

# SIR CALL

## Newsletter

Pleasant Hill SIR Branch 146 Volume 14 Issue 12

Published For Our Members And Friends

December 2002

### Big Sir's Commentary

We are approaching one of our best luncheons of the year – the Christmas Ladies Day luncheon. I hope as many of you as possible will bring your wives or friends to this luncheon. It is always an enjoyable affair. This column represents the last column that I will be writing as your Big Sir. The officers for 2003 will be installed at the December meeting and will take over their new duties in January. It's been a lot of work and taken a lot of time but it also has been a lot of fun. I wouldn't have missed it for the world. I want to say thanks to the officers and directors for all the excellent support they have given to me and to the Branch. Thanks also to the committee chairmen. It's their work in the trenches that makes our Branch so successful. And thanks to all the non-titled members who when asked to help always pitch in. Thank you all for a wonderful year and good luck to the new Executive Board!



When I read about the evils of drinking, I gave up reading...

*Henny Youngman*

### Little Sir's Corner

Our program for Ladies Day, Dec 12 will feature **Ron Westgate**, an excellent vocalist, accompanied by Sir **Dave Obera**. **Ron** led the Christmas programs for the Engineers' Club in San Francisco for many years. We expect some great music with the help of our Song Sirs which will keep the seasonal momentum going during this great time of the year.



If **Ivana Trump** married, in succession, **Orson Bean** (actor), **King Oscar** (of Norway), **Louis B. Mayer** (of MGM), and **Norbert Wiener** (mathematician), she would then be **Ivana Bean Oscar Mayer Wiener**.

### Telephone Directory Updates

**Charlie Kiser's** zip is 94595-3686  
**Bill Martini's** zip is 94595-3931  
**Lynn Freeman's** e-mail is lynnaf@webtv.net  
**Tom Gorman's** e-mail is mangortoo@Astound.net

### December Birthday Boys

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



Waiting list guys, **Alex Sarran & Tom Thomson**



Mum's the word. **Mary Bobinecz** checking out the array of Chrysanthemums



### Computers

**Chris Satterthwaite**

#### Computers' "Attributes"

"Man is the best computer we can put aboard a spacecraft and the only one that can be mass produced with unskilled labor."- *Werner von Braun*.  
 "It was not very long ago that people thought that semiconductors were part-time orchestra leaders and microchips were very small snack foods." -*Geraldine Ferraro*  
 "There is only one satisfying way to boot a computer"-.  
*J.H. Goldfuss*  
 "They have computers and they have other weapons of mass destruction"-.  
*Janet Reno*  
 "To err is human, to blame it on a computer is even more so."-*Robert Orben*  
 "No computer has ever been designed that is ever aware of what it's doing. Most of the time, however, we aren't either." -*Marvin Minsky*  
 "Computers are useless. They can only give you answers."-*Pablo Picasso*

*Effective January 2003, the computer group will stand down. Chris thanks for your many contributions to Sir Call. ..ed*



## Bowling **Al Zeppa**

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

Half way half we have Tied for first The Adjusters **Mike Kropf Colvin, Reidinger Anzalone** and captained by with a 213 **Ron Weber, McGowan Butler**. They



**Al Zeppa** presenting an award to **Dick Joyce** for 11 strikes in a row and a score of 290.

through the first a close race. at 25-11 are captained by with **Homer Larry and Wally Bob's Make Up Bob Everett** average and **Roger and Johnny** are followed by

The Knights at 24-12 captained by **Dean Lucas** with **Vic Pangrazzi, John Zotti & Tony DeBello**. Then there are The Destroyers at 23-13 captained by **Dick Joyce** with **Maynard Hendricks, Wally Redding & Jim Willey**. Good individual scores include **Tony DeBello** 266/648, **Bob Butterfield** 235/627, **Johnny Butler** 258/581, **Bob Everett** 258/681, **Stan Strange** 235/672, **Dick Joyce** 258/676. High game bowled: **Ed Przybyzewski** 261, **Ray Weisz** 234, **Jim Chenevey** 259, **Mike Kropf** 268. Upcoming SIR tournament: Dec 3, 5 Tue., Thu. at Country Club Lane, San Rafael. *Dick Joyce will be assuming Bowling duties effective January 2003. Al, thanks for your great work. ..ed*



## Cooking **Don Nunn**

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

Our Cooking Group met at the home of Sir **Gene Diana**. We were treated to a special wine tasting of selected wines made by the **Diana Winery**. They were quite good as Sir **Gene** has been perfecting the art of home wine making. The tasting continued through a luncheon of Italian homemade polenta and special green beans-Diana. A great time was had by all.

