back playing golf in a month or so.

Sir **Ernie Figueira** is in Mt Diablo Hospital at the time of writing, recovering from his latest bout with cancer. He is on Cipro to fight a post op infection. Retaining his nice sense of humor Ernie reports that he is not afraid of getting Anthrax.



Howie King & Jim Baldrige



Frank Mandic & Walt Barabash

"If you want to make an apple pie from scratch, you must first create the universe." **Carl Sagan**



Travel Opportunities

Charlie Kiser Charlieki@Webtv.net

Feb 12 - 14, 2002 Snow Train to Reno. Includes r/t Reno from Martinez, two nights at The Silver Legacy Hotel and lots of free goodies. Cost \$200 per person dbl/occupancy. Contact **Carl Raaka** Br 8 254-0482.

March 1, 2002 -21 day South America Adventure. Cruise from Santiago to Rio de Janeiro via Straits of Magellan. Cost from \$4599.00 to \$6699.00 per person. Contact **Vic Johnson** Br. 116 at 680-1501

April 13-21, 2002 Heritage of America Includes r/t Air SF to New York and Wash. DC return. Visit New York, Philadelphia, Amish Country, Gettysburg, Colonial Williamsburg, Washington DC and more. Most meals Contact **Carl Raaka** Br, 8 254-0482

Mar 28, 2002 A Day at The Races. Includes Turf Club admission, Lavish Buffet Luncheon, program and bus transportation. Cost \$31. Contact **Charlie Kiser** 274-1575.

April 27 - May 4, 2002 Historical Golf Getaway. R/t air to Richmond VA 7 nights accom. 7 day car rntl. 3 rounds golf w/awards/carts, 3 dinners including Colonial Tavern dinner at historic Kings Arms in colonial Williamsburg. Cost \$1599 for golfer, \$1399 for non golfer for 7 nights in Williamsburg. Optional independent 4 night Washington DC extension \$625 p/p dbl occupancy. **Charlie Kiser** 274-1575.

Oct 5-12, 2002 Cruising on the Mississippi from St. Paul to St. Louis. Includes r/t air from SF, 7 night cruise aboard the American Queen. Cost from #2360-\$3305 p/p double occupancy. Contact **Ron Webber**, Br 19, 689-5602.

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.

Table Pool

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



The Sirs Table Pool Club met on Monday, Nov. 12th, and were greeted with a great surprise..a free luncheon and beverage celebrating the 1st year anniversary of the club. Our thanks to our mystery benefactor....As usual, **Ken Kratz** and **Barney Meade** took most of the prizes.

Soldier's Poem

'T WAS THE NIGHT BEFORE CHRISTMAS
HE LIVED ALL ALONE
IN A ONE BEDROOM HOUSE
MADE OF PLASTER AND STONE

I CAME DOWN THE CHIMNEY
WITH PRESENTS TO GIVE
AND TO SEE JUST WHO
IN THIS HOME , DID LIVE

I LOOKED ALL ABOUT
A STRANGE SIGHT I DID SEE
NO TINSEL, NO PRESENTS
NOT EVEN A TREE

NO STOCKING BY MANTLE
JUST BOOTS FILLED WITH SAND
AND ON THE WALL HUNG PICTURES
OF FAR DISTANT LANDS

WITH MEDALS AND BADGES
AWARDS OF ALL KINDS
A SOBER THOUGHT
CAME THROUGH TO MY MIND

FOR THIS HOUSE WAS DIFFERENT
IT WAS DARK AND WAS DREARY
I FOUND THE HOME OF A SOLDIER
ONCE I COULD SEE CLEARLY

THE SOLDIER LAY SLEEPING
SILENT, ALONE
CURLD UP ON THE FLOOR
IN THIS ONE BEDROOM HOME

THE FACE WAS SO GENTLE
THE ROOM IN DISORDER
NOT HOW I PICTURED
A UNITED STATES SOLDIER

WAS THIS THE HERO
OF WHOM I'D JUST READ
CURLD UP ON A PONCHO
THE FLOOR FOR A BED

I REALIZED ALL THE FAMILIES
THAT I SAW ON THIS NIGHT
OWED THEIR LIVES TO SUCH SOLDIERS
WHO WERE WILLING TO FIGHT

SOON ROUND THE WORLD
THE CHILDREN WOULD PLAY
AND GROWNUPS WOULD CELEBRATE
A BRIGHT CHRISTMAS DAY

THEY ALL ENJOYED FREEDOM
EACH MONTH OF THE YEAR
BECAUSE OF THE SOLDIERS
LIKE THE ONE LYING HERE

I COULDN'T HELP WONDER
HOW MANY LAY ALONE
ON A COLD CHRISTMAS EVE
IN A LAND FAR FROM HOME

THE VERY THOUGHT BROUGHT
A TEAR TO MY EYE
I DROPPED TO MY KNEES
AND STARTED TO CRY

(Continued on page 7)

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 Frederickson	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-dupli	Bob Donahue	376-4527
Bridge-party	Fred Bolton	932-1580
Bulletin	Jeff Baily	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	938-2934
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 Obara	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

(Continued from page 6)

THE SOLDIER AWAKENED
AND I HEARD A ROUGH VOICE
"SANTA DON'T CRY
THIS LIFE IS MY CHOICE

I FIGHT FOR FREEDOM
I DON'T ASK FOR MORE
MY LIFE IS MY GOD
MY COUNTRY, MY CORPS."

THE SOLDIER ROLLED OVER
AND DRIFTED TO SLEEP
I COULDN'T CONTROL IT
I CONTINUED TO WEEP

I KEPT WATCH FOR HOURS
SO SILENT AND STILL
AND WE SHIVERED TOGETHER
FROM THE COLD EVENING'S CHILL

I DIDN'T WANT TO LEAVE
ON THAT COLD, DARK, NIGHT
THIS GUARDIAN OF HONOR
SO WILLING TO FIGHT

THEN THE SOLDIER ROLLED OVER
WITH A VOICE SOFT AND PURE,
WHISPERED, "CARRY ON SANTA
CHRISTMAS DAY IS SECURE."

ONE LOOK AT MY WATCH,
AND I KNEW HE WAS RIGHT....
"MERRY CHRISTMAS MY FRIEND
AND TO ALL A GOOD NIGHT"



John Lewis

Every Friday
at 9:30 am at

Walkers

various locales. Call John or just show up
and get healthy.

December 7 - Heather Farms to Iron Horse Trail. Meet at parking lot near canal trail.

December 14 - W.C. Civic Park to Iron Horse Trail to Broadway Plaza. Meet at Civic Park off Civic Dr.

December 21 - Iron Horse Trail. Meet at Danville Railroad Museum. **Dale Haukland** has agreed to let us see the Christmas display in the museum.

December 28 - Skyline Trail. Meet at Inspiration Point off Wildcat Canyon Rd. (Orinda)

Thanks to **Chris Satterthwaite**, **Bill Snyder**, **John Lewis**, **Kent Tyler** and **Joe Schild**, for folding and labeling and to **Ken Kratz** and **Chuck Bobinecz** for pictures, **John Lewis** for mailing and **Dick DeVoe** for proof reading.

"From the moment I picked your book up until I laid it down I was convulsed with laughter. Some day I intend reading it. "...- **Groucho Marx (1895-1977)**

Recent events in this country highlight many heroic deeds performed by the uniformed police officers and firefighters of New York City. But from a long time ago and heroic deeds of generations past, these men are proof that

Heroes are Forever

There are more heroes in our ranks. Pictured here only are some of the men who wore their uniform or partial uniform at the November 8 luncheon.



Lynn Freeman,
US Army



Bill Rees
USMC



Chris Satterthwaite,
USN



Owen Sullivan
US Army Air corps



John Demos US
Army Air corps



Glen Furlow
USN



**Tom Noonan &
Jack Matthews**



Russ Bliese



**Jerry Lindahl
& Tom Stack**



Lew Thompson



Dick Richmond



**Bob Spellman
& Bill Cammerer**

Those who do not know how to weep with their whole heart don't know how to laugh either." -**Golda Meir**

SIR CALL *Newsletter*

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590 Pine Creek Rd.
Walnut Creek CA 94598

SirCall@Att.Net

Nonprofit Standard Mail
US Postage Paid
Concord CA
Permit No 364

Mailed November 19, 2001