The Cooking Group will be on hiatus for the months of December and January. We will convene on February 3 at the home of Sir **Don Nunn** at 11 am. Confirm your attendance to **Don** at 934-5214. The next order of cookbooks will arrive toward the end of November. We will advise you when they arrive. There will be some for sale at Ladies Day on December 12. We hope that those of you who did not get your recipes published in our Br. 146 cookbook will submit your favorite for publication in the Sir Call. Please submit any of your special family recipes to **Don Nunn, Warren Boero** or any member of the Cooking Group.

## Recipe of The Month

Roasted Rosemary Chicken and Vegetables by **Alicia Bailly**

1/3 cup olive oil  
1/3 cup balsamic vinegar  
1 Tbsp dried rosemary or 2 Tbsp. chopped fresh rosemary  
1/2 tsp red pepper flakes  
4 chicken breast halves, skinless and boneless, about 1 pound  
1 green pepper, cut into strips  
1 red bell pepper, cut into strips  
1 small red onion, quartered  
3 carrots, cut into 1 inch slices  
1 small eggplant, cut into 1/2 inch slices  
Preheat oven to 400 degrees.  
In a small bowl combine the olive oil, balsamic vinegar, rosemary and red pepper flakes.  
Marinate the chicken breasts for 5 minutes in olive-oil mixture.  
Place the chicken breasts, reserving the marinade, in a large baking dish.  
Add vegetables to marinade and toss to coat. Place vegetables in a single layer next to chicken. Pour reserved marinade over the vegetables.  
Bake for 35 minutes, or until the edges of the vegetables brown. Do not overcook the chicken! Serve hot or at room temperature.

*I hated egg plant ..until I tasted this. ..ed*

Most girls are attracted to the simple things in life. Like men...

**Henny Youngman**

## Fishing

**Pablo Chavez**

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

First 2 weeks in Jan 2003 **John Wall** is setting up for a drift boat on the Klamath River (a guided trip). The plan is to set up a "window of opportunity" during this time for the guides to let us know if the water & weather are right, and then for a group to go. **John** is looking for 6 good men. You can call him at (925)938-1116.



Salmon caught by **Richard Johnson** off the Marin coast on Oct. 31, 2002. Weight almost 50 pounds.

I don't believe in reincarnation, but what were you when you were alive?..

**Henny Youngman**

# Garden Club

**Chuck Bobinecz.**

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

There was a good turnout for our trip to King's Mums. Wine tasting followed at the wineries around Lodi. The December 5th meeting will be at the Alamo Safeway conference room. **Doug Cook** will give a presentation on the benefits of genetically altered plants and potential problems they might have on foods produced from them.



The Garden Club touring King's 'Mums

## Tuesday Golf **Walt Barabash**



Oct. 15 First Flight: **Joseph Himsl, Joe Lamanna and Rich Hanford.** Second Flight: **Joe Jansen, Ralph Fowler and Larry Zugnoni.** Closest to the Pin: **Carl Johnson.**

Oct. 22 First flight: **Larry Sheerin, Bill Hansen and Jeff Baily.** Second Flight: **Bill Rees, Ray Weisz and Raymond Kan.** Closest to the Pin: **Ray Weisz.**

Oct. 29 First Flight: **Rich Hanford, Ed Wojnar and Jeff Baily.** Second Flight: **Bill Boyd, Al Milano and Raymond Kan.** Closest to the Pin: **Stu Somerville.**

Nov. 5 First Flight: **John Lewis, Larry Sheerin and Olof Johannson.** Second Flight: **Bob Frankland, Tom Gorman and Joe Jansen.** Closest to the Pin: **Dean Merritt.**

Nov. 12 First Flight: **Lew Thompson, Bill Hansen and Jeff Baily.** Second Flight: **Bob Frankland, Doug Cook and Dean Merritt.** Closest to the Pin: **Ray Nordstrom.**



Picnicking Little Sir **Bob Yolland** opting for some California veggies at the recent Mums and wine tasting Garden Group trip. Seated next to him is his wife **Janet** and **Phyllis Bolton.**



## Health Matters Physical and Mental

### COX-2 Inhibitors

If you've watched 15 minutes of prime time television in the last year, you've seen advertisements for Celebrex and Vioxx, two new medicines for the relief of arthritis. And those ads have paid off in billions of dollars in sales for the manufacturers, Pharmacia and Merck. It did not take drug producers long to realize the potential sales from promoting their product via "direct-to-consumer" advertising.

But the question is, how good are these new generation anti-inflammatory drugs called COX-2 inhibitors? The Harvard Health Letter (Nov. 2001) says they are as good as—but no better than—far less expensive drugs called NSAIDs that have been on the market for years. Ibuprofen (trade name Motrin and Advil) and Naproxen (trade name Aleve) are no less effective.

The message from ads is that COX-2 inhibitors are easier on the stomach, but the fact is that the incidences of nausea are virtually identical with the older drugs. The difference is that Celebrex and Vioxx appear to cause fewer ulcers and other gastrointestinal (GI) complications. What manufacturers don't point out, however, is the occurrences of these kinds of problems from the older medications—which are only 2% to 3%—are only reduced to 1% to 1.5% with COX-2 inhibitors. Since only a small percentage of patients are susceptible to the GI side effects of the older drugs, the marketing campaign that suggests that everyone with arthritis will benefit simply isn't true.

Add to this a new study published in the Journal of the American Medical Association (Aug. 22/29, 2001) that associated COX-2 inhibitors to an increased risk in heart attacks, and you complicate the issue even more.

Arthritis literally means "inflammation of a joint." It is not one disease, but over one hundred different manifestations of inflammation of joints and connective tissues. Over-the-counter NSAIDs (non steroidal anti-inflammatory drugs) are quite effective in controlling inflammation, and there are more powerful ones that require a doctor's prescription. COX-2 inhibitors are another class of NSAIDs.

What's the bottom line? The Harvard Health Letter points out:

1. Celebrex and Vioxx are not better at relieving pain and inflammation than older NSAIDs.
2. Of the people who take NSAIDs, only a small minority experience GI problems.
3. COX-2 inhibitors are not easier on the stomach if nausea is the problem.

Source: Harvey W. Watt's *Aviation Medical Bulletin* June 2002

I told the doctor I broke my leg in two places. He told me to quit going to those places... *Henny Youngman*

## Know Your SIR Chuck Eichten

I was born in the Currie, Minnesota next few years we small rural far-western Minnesota elementary Glencoe, MN. But of high school, my father was



small village of in 1934. During the lived in a number of ming communities in ta. I attended a small "Sister" school in during my junior year much to my dismay, transferred to the big

city of Rochester, MN (then 65 thousand people). After high school I attended two years of Jr. College and then on to the University of Minnesota in Minneapolis.

Upon graduation in 1955, I owed the Selective Service two years of military service in return for my college deferment which had allowed me to finish college. Not wishing to spend two years in a foxhole I joined the U.S. Navy as a candidate for their OCS/Flight School Program.

After graduation from OCS I began flight training in the Pensacola, Fla. Area. After qualifying for carrier landings I decided that landing on a rolling postage stamp was not for me so I volunteered for multi-engine land aircraft training. Upon completion I was assigned to a VW Airborne Early Warning Squadron. The mission was to fly four engine Super Constellation aircraft loaded with radar gear between Argentina, Newfoundland and the Azores and back - very boring duty. Then by a strange occurrence of events, I had a big change of venue. While on temporary duty at communication school in Newport, Rhode Island, I suddenly received emergency orders assigning me to the staff of the Commander of the 7th Fleet of the Pacific! Within six hours I was on a plane headed for Japan and eventually boarded the Admiral's Flagship, the USS Helena, in Okinawa. What am I doing here - a multi-engine land based pilot on a heavy cruiser? I guess the Admiral needed help with his mail. Six months later (you guessed it) they sent me back to Newfoundland.

After my discharge I became engaged to my future wife, the lovely **Monnie Conway** whom I had met while home on leave. We were married in 1960. I joined the 3M company as a salesman and we promptly moved to Pittsburgh where our first and second children were born. In 1963 I took a sales position with ARL, a small analytical instrument firm. We moved to Chicago where our third and fourth children were born.

In 1965 we were transferred to California. In 1967 our fifth child was born and we purchased a home under construction in the Woodlands in Walnut Creek. There we met our new neighbors across the street, **Harry** and

**Carol Rieck**. I was soon to discover that before we moved in **Harry** had hauled all the rocks from his yard into mine. In spite of the rocky start, we have remained close friends ever since.

In 1973 I was promoted to sales manager and moved to ARL's home office in Los Angeles. We remained in LA for the next 17 years during which our sixth child was born and three of our children were married. In 1986 the British firm, Fisons, purchased our company. By 1990 they had acquired many other analytical companies and I was asked to form a US company to distribute and service their many products in the Americas. Consequently, in 1991 we moved to Boston, where as president, I launched Fisons Instruments of North America. Six and 1/2 years later Fisons sold its entire instrument company holdings. As a result my position was eliminated, giving me the opportunity to retire.

We then moved back to California and chose Clayton for our new home. We very much enjoy the country atmosphere of Clayton as it fits with our hiking and biking activities. Both **Monnie** and I are active in our church and volunteer work. We have also taken up golf and recently, bocce ball.

We are blessed with eleven grandchildren (so far), nine of which reside here in the Bay Area so they get a great deal of our time. My thanks to **Harry** for introducing me to the Sirs. It is a pleasure to be part of Branch 146.

If **Yoko Ono** Married **Sonny Bono** she'd be **Yoko Ono Bono**.

If **Dolly Parton** married **Salvador Dali** she'd be **Dolly Dali**.

If **Bo Derek** married **Don Ho** she'd be **Bo Ho**.

If **Oprah Winfrey** married **Depak Chopra** she'd be **Oprah Chopra**.

## 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.



## Luncheon Menu Stan Jackson

This month's Luncheon Menu

### Salad

- House salad
- Freshly baked rolls and butter

### Entrees including vegetables

- Petite filet of beef with stuffed potatoes
- Herb crusted salmon filet with basmati rice

### Dessert

- Daily dessert special
- Regular or decaffeinated coffee and tea



## Lang Erickson Membership

Branch 146 statistics:

Members 210, Honorary 4, Waiting List 22

Attendance:

Members 167, Honorary Life Members 2 ,  
Waiting List 15, Guests 9, Excused 42

Unexcused no shows 3. Total Attendance 193

New Waiting List

**Mike Cavallo, Frank Fries, Allen Johnson, William Roberts, Guy Rudberg, Alex Sarran, Rod Sharretts, Roland Sundstrom, Tom Thomson, Otto Wilson Jim Wray.**

Inducted into SIR

**Bob Schroder, Franklin Rockwell Jr.**

Withdrew

**Clifford Daulman, Arthur Dull**

## Investments 4th Wednesday 8:00am at Dia-

blo Creek Golf Course Banquet Room.(Legends Grill). North Port Chicago Highway and Highway 4, Concord. **Ben Smith** (925)820-5403 There will be no meeting of "\$ums in Retirement" in December. Meetings will resume in January 2003, starting on Wednesday Jan 22



## Party Bridge

**Fred Bolton**

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

The Party Bridge met at Marie Callender's for our Ladies Day game on Nov. 4. First place went to **Jim Brown** and **Barbara Lundblade** with 6,870 points, second to **Fred Kovar** and **Bill Snyder** with 6,230 and third to **Sue** and **Lo McCarley** with 5,660. **Jim Brown** will host our next game on Dec.2.



## Owen Sullivan Song Sirs

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

### Doing Lunch



L to R, **Herb Freeman, Bob Wedin & Bill Martini**

### Doing Lunch



L to R, **Dennis Hallett, Mitch Mitchell & Chuck Bobinecz**

## Sunshine Chuck Smith



**Lynn Freeman** had surgery in his left eye for glaucoma and cataracts-no pain, but has limited mobility, can watch TV and work on stamp collection. Lynn sounds in good spirits. Give him a call.

**Owen Sullivan**-Yours truly had a one hour visit with him mostly swapping WWII stories- in fact he really cheered me up so sunshine runs 2 ways. I encourage each of you to visit him at the Vets Hospital in Martinez. Call me at 944-4949 if you need directions. He may be eligible to go back to Kaiser in Vallejo soon.

**Bill Holzwarth**, a former member of Branch 146, passed away.

### GOLF NOTE

Br. 146 golfers who intend to play in 2003, please send a check for \$30.00 (or +\$40.00 = \$70.00 if you intend to participate in prize fund) to Dick Richmond, 2608 Fox Circle, Walnut Creek 94596. Deadline date Dec 2, 2002.

## Duplicate Bridge



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

Sir **Bob Donahue** hosted four tables of duplicate bridge in November. **Carl Johnson** was first with 43 1/2 points and **Bill Snyder** was second with 41 points. **John Lewis** was third with 40 1/2 points and **George Zurich** was fourth with 40 points.

The next meeting is scheduled for Monday, December 16. Contact **Bob Donahue** at 376-4527 for information.



## Travel Opportunities

Charlie Kiser

Feb 14, 2003 Valentine's Day at Brookdale Lodge. r/t motor coach, brunch at Brookdale Lodge in the Santa Cruz Mountains, entertainment and driver's gratuity. Cost \$76. Contact **Fred Stammen** Br. 171, 283-1956

Mar 15-20, 2003 Baseball Spring Training. Enjoy Major League's Cactus League in sunny Arizona. Incl. r/t air, first class accommodations, 5 breakfasts, 5 full course dinners, 3 Cactus league games and sightseeing. Cost \$1325 p/p d/o-\$1686 single. Contact **Fred Stammen** Br. 171 @283-1956

April 21-25, 2003 Arizona Golf Adventure. We are going back to Phoenix. r/t air from Oakland to Phoenix, compact car, 4 nights in Embassy Suites, 2 rounds of golf w/optional third round, nightly complimentary beverages, one dinner and golf prizes. Cost \$854 per golfer and \$699 non-golfer d/o. **Charlie Kiser** Br 146 @ 274-1575

April 26-May 10, 2003 Cruising America's East Coast. 13 day cruise down the Atlantic Coast aboard the Norwegian Sea, r/t Air San Francisco to New York City, overnight accommodations at Waldorf Astoria, New York City tour and optional tours in ports. Cost from \$1871 p/p. Contact **Charlie Kiser** Br. 146 @ 274-1575

July 28-Aug 28, 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. No airplanes. Gourmet 45th anniversary dinner in Vancouver, B.C. All tips on board r/t transfers to ship. Lottery for upgrade to penthouse suite. Cost from \$2495. Contact **Charlie Kiser** 274-1575

## Away Golf Jim Baldrige

**SIR Mazatlan, Mexico Tournament Nov 10-17**

SIR wives event: **Judy Baldrige** 1st & 3rd in daily events & 2nd over all. **Rosalie Milano**; 2nd CTP. Carol Ringle; 2nd place events. **Tippy Weisz**; 2nd CTP, 2nd daily events.

SIR mens events: Myles Ringle, 2nd daily event, **Jim Baldrige** 5th overall.

The state SIR golf committee is planning the 2003 calendar. We will get tournament dates to you as soon as we get them.



## Doing Lunch



L to R, **Ray Weisz, Joe Jansen & Lew Thompson**

## Doing Lunch

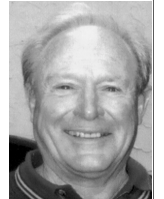


L to R, **Tony Desalles, Jack White & Doug Pederson**

## Table Pool

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

We met, as usual, on the 3rd Monday of November. **Ken Kratz** and **Howie King** helped make the Whiz-bang and 8 Ball contest a huge, laughing success. Our next meet will be on the 1st Monday of December (Dec 2), so mark your calendars. It looks like the 3rd Monday of December (Dec 16) will also be OK to meet at Masse's on North Main at 11:30-----see you there.



## Cribbage Al Tufo

2nd Wednesday at 12:30 hosted by different members. The Cribbage Club played its tournaments November 20. **Larry Reilly** was host. We were able to get in 3 tournaments.

Winner of two tournaments was **Larry Reilly**, who also took second place in the other. Winner of one tournament was **Barney Mead** who also came in second in the other two. Next get together will be hosted by Barney on Jan 8,03.



**Harry Rieck & Tom Gorman** at Boundary Oak laughing about what they expect to shoot in their upcoming game.



**John Demos** beaming as he walks the 220 yards that he drove off the tee.

More on **Henny**...

**Youngman's** father wanted his son to be a virtuoso, but another comedian once quipped, "**Henny's** the only guy who, when he opens his violin case, the audience hopes he's got a machine gun in there."

## Officers 2002

State President  
Region Director  
Area Governor

Irv Craig  
Dan Gilmore  
Art Miller

### Branch 146 Officers and Directors

Big SIR	<b>Fred Kovar</b>	937-2951
Little SIR	<b>Bob Yolland</b>	932-4758
Secretary	<b>Lo McCarley</b>	935-3939
Assistant Secretary	<b>Doug Cook</b>	939-4327
Treasurer	<b>Jim Adams</b>	685-4216
Assistant Treasurer	<b>Dean Merritt</b>	671-7380
Director	<b>Pablo Chavez</b>	256-8516
Director	<b>Dale Haukland</b>	820-0189
Director	<b>Cal Jones</b>	934-2979
Director	<b>Al Milano</b>	933-3492
Director	<b>John Miller</b>	934-9778
Director	<b>Dick Richmond</b>	947-1167

### Committee Chairmen-2002

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>Al Zeppa</b>	685-8920
Bridge-duplicate	<b>Bob Donahue</b>	376-4527
Bridge-party	<b>Fred Bolton</b>	932-1580
Bulletin	<b>Jeff Bailly</b>	906-0521
Candy Sales	<b>Bob Spellman</b>	934-8428
Chaplain	<b>Bryant Fischback</b>	934-6064
Computer	<b>Chris Satterthwaite</b>	939-7826
Cooking	<b>Don Nunn</b>	934-5214
Cribbage	<b>Al Tufo</b>	798-4129
Fishing	<b>Pablo Chavez</b>	256-8516
Gardening	<b>Chuck Bobinecz</b>	939-8740
Golf	<b>Joe Jansen</b>	935-6691
Golf Scheduling	<b>Tom Gorman</b>	685-9721
Greeters	<b>Ernie Dickson</b>	376-4590
Hardware	<b>Gene Diana</b>	510 483-7004
Historian	<b>Jack Calloway</b>	933-7998
Honorees	<b>Dick DeVoe</b>	932-5546
Investment	<b>Phil Leigh</b>	685-8090
Luncheon	<b>Stan Jackson</b>	939-3314
Membership	<b>Lang Erickson</b>	682-1337
Nominating	<b>Bill Hansen</b>	939-4951
Pianist	<b>Dave Obera</b>	932-2584
Radio	<b>William Moresi</b>	837-4645
Social	<b>Don Nunn</b>	934-5214
SongSirs	<b>Owen Sullivan</b>	943-7998
Sunshine	<b>Chuck Smith</b>	944-4949
Table Pool	<b>Bill Weinberg</b>	682-0962
Travel	<b>Charlie Kiser</b>	274-1575
Veterans	<b>Lynn Freeman</b>	691-1186
Walkers	<b>John Lewis</b>	825-3561
Wine Tasting	<b>Rich Hanford</b>	933-9237

### Past Big SIR's

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

## Walkers



John Lewis

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

*Please note: rain cancels*

Dec 6 - **Mitch's Trail**. Meet at Clayton Library.

Dec 13 - Ohlone Trail. Meet at parking lot just south of the Cowell Rd.-Ygnacio intersection.

Dec 20 - Christmas walk. Meet at Walnut Creek Civic Park. Iron Horse Trail out and Broadway Plaza coming back. Coffee at Nordstroms.

Dec 27 - New Year's Walk on Skyline Trail. Meet at Inspiration Point on Wildcat Canyon Rd. in Berkeley Hills.



Our Walking Group at 'Susie's Garden'. **Susie Cherry**, front row middle of the walking group in her prize-winning garden.

Cow: "BOO"  
**Dick Richmond** to Vet: "Why does she sound like that?"  
Vet: "Head cold."

Thanks to **John Lewis, Bob Madge, Rich Hanford, Chris Satterthwaite** and **Joe Schild** for folding and labeling, to **Ken Kratz** for photography, **Dick DeVoe** for proof reading 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

### Doing Lunch



L to R, **Bill Martin, Don Patterson & Gus Edwards**

### Doing Lunch



**Bob Burley** and Sunshine chair, **Chuck Smith**

# SIR CALL *Newsletter*

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

SirCall@Att.Net

Nonprofit Org  
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An egret in the lake on the 5th at Boundary looks up to admire a nice approach shot by Sir **John Denham**.



Take that. Damn lake!  
**Joe Suta** lets one rip over the lake at the first tee. On a particularly bad day for **Joe** many months ago, one Sir recommended we rename it Lake 'Sutafed'.



**Bill Root, Bob Spellman, Bill Weinberg and Ernie Dickson** enjoying a cool one apres golf.



**Frank Mandic, John Denham and Russ Bliese** at the 18th. Great weather, golf and friends. "It doesn't get any better than this".



Cook  
**G**



Mandic

**O**



**L**  
Somerville



Harvey

**F**



Baily Denham



Bliese

BURMA-SHAVE

Forms